

CONTACTS: EXECUTIVE COMMITTEE

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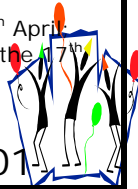
Donna-Lee Wynne, 0418 903 954

DID YOU KNOW THAT:-

- BPW Pilbara was launched at a dinner at Archipelagos on the 28th March 2000;
- Our inaugural Club Meeting was held on the 17th April;
- And we were officially chartered at the AGM on the 17th July 2000.

HAPPY 1st BIRTHDAY

BPW PILBARA on 17th July 2001



PRESIDENT'S DESK

I woke up last week, surprised to discover we were already in June, almost half way through the year and yet it feels like it has just started. It certainly doesn't seem time for the AGM yet here we are! However sitting at my desk to write this brings home how much BPW Pilbara has done in the last few months!

The **Networking & Mentoring for Success** workshop on 28th April was indeed a great success. 56 women registered for the workshop (some from Port Hedland and Fremantle) showing that interest in such activities is high. Those of us who attended the workshop took away at least one personal development items (some took as many as 13), and all of us left with at least one book (some with as many as 5), so we should see some direct results due to this practical workshop. Of course the calibre of the presenters has a lot to do with the success of the day and Robyn Henderson on networking was dynamic and inspiring. Michele Kilminster-Clement provided a good grounding on mentoring, from which the Networking & Mentoring Sub Committee can work in developing a mentoring scheme for BPW Pilbara. That evening at dinner in the KIH, 36 people from the community had an opportunity to hear how five people, (4 of whom were local) are involved in formal and informal mentoring. It was a good opportunity to explore the diversity of mentoring methods and styles as well as what the rewards are mentorees and mentors. On behalf of BPW Pilbara I would like to thank our sponsors, Soroptimists and the presenters especially Robyn and Michele for giving so generously of their time and energy and making the Saturday such a success.

In March we heard with great interest from Dr Crystal Cree on her experiences, especially the challenges and growth opportunities of **Working Abroad**. At the same time we held our first **Candle Lighting Ceremony** (how conveniently prepared we were for the unexpected power blackout). The ceremony highlighted the diversity of countries and sheer number that BPW operates in, and yet the solidarity of women working to the common goals that BPW stands for. In April, Catherine Rosair talked about **Wills & Trusts**. As per the norms, 50% of those who attended did not have a will. Catherine through practical examples drove home the importance of having a will. Many left inspired to organise a will and others to update their will.

In May, following on from the hectic Networking & Mentoring workshop and dinner, we enjoyed the opportunity for some quiet reflection on our members with **5 by 5**. This is always valuable and its achievements are twofold with networking amongst ourselves as well learning to value ourselves. Listening to women talk about their achievements as well as their goals, reminds us of how many quiet achievers there are and how success can be measured in many different ways.

This month's topic **Updating your CV** with Amanda Crook from Drake follows on with the valuing self theme and offers some practical tips. For the **AGM** we plan to have a dynamic local speaker. The following 6 months looks exciting too. Shelia McHale has been approached to talk with us about how she got into politics, and she tentatively agreed, so we are now working on suitable dates. We also have Judith van Unen, President of BPW Australia scheduled for September.

Through our regular monthly meetings and the Networking & Mentoring workshop and dinner we have been providing support not only for our members but also for the community. Our profile in the community of BPW Pilbara remains high, through such events as the Shopping Centre community display in March, thank you to all those who worked there. Thanks also to Annette Davis, VP Communications who has been ensuring that we get good press in both the newspapers and radio stations. It has been pleasing to watch our membership steadily grow over the last few months.

As July approaches it is time to think about renewing your membership. The club has just voted to retain the membership fee of \$110 per year. I hope the dynamism of BPW Pilbara over the last year encourages everyone to queue up to renew their membership. The coming AGM gives the opportunity for members join the committee, roll up their sleeves and shape the club. I encourage you all to think about joining the committee.

Fast approaching is the State Conference in Geraldton in September. Not only can we check out where part of our fees go, we also have the opportunity to see the bigger picture of BPW along with the opportunity to network with women state wide. We plan on taking at least 1 car down, but the more the merrier. So if you can block out the weekend of 14-16 September, do so and register for the conference.

Finally some thank you's. Thank you Jenni for your hard work over the last year in consistently crafting the high quality newsletter that we enjoy reading so much. During this edition, Jenni is handing over the reins to Kate so thanks Kate for volunteering. I would also like to thank the committee for all your hard work. Over the last year we have achieved a lot, learning as we go and most importantly enjoying ourselves along the way.

JESSICA WORRALL, PRESIDENT



OUR FIRST BIRTHDAY!



In the next month BPW Pilbara will officially turn 1! Yes in July it will be one year since our Charter, although April saw the anniversary of our first meeting. And it has been a year which has been chock a block, so it is probably timely to review what we have achieved!

The AGM organised by the interim committee certainly introduced BPW Pilbara to the community with a splash. Then there was a short period while the new committee came to grips with its role. A lot of good ideas were generated, the next step was how to follow through and build on the interim committee's work? As with new committees and also new clubs there is a period of treading water as we figured out what to do and how to go about it. Then it clicked and we fell into a rhythm. The new committee recognised the tendency of people in the Pilbara to get busy as the year wears on, and decided to tackle the larger activities in the new year. A wise decision, especially with such activities as the Joan Kirner weekend (organised by Soroptimists) to keep us all enthused. Nevertheless we were busy in the latter half of 2001 organising our regular monthly meetings and reserving the occasional one for a networking occasion to get to know each other. A personal highlight for me was attending the BPW National Conference in Adelaide, I certainly found it very invigorating something which I hope I shared with the club! The meetings in the last 6 months of 2000 included:

5 by 5 - Launch of our Website - The Internet & Your Money - 31st BPW National Conference - Goal Setting

The New Year brought new enthusiasm and drive. We focused on networking and mentoring, one of the reasons that BPW Pilbara came into being. The Networking and Mentoring for Success workshop and the Mentoring dinner was the result. Through 2001 the monthly meetings have generated such interest that at times the numbers of guests almost equal that of members attending. The last 6 months meetings included:

Meet the Candidates - Coping with Life Threatening Illnesses - Working Abroad - Wills & Trusts - 5 by 5 - Updating your CV

All up the last year of BPW Pilbara has certainly provided great opportunities for growth in both our professional and personal roles. Congratulations for BPW Pilbara on your first birthday!

Jessica Worrall - President

JOIN THE COMMITTEE

Think of the old adage 'the more you put in the more you get out of it' and especially as we are all busy women 'more hands make light work'. These make the committee not only an opportunity for personal growth but fun as well. With the AGM in July seize the opportunity to join the committee!

- *"Out of all the committees I'm on, I'd vote this as the best for my personal development. This is due not only to the experiences and issues we are exposed to but also to the high calibre of people I am working with. I would encourage anyone with any or even no level of experience to get involved."* **NERIDA KICKETT**
- *"I have enjoyed it, although it was daunting at first, it was not as hard as I thought it would be. It has given me an insight into the processes of setting up a club, running the accounts and providing financial reports. Having never done anything like this before it has given me confidence in my ability to help establish or run a club in the future."* **LISA BEAUMONT**
- *"I've enjoyed the buzz of conceiving and implementing ideas and best of all making new friends."* **JESSICA WORRALL**

WHAT A NOVEL IDEA!

Book Review featured this issue is: - **"MEDITATION & HEALTH - WHY MEDITATION IS GOOD FOR YOUR HEALTH, AND HOW TO DO IT"** by Eric Harrison, published by the Perth Meditation Centre, 2001.

One thing that many of us forget to do in our busy lives is to "stop and smell the roses". What happens when you actually do this? You stop still, breathe deeply and realise the power of your senses. The fragrance, the colour and form of the roses anchors you in the present - just like a mini-meditation. In his excellent book "Meditation & Health", Eric Harrison presents a convincing argument why an act such as stopping and smelling the roses is good for your health.

Eric Harrison began meditating 30 years ago. Since 1987 he has run the Perth Meditation Centre, and has taught around 15, 000 people to meditate. Many of his clients are referred to him by their doctor. Harrison's starting point is the premise that "Sickness is a state of imbalance. Conversely, health is a state of balance, when all the body's systems are functioning as they should." In this book Harrison explains how this state of balance can be achieved through meditation.

Each chapter deals with a specific area of illhealth, including the digestive system, migraines and chronic pain and cancer and serious illness, and concludes with the instructions for meditation which can help to address this problem. Harrison writes clearly and directly, and I found this was a book that I couldn't skim - it seemed that every sentence needed my full attention because to me, what Harrison has written, is such essential reading.

Having been a lapsed meditator for many years, this book has reignited my commitment to daily meditation practice. And I can feel the benefits now.

I can thoroughly recommend this book to everyone. It is available from the Karratha Community Library, or the Perth Meditation Centre www.perthmeditation.com.au

DIARY DATES:

- **18 June**, Club Meeting, 'Valuing Self' Practical advice on identifying your skills and resumé preparation, 7pm
- **14 September**, WA Division State Conference, Geraldton 'Batavia to Edith Cowan to Cyberspace'
- **25-28th October**, Presidents' Meeting in Cyprus



WOW HAVE YOU SEEN OUR WEBSITE

- check it out at www.karratha.com/~bpwpilbara/index.htm

TOPICAL ISSUE-MEMBER'S ARTICLES

If any Member would like to publish an article of interest to fellow Members, please email it to Kate Bone to include in the next September Newsletter at kate@kisser.net.au or post it to BPW Pilbara, PO Box 1450, KARRATHA WA 6714.

Memorable Quotes...

I Wish For You...

Comfort on difficult days, Smiles when sadness intrudes, Rainbows to follow the clouds, Laughter to kiss your lips, Sunsets to warm your heart, Gentle hugs when spirits sag, Friendships to brighten your being, Beauty for your eyes to see, Confidence for when you doubt, Faith so that you can believe, Courage to know yourself, Patience to accept the truth, And love to complete your life.

And if you can't have all that...

Then I wish you enough chocolate to make it through the tough times....

-Anonymous

MEMBER PROFILE – KATE BONE

Family Status - Married husband Allan no children.
Came to Karratha 6½ years ago in 94 to commence work with GWN as their Pilbara Sales Manager. My primary role is selling Television Advertising but I am also responsible for the co-ordination of Sponsorship and News within the Pilbara Region.

I spent the first part of my working life in a variety of Clerical Positions including Reception, Bookkeeping, Secretarial and Office Management roles. I have worked with both State & Local Government and in the private sector in Retail, Wholesale, Hospitality and Medical areas.

Almost 10 years ago I decided that it was time for a change – I wanted a new career with some creative challenges. So I literally jumped into media and started working in advertising.

My first role was with a local Newspaper in Carnarvon, the West Australian's Northern Guardian Newspaper as their Advertising Rep. I had no experience so it was a sink or swim affair. The West took me under their wing and gave me some initial training and from these tenuous beginnings my career in advertising took off. I absolutely love the work I find it very challenging, the constant change has satisfied my need to do something creative and innovative. One of the best things about my job is meeting new people. I have met many people in all sorts of businesses. This is a wonderful learning ground for me as one day I hope to run my own business, although I am undecided what sort of business this would be – I will know it when it comes along – I hope!

Qualifications – Schooling to Year 12. I have also undertaken an extensive variety of job related studies. GWN provide regular training and workshops, to keep staff up-to-date with the industry requirements and trends. I believe we really have to continue to improve our skills as the workplace and its demands constantly change.

Main Interests – Enjoy the outdoors love camping and fishing. I also enjoy reading, music and cooking. Spending time with my husband and our dog, a very pampered pooch called Missy, although she thinks she is a person.

Like to try – having a family one-day (maybe) although I really do not know how I would manage that with a business and/or work. I admire the many women I have met that seem to manage this daunting role in their stride!

Proudest moment – Crowned Boab Charity Queen in 1984 when I lived in Derby – sponsored by my Employer Swan Hotels. Together with a very hard working committee I helped raise over \$8,000 for the RFDS for medical equipment. I was invited to Melbourne in that year to assist the RFDS (Victorian Section) with their Fundraising Efforts for their Jubilee Year. It was great to go back 10 years later and visit the RFDS Base in Derby and learn that the equipment we helped purchase has saved many lives over the years.

Get out of BPW – learn from other women in their own businesses.

Put into BPW – ideas and friendship.

UPDATE ON PROGRESS OF THE PROPOSED DAMPIER ARCHIPELAGO / CAPE PRESTON MARINE CONSERVATION RESERVE

The marine area between the mouth of the Fortescue River and Dixon Island is being considered as a marine conservation reserve. A community Advisory Committee was appointed by the Minister for Environment in July 2000. The committee's role is to develop a draft management plan for the reserve and to make recommendations on the type of reserve and the final boundary.

The committee had their fourth meeting on 4 April 2001. They discussed the proposed boundary of the reserve in the Dampier Port area and Nickol Bay.

They also began to consider the management of the ecological values, and discussed pressures, both current and future, targets, management objectives and strategies.

The fifth meeting of the Advisory Committee will be held on 14-15 June 2001 at the Mercure Inn, Karratha. It is proposed that the committee will consider the remaining ecological values, and begin to consider the social values (requirements, targets, management objectives and strategies) at this meeting.

CALM is facilitating community consultation so that stakeholders can provide input into the draft management plan. CALM urges all users of the Dampier Archipelago to get involved and is keen to hear from anyone who has an interest in the management of the area. All feedback is provided to the Advisory Committee for their consideration.

If you have any queries, would like further information, or would like to attend the committee meetings as an observer, please contact Fran Stanley at CALM's Karratha office, on 9143 1488



WHAT'S THE GOSS?



CONGRATULATIONS

- **Tonia Swetman**, on your appointment as Community Liaison Manager [Cognito Consulting] to the \$6 Million North West Shelf Joint Environmental Management Study. Tonia will be doing a community study to consider development options of the North West Shelf environment and the values placed on the environment and economic development. This a four year Study, which began in mid-2000, and is a joint initiative between Western Australia's Department of Environmental Protection and CSIRO Marine Research. Please contact Tonia if you wish to know more 9185 6790 or cognito@kisser.net.au

CONFERENCE CHITCHAT

'WORKSHOP SUCCESS HAILED'

What was your 'win' for the day? What did you learn today? Who did you empower?



Jessica Worrall, Michele Kilminster-Clement, Nerida Kickett, Robyn Henderson

A rush of last-minute enrolments preceded the 28 April Networking & Mentoring workshop as it was clearly an opportunity too good to miss. Just under 50 women, including many BPW Pilbara members (and visitors from other clubs), spent all day on Saturday at the Seminar Centre in Karratha with networking guru and author Robyn Henderson and state business banking specialist Michele Kilminster-Clement.

The workshop provided a unique (and enjoyable) professional development forum with the first and major part facilitated by Robyn, with a focus on valuing self, goal-setting and empowerment as part of the development of networking as a 'life skill'. Specific techniques included giving without expectation, sharing referrals, maintaining a positive outlook, and recognising (and utilising) 'spheres of influence' when attending networking events. Robyn's sessions and practical exercises were full of simple tips which, if taken to heart, hold a promise of lasting benefits at a business level as well as in one's personal interactions. Robyn's faith in 'the power of one' seemed to reflect a whole-of-life philosophy of giving, sharing and believing in one's self and others.

Michele's sessions centred around mentoring and the development of formal programs including a number of models with which she is familiar. Her comments and

examples reinforced and furthered Robyn's points - and occasionally provided a challenging counterpoint. Interpersonal skills required for successful mentoring relationships, identifying one's needs and potential mentors, and strategies for establishing programs or individual arrangements were discussed. A small BPW Australia publication, *Mentoring for Women*, was distributed as a reference.

The day's activities were followed by a very social dinner at the Karratha International Hotel at which four local professionals spoke of their own experiences in mentoring – formal and informal – each presenting entirely different insights and provoking diverse responses. There was, once again, much to learn from these surprisingly extensive and diverse local experiences.

It is important to recognise those who make such activities possible, and in this case also subsidised the costs to participants. As well as the Robyn's and Michele's own contributions, the weekend was supported by Soroptimist International of Karratha & Districts, the Women's Policy Office, the West Pilbara College of TAFE, the Karratha International Hotel and Ansett Australia. Our thanks also go to Jessica Worrall and Nerida Kickett, who invited and arranged for Robyn and Michele to come to Karratha to meet with us.

by Kathy Barrett-Lennard

SITES TO VISIT: Check out these sites next time you log on:-

- www.ntholidays.com - and as they see, DISCOVER the real Australia
- www.perthweb.net.au/index.shtml - this site has everything and anything you want to know about Perth
- www.hollywood.com/netshow/ - Hollywood is calling!
- www.panda.org - the World Wildlife Foundation
- www.cleaningsearch.com - is a new website that allows residents throughout Australia to report graffiti, littering, illegally dumped rubbish, abandoned vehicles etc, direct to the local Council you live in or other Government authorities and gives you a few helpful cleaning hints too!



MEETING DO'S & DON'TS

Please make sure you let Kellie Beacham on 9144 4333 during business hours know if you are **NOT** attending the meeting [failing that let the Secretary, Minutes & Agendas, Bev Moxham know]. You can also e-mail Kellie at beacham@westnet.com.au If you don't, you will still be charged for your meal, as catering numbers must be paid for.

Please be mindful that the commencement time is 7pm. Remember to turn off your mobile phone whilst the meeting is in progress, normally approximately 1 hour.

Please make sure you have your say on your views and ideas for **BPW**, *it is your Club*.

YOU'VE GOT MAIL



Do we have your current e-mail address? If you have joined up recently, e-mail one of the Executive team and let them know to add you to the e-mailing list. This is a great communication tool for members to use, especially to get in contact with the Executive

Committee and converse with fellow BPW's. Why not get a few e-mail addresses from members tonight to add to your address book!

GUEST SPEAKER REGISTER

Do you have someone in mind to be a Guest Speaker at our next meeting? There are plenty of local people in our area, with a lot of expertise and knowledge from which we are sure many **BPW** members will get value. If you have anyone in mind, please advise Nerida Kickett, Sue Hathaway or Annette Davis [their contact details are at the top of the Newsletter].

- *I have just finished reading a new book "Wifework, what marriage really means for women" by Susan Maushart. The book is an exploration of institution of marriage, what it is for and how it has changed over the last 30 years. Although I bought the book for a friend who is soon to be married, I could not resist reading it myself. I will now have to buy my friend a new copy, as mine is on loan to a male engineering friend at work. As you may have gathered the book is certainly thought provoking. Susan Maushart is a columnist for The Australian Newspaper and lives in Perth. I would recommend her as a guest speaker for BPW Pilbara.*

Jessica Worrall

BPW PILBARA 'PERKS'

If any Member would like to offer discount or special services to fellow BPW Members please let us know and it will be listed in the Newsletter. If you have a 'perk', let Kate know at kate@kisser.net.au

ONLY JOKING!!

Hillary Clinton died and went to heaven. As she stood in front of St. Peter at the Pearly Gates, she saw a huge wall of clocks behind him.

She asked, "What are all those clocks?"

St Peter answered, "Those are Lie-Clocks. Everyone on Earth has a Lie-Clock. Every time you lie, the hands on your clock will move."

"Oh," said Hillary, "who's clock is that?"

"That's Mother Teresa's. The hands have never moved indicating that she never told a lie."

"Whose clock is that?"

"That's Abraham Lincoln's clock. The hands have only moved twice, telling us that Abe only told 2 lies in his entire life."

Hillary asked, "Where's Bill's clock?"

"Bill's clock is in my office. I'm using it as a ceiling fan."

Please remember this is your Newsletter, and items are required from you to put into it. So next time you think of something, e-mail it to me at kate@kisser.net.au or post it to BPW Pilbara, PO Box 1450 KARRATHA WA 6714. If there is something missing, not correct, or you would like to see changed, please let me know. This is my first go at compiling the Newsletter and if fellow BPW colleagues want to have a go please contact me and we could start on the September Issue together.



Regards Kate Bone