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PRESIDENT'S DESK

Welcome to 2002 in the Pilbara. For those of you who have been on holidays, I hope you have returned refreshed and ready to face the coming year. For those of us who stayed, I hope you enjoyed the quiet time to reflect and plan. The BPW committee took the opportunity late last year to plan and developed a well rounded program for 2002. The program encompasses professional and personal development along community and social issues and is included in this newsletter. We are now well into the swing of implementing that program.



At the January meeting Jill Faulkner addressed us on **Domestic and Family Violence** in the Pilbara. Jill is very passionate about her topic and shed light for those of us who attended, on a variety of aspects of violence including the parlous state of support services. The challenge for us all to consider is, what is the role for BPW Pilbara on this issue?

In February we will look at **Women on our Local Council** with Cr Nan Williams and Cr Dani Nazzari discussing their positions and what the hope to achieve. March is a busy month as it brings International Women's Day and Harmony Day. We will celebrate International Women's Day with Soroptimists, while at our March meeting the Candle Lighting Ceremony reinforces the truly international scope of BPW. In April we plan to have Kathryn Heaton, our own intrepid Antarctic expeditioner, share her experiences with us. We are following her e-mails dispatches with great interest and have included some extracts in this newsletter.

By May, I think we will all be ready for the workshop on **Stress Management and Relaxation Techniques**. Planning for this is under way however if you have any

suggestions or would like to help contact Annette Davis or Tamara Bianchini.

In your long-term look ahead, keep in mind that **BPW International Congress** and **BPW National Conference** are to be held during October in Melbourne.

HOT ISSUES:

Apart from the regular plan of meetings and events, the Committee is addressing sponsorship, funding and declining attendance's to meetings plus working on ways to improve our input into the WA Division. We are maintaining a watching brief on our Hot Topics of last year and any issues that may arise. A recent issue of some controversy is the proposal to amalgamate the West and Eastern Pilbara Colleges of TAFE, which is contained in "The Review of the WA Training Sector". This review is open until the 15 February for comment as part of the public consultation process. Having read the report, I consider that while there may be some merit in the proposal to amalgamate colleges, the recommendation is based on very little research, and the estimates of cost savings are dubious. The Committee has undertaken to submit a response to the Minister on this report on behalf of BPW Pilbara and it will be presented to the February meeting of BPW Pilbara.



With the increased activity of LNG4 and the talk of other projects, it already looks like 2002 is shaping up to be a busy year in the Pilbara. I look forward to 2002 with BPW, may we all strive to make the year as balanced as it sounds. Remember if you are getting value from BPW Pilbara, please bring a friend, or recommend us to a new arrival in town. Get in touch with Valeri (as the VP-IP) if you have any issues or want to suggest a new contact.

JESSICA WORRALL

Welcome aboard to the following NEW MEMBERS...

Linda O'Brien, Kathryn Heaton, Cathy Hughes,
Catherine Kenna, Billie Crews, Anita Tichelaar,
Susan Worley and Greta Gazabarcic.
Pam Glossop re-joined at our January meeting.

These ladies have all received their kits since our last newsletter.

Life

Inside every older person is a younger person - wondering what the hell happened.

Cora Harvey Armstrong

DIARY DATES:

- **Friday 8th March**
International Women's Day
- **Saturday 9th March**
Community Awareness Day
- **Wednesday 20th March**
Club Meeting "BPW & the World"
Candle Lighting Ceremony & Harmony Day



Health & Well-being Workshop

Plans are also being put in place now for what is sure to be a fabulous workshop - if you have a suggestion or would like to help please contact Tamara Bianchini or Annette Davis.



HAVE YOU SEEN OUR WEBSITE?

– check it out at www.karratha.com/~bpwpilbara/



BPW London Network

If you are visiting London, whether on business or holiday, you may be interested in the London Network meetings.

These are held on the third Tuesday of each month in central London, near Charing Cross.

The meetings start around 6pm with a sandwich and glass of wine and offer the chance to meet with, and talk to, other BPW members before the main speaker or discussion starts just before 7pm. The meetings finish with coffee, normally just after 8pm. The cost for BPW members is £15.

If you will be in London at a future date, the meetings are advertised on the BPW UK website – www.bpwuk.org.uk Alternately, if you will be in London but this does not coincide with a Network meeting, do contact one of us if you would like to meet up.

Although you may be very busy during the working day, London can be a little daunting if you are on your own in the evenings or over a weekend. We would look forward to meeting you, perhaps for a drink or meal.

If you're here over a weekend it might be possible to combine this with something else, for instance going to a museum or the theatre.

As both of us are, ourselves, regularly away from London on business overseas, please contact us ahead of your visit.

If neither of us is in London this would give us time to put you in touch with another BPW member who will be in London when you are over. We look forward to meeting you when you are next in London.

Stephanie Beardsworth (English)

e-mail : stephanie.beardsworth@tinyworld.co.uk

Monique Lee (English, French and Spanish)

e-mail : monique.lee@attglobal.net

BPW/UK London Network (International Relations)

Congratulations ...

☞ **Kathy Barrett-Lennard** – on your new position as Contracts Manager of the KJV Accommodation Village

☞ **Linda O'Brien** – on your new position as Sales Consultant with Ockerby Real Estate

☞ **Kathryn Heaton** – on your Antarctica Expedition

☞ **Elizabeth Bradshaw** – on the birth of your daughter, Ruby

☞ **BPW Pilbara** – Certificate for Best Community Event at Australia Day Awards Ceremony

SITES TO VISIT:

Check out these sites next time you log on:-

Women in Small Business – www.womensweb.gov.au

RRR Network – www.rrr.online.wa.gov

Corporate Trends – www.corporatetrends.com.au

Travel Resource for Women – www.journeywomen.com



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!

"What do you Contribute?"

by **Margo Cairnes**

Margo Cairnes is a Sydney based leadership strategist.

At a party recently, I met a young man who asked me what I did. I told him that I worked around the globe with senior executives helping them grow in terms of wisdom, character and judgement and how to use their learning to lead their organisations and communities to new levels of success and well being. "So your in human resources" he declared. I wasn't too happy with being stuffed into a box labeled in such a way. I work with people, not human resources. After several attempts to relocate me in other boxes the young man lost interest and walked away.

I can't say that I was displeased. He had earlier told me that he ran a website that reinsured compulsive gamblers. His website provided gamblers with the opportunity to gamble against the odds of success of their own gambling. He was an American MBA and knew all about human resource management – or so he told me. Actually he projected the image that he knew all about most things.

Reflecting on this interaction I realised how limiting the "What do you do" question is. In a society which values money, money and ... money, the "What do you do?" question is really about locating people in the financial pecking order. The question really reads – is this person financially successful? powerful?, useful to me and therefore worth knowing?

I have decided that a more useful question to ask is "What contribution are you making to society?" The underlying theme is whether this person is of substance, caring, responsible? Is this person a contributing member of society?

As I write this article I am preparing to address a conference on Volunteers Australia. This is an organization that supports those who give freely of their time and services to make our society a better place. The "What do you do" question to many of these people would receive a "I am retired" or "I am unemployed" or "I am a mother" answer. The "What contribution are you making to society" question would elicit a whole raft of interesting information and stories that would show you that this retired, unemployed, home based person – who society often overlooks – is in fact someone of great substance and merit.

I could be labeled a speaker, a mentor and the chairman of a company that runs strategically based culture change programs. I often think, however, that the contributions I make to society come through my volunteer work with young people, community groups and as a writer. I get paid to enrich companies, I gain my personal fulfillment through enriching peoples lives and building community. Someone asking me the "What do you do for a living?" question would never discover all that.

So many of the emails I received from engineers bemoan their lack of power and recognition. What each and every one of us can do about it is begin to change the agenda. If we take the agenda off what we do and put it on how we contribute, we can regain our dignity and self-respect from knowing that we make a difference. We can support each other in doing this by acknowledging that we are all more than a label or a job description. By asking "How do you contribute?" we can help to change the agenda in a way that works for individuals, society and humanity.

This article was submitted by; Nerida Kickett

Planned Programme for 2002

- Jan 30 Domestic & Family Violence**
How do local women get help?
Speaker; Jill Faulkner
- Feb 20 Women on our Local Council**
What is their role and how and why are they on the council?
Speakers; Crs Dani Nazzari & Nan Williams
- Mar 17 BPW & the World**
Candle Lighting Ceremony & Harmony Day
- Apr 17 Antarctic Travels**
Detailing her project in the Antarctic and her learning experiences.
Speaker; Kathryn Heaton- Water Corp
- May 15 Business Plans**
Why the need, how to develop and update a plan and who can help.
Speaker; tba
- May Stress Management & Relaxation Techniques**
To be confirmed.
- Jun 19 Growth in the North West**
An exploration of tourism and planned industrial projects and the potential opportunities for members of BPW Pilbara.
- Jul 17 AGM & Special Speaker**
Cath Wood – YBPW WA
- Aug 21 Women on Boards & Awards**
Speaker; tba
- Sep 18 The Arts & Business**
Speaker; tba
- Oct 16 Economic Security**
Women & Superannuation
Speaker; tba
- Nov 20 Report from the National Conference**
Speaker; tba
- Dec 18 The Future**
Speaker; tba

During the year we plan to take the opportunities that may arise to work with other organisations to present additional visiting speakers and workshops as special presentations.

There has been some comment recently on the BPW Sparklist about how New Zealand is leading the way with the Governor, the Prime Minister and the leader of the opposition being female, as are a third of the cabinet, the chief justice and the head of the country's largest company, Telecom NZ.
A positive message, worth highlighting.



Pay Equity under the Spotlight

The topic of pay equity and regulation was raised at the recent National Industrial Relations Society of Australia 2001 National Convention in Queensland.

The Hon. Justice Michael Walton discussed the findings of the NSW Pay Equity Inquiry, which focussed on the use of the existing industrial system as a means of addressing gender based inequities in NSW. The Inquiry found economic evidence of undervaluation of women's work, as well as occupational and industry based evidence of such undervaluation. Where there is a concentration of female workers in an occupation or industry, there is a commensurate reduction in the rate of pay within that industry. Where above award earnings were taken into account (rather than award rates), the difference was much greater. Justice Walton emphasised that the fact inequity existed resulted in part from a failure by industrial parties to access existing remedies, for example in the form of consent award adjustments and the non-flowing on of federal adjustments to State awards.

The NSW Pay Equity Inquiry was in part adopted by the Full Bench of the Commission in a later test case, and found the best remedy for pay inequity in NSW was within the existing industrial constructs. It recommended the establishment of an equal remuneration principle, which was adopted in the test case. How the principle is to be applied will become clearer at the end of the year when the first case (concerning public librarians) under the Equal Remuneration Principle is due to be heard by the Full Bench of NSW Commission.

Christine Short, President of the IRSA, and Senior Consultant for Livingstones Australia, suggested that greater regulation may go some way to addressing the pay inequity, in light of the Western Australian situation.

Western Australia has the largest pay equity gap of all the States and territories, with research revealing that female full-time workers in Western Australia earn 18% less than their male equivalents - compared to a 10% gap in Australia generally.

She argued that deregulation had a negative effect on women's wages in WA, which went further than most others by way of enterprise bargaining and individual workplace agreements. An additional factor is the lack of any reference to pay equity in the Western Australian legislation. Other factors contributing to pay inequalities include:

- Less advantageous and later minimum rates adjustments to awards
- Later safety net increases
- Less enterprise agreements amongst female dominated industries
- Later enterprise agreements (2-3 years) compared to male dominated industries.

Q. Is there a role? and/or What role can BPW play? in bringing this to notice for addressing by our legislative bodies?

Women on Boards and in Government

At our October meeting we explored the position of women on management boards along with women receiving awards. Some general figures were supplied to us by Judith Roach, BPW member Guildford-on-Swan and who is working at Australia Post to ensure equity in employment – thanks Judith.

- As at 1999 in Australia, women on boards was a percentage was **10%** and women in executive positions was **3%**.
- As at September 2000 women on Government Boards and Committees were **26%**.
- As at October 2000 in Federal Parliament House of Representatives **23.3%** of all members were women and in the Senate **28.9%** of all Senators were women.
- As at October 2000 in the WA Legislative Assembly **22.8%** of members were women, while in the Legislative Council **20.6%** of members were women
- As at June 2000 in Local Government in WA, **23.8%** of councilors were women.
- And in the same year on ATSI Regional Councils, Nationally women made up **30.2%** of the representatives while in WA only **24.2%** of the representatives.
- The website where this information is obtainable is: www.wa.gov.au/wpdo

While these Australian figures are a year or so old, the import of their message remains pertinent. During 2002 BPW Pilbara intends to further explore the role of women on our local council and in State Parliament as well as on boards.

Telstra Business Women's Awards

The Telstra Business Women's Awards are a national competition held annually. The main aims of the awards are to raise the profile of women in business and to recognise the achievements of women in business right across the country. In 2001, the four categories were:

- * Westpac Group Business Owner
- * Commonwealth Government Private Sector
- * Ansett Australia Private and Corporate Sector
- * Shell Community and Government

An award is also given to the overall Business Woman of the Year and to the Young Business Woman of the Year (for women aged under 30 years).

The awards process is a great opportunity to step back and to look at what you have achieved. It is also a good way to re-evaluate your goals and to meet other outstanding businesswomen. For many women, including some of the winners, the highlight of the whole process can be simply in being nominated.

Nominations are called for in February & March each year, with candidates entering a written submission addressing the award criteria in May. From here finalists are selected in each state and are interviewed by a panel of judges. The state winners are announced at a luncheon in September and are then eligible for the national awards.

For more information on the awards process and for details of the 2001 state and national winners, the web site is www.telstra.com.au/tbwa.

Submitted by: **Catherine Kenna** – Telstra Business Woman of the Year Award Finalist



Would You Like to Become a Local Government Councillor?

Women currently make up approximately 24% of all WA Local Government Councillors.

Here's an opportunity to increase that percentage so women have an equal voice in local government.

Local Government Elections will take place on 4 May 2003. Candidates need to nominate between March 22 and April 5, so start your considerations NOW.

The Local Government Department is offering a free 52-page book, A Candidate's Guide for Standing in Local Government. The book is available from local council offices.

Let's seize the opportunity!

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<http://www.dlg.wa.gov.au/localg/index.htm>

Extract from Women's Policy Office website



Does your worksite have a newsletter, do you know of a Pilbara newsletter?

We are keen to gather a list of newsletters in the workplace, and a contact email address for the key person who compiles or drives that newsletter, to submit a piece on BPW Pilbara as part of an ongoing membership drive.

We maybe able to submit consistent information on a regular but not too frequent basis to keep the BPW Pilbara profile alive in many different situations where we don't have active members. Please email details to **Valeri Pain** [Int. Policy] pain@kisser.net.au

MEETING DO'S & DON'TS

Please make sure you let Nicole Boak, 9144 1828 during business hours, know if you are attending the meeting or not. You can also e-mail Nicole at chrisandnicole@kisser.net.au.

Please be mindful that the commencement time is 6.30pm for 7pm meeting start.

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*.

"WOMEN AND PROFITS

Companies that smash the glass ceiling also enjoy higher profits, according to an article in the Harvard Business Review in November 2001. The article reported an American study of Fortune 500 companies between 1980 and 1998, which shows that corporations with a strong long term record of promoting women into their executive ranks have corporate earnings rates far in excess of other large firms in their industries.

The markets also recognise the contribution of female executives and reward their presence according to a working paper from the Center for Advanced Human Resource Studies at Cornell University. This paper examined firms making initial public offerings and reported that IPO firms are gaining in the number of women they employ in their top management teams. In addition, "...women appear to have a positive effect on the firms' short term performance, three year book price growth, and growth in earnings per share." The paper concludes, "It appears that Wall Street does indeed like its women (at least when they're on the top management teams of IPO firms), and in this case, Wall Street seems to know its business." For a copy of this



a n a l y s i s v i s i t :
<http://www.ilr.cornell.edu/depts/cahrs/PDFs/WorkingPapers/WP99-07.pdf>

Extracted from: apesma WOMENSNEWS, February, 2002

BPW Award Presentations

On Friday 23rd November, Chris Morton had the pleasure of presenting BPW Pilbara's inaugural Most Outstanding Business Person's award at the Karratha Senior High School's presentation night. The recipient of this award, **Leisa Jackson**, is an aspiring accountant who has successfully completed Year 12. Her teachers had no difficulty in selecting her as the winner of this award as she has achieved outstanding results in many facets of her Business Studies. Nicole Boak attended St Lukes College presentation evening, presenting the inaugural Women in Leadership Award to **Gabrielle Norman**, a Year 12 student with a passion for Art & Design. We wish both students well in their future endeavors.

Don't Take Life Too Seriously

No one is listening until you make a mistake.

Experience is something you don't get until just after you need it.

Despite the cost of living, have you noticed how popular it remains?

If at first you don't succeed, destroy all evidence that you tried.

BPWI NEWS LETTER CONGRESS NEWS

Melbourne Australia,
3rd - 9th October 2002

It is a pleasure to announce that Felicity Hill, the Executive Director of the Women's International League for Peace and Freedom has agreed to deliver the Madelin Phillips Lecture at the Opening Ceremony. With "A World of Peace", as the Congress theme, she is very appropriate.



It is interesting to note that the theme was decided before the war against terror began and shows that as women we are all worried about the peace of the world.

Pat Harrison - President

The TRAIN to Congress - the Indian Pacific (for those who are poor on Geography our west coast lies on the Indian Ocean and the east on the Pacific) will be departing from Perth in Western Australia on 30 September 2002 at 10.55am.

On board we will be running mini seminars, workshops, fashion shows, quizzes, and a daily newspaper on board. The trip takes three days and two nights across Australia arriving in Melbourne on Wednesday evening 2 October at 08.45pm. There are three classes on board.

For details (travel classes, meals, cost, etc.) visit <http://www.bpwontrack.iinet.net.au/>

NEW NEW NEW!

Please check out the web-site <<http://bpwontrack.iinet.net.au>> created to explain the Indian-Pacific train to International Congress to be held in Melbourne Oct 2002. We have bookings coming in from various countries and from Western Australian members. The purpose of this message is to encourage you to make a booking. Go to the web-site and print the Fax-Back pages which are to be sent to Doreen McNarey, the Australian Travelink Senior Consultant.

You will see on the web-site that the deposit is AUD\$500 but the deadline date is not September 2001 so you won't miss out! Haven't we all heard wonderful stories from members who have attended an International Congress in the past, in Venice or Vancouver or elsewhere? We have the opportunity to meet so many members from all over the world, to share a special event and join hearts in a much bigger way than even our own inspiring state and national conferences.

Western Australian Division has set up a new committee to raise funds with the aim of assisting all WA clubs to have at least one member on board that train. We will be the hosts for International guests flying in to our beautiful city of Perth for a Welcome Reception and then "Three Day - Girls Sleepover" of fun, learning and excitement. Fashion, culture and business expo presented by members. Let us know if you want us to reserve a presentation time slot for you and your business. A daily on-board newsletter will inform you of activities en route.

We believe we can fill the train with feminine spirit, sparkling spirit - crossing one of the most isolated plains on earth. By the time we reach Melbourne we will be good friends eager to enjoy Congress and participate with heartfelt enthusiasm.

Just don't miss out on this adventure! Travelink have a secure, insured Trust Fund which will allow you to make installment payments. If you have a business, this is an opportunity for looking at exporting. If you have a passion for women's issues - this is a forum to gain support and expertise for your concerns. If you just want to share with women from all over the world, then come with us.

Warmest regards,
Jasmyn Mumme, President - BPW Western Australia
Aust. Fed. of Business & Professional Women (Inc.)



More Memorable Quotes.....

I have yet to hear a man ask for advice on how to combine marriage and a career.
Gloria Steinem

Thirty-five is when you finally get your head together and your body starts falling apart.
Caryn Leschen

The phrase "working mother" is redundant.
Jane Sellman

A male gynaecologist is like an auto mechanic who never owned a car.
Carrie Snow

Newsletter Contributions

Please remember this is your Newsletter, I need items from you to create 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, I am always open to changes and new ideas.

Regards; Kate Bone

Emails from Kathryn Heaton ... Antarctica Adventures

16th January; 19:51hrs

I'm still in Perth (should have left here on the 27 Dec). My trip to Antarctica has been delayed because my ship, The Polar Bird, was stuck in ice for over a month in Antarctica on the previous voyage. It was released on Monday, so should be back in Hobart by Australia Day. The plan is to leave Hobart on the 27 Jan and be back by 13 March. The delays have meant that I will only get 2 weeks in Antarctica but that is better than nothing, as at one stage there was a chance the whole voyage would be cancelled.

I should be back in Karratha by the 16th March, subject to good weather and not getting stuck in ice again. I've recorded your email address and will write when I eventually see some penguins. Please write back to me on my hotmail account (klheaton@hotmail.com) as I won't be checking this email again until April.

Regards
Kathryn



27th January; 14:08hrs

Hi Everyone

The Polar Bird is due to sail from Hobart to Davis Base, Antarctica, tomorrow (28 Jan) at 8.00 pm EST. Yay!

This weekend I've been busy buying supplies (eg. chocolate, film and drinks) and repacking, after a hectic couple of days of working in Hobart. Also getting my last few swims and runs in, because there won't be many exercising options on the ship. There are about 55 of us going on the voyage (scientists, engineers, tradesmen etc), and we are all getting very excited. After a 1-month delay in departure, it will be nice to finally get going on our adventure tomorrow. I'm writing to update you all on my contact details over the next two months. These dates could change because of weather etc, but at this stage, my itinerary is:

28th Jan – 7th Feb, sailing on the Polar Bird, from Hobart to Davis Base, Antarctica.

8th Feb – 22nd Feb, Davis Base Antarctica.

22nd Feb – 9th Mar, sailing on the Aurora Australis to Mawson Base, Antarctica, and back to Hobart.

9th Mar – 15th March, Hobart at the Australian Antarctic Division.

15th March onwards - back to WA.

If you want to follow the progress of the ships, you can call 1800 030 744. This is a free call, and info is available 24 hrs per day.

I'll send regular updates of the voyage when I can.

Cheers
Kathryn

1st February; 16:01hrs

Hi Everyone

Day 4 of sailing today, and everyone is still in high spirits. The main excitement was the ship's shop opening from 3.30 pm to 4 pm. It only opens 3 times a week at obscure times, so everyone was up there on the second deck buying t-shirts, toothpaste, potato chips and chocolate bars etc.

I purchased a t-shirt to avoid having to do washing for at least one more day. Have been weak and eaten 3/4 of a toblerone and 3 tim-tams today, so will look like an overstuffed penguin when I get off. Couldn't do any walking today - was too rough, plus the fumes on the port side of the ship are enough to send me gagging. A couple of the guys have braved going down into the depths of the ship's cargo hold and playing basketball, but I can't stomach the thought of that at the moment. The seas are averaging 5 to 8 m from this morning, and we are expecting 12 to 15 m seas in a few more days. ARRGH - I can't imagine them being 3 times as big as they are now!! Just getting used to the ship's movements, but still have to lie down between each activity to settle the stomach. Wind is still strong and varying between 30 and 45 knots during the day.

Everyone didn't get much sleep last night as was so rough; the ship was rolling side to side 30 deg, and up and down the same. The crew slept on the floor - quite sensible because there were 3 times I hung on the top bunk to stop being catapulted down 2 m to the floor. I ended up sleeping in this morning until 10 am when it was a bit calmer. For the last two days I've missed breaky and only gone to lunch and dinner. Dinner seems to be the same every second night - so we had salmon cutlets and veges again last night. I bet we get lamb roast again tonight, to keep to the pattern. Can't complain though as do like the food.



We had some very interesting talks on the ship last night by expeditioners - on atmospheric chemistry using lasers to measure the temperature and wind speed and direction of the mesosphere; mating calls of Weddel seals; tide gauging and measuring the sea bed depth near Mawson.

Also watched a B-grade movie - Hercules Returns. I didn't hang around for the second feature, The Thing, which was likely to give me nightmares - it was about an alien being defrosted and terrorising everyone at an Antarctic Base!

A list of all the new people about to cross the Antarctic circle has been made (there are 21 of the 44 of us on the list) and placed on the noticeboard.

There is some sort of initiation ceremony we have to go through as we cross over the 60 deg latitude line. The oldies are not letting on what it might be, but will say we get a certificate if we survive it. We won't cross the circle for a couple more days so have a bit of time to use bribery to find out what is in store for us.

I'm trying a day without reading to see if that helps reduce the queeziness (a good excuse not to do any MBA study). Spent an hour outside on the stern watching albatross's and the waves this morning. At one point, a massive wave hit the stern and gushed through where we were standing. I held onto and climbed up the anchor rope spool, and still got wet up to the knees. If we had been on the edge of the ship, I do wonder if we could have been washed over the side.

Temperatures are falling and I may resort to thermal underwear tomorrow. We have traveled about 700 nautical miles so far, and have approx. 2000 to go. So looking at a 12-day trip total to get to Davis. Will write again when more interesting stuff has happened.

Cheers
Kathryn

4th February; 15:01hrs

Hi Everyone

Day 7 on the Polar Bird and it has started snowing for the first time - icicles surround the porthole. It is about 5 deg C in the water and varying between 0 and 4 deg C in the air. Must be getting acclimatised as it doesn't feel that cold. We have organised an iceberg sweep and all betting \$1 for 1/2 hr slots to predict when the first iceberg will be sighted by the Bridge. Expecting one either later today or early tomorrow - we cheated and looked at the radar.

We are still in high seas - now about 8 m swells, sometimes rolling 45 deg either side. Try taking a shower in that - most of the shower water ends up outside the shower. Have taken to locking the bathroom door only because I was flung against it the night before and went flying out into the shared cabin with not much on. We got a reprieve from the seas yesterday with only 2 - 3m swells, which was nice. To celebrate we had an exciting lifeboat drill - got dressed up in our freezer suits and when the fire alarm went off, ran down to the port side with our immersion suits in hand to await a roll call. It is quite tricky negotiating the outside staircase when you resemble the Michelin Man.

This morning got my feet soaked trying to sprint along the lower side deck of the ship to the cargo porthole - got swamped by a large wave.



This is definitely something to do if you need a sudden wake up jolt. Was trying to get down to the gym in the depths of the ship's cargo hold. Succeeded and have been good today - already done a few kms on the bike and the rowing machine, plus some MBA study.



Food variety has improved and no longer can we guess what is for dinner. We had yummy rump steak and veges last night, and tacos for lunch today. Having heaps of fun now that we are all feeling better.

Last night after dinner there was a talk from 3 people organising a very impressive 600 km traverse from Mawson base to the Prince Charles Mountains. They are going to cart all this resupply gear over uncharted territory (including lots of crevasses etc) to meet up with some scientists next year. The scientists are working on getting fossils and geological specimens to prove Antarctica was once connected to Gondwana Land (ie. when all the continents were joined together millions of years ago). It is ages since the Aussies have done a real expedition, and it sounded awesome - exactly what you think of when you imagine an Antarctic adventure. It made my job stationed at the base sound very tame indeed.

After the talk, we had a music night in the bar - it was excellent. Entertained by fellow expeditioners playing guitar, harmonica and flute. The Dr and the Canadian Masters student are particularly entertaining. We all joined in singing popular songs - Piano Man and American Pie were two of the classics. Had my first drink in the bar too. Limited to three per night by Antarctic Division Law, which is fine by me as one glass of wine from the bottle that came from China was quite potent.



We are about 1/2 way across the Southern Ocean to Antarctica proper. We have done about 1200 nautical miles, and have 1600 to go. You can look at our progress on; <http://www.aad.gov.au> under "Going South" and Voyage 6 Polar Bird SitReps. There is also a map on that webpage which shows you where we are in ocean between Australia and Antarctica. We expect to reach Davis on Saturday 9 Feb.

Will write again at the end of the week, or when we hit the ice pack.

Cheers
Kathryn

7th February; 12:53hrs

Hi Everyone,

We are almost at our destination after 10 days sailing on the Polar Bird - only 2 days to go to get to land. We have traveled 2100 nautical miles and have about 700 left. It is now feeling like we are into Antarctic waters with icebergs becoming more and more numerous.

Everyone got excited on Day 7 with the sighting late at night of an iceberg about 2 km away. It was as long as the ship, but only half as tall and very flat. Then on Day 8 a larger one appeared - took lots of photos but it was still a way off. Day 9 (yesterday) we saw a few that were much larger than the ship and taller (at least 7 stories tall) - but again about a mile from the boat.

But today - the average size has been about 400 m long, 75 m wide, and we have had them floating past within 150 m of the boat. Different shapes contoured by the wind and water - smooth curves and jagged peaks. Some, pure white with blue ice patches along the cracks and at the base. Others, taller, with very dirty snow on top and sheer cliffs down to the water. Have seen a few whales jumping out the water too. The humpbacks seem to like to hang out near the larger icebergs.



The bonus with getting closer to the ice is that the seas have calmed down - now only 2 m swell. Yesterday was perfect as we were in the eye of a low pressure system and there was no wind. But not today. It is back to 20 knots - which still isn't too bad given what we have been through, but at -1 deg C, fingers don't last more than a couple of minutes exposed without paining.

On board ship entertainment continues. Today we are having engine room tours by the Norwegian crew. Last night we had a thermal underwear party in the bar (with sorrels (snow boots) and beanies) that was well attended and quite humorous. It was funny to compare the colourful stripe combinations we had all been issued by the AAD. Not one person had a matching top & bottom set - I think that the Storeman has done this deliberately for a laugh. We also had two talks after dinner - one on ANARE and the history of the Australian Antarctic Division, and the second by the resident ship Artist on large scale environmental sculpture around the world (very interesting). Tomorrow at 10.30 pm those of us who have never crossed the 60 degree latitude before are scheduled to do the initiation ceremony with King Neptune. Still in the dark as to what we



have to do for this. Hope it does not involve being dunked in the 1 deg C seawater. Can't be too bad as we have a ship BBQ outside afterwards. And in the evening we are having a formal dinner where we all have to dress up in our best gear, followed by another music night in the bar.

Between watching icebergs and whales, we have been building a snowman outside on the bow - it is about 1 m tall, and has a carrot for a nose, 2 jatz crackers for eyes, and 3 tim-tams for a mouth. The navy guys on board did most of the construction after it snowed heavily yesterday. I watched from our cabin window - the only window with a view of the bow. Opened it to take a photo, and got pelted by snowballs by the navy blokes - 2 went sailing past my ear and landed in the rubbish bin at the end of the cabin. Was quite funny - you had to be there to appreciate it.

Also went to the gym and did the 30 min bike and rowing exercise. This was required as ate about 250 g of choc during the day while finishing off my first module of the MBA unit I'm studying. We also had a game of badminton, which was a bit dangerous as the floor of the cargo hold was slippery.

Looking forward to tomorrow because that is when we are supposed to see gigantic icebergs and lots of sea ice. According to the experienced expeditioners, a real iceberg is at least 60 km long and 1 km wide. I am quite excited looking at the 400 m long and 100 m wide ones.

Will write again when I get to Davis Base. We are now 4 hours behind Hobart time (clocks turned back another hr last night), so that is 1 hr behind Perth time. We hope to be sailing into Davis late on Saturday night, and start work there on Sunday morning.

Thanks to everyone who has been writing and updating me with their news.

Cheers

Kathryn

8th February; 10:58hrs

Hi everyone

Very excited - we hit pack ice at 7.20 am this morning. Noticed straight away even though I didn't see the ship hit it. I was in bed and the rolling motion of the ship changed to small shuddering vibrations - looked out the window, and have been outside ever since.

Enjoying watching seals and penguins floating by on bits of ice. It is very foggy and snowing, so we can't see very far (maybe 150 m) from the ship. We have slowed down, and are skirting the edge of the pack ice looking for a good way in on the radar. They don't want to get stuck in the ice as this is not an icebreaker, just an ice-reinforced vessel. If it was sunny and clear, they would go into the gaps between the ice. It is hard to see the gaps on the radar.



Due to the weather, our initiation ceremony has been cancelled until tomorrow. Now have the whole day to relax and watch the view.