



# Newsletter

November, 2003

PO Box 1450, Karratha WA 6714  
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## PRESIDENT'S DESK

It's been a very busy couple of months with the executive committee working hard to redefine the club and provide a new direction. We've been very encouraged by the feedback we've received, and are looking forward to providing interesting, stimulating and entertaining events over the coming year.

One of our first events has proven an outstanding success: the 'Women in Leadership in the 21st Century' dinner and workshop, presented by Perth Organisational Psychologist Catlyne Hos. We had over 50 women come for the dinner on Friday 24 October, and the workshop the next day was sold out with 30 women attending. Some of the concepts were challenging and it was great to see a cross-section of women tackle the ideas and participate so openly. And yes, Catlyne is my mother - I thought it was a good opportunity to utilise personal networking for the club's benefit! And benefit we did, with a healthy profit from both events.

This event stemmed from an idea by Billie Crews who suggested a 'Reunion' meeting, to encourage previous members to come along, and although the Leadership weekend gathered its own momentum we are still pursuing this idea, along with events to welcome new members to the club. I'm pleased to say we'll be conducting another membership ceremony in the November meeting, which will be the second ceremony in three months - a nice position to be in - and I think it's a positive sign that BPW Pilbara is re-emerging in our local community.

And speaking of local community, the executive committee is discussing ways of using some of our (rather healthy) bank balance in our local community - perhaps by way of organising an annual event around recreation, or sponsoring a student in some way, or both! If you have any suggestions, we'd love to hear from you.

For your information, the current priority issues for BPW Australia are:  
Paid Maternity Leave, Superannuation, Encouraging more women into decision making and leadership roles, and Affordable and appropriate childcare.

## CONTACTS:

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On an international level, BPW is involved with the United Nations looking at:  
Strengthening women's role in peace building, stopping the trafficking of women, increasing social services for women, and a study on the impacts of armed conflict on women.

Could I remind those members and members-to-be who haven't completed their Personal Data Sheets and Twinning Surveys, to return them to Fran Stanley ASAP. The information is sent to the Australian Federation office who then can gauge members' interests on a national level to help strategic planning and lobbying. The Twinning Survey will guide us as to which countries in South East Asia are preferable to establish a sister relationship.

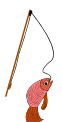
Finally, some web links for you to explore BPW further:

BPW Pilbara: [karratha.com/~bpwpilbara/](http://karratha.com/~bpwpilbara/)  
BPW Australia: [bpwa.com.au](http://bpwa.com.au)  
BPW International: [bpw-international.org](http://bpw-international.org)

I hope to see you at our next meeting.

Regards  
Jean Burton  
President - BPW Pilbara

**WANTED:** Magazines for seafarers. Guy types (fishing, mining etc) as well as others would be great. Contact Valeri Pain (details above).



The Hormone Hostage knows that there are days in the month when all a man has to do is open his mouth and he takes his life in his own hands! This is a handy guide that should be as common as a driver's licence in the wallet of every husband, boyfriend, or significant other!

DANGEROUS: What's for dinner?

SAFER: Can I help you with dinner?

SAFEST: Where would you like to go for dinner?

ULTRASAFE: Have some chocolate

DANGEROUS: Are you wearing that?

SAFER: My, you look good in brown.

SAFEST: WOW! Look at you!

ULTRASAFE: Have some chocolate

DANGEROUS: What are you so worked up about?

SAFER: Could we be overreacting?

SAFEST: Here's fifty dollars.

ULTRASAFE: Have some chocolate

DANGEROUS: Should you be eating that?

SAFER: You know, there are a lot of apples left.

SAFEST: Can I get you a glass of wine with that?

ULTRASAFE: Have some chocolate

DANGEROUS: What did you do all day?

SAFER: I hope you didn't overdo it today.

SAFEST: I've always loved you in that robe!

ULTRASAFE: Have some more chocolate.

And remember: Money talks ... but Chocolate sings

## WHAT A NOVEL IDEA...

Read a good book lately? If so, share a little about it. Email details to Cathy Vivian - [cathy\\_vivian@yahoo.com](mailto:cathy_vivian@yahoo.com)



**CONGRATULATIONS** to Jeanelle Dowling on the birth of Maxwell Lucas on 27th October, and to Fran, Jayson and Tim Stanley on the safe arrival of Aaron Michael, born on 10th September.



Fran, Tim and Aaron Stanley

## MEMBER PROFILE - Esther Schneider, Treasurer

Esther was originally born in Melbourne but has travelled far and wide over the years. Leaving school at 15, she began her working life on sheep stations, in veterinary nursing and ultimately at an African Safari Park in Sydney.

Esther moved on from there to work as a kitchen hand and eventually Chef, cooking for 800 on a remote mine site. Working her way up through the ranks and around Australia at the same time, she became one of the very few female Project Managers, a great achievement. She was employed in this position by several different catering companies on eight remote sites. The position Esther now occupies is her 22nd site over an 18 year career broken only by a four year stint in the Royal Australian Air Force as a Financial Accountant.

Esther has now been in Karratha for almost two years and loves it here. She is currently employed out at the Burrup and is part of the Phase Four Expansion Project. She has met someone very special, making the move to Karratha well worth it. She would love to stay in the Pilbara for several years yet and hopes that job opportunities will provide themselves.

Esther has found that joining BPW has given her the opportunity to network and meet ladies from different walks of life as well as the opportunity for self development. If you haven't had the opportunity to chat with Esther, she'd love to get to know you better at the next dinner meeting.

## BPWI Global Peace Project

Members may remember receiving an email from BPW State President Jasmyn Mumme regarding the Global Peace Project. BPW Sri Lanka and BPW International have linked together to create the first BPWI Global Peace Village using the world-wide network of women to provide funds to build houses in war torn areas, where families have been displaced. The cost of a basic house is around \$A800, and Jasmyn asked for contributions from \$25 to see if one house could be funded. In a very encouraging result, there were enough contributions made from around the state - including BPW Pilbara - to fund two houses. This meant that when our WA BPW Woman of the Year, Arlene Quinn, flew to Sri Lanka for the recent BPW Asia-Pacific Meeting, she had money 'on the ground' and was able to see 'our' house being built. She has emailed Jasmyn and told of her delight at being there at such a rewarding time. This is an ongoing project which will in time extend to other countries.

## MEMORABLE QUOTES

I have an everyday religion that works for me: Love yourself first and everything else falls into place... Lucille Ball

## 19th BPW WA STATE CONFERENCE

By Jean Burton

I was fortunate to attend the State BPW Conference in Perth from 12-14 September which was a very rewarding experience. It was fabulous to meet Judith van Unen, National President, who reiterated the importance of the 'knife and fork members', those who may be at a stage in their lives where higher levels of contribution or commitment aren't possible, but who nonetheless are an important part of the networking and sharing of women's experiences. I'm sure we can all identify with that. She also reminded us that BPW is quite unique in that we're a multigenerational organisation and recognise that not everyone is online, and our membership derives from very diverse backgrounds. Judith discussed some of the international projects being undertaken by BPWI such as Project FiveO - five organisations working together to provide women with practical expertise - and the Global Peace Villages, the School to School Program, Twinning (Sister Club) Arrangements, plus Australian involvement in Security 4 Women.

Jasmyn Mumme, State President, spoke of the success of two state projects: the Work for the Dole staff who had enabled a BPW WA office to be established while gaining important training and experience, plus the BPW Clothes Library (taken over from Belmont Enterprise Centre) that offers quality clothes for unemployed people to use for interviews.

One of the underlying themes - communication between Clubs, Division and Federation - was an ongoing concern. New VP Communications Gayna Allen (ex Secretary) is determined to improve this area, and is working on a BPW WA

web site. As part of the communication strategy, the Division committee members are keen to visit more clubs, and I think it would be great if Jasmyn could come up here in the new year - possibly for International Night in February.

There were some important resolutions passed at the conference which I won't include in detail here. If you'd like more information, particularly about the change in office bearing positions (which will eventually impact on our club) please see me.

I facilitated a workshop on the Saturday afternoon called 'Breaking the Mould - Beyond Media Images' using resources Jasmyn had sourced from the Queensland Office for Women. It had three goals: to help women look at images a little more closely, to think more critically about what they're seeing, and to act on the images if considered negative or offensive. It was very successful, but nerve wracking, and Jasmyn has asked if I'd like to come back down to Perth to do it again at a later date, which I'd love to do.

The Banquet on Saturday night was attended by about 80 people and I had an opportunity to chat with women from other clubs, and it was encouraging to hear that other clubs have experienced similar problems to our own. Keynote speaker Dixie Marshall proved to be a very witty, savvy and intelligent speaker, and the overall experience certainly highlighted the benefit of sending a club member to the conference. I would encourage any members who would like to attend the next State, National or International conferences (2005 Lucerne) to see me as we will provide financial support from the club where possible.

## 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 contact Jean Burton whose contact details appear at the top of this newsletter.



## FEEDBACK, PLEASE

We'd love some feedback on this newsletter. What did you particularly like about it? What would you like to have included or changed? Remember, this is your newsletter and for it to continue effectively, I need items from you. So next time you think of something, email it to me at Cathy\_Vivian@yahoo.com or post it to BPW Pilbara, PO Box 1450, KARRATHA, WA 6714.

Cathy Vivian, Newsletter Editor



## NEW MEMBERS

Recently welcomed to the BPW fold were Esther Schneider, Suzanne McGee, Cathy Vivian and Sheryl Doyle, pictured with President, Jean Burton.



## YOU'VE GOT MAIL

Do we have your current email address? If you have joined up recently, email 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 or communicate with fellow BPW's. Of course, if you're not online, please let us know a mailing address so we can keep you up to date with our information.

These nominated dates may have passed, but the message remains relevant. Give these themes a go over any 16 days and see if you can make a difference to others' lives.

### *'The 16 Days of Kindness' - a Glimpse of the Future*

Created by The Australian Kindness Movement ([www.kindness.com.au](http://www.kindness.com.au)) - a not for profit, non religious, non political community organisation. The AKM is a charter member of The World Kindness Movement.

Kindness is a very personal thing, it is a "heart to heart" experience. And the more personal and spontaneous your kindness becomes, the greater the positive effect on both the giver and the receiver. Planned acts of kindness tend by their very nature to be contrived, but are necessary to develop the conscious response into a habit. In "The 16 Days of Kindness" celebration we give you sixteen themes to plan your kindness around. After these sixteen days you will find your kindness has become more habitual and spontaneous, and personally more rewarding. If you can involve a friend or friends to assist you, the positive effect will be even greater. You will find it is not only rewarding, but empowering.

**The first day - 6<sup>th</sup> November - *\*Australia's National Kindness Day*.** This day has been created to express how fortunate we are to live in Australia, and to celebrate our national identity, which has become wonderfully diverse through the assimilation of the many cultures that are now part of our society. It is also an opportunity to honour the valuable work of our community organisations.

**The second day - 7<sup>th</sup> November - *Neighbourhood Day*.** This is a day to interact with the neighbours and the neighbourhood. Getting to know and react with the people who live in your neighbourhood, both near and far.

**The third day - 8<sup>th</sup> November - *My Day*.** A day to be kind to yourself, to pamper yourself. Who else is more deserving than you?

**The fourth day - 9<sup>th</sup> November - *Special People's Day*.** A day to acknowledge the special people in your life - loved ones and friends, as well as those who have made an impact upon your life.

**The fifth day - 10<sup>th</sup> November - *Work Day*.** A day to be kinder to your boss, your friends and associates at work, as well as your customers and suppliers.

**The sixth day - 11<sup>th</sup> November - *Teacher's Day*.** A day to honour our children's educators, to acknowledge their dedication and hard work.

**The seventh day - 12<sup>th</sup> November - *Youth's Day*.** A day to honour youth, a day to concentrate on their many positive aspects such as their energy, creativity, their honesty of expression, and their idealistic endeavours to right the wrongs of the world.

**The eighth day - 13<sup>th</sup> November - *\*World Kindness Day*.** A day to celebrate your role as a world citizen, a member of the global village, to discover the many similarities between yourself and people of different nations and cultures.

**The ninth day - 14<sup>th</sup> November - *Stop and Smell the Flowers Day*.** A day to consciously pause from the speed of life, to relax, to practise being in the moment. This allows you to appreciate the myriad of precious moments that are rendered invisible by the hectic pace of life.

**The tenth day - 15<sup>th</sup> November - *The Environment's Day*.** A day for the environment, our eco system. An opportunity to support and give back to the environment, helping to reverse the trend of taking, destroying, and abusing. A day to seek out natural settings, to join with nature.

**The eleventh day - 16<sup>th</sup> November - *\*International Day of Tolerance*.** An opportunity to acknowledge all you meet, of giving people a 'fair go'. A day to tear down the walls that separate, and build bridges that join. A day to make a resolution to practice tolerance in every facet of your life.

**The twelfth day - 17<sup>th</sup> November - *Inner Peace Day*.** A good day to follow the International Day of Tolerance. World peace depends on peaceful coexistence, which is accepting others who we might perceive to be 'different' from us in some way - in race, religion, culture, and so on. We have inherited prejudices that are not based on fact, and these separate us from others, creating an "us against them" mentality. While ever these prejudices continue to exist, there will never be global peace. One factor which impacts greatly on global peace is inner peace. The Dalai Lama tells us: "*Without inner peace, it is impossible to have world peace.*" This is why we have devoted this day to inner peace, rather than world peace.

**The thirteenth day - 18<sup>th</sup> November - *Forgiveness Day*.** A day to forgive and mend any squabbles and misunderstandings, a day to right past wrongs. Both to and from ourselves, groups, and nations.

**The fourteenth day - 19<sup>th</sup> November - *Senior's Day*.** A day to honour senior citizens, who represent the past, and who display the wisdom that age bestows upon people. There is a huge pool of experience and wisdom amongst seniors that has yet to be used to the best advantage.

**The fifteenth day - 20<sup>th</sup> November - *\*International Day for Children*.** A day to honour children, who represent the future. A day to begin nurturing their kindness to ensure they will mature into caring and responsible adults.

**The sixteenth day - 21<sup>st</sup> November - *Health Care People's Day*.** A day to give thanks to those in the caring professions - nurses, doctors, practitioners of all kinds, ambulance officers, carers, etc. These wonderful people have dedicated themselves to serving others, which is the true spirit of kindness.