

The Bulletin

February 2004

Members of BPW Bunbury, and their Guests, usually have a Dinner Meeting at the PARADE HOTEL, BUNBURY at 6.30 p.m., **on the first Wednesday of each month**, for an evening of fellowship and enjoyment

Business Meetings, to which all members are welcome, are held on the THIRD WEDNESDAY of each month at a location and time to be determined

President	Vacant		
VP Internal Policy	Marie Coxon	9721 6391	
VP External Policy	Vacant		
Treasurer	Rosemary Swaving	9725 3504	
Correspondence Secretary	Naomi Roulston	9721 2177	
Minutes Secretary	Grace Harris	9795 7957	
Hostess	Jeanne Trainer	9721 5159	
Bulletin	Maureen Wright	9721 6405	lefty1@iprimus.com.au

NEXT DINNER MEETING - Wednesday 3rd March 2004

DUTIES

Chair	Jenni Minchin
Grace	Mary Brown
Aims	Cathy Herring
Intro Speaker	Joan Morton
Thank You Speaker	Grace Harris
Raffle	Jan Rudd

Guest Speaker

Arlene Quinn

BPW Woman of the Year

Global Peace Village - Sri Lanka

Please Remember: If you said 'yes' in the dinner book and find you can't attend **YOU MUST NOTIFY Jeanne Trainer on 9721 5159**. If you invite guests, and haven't booked them in – you must **NOTIFY Jeanne** as well please. Last chance to apologise or book in Guests is on the Monday evening before the Dinner Meeting.

If you fail to give your "apologies" in time – you could be liable for the cost of the Dinner

BPW Leading the Way - speaking up, speaking out and making a difference
BPW Australia is an organisation of like minded women who meet together to share ideas, experiences and fellowship.

2004 International Night

Tonight we celebrate the sisterhood of BPW around the world. An excerpt from the ceremony text is *“Let us now light candles and remember our members on every continent who will be celebrating in the same manner. As we light the candles for them, they will light the candle for our country”*.

Come and help that celebration..... we have some special surprises in store for you this year.

In addition to a world renowned singer, Donna Bromiley, we have the BPW Woman of the Year, Arlene Quinn and our special scholarship recipients, Katie McIntyre and Katelyn Tuck. BPW WA President, Jasmyn Mumme and members from Busselton and Harvey (and Donnybrook we hope) will also be joining us.

Arlene recently visited the Peace Village in Sri Lanka – to which BPW Bunbury and several members made a donation last year. The combined donations of WA and Australia allowed houses to be built to shelter refugees – mainly women and children.

Thank you - to the International Night Committee – Jenni, Mary and Agnese and all of those helping in front of or behind the scenes.

International Collect

Keep us from pettiness, let us be large in thought, word and deed

Let us be done with fault finding and leave off self seeking

*May we put away all pretence and meet each other face to face,
without self pity and without prejudice*

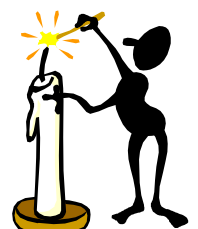
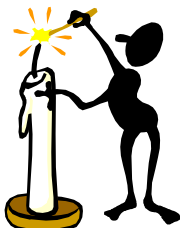
Let us take time for all things, make us grow calm, serene, gentle

Teach us to put into action our better impulses – straightforward and unafraid

*Grant that we may realize that it is the little things that create differences, that in the big things
of life we are one.*

And may we strive to touch, and know, the great human heart common to us all, and

Let us not forget to be kind.





2004 – Is also the YEAR OF INDULGANCE

HOORAY FOR CHOCOLATE!!!!

Chocolate is derived from cocoa beans.

Bean = vegetable.

Sugar is derived from either sugar cane or sugar BEETS.

Both of them are plants, in the vegetable category.

Thus, chocolate is a vegetable.

To go one step further, chocolate candy bars also contain milk, which is dairy. So, candy bars are a health food.

Chocolate-covered raisins, cherries, orange slices and strawberries all count as fruit, so eat as many as you want.

Remember - - -

"STRESSED" spelled backward is "DESSERTS"

Give this to four people and you will lose 2 pounds.

Give this to all the people you know (or ever knew), and you will lose 10 pounds

If you tear up this message, you will gain 10 pounds immediately.

That's why I had to get all of you to read it - - - I didn't want to risk it



AND WHILE ON THE SUBJECT OF FOOOOOD



For those of you who watch what you eat (I for one, always look at what I'm eating) ...

Here's the final word on nutrition and health. It's a relief to know the truth after all those conflicting medical studies.

1. The Japanese eat very little fat and suffer fewer heart attacks than the British, Americans or Australians.
2. The Mexicans eat a lot of fat and suffer fewer heart attacks than the British, Americans or Australians.
3. The Japanese drink very little red wine and suffer fewer heart attacks than the British, Americans or Australians.
4. The Italians drink excessive amounts of red wine and suffer fewer heart attacks than the British, Americans or Australians.
5. The Germans drink a lot of beer and eat lots of sausages and fats and suffer fewer heart attacks than the British, Americans or Australians.

CONCLUSION: Eat and drink what you like. Speaking English, apparently, is what kills you.

What was your New Year's Resolution Again ???





Joined the SKI club -

Spending **K**ids' **J**nheritance

IF UNABLE TO DELIVER – PLEASE RETURN TO:-
BPW BUNBURY PO BOX 272 BUNBURY 6231