

Espresso

April 2020

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Rural Women
NEW ZEALAND
Ngā Wāhine Taiwhenua o Aotearoa

THE YEAR AHEAD

To do in April

- Contact Members to check on their wellbeing and see if any assistance is needed
- Start work on the RWNZ Archive project by locating where local archives might be located
- Investigate Project Warmth
- Indicate your interest in attending the Trauma Training Course

To do in May

- Nominate an entrepreneurial rural woman for the NZI Rural Women NZ Business Awards
- Think about nominations for National Awards
- Draft possible remits for consideration at the Summit (deadline July)

To do in June

- Start on End of Year reporting and plan your Branch and Provincial AGM for July
- Advertise the next round of Bursaries and Grants available (Deadline 1 July)
- Have a go at writing a story for the Short Story Competition

To do in July

- Renew your membership
- Register for the Summit in November in Wellington
- Submit remits by Tuesday, 21 July
- Nominate someone for President or the Board

To do in August

- Submit completed Statements of Service Performance and Financial Reports to National Office (deadline 15 August)

To do in September

- Vote in both the General Election and the RWNZ elections
- Advertise Bursaries available

To do in October

- Celebrate International Rural Women's Day

To do in November

- Attend the Summit, NZI Rural Women NZ Business Awards and the Annual General Meeting in Wellington
- Find applicants for the Te Kiteroa Scotlands Fund



COMPETITIONS & AWARDS

RWNZ's competitions and awards were discussed and reviewed by the Leadership team at their meeting. There were some excellent ideas for new competitions and suggestions on how to revamp some of our existing competitions. All the ideas are being collated together for further review by the Leadership team.

In the meantime, we have much pleasure in announcing that entries are open for the Marlborough Short Story Competition and the Olive Burdekin Prize for Advanced Writers 2020.

The title and theme for this year's competitions is "**Fundraising**". Your story should describe a humorous event or a disastrous event while fundraising (rather than how you fund raise or what you fund raised for). A subtitle may be used.

THE MARLBOROUGH SHORT STORY COMPETITION

This competition is open to all amateur writers who are Rural Women New Zealand Members and who have not won this competition for the previous two years, or had their writing published - apart from contributions to newspapers, the Rural Women Magazine or the RWNZ Express magazine.

The story should not contain more than 1000 words, with a minimum of 600 words. The number of words must be written in top left corner of first page. Please do not put your name on story.

Entries must reach the Convenor no later than the date notified each year and must bear the full name and address of the writer, the name of the Provincial and Branch (if applicable).

Stories must be written or typed on one side of the paper only, and envelopes or emails clearly marked "Marlborough Short Story".

Winners will be announced at Summit 2020 and a presentation of the Marlborough Tray and a book voucher is awarded each year to the winner.

Rural Women New Zealand appreciates the contribution of the Marlborough Provincial in sponsoring the award and managing the competition.

THE OLIVE BURDEKIN PRIZE FOR ADVANCED WRITERS

This section is for Rural Women New Zealand Members who are not eligible to enter the Marlborough Short Story Competition. They are either previous first place winners from the past two years, or have had articles or books published.

Judging will be on 'Short Story' form but may be based on historical memories.

The story should not contain more than 1500 words or less than 1000 words. The number of words to be written in top left corner of first page.

Stories must be typed or handwritten in black on one side of paper only, and envelopes and emails clearly marked "Olive Burdekin Prize for Advanced Writers". Competitors please keep a copy as stories sent in will not be returned.

The winner will be announced at Summit 2020. Prize money is sponsored by Olive Burdekin of Region 3 and remains managed by Region 3.

The closing date for entries is Monday, 31 August 2020. Entries should be posted to Mrs Jennifer Wiese, 25 Tirimoana Terrace, RD1, Picton 7281 or by email to: jen.wiese@icloud.com

GROUP CRISIS INTERVENTION TRAINING

RWNZ is planning to hold a Group Crisis Intervention Training Course this year. The National Office is seeking indications of interest in participating in this programme. Please contact National Office to express your interest in taking part in this opportunity or with any questions about the content of the course.

PROFESSIONAL DEVELOPMENT OPPORTUNITY // TWO DAY TRAINING - DATE TBA HOME OF COMPASSION ISLAND BAY - 2 RHINE STREET, WELLINGTON

This two day International Critical Incident Stress Foundation (ICISF) training provides a framework to provide acute emergency mental health intervention to help large and small groups of people cope with their reactions after experiencing a traumatic event. The program presents the core elements of the comprehensive, integrated, systematic and multi-component crisis management system known as Critical Incident Stress Management (CISM).



THIS TRAINING COVERS:

- Crisis Intervention and CISM terminology and background Introduction to Psychological First Aid
- Crisis communication skills
- Psychological and behavioural reactions to critical incidents and approaches to people in crisis
- Crisis Management Briefing (CMB)
- Rest, Information and Transition Services (RITS)
- Immediate Small Group Support (ISGS)/Defusing
- Powerful Event Group Support (PEGS)/Critical Incident Stress Debriefing Stress Stocktakes
- Resilience/wellbeing sessions and associated strategies
- Values, ethics and practice standards
- Post traumatic growth, and
- Wellbeing & Self care

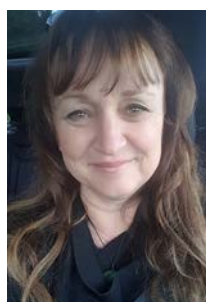


FACILITATORS



LEAD TRAINER - Alexina Baldini - Psychologist, Enable Workplace Consulting, Melbourne

Alexina has had an extensive history in training staff members and particularly those providing critical incident stress responses within a diverse range of organisations, both as an internal staff member and later as a consultant to government, not for profit, business and service industries. Having presented at the ICISF World Congress in May 2019 on an adaptation for Australian indigenous personnel of crisis response techniques, Alexina strongly advocates that peer support components are crucial in this development. Key roles Alexina has had in the crisis response arena include, Clinical Director of the Department of Health and Human Services crisis response team and consultant to allied health and hospital sector. This included the set up and ongoing professional development for teams of peers after the 2009 fires. This year Alexina has supported those evacuated during the Victorian East Gippsland Fires including children and adolescents.



ASSISTANT TRAINER - Liz Pennington - Registered Nurse, Rural Women New Zealand CE

Liz is a registered nurse with experience in acute mental health and in community. Her previous role at Vitae, a national counselling and psychological trauma support service was that of CE and the position of Critical Incident Lead. With a strong passion for mental health, Liz's career extends to senior lecturing. She has worked as a hands on trauma responder over the last 7 years and was part of the team on the ground providing immediate support after March 15 in Christchurch last year. Liz is a professional member of CIMA, having presented at two CIMA Conferences and whilst also representing New Zealand as the Kiwi representative on its Australasian Committee from 2017 - 2019.

WHO WOULD HAVE THOUGHT THERE WOULD BE SO MANY USES FOR A PEG BAG?



The brilliant and creative women of RWNZ did. Many of you accepted the challenge to suggest additional uses for the fabulous RWNZ peg bags. While we found each of the entries were genius, a challenge must include a winner and a prize.

And the winner(s) are (drumroll please):

Dishwasher Safe Toywasher: Andrea Rowe

Time to tidy up those toys strewn about and give them a good washing? Legos, plastic animals, cars, tractors and all those bits and bobs the kids love to play with can be collected in your handy peg bag. Then toss your peg bag in the dishwasher on the top rack to get those toys sparkling clean.

Toy Filter System: Vicky Beckwith

How else are you going to fish all those little Hot Wheels Cars out of the sand pit? Use your peg bag to grab all those tiny cars and trucks that get lost in the sand pit, then give them a good rinse right in the bag and hang it on the line to let them dry.

Well done, Andrea & Vicky. You will both be receiving a RWNZ peg bag.

You can test out some of these other fabulous suggestions we received:

Whitebaiting Bag With a few larger holes in the bottom of your peg bag, when you scoop up the Whitebait the water and the Whitebait drain through and the smelt remain. You are left with good, clean, fresh Whitebait.

Forage Wash Bag Collect the fruits (and veg) of your labor and give them a good wash right in your peg bag with water or your preferred fruit and vegetable spray.

Defrost Supper When you pull the meat out of the freezer, drop it in your peg bag as it thaws. Mince, a whole chicken, fish or whatever is on the menu. It also works great for any of those other frozen items you need a container to set them in while they thaw.

Water Filter System The mesh base of the peg bag makes for an ideal water filtration system for anything. Whenever you are looking for that perfect container to hold that item you need the water to drain off of, grab your peg bag.

Dive Bag Grab that peg bag when you head to the ocean for shellfish or any other delicacies of the sea. Mud digging for Paua or TuaTua, bring your peg bag. Toss your scrumptious treasures in the peg bag and give them a good washing with salt water right in the bag.

Sturdy Tiered Planter Instead of a macrame hanging planter, tether those peg bags together and fill with plants.

Clean the Pipes Your peg bag is ideal for collecting the trash and rubbish at the end of the pipe when they get a good clean out.

Cat Proof Cat Food Storage Keep those packets and tins of cat food tidy and out of paws reach when you toss them in a peg bag and hang it up away from Whiskers.

Thank you all so much for accepting our challenge and thinking outside of the box, or bag in this case, to put those peg bags to good use. If you need a peg bag or two or three, pop onto the RWNZ website. Please note that during the Level 4 response to COVID-19, we are unable to send orders for peg bags. We will send your order as soon as we can return to the National Office.