

NATIONAL CONFERENCE 2021

Strengthen, Support, Connect

This is the theme for the RWNZ National Conference this year and we are delighted to be returning to Christchurch for the Conference, the RWNZ Annual General Meeting and the NZI Rural Women NZ Business Awards 2021. The three events will take place over three days from Thursday, 18 to Saturday, 20 November with the National Conference running on Thursday and Saturday with the AGM and Business Awards held on Friday.

The Rural Women NZ National Conference Committee 2021 has been meeting regularly and has put together a fabulous programme for you to enjoy. It is never too early to say thank you so we want to acknowledge all the hard work that has already been put in by the Committee to create what promises to be a highly entertaining and enlightening Conference. Thank you too for sourcing such a great venue, the Rydges Latimer, that has both the facilities and accommodation on site which we know will suit many Members.

We thought we might tantalise you with a few details to tempt you into saving these dates in your diaries and booking your flights and accommodation. The early bird definitely catches the cheapest pricing where it comes to booking flights so keep an eye out for special offers.

RWNZ has secured a block booking for accommodation at the Latimer for the duration of the Conference.

For more information and to secure your room, please visit the link provided to book online:

<https://www.rydges.com/private-page/rural-women-nz-conference-2021/>

Or contact the Rydges by phone on 0800 176 017 and advise that you wish to book for the Rural Women New Zealand Conference in November.

Here is the outline of the three days for your discerning consideration:

Thursday, 18 November – National Conference Day 1

- 12.30pm Registration opens
- 2pm Official Opening
- 3.30pm Afternoon Tea
- 4pm Guest Speaker
- 4.45pm RWNZ Speech Competition
- 5.30pm Drinks/Social time
- 6.30pm Evening meal followed by entertainment

Friday, 19 November - Annual General Meeting and NZI Rural Women NZ Business Awards 2021

- 9am Registration opens
- 9.30am AGM commences
- 12.30pm Lunch
- 1.15pm AGM resumes and National Project Update
- 3.30pm AGM concludes
- 6pm NZI Rural Women NZ Business Awards 2021

Saturday, 20 November – National Conference Day 2

- 8am Champagne Breakfast
- 10am On the Couch Panel
- 11.30pm Light Lunch
- 12.15pm Laughter Workshop
- 2pm Conference Closing



Greetings to you all.

We are already one-third of the way through 2021, and what a year it has been so far!

It began with notification that Liz, our Chief Executive, was leaving us at the end of March to join her husband, as he had moved to the Bay of Plenty for work. The search for a new Chief Executive was underway by mid-January and an appointment has been made. We welcome Gabrielle O'Brien to the Rural Women New Zealand team on Monday 3rd May.

Liz's contribution has been amazing during her time with us. Her warm and caring manner, sense of humour, and attention to detail have been truly appreciated and will be fondly remembered by all who have met her and worked with her. We wish her well for her future endeavours.

The Board held a planning meeting in January which was a valuable opportunity for us to plan ahead and come together as a new team following the changes at last year's AGM.

In February we held our first full Board meeting and took part in the Leadership Hui in Wellington, where the Regional Leaders, Board and Staff all came together for two days of workshopping and discussion. Much of this was at a more strategic level, with the detail to unfold as the year progresses and our new Chief Executive establishes herself. That team focus of the Board, Staff and Leadership Group was reinforced, and we all look forward to bringing you, the membership, with us on the journey ahead. We were so fortunate that Covid restrictions allowed this to continue. It was in doubt up until a few days ahead.

In March I had the honour of being invited to represent Rural Women New Zealand and participate in a panel at a United Nations Sixty Fifth Commission for the Status for Women (CSW65) parallel event run by ACWW titled The Role of Rural Women in Global Citizenship. Due to Covid, this event was held online, rather than in New York. The panel was hosted by ACWW World President, Magdie DeKock, and included Irene Chinje from Cameroon who is the East, West and Central Africa Area President; His Excellency Hans Wesseling, the Dutch Ambassador to UNESCO; and Marie Kenny from

Canada, Chair of the ACWW United Nations Committee. The event recording is available on the ACWW website.

Speaking of ACWW, as with many other charitable organisations, its income has been severely depleted due to Covid, so any donations will be gratefully received which will enable it to continue its important work globally.

We also ran the Activator sessions in March, with financial support from the Ministry for Primary Industries. These were two truly inspiring days with our up and coming rural business women. We look forward to watching their progress in the future.

Rural Women New Zealand has a seat on the NZ Landcare Trust and I currently hold that position. I recently attended a Board meeting, workshop with staff, and fieldtrip in Napier which was really interesting and informative. Our links with the Trust are close and we can offer regional support in various ways to assist them in their valuable work.

And while all of this has been going on, RWNZ have gained valuable media profile around the issues of withdrawal of cheques and local bank closures.

Following on from the remits on Talk Peach, Ovarian Cancer, and K9MD at the AGM last year, we were pleased to be able to support Jane and Tash in presenting their Petition calling for action on ovarian cancer awareness, research and funding in March. Our National Project is taking shape, and will run through into next year, to give time for all events and actions to be captured in the 2022 SSPs.

Regional Conferences are taking place over the next few months and I'm looking forward to attending those I can and meeting more of our Members face to face.

Keep doing all those fantastic things in your local areas, and please remember to share photos or stories with us all. It is so inspiring to see what is happening! Above all though, remember to find time to have fun and enjoy some 'me' time.

Take care, go well,

Gill



NATIONAL BOARD OF RWNZ

National President & National Chair International Portfolio (Lead)

Gill Naylor
Alexandra
Phone: (03) 426 2731
Mobile: 027 338 3089
gill.naylor@ruralwomennz.nz

National Finance Chair Business Portfolio (Lead)

Jenny McDonald
Ashburton
Ph: 03 303 3196
jenny.mcdonald@ruralwomennz.nz

Board Member (North Island) Technology Portfolio (Lead)

Claire Williamson
Cambridge
Mobile: 027 383 1299
claire.williamson@ruralwomennz.nz

Board Member (North Island) Education Portfolio (Lead)

Health Portfolio
Malvina Dick
Ohaupo
Mobile: 027 354 3590
malvina.dick@ruralwomennz.nz

Board Member (South Island) Environment and Land-use Portfolio (Lead)

Emma Higgins
Nelson
Mobile: 027 600 5549
emma.higgins@ruralwomennz.nz

Board Member (South Island) Social/Health & Safety/ Peace and Security Portfolio (Lead)

Sharron Davie-Martin
Rangiora
Mobile: 027 475 4129
sharron.daviemartin@ruralwomennz.nz

NATIONAL OFFICE

Ph: 04 473 5524
0800 256 467
PO Box 12-021
Wellington 6144
enquiries@ruralwomennz.nz

Chief Executive

Gabrielle O'Brien
ce@ruralwomennz.nz

Manager: Policy, Leadership and Development

Angela McLeod
angela.mcleod@ruralwomennz.nz

Membership and Office Manager

Felicity Bunny
felicity.bunny@ruralwomennz.nz

Projects and Events Manager

Lisa Thompson
lisa.thompson@ruralwomennz.nz

National Finance & Quality Manager

Lucy Tayler
lucy.tayler@ruralwomennz.nz

Communications and Social Media Support

Mia Cohen
mia.cohen@ruralwomennz.nz



RWNZ - LOWER NORTH ISLAND
CONFERENCE

SAVE THE DATE:
11-13 JUNE 2021

WHANGANUI, NEW ZEALAND



REGISTRATIONS OPEN ON 1ST MAY 2021
All RWNZ members welcome

WELCOME FUNCTION:

Friday, 11 June 2021, 6.00pm - 7.30pm
Meet the Mayor, rural leaders, fellow delegates
at a networking event, sponsored by



REMITTS

Pursuant to RWNZ policy, the RWNZ National Board is calling for the submission of proposed remits which must be sent to the National Office by **Tuesday, 20 July 2021**. The RWNZ Remit Template and Guidelines are available on the Members Zone of the RWNZ website.

Dates for the Diary

Saturday, 1 May: Region 6 Greater Waikato Regional Conference, Morrinsville

Monday, 17 and Tuesday 18 May: Region 1 Conference, Invercargill

Friday, 11 to Sunday, 13 June: Region 4 Conference, Whanganui

Wednesday, 16 to Saturday, 19 June: National Fieldays, Mystery Creek

Tuesday, 6 and Wednesday, 7 July: Primary Industries Summit and Awards, Christchurch

Thursday, 8 July: Region 6 Taranaki Conference

Wednesday, 21 July: Region 3 Conference

Friday, 23 July: Region 2 Conference, Ashburton

Friday, 30 July: Region 5 Annual General Meeting, Te Puna, Tauranga

Saturday, 28 August: Waipa King Country 75th Celebration

Thursday, 30 September and Friday, 1 October: Vision for Ageing in Aotearoa Conference, Wellington

Thursday, 18 to Saturday, 19 November: RWNZ National Conference, AGM and NZI Rural Women NZ Business Awards, Christchurch



RWNZ LEADERSHIP HUI

The Board, Leadership Councillors, Area Committee Members and the National Office team met together in Wellington for an excellent two-day Leadership Hui in February. They were action packed days and the topics ranged from membership strategy, strategic goals and policy, planning for the future and peg bags...lots and lots of peg bags.

The Hui was held at the beautiful Home of Compassion in Island Bay which includes a conference centre and on-site accommodation. This enabled plenty of opportunity outside of workshop hours for catch-ups and (it is rumoured) plenty of hilarity in the evenings.

The theme for the Hui was “**Strengthening, Supporting and Connecting People and Communities.**” The workshops were divided into topics with the first being **Focus on Function.** This session included an update on our Membership renewal process, consideration on the draft Terms of Reference for Leadership Councillors and Area Committees, a review of the Policy Portfolios and a consideration of the current approach in relation to adverse events.

The first part of the afternoon session was titled **Public presence: Introduction and Food for Thought** and covered an overview of RWNZ’s Strategic Intent, use of social media and working with the media and a discussion about the role of a dedicated publicity and promotions officer in the regions. This included an excellent case study review by Mary McTavish of Region 5’s trial of this role.

The remainder of the workshops were devoted to the third and largest topic, **Forward Planning.** These sessions were about strengthening our people in order to strengthen rural communities. The Hui discussed leadership training, developing our policy work training and event and project management. The evening session considered supporting our people and communities through our charitable work, how we provide assistance for those in need and how we can better promote the grants and funds we have available.

The morning session on Day 2 focused on connecting people and communities and we discussed how we follow up with potential members, defining what new generations of potential members look like and how to communicate RWNZ’s offering to them.

Undoubtedly one of the highlights of the Hui was “Light Relief” on Wednesday afternoon. This is where the peg bags came in. Actually, the items formerly known as peg bags magically morphed into the far more versatile utility bags after our Hui attendees fulfilled their pre-meeting briefing by our President to come up with ideas to advertise and use them. Some regions held fashion shows on how to incorporate a utility bag into your outfit in a stylish and Avant garde way while others presented advertisements, poetry, jingles and handy hints on how to use your utility bag. In particular, Melva Robb’s inspirational audience participation piece on how to use your peg bag as part of a rain dance ritual may well have solved drought problems nationwide as within the hour a steady rain shower appeared.

After a bright and early start for the last workshop session on Wednesday morning, we travelled to Government House for a tour of building and part of the gardens. This was a fabulous experience which we would highly recommend. It was incredibly interesting learning more about the history of the Governors-General and how their role has shaped Aotearoa New Zealand over the years. At one point we got to role-play how an important dignitary might be received by the Governor-General in a particular room. Lisa was highly delighted to be selected as the Governor-General and insisted that the rest of the Office team address her as Your Excellency over the following days.

The Hui ended with a final wrap up back at the Home of Compassion before attendees left to return to the Regions. It had been a busy and inspiring two days leaving all of us in good heart and looking positively towards the future of RWNZ.

Welcome to NEW MEMBERS

Ele Ludemann
 Helen Coombs
 Heather Gardner
 Jen Corkran
 Joyce Fox
 Mary Goodson
 Teresa Baird
 Catherine Cawte
 Kim Cawte
 Kirstin Anderson
 Stephanie Clare
 Alex Eagles-Tully
 Roanna Strange
 Claire Gower
 Becks Tosswill
 Kerry Shields
 Henrietta Purvis
 Rachel Staples
 Michelle King-Turner

Janet Campbell
 Kate Ivey
 Angela Scholtz
 Lisa Brink
 Sue Riley
 Brenda Douglas
 Kylie Avery
 Jane Firth-McMahon
 Lindy Tennent-Brown
 Claire Rose
 Chelsea Millar
 Johanna Moore
 Linda Harrex
 Christine Peterson
 Adrienne Robson
 Annabel Harris
 Jane O'Callaghan
 Mabel Collie
 Alixys Bush

Natalie Waddell
 Charlotte Ross
 Judy Fotheringham
 Harriet Enright
 Chelsea Williams
 Brooke Tohiariki
 Julie Hayward
 Andra Lazarescu
 Barbara Earl
 Diane Menzies
 Erin Kirk
 Marilyn Louise Law
 Christine Schwemmer
 Alice Williamson
 Terry McMeeken
 Nicola Grigg
 Yvonne Cheney
 Deborah Squires
 Leonie Williams



Christine Herrick
 Kathleen Baff
 Jocelyn Eichler
 Trish Rankin
 Cindy Mackenzie
 Kerrin Leoni
 Kristen Hubbard
 Katrina Thomas
 Jean Martin
 Tracy Johnston
 Kristine Asincion
 Cassandra Slumskie



IT Angels

**Life is too short
 to waste time on tech problems!**

IT Angels can help you with:

- ◆ Email problems
- ◆ Problems with Windows
- ◆ Issues with your Mac
- ◆ Setting up a new computer, tablet or phone
- ◆ Making sure you are safe on the internet

IT Angels know that this stuff can drive you crazy so contact our Angels for kind, patient, understanding assistance when you need a tech miracle.

For heavenly service email or call us now:
 help@itangels.co.nz • 0800 234 927



INVEST IN
 YOUR HEALTH
 & HAPPINESS

*escape
 for a
 retreat*

JUST THE BOOST
 YOU NEED



New Zealand's
 Best Wellness Retreat

AWARD WINNING
 WEIGHT LOSS,
 HEALTH & WELLNESS
 RETREATS
 EXCLUSIVELY FOR
 WOMEN

NATIONAL OFFICE REPORT

You will have read elsewhere about the change in Chief Executive and whilst we are missing Liz, we are eagerly awaiting the arrival of Gabrielle. This isn't the only news; we have Mia Cohen, Communications and Social Media Support, who started on a six-month contract in March and three virtual interns, two in the United States and one in the United Kingdom, who all started in March too. You can learn a little more about each in the included profiles and we showcased Mia last year when she undertook a short term contract after interning with us through our partnership with Massey University.

With the change in CE and new Board, we have been busy with handing over information on work plans and projects so that the changing of the guard is practically seamless.

Our three interns are supporting us with policy and communications through the continuation of the Quality of Life project in which we are partnering with Massey University's social work team. Having interns based overseas has challenges. However, with the use of technology such as Zoom, WhatsApp and email, we have been able to do some great work and hopefully, impart some knowledge to these young women so that they learn and refine skills that will support their career aspirations. The world, as it is right now, is their oyster and of course, we wish them well, whilst benefitting from their ideas and input.

The RWNZ Board hosted the Leadership Hui at the

Home of Compassion in Island Bay, Wellington. We supported where needed and it was great to meet all of the organisation's leadership team in person. As always, the programme was laced with humour, hard work and the sharing of thoughts, ideas, and experiences.

The National Office team with Gill Naylor has been working with the National Conference Organising Committee to create for you the best programme and experience around the theme, Strengthen, Support, Connect. We look forward to seeing you all in November.

Along with the support of the interns, the RWNZ Policy team have been busy with submissions, meetings and projects which do or will, articulate our position on the solutions we think decision-makers can implement to alleviate the impact of those decisions on rural communities. Along with Board Members Sharron Davie-Martin and Claire Williamson, the Office team has been meeting with banks and other parties to advocate that every rural household has access to the technology it needs to transact their daily lives. We are awaiting a meeting with the Minister of Digital Economy and Communications to discuss this further. We have been working on the actions arising from the remits passed at last year's AGM. In March, we hosted a webinar titled "Ovarian Cancer, Let's Talk" which was thought-provoking, heart-breaking and inspiring. This has informed and helped in preparing our National Project Guidelines in relation to these remits.

As always, if you are in Wellington, please come by and say hello and join us for a cup of tea and the daily quiz.

GABRIELLE O'BRIEN CHIEF EXECUTIVE

I come to the Chief Executive role with a background in human resources management, facilitation and mediation, coaching, organisation development and general management.

I spent the first part of my career as an HR generalist both in government in New Zealand and in the private sector in the United Kingdom. I have worked for membership organisations for the last 14 years including a professional membership body for mediators, a charity focussed on families led by one person and for the past four years, the New Zealand Law Society; the professional regulatory and membership organisation for lawyers. I have held several roles there, most recently being the National Branch Manager for the 13 branches around New Zealand.

My formative years were spent in Southland growing up mainly in a small rural community north of Invercargill before making my way to Wellington via 4 years at Otago University.

Outside work, I am a keen walker and occasional runner, an avid reader and an enthusiastic but not very skilled knitter! My husband and I are slowly getting used to being a smaller household for much of the time with my son in his first year at Auckland University and my daughter working as a dance teacher and event coordinator in Sydney. I'll be one of those cheering when the Trans Tasman bubble opens!

I'm looking forward to working with the board and members of Rural Women New Zealand to provide the best possible platform for rural women to raise and progress issues that are important to them.



Meet the interns

My name is Kathryn Francis. I am excited to start a remote internship based in the UK with Rural Women NZ to further develop my experience in research and project work. I have a Master's degree in Poverty and Development from the Institute of Development Studies and I have volunteered for several UK based NGO's in a wide range of roles including campaigns, grant assessing and fundraising.

I am passionate about NGO work and helping to improve the lives and opportunities for disadvantaged communities and promoting women's rights internationally.



KATHRYN FRANCIS



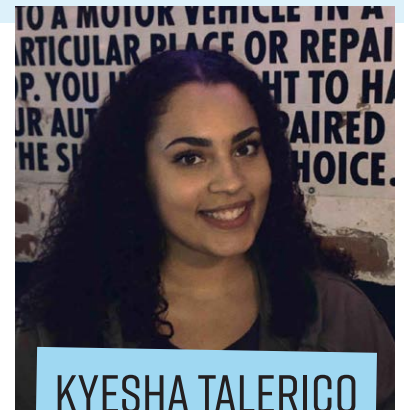
ALLISON JORDAN

I am a senior at Hobart and William Colleges in New York. I am an anthropology and sociology major and Law and Society minor. After college, I hope to go to law school and eventually work either in policy or as a lawyer.

I wanted to intern at Rural Women New Zealand because I liked that they were community centered, and how they advocated for the community to make sure the people there get what they need. I want to be with an organization that cares about the community and people they work with and looking at Rural Women NZ, that is what I got from them. Additionally, because they work with a lot of policy to meet people's needs, that interested me too because I see myself working possibly in policy one day, so this seemed like a great opportunity. I am excited to see how this internship goes, and meet more of the members and people in this organization.

My name is Kyesha Talerico and I am a senior at Hobart and William Smith Colleges. I will be graduating in May with a Bachelors of Arts in Philosophy and a double minor in Political Science and Law and Society.

On top of my academics, I play Division III Basketball for William Smith. I am also a member of the Trip Alpha Honors Society and I am on the board for the Fisher Center for the Study of Justice and Gender. While in school, I work at the William Smith Dean's Office as a student assistant. After graduation I plan to embark on law school. I enjoy using my skills to contribute to the fight to increase justice and advocate for others.



KYESHA TALERICO

Are you at the top of your priority list?



Charlotte Heald - Holistic Health Coach

If you're like most of the women I help, you've put your farm and family responsibilities at the top of the list. The needs of everyone and everything else in your life have come before your own, and you might be feeling unmotivated, unfulfilled and have some nagging health issues that you've not found time to address, I can help with that!

- Health & Nutrition
- Self Care
- Gut Health
- Stress Management
- Mindset & Identity

I specialise in empowering rural women like you to easily create a sustainable lifestyle

www.wealthofhealth.co.nz
charlotte@wealthofhealth.co.nz
[charlotte.heald](https://www.instagram.com/charlotte.heald)
[WealthofHealthwithCharlotteHeald](https://www.facebook.com/WealthofHealthwithCharlotteHeald)



NATIONAL COMPETITIONS FOR 2021

WRITING COMPETITIONS

Entries are now open for the Marlborough Short Story Competition and the Olive Burdekin Prize for Advanced Writers 2021. The title and theme for this year's competitions is "*What I learnt about life during the Covid-19 Lockdown.*" You may include a subtitle. Here is the entry criteria for both competitions:

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 in the previous two years or had their writing published - apart from contributions to newspapers or in 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 the first page.
- The entrant must state that their entry is for the Marlborough Short Story Competition on the first page.
- If the number of words in the entry is not printed on the first page or the category entered is not specified, the entry will be disqualified.
- Stories must be written or typed on one side of the paper only
- Envelopes or emails must be clearly marked "Marlborough Short Story".
- Please do not put your name on the entry itself.

The winner will be announced at the National Conference in Christchurch in November where they will be presented with the Marlborough Tray and a book voucher. Rural Women New Zealand appreciates the contribution of the Marlborough Provincial in sponsoring this award and managing the competition.

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.

- The story should not contain more than 1500 words, with a minimum of 1000 words.
- The number of words must be written in top left corner of the first page.
- The entrant must state that their entry is for the Olive Burdekin Prize on the first page.
- If the number of words in the entry is not printed on the first page or the category entered is not specified, the entry will be disqualified.
- Stories must be written or typed on one side of the paper only
- Envelopes or emails must be clearly marked "Olive Burdekin Prize for Advanced Writers".
- Please do not put your name on the entry itself.
- Judging will be on 'Short Story' form but may be based on historical memories.

The winner will be announced at the National Conference in Christchurch in November. Prize money is sponsored by Olive Burdekin of Region 3 and Rural Women New Zealand thanks Region 3 for the management of this competition.

The closing date for entries for both competitions is Tuesday, 31 August 2021. Entries should be posted to Mrs Jennifer Wiese, 25 Tirimoana Terrace, RD1, Picton 7281 or sent by email to: jen.wiese@icloud.com



Speech Competition

The topic for this year's Speech Competition has been announced and is: **"The Challenge of Change."**

The national competition will be held at the National Conference in Christchurch on Thursday, 18 November.

This contest is open to one contestant only from each region. Details of each regional representative entrant must be provided by email (competitions@ruralwomennz.nz) or post to the RWNZ National Office no later than Monday, 1 November. The contestant must be a current financial RWNZ member.

Each speech shall be no less than four minutes and no more than five minutes in duration. If a contestant speaks for longer than the five minutes allowed, Penalty Points will be deducted. One (1) point for every 10 seconds overtime will be deducted.

Two prizes will be awarded. The first is the Tarrant Bell which will be awarded to the best speech as judged according to the Contest Rules. The second prize is the Tutaenu Bell which will be awarded to the best first time entrant.



CORA WILDING TROPHY

The competition item for the Cora Wilding Trophy this year was decided at the Leadership Hui in February. Entrants are invited to create an **Upcycled Tote Bag**. The front dimension of the bag can be no bigger than 30cm x 35cm excluding handles. Gussets are permitted.

Judging to be according to 'coin voting' with the proceeds donated to ACWW.

Following the competition, the bags will be donated to the Women's Refuge with permission of the entrants.

Please bring your entries with you to the National Conference in November or send them to National Office to arrive no later than Monday, 1 November. If you are sending your entry to National Office, please include a note confirming whether your entry may be donated to Women's Refuge following the competition.



Wool Competition

This year's item for the Wool Competition is a **child's fancy pure woollen hat**.

The hat may be knitted or crocheted from any ply wool. Woollen embellishments are permitted. The original wool yarn label used must be provided with the entry. If the wool is home spun, a sample of the wool must be provided with the entry.

Following the competition the hats will be donated to Ronald McDonald House, Christchurch with the permission of the entrants.

Please bring your entries with you to the National Conference in November or send them to National Office to arrive no later than Monday, 1 November. If you are sending your entry to National Office, please include a note confirming whether your entry may be donated to Ronald McDonald House, Christchurch following the competition.



THE RWNZ PHOTOGRAPHY COMPETITION 2021

Following the runaway success of last year's RWNZ Photography Competition and calendar we are pleased to launch the 2021 competition. The competition is open to all Members.

It was inspiring to see the incredible images from all over Aotearoa New Zealand. One of the things that defines our beautiful country is the colours of our changing seasons and we thought this would give our Members the opportunity to capture the essence of their rural locations.

The theme of this year's competition is **"Seasonally Yours."** We want you to send us an image which defines a season where you live or work. Each of the final winning entries will be selected to feature in the Rural Women New Zealand Calendar 2022 which will be printed and available for sale in October. Because of the huge success of last year's calendar, each winning entrant will receive a free copy of the calendar.

HOW TO ENTER

1. Send your full-size, high-resolution photos to lisa.thompson@ruralwomennz.nz by Wednesday, 1 September, 2021. Please note that only high resolution, printable images can be selected for inclusion in the calendar.
2. Entries must be submitted in JPEG (or JPG) file format and no larger in size than 10Mb)
3. Include your full name, phone number and address
4. Supply a brief (50 words max) caption that includes:
 - a title for your entry
 - which season you are capturing for us
 - information about where and when the photo was taken
5. Photos must be taken in Aotearoa New Zealand

TERMS & CONDITIONS

Images should be submitted by email to lisa.thompson@ruralwomennz.nz with the subject line of Photography Competition Entry.

You can submit as many entries as you like, but each entry must be in a separate email.

To ensure your photos reach us, please ensure each image is no larger than 10MB.

The closing date is Wednesday, 1 September 2021.

The competition is open to Members of Rural Women New Zealand.

Late, illegible, incomplete, or corrupt entries will not be accepted. No responsibility can be accepted for lost entries and proof of transmission will not be accepted as proof of receipt. Entries must not be sent through agencies or third parties.

All images submitted must be the work of the Member submitting them and must not have been published elsewhere or have won a prize in any other photographic competition. It is the responsibility of each entrant to ensure that any images they submit have been taken with the permission of the subject and do not infringe the copyright of any third party or any laws.

Entrants must warrant that the photograph they are submitting is their own work and that they own the copyright for it.

All entries must be received by the advertised closing time and date.

Entrants agree that their images may be used by RWNZ in the Express magazine, the RWNZ website and social media channels and in any new publications without charge.

The Judges' decision is final and no correspondence will be entered into.

By entering this competition, you agree to accept and be bound by these terms and conditions.

BURSARIES & GRANTS

RWNZ recently awarded grants from the Scotlands Te Kiteroa fund to nine worthy recipients across a wide range of enterprises and activities.

The first round of Education Bursaries including the tertiary and education fund and textbook grants have been appraised by the committee, with the results to be ratified shortly by the Board.

RWNZ is also very excited to have partnered with VIRBAC New Zealand to launch the first round of the VIRBAC RWNZ Animal Health Graduate Grant, a project that our former President, Fiona Gower, was instrumental in establishing. We had an astonishing nineteen entries in total and the judging panel will have their work cut out for them!

There are a number of grants and funds that have applications closing on Thursday, 1 July. These are the:

- Education Fund
- Ruby Stokes Grant
- Miss Harris Tertiary Nursing Bursary

Do you know someone who would benefit from one of these grants?

More information on each of these is available on our website at <https://ruralwomennz.nz/services/charitable-grants/>

From: **Margaret Vickers**

Date: Mon, Mar 29, 2021 at 2:44 PM

Subject: Taranaki Dairy Industry Awards

To: Felicity Bunny

Hi there,

I am sending photos of our granddaughter Kelsey who entered the Taranaki Area Industry Awards. She won the Federated Farmers Leadership Award, LIC Recording and Productivity Award plus the Meridian Farm Environmental Award. Was runner up in the Share Farmer of the Year Award. There is three generations of RWNZ members in these photos: Kelsey Thompson-Espin, Sheree Espin and Margaret Vickers. Kelsey is also the sixth generation on the family farm.

Regards, Margaret Vickers

From the Mailbag



BEAUMONT/TUAPEKA

Branch 90th Birthday

On Wednesday the 24th of March the Beaumont/Tuapeka Branch of Rural Women NZ celebrated 90 years since their formation in 1930. The celebration was held at the Beaumont Hall.

Margaret Healy convened the meeting using the original bell to call together the 25 women present. After welcoming everyone to Beaumont, apologies were called for (17 received) followed a minute's silence was observed for those members that had passed.

Those attending were asked to wear a hat as in all the early photos the ladies all wore hats to their meetings. The Creed was then recited.

Margaret introduced twins Daphne Kalinoski and Lorraine Drew and they entertained us with their stories of back-packing around the world and the 'Loo's of the World'. Their talk was very interesting and very, very amusing.

We enjoyed a lovely lunch and members also enjoyed looking at all the Photo Books and Minute Books. Margaret gave a brief history of the activities of the Branch; from competitions won, raising funds for the Life Education Bus, Christchurch Earthquake, Women of the Pacific, blankets for Cover Up, supporting a Sir Edmund Hilary school in Nepal, getting street lights in Beaumont, submissions to keep the Lawrence Hospital, keep Rural Delivery to 5 days a week, reduce speed limits while passing stationary school buses, speed limit for the New Beaumont Bridge. Two Members have trained to become Steady as You Go instructors and they lead a falls prevention exercise class at Lawrence every Monday morning then again at the Rest Home in the afternoon, they have been doing this for 11 years now.

Margaret then announced that they had a long overdue special award for a very special lady, a Branch Life Membership for Dorothy Coburn. Dorothy joined the Branch in 1952 and is still a very active member. She is talented with crafts, baking, floral arrangements and tutoring others. At 95, Dorothy lives alone in her own house, still drives and gardens. She is always spinning, weaving, felting or sewing and makes most of her own clothes and very smart they are too! Dorothy is always willing to lend a hand whenever needed. Dorothy was surprised to receive the award and said one of the most important things in the Creed was the last line, 'let us not forget to be kind'.

Maureen Wood then spoke and lit the candles on the cake, Hilary Ford fanned them out and Dorothy Coburn cut the cake. The prize for Best Hat went to Angela Meecham and the Lucky Dips were won by Margaret Stevenson, Margaret Pearson and Margaret Healy.

It was a great day of fellowship, sharing memories, and very many laughs.

- Submitted by Margaret Healy



Left: The twins Daphne and Lorraine. Right: Margaret Healy and Dorothy Coburn

SOUTH ISLAND FIELD DAYS

Region 2 presented a fabulous stand at the South Island Field Days held at Kirwee in March. The "rural women are" board was a great talking point for visitors to the stand who were keen to hear more about the work of RWNZ.



TAURANGA

ACWW Women Walk the World

There were just seven of us on the day. We had expected lots more, but for various reasons these were the only ladies that turned up.

It was not the best of weather – rain was due and clouds were gathering as we met outside the Mount Ocean Sport Fishing Club beneath the towering Mount.

Some were better walkers than others as we all discussed our plan of attack on this volcanic monster that resides at the end of the Maunganui peninsula.

Two of us decided to tackle the base track and the others were of varying lengths of walking depending on their hips, knees and various other groaning body parts that would be well tested on such a day.

It took us just under an hour to meet back again with the rest of the group who had all availed themselves of hot liquid refreshments while waiting for us to return. We even managed to grab a coffee to go while we walked the base of the Mount which was very welcome after all the walking and talking that went on.

We had arranged to meet at the above club with the intention of partaking of a lunch and to have a short meeting thereafter. The food can be well recommended at this establishment and I was delighted to find that we can return without becoming a member, if we do not have any alcoholic drinks. A fair arrangement I thought.

The short meeting turned into almost an hour of good constructive talk about upcoming events and past reports. Despite being low in numbers we all had some input and came away feeling as we always do that we are part of an organisation of very supportive and positive members, endeavouring to help and encourage our members to be the best they can.

From the seven of us there I was handed a total of \$50 towards the ACWW funds which I have sent down via on-line banking today. We hope these pennies of friendship that come from us will go towards a project that will benefit other women in some far away part of the world. Great work ladies.

- Mary McTavish, Regional Leader, Region 5



Above: Tauranga RWNZ Members off to walk for ACWW at Mount Maunganui on 9th April before their lunch meeting.

Below: Collage of contributions made to Plunket from Tauranga Members.



NATIONAL PROJECT GUIDELINES

O is for...

The first of these remits calls for Members to support the work of Talk Peach and the second undertakes fundraising to enable K9MD to begin to train a dog to detect ovarian cancer. Together these remits provide a fabulous range of possibilities for us to work on this year and we have combined both into one National Project. For many women, it is on hearing the stories of our sisters, mothers, daughters and friends who are diagnosed with one of the gynaecological cancers, that sharply brings in to focus how inadequate the current levels of education, research and funding are.

WHAT IS OUR NATIONAL PROJECT CALLED?

O is for...

O is for ovarian cancer which has the highest rate of death of the five kinds of gynaecological cancers in New Zealand.

O is for one woman who dies every 48 hours from ovarian cancer as 85% of women are diagnosed in the later stages when treatment options are limited.

O is for opening our ears to the stories and experience of women living with a diagnosis of cancer.

O is for opportunities to be part of a women led campaign that seeks and creates answers and solutions.

O is for outcomes because this is what we want to improve for women through this campaign.

Ovarian cancer is only one of the five kinds of cancer that women may experience and part of our campaign will be to encourage people to look behind “the O.” These are the silent cancers that no-one talks about and there is very little information available in the public domain. The *O is for* National Project seeks to change this and provide better outcomes for women who receive a diagnosis. By looking at all aspects of the work to be done, the *O is for* project presents many different opportunities to take part.

IS THERE A BYLINE?

Yes. The standard byline is **Ovarian Cancer Awareness**. You can also choose one or more of the *O is for...* examples.

IMPORTANT DATES

Saturday, 8 May: World Ovarian Cancer Day

February 2022: Ovarian Cancer Awareness Month.

Rural Women New Zealand passed two remits in November 2020 creating National Projects in relation to gynaecological health and wellbeing.



The stories are all around us. The authenticity and strength of the brave women who tell their stories and spend their valuable time seeking change so that there are better outcomes for others are the essence of this campaign.

This is an overview of the campaign as a whole and seeks to provide some ideas for Members who would like to start work on this project now. There is more to come in this campaign and we would welcome your suggestions.

WHAT DO WE DO WITH THE FUNDS WE RAISE?

Please send the funds you have raised to the RWNZ National Office and specify which of the charities your funds should be forwarded to.

The charities we are supporting through the O is for National Project are:



Supporting local ovarian cancer advocacy and awareness, and global research on a hard to treat ovarian cancer killing young wāhine.



K9MD's mission is to improve the health of all New Zealanders by using specially trained dogs working in a controlled clinical environment to assist in the early detection of cancer.



Talk Peach informs New Zealanders on gynaecological disease and connects and supports those who are diagnosed.

National Office will consolidate the funds and forward them on to your chosen charity. This way we be able to keep you posted on how we are doing and celebrate our successes throughout the campaign.

WHEN CAN WE START ON THIS PROJECT?

This National Project is running now and it will last until the end of February 2022 which is Ovarian Cancer Awareness Month in New Zealand.

WHAT DOES O IS FOR SEEK TO ACHIEVE?

- **Raise awareness, educate** and empower women about the signs and symptoms of the five gynaecological cancers
- **Create a platform** for women to be heard, consulted and involved in decision-making relating to gynaecological cancers which is based on their experiences
- Promote **research, clinical trials and early diagnosis** to create better outcomes for women
- **Fundraising** to enable K9 Medical Detection NZ to train specifically chosen dogs in order to complete research with a proof of concept, and develop a diagnostic test for the early canine detection of ovarian cancer
- To **support the work of Talk Peach and Cure Our Ovarian Cancer**
- Seek a **commitment from government** to reduce the mortality rate from gynaenological cancers

WHAT CAN WE DO?

Promote research, education, treatment and funding to reduce the mortality rate of New Zealand women from gynaecological cancers

- Write to your local Member of Parliament, or join our e-card to the Minister of Health and Minister for Women seeking their commitment to push for change on these important issues.
- Follow the progress of Jane Ludemann's Petition to Parliament which asks for the development of ovarian cancer education campaigns for the public and health professionals, better access to testing for women with symptoms, improved access to approved therapies and clinical trials, and dedicated funding of research.
https://www.parliament.nz/en/pb/petitions/document/PET_99389/petition-of-jane-ludemann-for-cure-our-ovarian-cancer

Raise awareness and educate

- This is something we can all do. You can start off by talking to your friends and family about **O is for**. If you would like to share information with your wider community, you could host a meeting or fundraising event and invite a speaker such as Tash Crosby or Roanne Parker from Talk Peach, Jane Ludemann of Cure Our Ovarian Cancer or Pauline Blomfield from K9MD.
- Connect, follow and share Talk Peach, Cure Our Ovarian Cancer and K9MD on Facebook, Instagram, Twitter.
- Spread information to places where women will hear or see it: Place posters or printed materials in doctors' rooms, church notice boards, community notice boards, Citizens Advice Bureaux, Schools – anywhere that helps women and girls get access to more information.

Fundraise

RWNZ Members are fantastic fundraisers and K9MD, Talk Peach and Cure Our Ovarian Cancer all need donations to support their work. We can hold almost any kind of fundraising event and channel the funds to these organisations. How about holding a Peach Party or a Teal Party or perhaps an organised trip to visit Pauline and the K9MD team?

Here are some handy links to more information about fundraising to support our National Project.

- For **K9MD** to set up with all equipment, laboratory technicians, trainer and 2 dogs for the first year costs \$350,000 with the second year costs \$250,000. Contact the K9MD Team directly to discuss your own fundraising ideas at admin@k9medicaldetection.nz - or visit the K9MD website which has information on fundraising at <https://www.k9md.org.nz/help-us/fundraise>
- **Talk Peach** has an event fundraising toolkit available upon request on its website. This toolkit gives you guidelines, handy hints, templates and promotional material. Visit <https://www.talkpeach.org.nz/fundraising/event-fundraising/>
- **Cure Our Ovarian Cancer** has lots of fundraising ideas including Personal Challenges, Donating a Celebration, organising an Event or Trip on their Help Us Fundraise page. For information on finding existing fundraisers or on creating your own, visit: <https://cureourovarycancer.org/nz/donate/donate-fundraiser/>
- Support **GRACI (Gynaecological Research and Clinical Innovation)** which is a NZ charity. They fund gynaecological cancer research to improve outcomes for NZ women. Graci is run by a board of professionals who volunteer their time and expertise. For more information on GRACI, please visit: www.graci.co.nz/

OVARIAN CANCER PETITION

Jane Ludemann and Tash Crosby presented their nearly 9000 strong petition to Parliament on 16th March. National Office and Region Four Members had the pleasure of supporting these inspiring young women, who are very bravely fighting for more research and treatment options and raising funding and awareness about ovarian cancer.

We unloaded the suitcases and began to lay out 182 white crosses on the Parliament steps. These crosses represented the 182 women who lose their lives to ovarian cancer each year. This was a touching and sobering sight to see the many mothers, daughters, sisters, and friends who have been tragically taken by this disease.

Jane and Tash spoke bravely in front of the cameras and crowd, carefully presenting the words which we had listened to in the office only hours before. It had moved us to tears then, and even more so in front of the Parliament steps.

“Ovarian Cancer is the fifth most common cause of female cancer death. It kills more women than the road toll and a bunch of other cancers that we hear so much more about. Yet no one ever told me the symptoms. My doctors didn’t know.” - Jane Ludemann

“The only reason I am standing here today is because on the third time getting discharged from the emergency department with a pack of Panadol I begged for further testing and refused to leave. Women shouldn’t have to beg for their lives.” - Tash Crosby

These powerful words were awe-inspiring. Watching these two women give so much of themselves to save others is nothing short of incredible. Jane and Tash presented the



stack of paper signatures to MP Louise Upston, who was surrounded by many other politicians from both sides of the House all in support of the petition. As the speech came to a close, Liz led the crowd in singing Te Aroha. It was a beautiful way to honor the bravery of Jane and Tash, and the amount of hard work and determination they have put into making sure that no other women endure what they have gone through.

Signs and Symptoms

From **Talk Peach** website

Ovarian

- increased abdominal size / persistent bloating – not bloating that comes and goes
- Fatigue
- Pain during sex
- Frequent need to urinate or an urgency to go
- Change in bowel habits (loose stools/ constipation is a VERY common symptom)
- Abdominal or pelvic pain
- Back pain/aches
- Menstrual irregularities
- Indigestion
- Unexplained weight loss or weight gain.

Uterine

- Pain during sex
- Pelvic or abdominal pain
- Pain or feeling of pressure in the pelvis, lower abdomen, back or legs
- Pain during urination, difficulty urinating or blood in the urine
- Painful bowel movements, constipation or blood in the stool
- Bleeding from the bladder or rectum
- Buildup of fluid in the abdomen (called ascites) or in the legs called lymphedema)
- Weight loss
- Lack of appetite
- Difficulty breathing.

OVARIAN CANCER WEBINAR

At the start of March, RWNZ hosted Jane Ludemann of Cure Our Ovarian Cancer, Tash Crosby of Talk Peach, and Pauline Blomfield of K9 Medical Detection NZ, on our **Ovarian Cancer, Let's Talk** webinar.

Tash is an ovarian cancer survivor. Diagnosed in 2016, she is one of only 15% of women caught at stage one; 85% of women diagnosed are caught in the later stages of the disease when treatment options are limited, and rates of survival extremely poor. She has made it her mission to ensure that other women do not go through the same isolation and loneliness she experienced during her diagnosis.

Jane was diagnosed in 2017, at age 32 with Low Grade Serous Ovarian Cancer. Doctors say her cancer is not curable, and that she likely has 5 to 15 years left to live. She has now dedicated her life to her charity, Cure Our Ovarian Cancer, which operates globally. She never wants another woman to get the same news she did.

Pauline has spent over thirty five years working with dogs. K9MD has a dedicated team that has trained dogs working to assist in the detection of cancer and other diseases. She is driven by the belief that we can all make a positive difference, and touched by the heartfelt stories shared by people who had lost a loved one, encouraging her to embark on this journey to fulfil her vision.

Tash and Jane both shared their individual stories, which were incredibly moving. Unfortunately, it showed just how poor the awareness surrounding ovarian cancer and its symptoms is. Jane had eight out of ten symptoms, yet not one doctor ordered the blood test or ultrasound that could have found her cancer. Tash also had to fight for her diagnosis. It took four hospital visits and constant begging for Tash to have the MRI that eventually caught her cancer.



Pauline shared more information about her work with medical detection dogs. They are already used internationally and are well documented for their success in picking up cancer early on. Training medical detection dogs is an option to assist the health system, and increase early detection in ovarian cancer - when it is treatable and most survivable. Pauline says that this is just another tool in the toolbox in the fight against cancer.

All three women shared countless facts and statistics, but one that stuck out is that many women do not know that cervical smears only detect cervical cancer. There are four other gynaecological cancers: Ovarian, Uterine (endometrial), Vaginal, and Vulval. Testing for each of these cancers is different and may require an imaging test, a pelvic examination, tissue samples, and/or a CA125 blood test.

Knowledge is power and a greater understanding of symptoms will allow women to be better informed during crucial GP visits. We are losing over 400 women each year to a gynaecological cancer, far greater than the road toll. This is a national crisis, and survival rates have not improved since the 1970s. It was an honour that we could provide a platform for these women to raise awareness of their charities which are doing such important work.

The webinar is available to watch on the Rural Women New Zealand website.

Vaginal

- Pain in the pelvic area or rectum
- Blood stained vaginal discharge
- A lump or itch in your vagina that won't go
- Bleeding between periods
- Change in bowel habits
- Blood in urine
- Bleeding after sex
- Pain during sex
- Pain when peeing, or needing to pee a lot
- Vaginal bleeding after the menopause.

Vulval

- A recurring/persistent itch in the vulva
- Pain or tenderness in the vulva
- Thickened, raised, red, white or dark patches on the skin of the vulva
- A lump or wart-like growth on the vulva
- Bleeding from the vulva or blood-stained vaginal discharge between periods, an open sore or growth visible on the skin
- A burning pain when passing urine
- A mole on the vulva that changes shape or colour
- Swelling.

Cervical

- Bleeding or spotting between periods
- Bleeding or spotting after sex
- Bleeding or spotting after periods have stopped (after menopause)
- Unusual and persistent discharge from your vagina
- Persistent pain in your pelvis
- Pain during sex.



ACTIVATORS PROGRAMME

We were keenly looking forward to this year's joint Ministry for Primary Industries and Rural Women New Zealand Activator Sessions and they did not disappoint. We held two Sessions in March: one in Wellington and the other in Christchurch.

Activator offers the opportunity for rurally-based women to have an intensive, mentor-led session on how to bring their brilliant entrepreneurial idea to fruition or on how to take the next step or overcome obstacles in their business. The format for the day was that each of our entrepreneurs had an individual session with our panel of experts. At the end of the day we gathered all our entrepreneurs and panellists together so they met each other and had an opportunity to debrief.

Once again, our panels were expertly facilitated by the Ministry of Awesome's Chief Awesome Officer, Marian Johnson. It is an absolute marvel watching Marian's skills in getting to the nub of each entrepreneur's specific issues. Joining Marian on the Wellington panel were Andrew Clark, Commercial Manager in the Investment, Communities and Oversight Team at the Ministry for Primary Industries; Dr Tanya Jurado, Doctoral Co-Supervisor, School of Management, Massey University; Lee Brown, General Manager of Havana Coffee Works; and RWNZ Board Member Claire Williamson.

In Christchurch we welcomed George Strachan, Manager in the Regional Economic Development Team at the Ministry for Primary Industries; Jon Watson, National Manager – Rural from NZI; Lisa Thompson, RWNZ's Projects and Events Manager; and RWNZ National President, Gill Naylor to the panel.

WELLINGTON ACTIVATORS

Joelene and Charlotte joined us from Resolution Retreats, an award winning wellness retreat for women located in Waikato. They wanted to discuss how to branch out to the corporate market to support the increased need for, and awareness of, mental wellbeing as part of an employer's Health & Safety programme. Resilience Retreats would allow bespoke and modularised programmes for individuals and groups to come and learn tools and strategies to build resilience in their day-to-day lives, enabling them to function to the best of their ability in all parts of life.

Charlotte is a holistic Health Coach based in Norsewood. She focuses primarily on 1x1 coaching for rural women who have lost their way and need to regain their sense of purpose. Charlotte was interested in finding ways to reach more people and to leverage her time to do this, such as incorporating evergreen online resources that clients could access as a follow on from their individual coaching. Her aim is to build a business with a variety of offerings and to become a leading global name in wellness.

Holly is a passionate equine vet and has undertaken a large amount of research into parasite drench resistance. This important work has led her to create an education programme on this. She is also working on alternative treatments options which would include developing an automated platform to support this work which would schedule and dispense treatments based on individual resilience measures for each animal.

Claire is a stud farmer near Gisborne and has the beginnings of a business idea to create an online business to connect

farmers and breeders across New Zealand. Her business idea involves harnessing the power of connectivity with science enabling farmers to overcome some of the current obstacles in the process while promoting confidence in her offering.

Michelle has created a uniquely NZ woollen pram nest for mums and babies everywhere and she discussed where next to take her business with the panel. She will now be undertaking some test campaigns overseas at different price points to test the reach of her product and her story. She has entered into some exciting collaborations and would love to take the business in a direction that would allow her to maximise her time spent on the design component which is her passion.

Kaeli is an IT network engineer with a passion for making technology accessible for people. She provides a friendly voice on the phone to help walk through basic computer skills to give people the confidence to use technology to make their lives easier. She offers IT trouble-shooting as well as 1x1 coaching on a variety of computer skills, and is mindful of how important trust can be when offering support remotely, as clients are worried about potential scams – another topic she loves to educate on. Kaeli is planning to rebrand and to pinpoint her key client groups to create a sustainable business with less of a need to travel from her rural home.

CHRISTCHURCH ACTIVATORS

Emmily is a professional photographer specialising in portraiture and rural commercial photography. She is passionate about projects which capture and express women's experience and has exhibited a range of these works in recent years. Portraiture is where her passion lies but this work has been impacted by the upheaval of the past year. Emmily and the panel discussed defining and identifying her optimal customer segments and how to create a value proposition

around each of those to create the change she seeks for her business.

Fiona creates fabulous guilt free treats from her remote rural home which she supplies locally. Her business is thriving and Fiona discussed how she might grow it, define her value proposition and build customer segments while living rurally. There is huge potential for Fiona's all raw, organic, gluten free, dairy free, refined sugar free, plant based products as consumers become increasingly aware of what they eat.

Jess makes beautiful clothes from exquisite fabrics. She has an excellent background in fashion, design and garment production and up until now has produced bespoke items for her customers. Having registered her company, Jess is now making the leap into creating a full range. Jess's commitment to sustainability and the provenance of fabrics adds an extra dimension to her designs. Meeting the panel was an excellent opportunity for Jess to talk through her concepts and ideas at the outset of her business journey.

Meret had travelled all the way from beautiful Golden Bay to take part in our Christchurch Activator. Meret's passion is horticulture and she has done a lot of volunteer planting to promote freshwater care. She operates a nursery in Onekaka which she is now building into a business. Meret has trialled a couple of products locally and is now in the process of defining her target customers and how to use the advantages of living rurally to grow (literally and metaphorically!) her business including an online presence.

In addition to funding the Activator Sessions, we would like to thank MPI for providing venues and expert panellists for both days and an extra special thank you to Beth, Patsy and Pip for all their help in bringing the programme to fruition this year. By promoting and encouraging rural entrepreneurs we help to strengthen, support and connect rural people and their communities.



Obituaries

In Memory Of **Joy Warren**

Branch Life Member

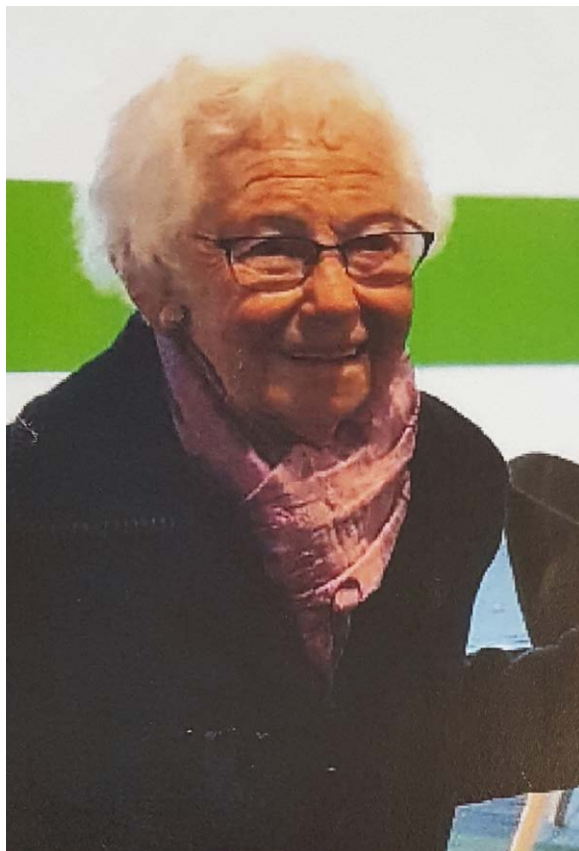
Rural Women Pakawau lost a faithful, dedicated and fun loving member when Joy Warren died suddenly on March 19th. First the facts ... Joy joined Pakawau branch on 8th March 1995 so was a loyal member for 26 years, 13 years as President.

She was awarded a Branch Bar of Honour in 2004, Branch Life Membership in 2020, and a Provincial Bar of Honour in 2011. In 2019 Joy received a well deserved Tasman District Council Outstanding Community Services Award.

Joy will be missed so much by her many RW friends. At our recent meeting we talked of Joy, her contribution both to our Branch and to each of us privileged to call her our friend. Here is a collection of some of the tributes:

Joy had amazing integrity, she had a particular way of doing things right, she stuck to the rules. Joy was so capable, she had a way to make me feel warm inside and was always a great friend. Joy had a good sense of humour, like her answerphone message “please give this damn thing something to do” and called a spade a spade. Joy was fun to go on trips with, was very noisy at cards, and was just a lovely woman. Joy was so clued up about RW, and reliable and first to say yes if there was something to do.

Our heartfelt sympathy to Brian. Joy and he were together for 62 wonderful years. Above all her many interests and commitments Joy loved her family and in a lovely way she mothered not just her children, grandchildren and great-grandchildren but cared for us all.



In Memory Of **Janet Benfell**

Anama Branch (Mid Canterbury) Rural Women New Zealand lost a popular Member, Janet Benfell, on 9 September 2020.

Janet joined Anama Branch in 1992 and remained a loyal regular at our meetings. She acted as our reporter and attended Provincial meetings as our representative. Janet had been in ill health but never lost interest in the proceedings of our Branch.

Janet was a very positive person, who always saw the best in people and encouraged her children to the same way of thinking.

Janet developed an avid interest in Māori culture and she worked hard to embrace it. Learning the language and the Māori history of the local area and was centrally involved in helping to set up the Māori Women's Welfare League in the Mid Canterbury area. Janet also played a part in the development of the Hakatere Marae in 1970.

Janet was awarded the Kiwibank Local Hero of the Year in 2018 in recognition of achievements of all her hard work. She was a caring, sharing person who was a friend to people of all ages. Her expertise spanned all generations.



In Memory Of **Jennifer Nickel**

RWNZ National Service Award : Branch Life Member

Jennifer began her involvement with the Women's Division of Federated Farmers by going to meetings with her mother and grandmother.

She joined the Te Aroha-Waihou Branch, Piako Provincial (later the Piako East Provincial) in Region 6 in 1973. She held office as President several times and also Treasurer which was her office of choice. she was made a Branch Life Member in 1988.

Jennifer was Provincial Treasurer for 33 years from 1987 to 2020 and in 1999 was made a Provincial Life Member.

At the National Conference in Invercargill in 2017, Jennifer was awarded a Rural Women New Zealand National Service Award for services to the Provincial and to the organisation.

The large guard of honour at her funeral was a true testament to "Service Simply Given".



In Memory Of **Margaret Waterson**

National Member of Honour

Margaret was in her 98th year. She grew up in the Wairarapa, and in her married years (to Ian) they dairy farmed in Otaki. In later years Margaret lived in Taradale, Taupo and Rotorua.

Margaret was very involved in WDFW for much of her life, being an active member of the Otaki-Te Horo Branch and the Manawatu Provincial. Her service and commitment saw her awarded with Life Memberships and she made the RWNZ Honours Roll as a National Member of Honour. Her long list of services to the organisation started when she attended her first Provincial meeting in June 1972, then represented Otaki-Te Horo on the Provincial in 1974. Margaret held several positions mainly House Keeping Secretary from 1979-1987, Vice President of the Provincial from 1976 and was elected to the Honda Committee in 1979. She was the Treasurer of Horowhenua Coordinating Committee and was on the original Regional Consultative Group formed in 1998.

Margaret attended several National Conferences and was always willing to fill in to help organise functions etc.

Farewell to Old Friends

- Jean Langford** – Takaka Branch
- Mary Stewart** – Franklin District
- Janet Benfell** – Anama Branch
- Toni Johansen** – Amuri Dinner Group
- Colleen Semmens** – Tatuani Branch - Branch Honours
- Patricia Hickman** – Tokaora Inaha Branch
- Margaret Waterson** – National Member of Honour – Region 4 and latterly Region 6 Greater Waikato
- Lorraine Adams** – Blenheim Wairau Branch (and previously North Bank Branch – closed)
- Edna Jennings** – Blenheim Wairau Branch (and previously Clarence Branch – closed)
- Jennifer Nickel** – Te Aroha Waihou Branch – National Service Award and BLM
- Joan Howse** – NMH – PLM Marsden (closed).
- Lorna Bayly** – Stratford Branch
- Joy Warren** – Pakawau Branch BLM
- Nancy Macfarlane** – Tatuani Branch

ADVERSE EVENTS RELIEF FUND

The Rural Women New Zealand Adverse Events Relief Fund (AERF) was established to provide assistance to individuals, groups and communities in need after adverse events and natural disasters.

To help grow this fund, there are two products for sale, the proceeds of which go directly to the AERF:

RWNZ's pure wool, New Zealand-made **Aftersocks**, available online at www.aftersocks.nz or from the National Office.



Alternatively, donations can be made directly into the Adverse Events Relief Fund by bank deposit to the following account:

Account Name: Rural Women New Zealand
 Bank Account: 06-0501-0778590-00
 Ref: AERF



HAYLEY BENSEMAN
 MINDFUL SKINCARE

HELPING WOMEN MINDFULLY CONNECT WITH THEMSELVES

HAYLEYBENSEMAN.CO.NZ



Rural Women New Zealand would like to thank our sponsors

Premier Partner:



Partners:



Supporters:



LEADERSHIP COUNCILLORS & AREA COMMITTEES BY REGION

Region 1 Lower South Island	Position	Contact Email
Pat Macaulay	Leadership Councillor	Pat.macaulay@outlook.com
Heather Smith		iahesmith@gmail.com
Virginia Broughton		broughtonvp@gmail.com
Sally Hammond		lrsjhammond@netspeed.net.nz
Elaine Sloan		sloanrimu1@xtra.co.nz
Gloria McHutchon		gloria_alexm@hotmail.com
Raewyn van Vugt	Area Committee Chair	whitegold@rivernet.co.nz
Judy Kingan		jaydeekgn@gmail.com
Margaret Pittaway	Advisory – Ex officio	lochlea@xtra.co.nz

Region 2 Canterbury	Position	Contact Email
Sandra Curd	Leadership Councillor	curd@xtra.co.nz
Beverley Forrester		forrester@amuri.net
Mary Watson	Vice Chair	mmf.wats@gmail.com
Christine Anderson		jcandynz@gmail.com
Margaret Chapman	Area Committee Chair	mgchapman@xtra.co.nz
Margaret Chapman [Hook]		royandmargchapman@hotmail.com
Elsa Hydes		esurya@hotmail.com
Cheyenne Wilson		ctkwilson@hotmail.co.nz

Region 3 Top of the South	Position	Contact Email
POSITION VACANT	Leadership Councillor	
Melva Robb	Area Committee Chair	melva@soundsreflection.co.nz
Diane Higgins	Secretary and secondary contact	dmhiggins@xtra.co.nz
Margaret Faulkner		NO EMAIL
Jennifer Wiese		NO EMAIL
Carolyn McLellan		balmac@xtra.co.nz
Carol Wells		NO EMAIL
Margaret Milne		margarwpt@kinect.co.nz
Dot Dixon		dotsf9@gmail.com

Region 4 Lower North Island	Position	Contact Email
Pauline Masters	Area Committee Chair	paulinemasters@xtra.co.nz
Jean Coleman	Secretary	ngaios@farmside.co.nz
Joan Black	Treasurer	joanblack@inspire.net.nz
PJ Banks		ipjbanks@gmail.com
Leonora Spark		ljnajsark@gmail.com
Janice Mills		white.rock@farmside.co.nz
Caroline Ross		cross@wise.net.nz
Helen Clark		trevorandhelen25@gmail.com
Shona Field		mtwilliam@inspire.net.nz

Region 5 BOP / Coromandel	Position	Contact Email
Mary McTavish	Leadership Councillor & Area Committee Chair	jhmemcts@gmail.com
Sue Vowell	Deputy Chair	tepudeer@xtra.co.nz
Chris Paterson		chrisjam@xtra.co.nz
Jo Gravit	Secretary	pandjgravit@xtra.co.nz
Lyn Staples		urwinfarms@xtra.co.nz
Wendy McGowan		rusty_wendy@xtra.co.nz
Maureen Champion		sparkysark@kinect.co.nz

Region 6 Greater Waikato	Position	Contact Email
Judy Board	Leadership Councillor & Area Committee Chair	judy.board@xtra.co.nz
Liz Morgan	Treasurer	lizziemorgan36@gmail.com
Karen Attwood		theattwoods@actrix.co.nz
Eileen Barker	Secretary	efbarker74@gmail.com
Bronwyn Main		bronwynmain45@gmail.com

Region 6 Taranaki	Position	Contact Email
Shirley Read	Acting Leadership Councillor & Area Chair	sdread@xtra.co.nz
Joyce Lawrence	Treasurer	niaruo@inspire.net.nz
Margaret Vickers		r.m.vickers@xtra.co.nz
Jennie Purdon		chrisjen1@orcon.net.nz
Helen Bayliss	Secretary	harrybayliss@xtra.co.nz
Patricia Jones		colinandtrish@xtra.co.nz
Vivienne (Viv) Grigg		evgrigg@hotmail.com

Region 7 Top of the North	Position	Contact Email
Heather Sorenson	Leadership Councillor	heathersorensen55@gmail.com
Noelene Price-Quedley	Secretary & Newsletter	noeleneq@hotmail.com
Carla Grant	Treasurer	cgrant70@gmail.com
Christine Pikett		NO EMAIL (contact via Carla)
Marie Alpe		mariealpe60@gmail.com
Margaret Smiley		margaretsmiley@gmail.com



LEADERSHIP COUNCILLORS

Region	Name	Contact Phone	Mobile	Contact Email
1	Pat Macaulay	03 484 7006	027 201 6921	pat.macaulay@outlook.com
2	Sandra Curd	03 302 4754	027 324 5635	curd@xtra.co.nz
3	POSITION VACANT			
4	POSITION VACANT			
5	Mary McTavish	07 543 2521	021 141 6432	jhmemcts@gmail.com
6	Shirley Read (Taranaki)	06 752 3698	027 665 9047	sdread@xtra.co.nz
6	Judy Board (Greater Waikato)	07 872 4828	027 365 0998	judy.board@xtra.co.nz
7	Heather Sorensen	09 401 6176	0274 724 485	heathersorensen55@gmail.com

Proudly supporting
rural business

as Premier Partner of the 2021 NZI Rural Women
NZ Business Awards.



For over 160 years, NZI has helped Kiwis protect what matters most to them. We understand that rural business might look a little different right now, but we're still here for you.

Chat to your local broker about how NZI could help you.

nzi.co.nz



NZ6664/3 06/20



Ngā Wāhine Taiwhenua o Aotearoa

Rural Women New Zealand National Office 04 473 5524
Level 5, 86 Victoria Street, Wellington 6011
PO Box 12-021, Thorndon, Wellington 6144
www.ruralwomennz.nz 0800 256 467

© 2020. Rural Women New Zealand Inc (and subsequent years) All rights reserved. This publication is entitled to the full protection given by the Copyright Act 1994 to the holders of the copyright. Reproduction of all or any substantial parts of the publication is in breach of the copyright of the publisher Rural Women New Zealand Inc. This copyright extends to all forms of photocopying and any storing of material in any kind of information retrieval system. All applications for reproduction in any form should be made to the publishers – Rural Women New Zealand Inc.