



Adverse Events Relief Fund

In Aotearoa New Zealand, we classify adverse events on a scale which measures the cumulative effects of the event on an affected area. The highest response level is that a National State of Emergency is declared and, for only the third time in our history, a declaration was made as Cyclone Gabrielle pounded most of the North Island in mid February. For some, the flooding caused by the cyclone was the second drenching in a few weeks.

In 2016, following the Kaikoura earthquake, Rural Women New Zealand established its Adverse Events Relief Fund. This Fund is used to provide immediate relief to individuals and families who are facing financial hardship as a result

of an adverse event or need assistance in times of natural disasters.

If you know someone who has been affected by the recent flooding and is in need of assistance, please let them know about the Adverse Events Relief Fund. There is an application form on the RWNZ website or request a hard copy from the National Office by calling 0800 256 467.

The Adverse Events Relief Fund is supported by donations and the sales of Aftersocks. You can donate to the Fund via our website, by phoning National Office or by purchasing a pair of Aftersocks.



Editorial



Kia ora katoa,

What a start to 2023!! Our hearts go out to all who have been affected by the recent cyclones and floods, and to those still recovering from the effects of last year's weather events. Recovery can be a very long-term process and we can be very proud that our Adverse Events Relief Fund and support for those affected are there for the long haul and well after the media interest dissipates. Our support can take many forms.

The current weather events are so widespread, particularly across large areas of the North Island. Donations made to the Adverse Events Relief Fund support all in need, wherever the applications for assistance come from, right throughout the country.

Onto more regular RWNZ news now. The Board, Leadership Group and Office team have been getting things underway for the coming year. We're looking forward to some exciting events and projects that will provide opportunities to strengthen, support and connect on a number of levels around the country. The Triple F Challenge in Taupō is an exciting addition to our calendar for this year. Congratulations to the Regions working together to bring us this event and I encourage you to attend what will be a fantastic, fun weekend.

Our National Project, "Aotearoa New Zealand - Know Your Local Community" is continuing, and is even more relevant now, with so many communities having to come together and support each other in difficult times. A good understanding of the different cultures and customs in our communities will help us to better assist people in need, so please continue your work on this Project. We look forward to hearing what you are doing.

I've just returned from attending the Top of The South Regional Conference in Blenheim and will be heading to the Lower South Island Conference in early May. I really enjoy meeting you all on your home patch, whenever I can manage it. Then, in mid-May, I'm leading the RWNZ Delegation of eleven to the ACWW Triennial World Conference in Kuala Lumpur.

Our policy work continues, with the health portfolio being particularly busy at the moment but we are still monitoring all our portfolios and acting where appropriate.

There is a lot to look forward to inside this issue of the Express, so enjoy the read!

Sending aroha to all affected by adverse weather events, kia kaha.

Ngā mihi nui, *Gill*

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, we are selling RWNZ's pure wool, New Zealand-made **Aftersocks**, the proceeds of which go directly to the AERF. These are 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**

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Dates for the Diary

Friday, 28 – Sunday, 30 April:

Triple F Challenge Programme – Taupō

Saturday, 29 April: ACWW Women Walk the World

Monday, 8 and Tuesday, 9 May:

Region 1 Conference – Riverton

Friday, 26 May:

Regions 5 and 6 Greater Waikato Conference – Okorioro

Wednesday, 14 – Saturday, 17 June:

National Fieldays – Mystery Creek

Saturday, 17 and Tuesday, 20 June:

E Tipu IFAMA 2023 World Conference – Christchurch

Monday, 3 and Tuesday, 4 July:

Primary Industries Summit and Awards – Wellington



E TIPU
The Boma
Agri Summit



**19-20 June
Christchurch**

2023 WORLD CONFERENCE
NEW ZEALAND

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 etipu.boma.global



From the Board Table

It has been a challenging start to 2023 for many communities around New Zealand.

In early January, Cyclone Hale tore a path of destruction in the North Island. Six weeks later Cyclone Gabrielle compounded Hale's damage and added a great deal more damage of her own. This type of damage on our farmland, roading, and communities had not been seen since Cyclone Bola in March 1988.

The Rural Women New Zealand community quickly stepped up to support with baking, goodies and financial support. This quick response has been hugely appreciated by those who received this generosity. My own community in Tairāwhiti has received much support and I would like to send a heartfelt thanks to all the wonderful Members involved.

I want to share an email I received following the delivery of Cyclone Hale parcels which reiterates the positive impact RWNZ Members have on communities at times of hardship.

Kia ora Sandra

Yesterday I arrived home to 2 packages of yummy foods and self-care products packed by Rural Women members, left by my gate.

I just want to say thank you so much, how much I appreciated the gifts as they indicated that somebody was thinking of me after such a traumatic weather event on the 11th January. I live on Tauwhareparae Road, Tolaga Bay.

What an amazing support you offer. Once again a big thank you.

Regards, Jenny

The first Board meeting of 2023 was held in early February in Wellington. It was nice to be back at the board table and to welcome our new National Finance Chair Annette Marr.

In 2022, the Board focused on reviewing the RWNZ Strategic Plan, internal and external policies, and organisational processes and procedures. The lens used on all areas was focused securely on the future planning and sustainability of our membership organisation.

There are a number of priorities your Board will focus on over the coming years, and these can be found on the RWNZ website. Two that currently stand out are member involvement in public policy representation and initiatives to grow membership nationally. These important areas of the RWNZ workstream go hand in hand to build member engagement and growth in membership.

Board Members will be attending Regional Conferences over the coming months, so please take the opportunity to have a chat with us and offer any ideas you may have to engage Members and build the RWNZ membership.

Ngā mihi

Sandra

RWNZ National Board Elections 2023

Pursuant to the Rules and Bylaws of Rural Women New Zealand Incorporated, elections will be held for the following Board positions this year:

North Island Board Representative x 1

South Island Board Representative x 1

The timetable for the election process will be confirmed at the April Board Meeting and in accordance with the Bylaws, this is formal notification to the Members of Rural Women New Zealand of these arrangements.

REMITS 2023

Call for submissions

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 Monday, 24 July 2023. The RWNZ Remit Template and Guidelines are available on the Members Zone of the RWNZ website.

Rural Women New Zealand Strategic Plan 2022-2027

Vision:

We empower and support women to be the glue for whanau and communities.

We are recognised as a leader across the rural sector and beyond.

Mission:

Strengthening, supporting and connecting people and communities.

Values:

Charitable: We continue our traditional role of supporting rural communities.

Innovative: To meet the needs of today and for future generations.

Respectful and Respected: We behave respectfully and in ways that earn respect and enhance mana.

Inclusive: We are curious, open minded and embrace learning.

Our Voice



We are sought after and recognised as the go to place for rural connection and representation. Everyone in the organisation knows what we stand for and is proud of how we present ourselves.

Our Membership



In ten years' time, we will have 10,000 members actively engaged and spread across NZ in diversified interest groups.

Our People



Our team of employees and member volunteers are excited and proud to be part of RWNZ, feel valued and know their contribution matters.

Financial



We are financially sustainable growing our legacy fund so we can continue to do good for our communities, and ensure intergenerational success.

Our Business Systems and Environment



Our systems and environment are adaptable and enable us to deliver services efficiently and effectively.

Our Governance Purpose and Reputation



Our board is diverse, dynamic, future focussed and motivated to support our Chief Executive.

The Triple F Challenge Programme 2023

Join us in beautiful Taupō / 28 - 30 April 2023

Triple F is an experience that provides a wonderful opportunity for connection while supporting RWNZ's charitable aims. Each location brings its own flavour to the Triple F Challenge, with three cornerstones: Fun, Fitness and Friendship.

This year's programme offers a range of exciting activities and events to suit everyone and the opportunity for participants to design their own itinerary to explore beautiful Taupō on the second day.

There is a fourth F which is part of every Triple F Challenge: fundraising. This year's Challenge will be raising funds for people and communities impacted by Cyclone Gabrielle.



Here's how the Programme will work this year:

Day One: Friday 28 April 2023

Optional add-on to get you in a Triple F frame of mind:

Getting to Taupō early? Then you might join us for a sunset cruise on Lake Taupō on the Ernest Kemp before the official evening programme commences.

6.30pm: Join us at the Lakeland Bar and Restaurant for a Mix and Mingle. Grazing platters will be supplied and drinks will be available for purchase.

8.00pm: We will welcome our first guest speaker of the weekend, Liz Pennington, who will offer a session entitled Managing change and navigating uncertainty.

Day Two: Saturday 29 April 2023

During the day, the choice is yours! Explore Taupō and environs as you wish. Select from organised events and tours which are detailed in the programme or do your own thing before we meet up for the evening programme.

6.00pm: Meet for drinks and dinner at the Taupo Cossie Club for a fabulous evening celebrating the Triple Fs: Fun, Fitness and Friendship. Don't forget to bring some cash for raffle tickets or something more substantial for a purchase from our entrepreneurial rural businesswomen's stalls.

7.00pm: Dinner will be served. Following dessert, we will welcome guest speaker for the evening, Shaz Dagg.

Day Three: Sunday 30 April 2023

8.30am: Celebrate ACWW Women Walk the World Day with a walk along Taupō's beautiful lakefront.

10.00am: Brunch at the Lakeland Bar and Restaurant with our final guest speaker for the weekend, Sarah Martelli of Strong Woman.

1.00pm: Programme ends – farewells to old and new FFF friends.

Accommodation

Triple F Taupō headquarters will be at the Lakeland Resort located at 282 Lake Terrace, Taupō. The FFF Organising Committee has reserved accommodation at the Lakeland Resort for Triple F attendees which is open for booking now. A limited number of single and double rooms have been reserved for two nights with check-in on Friday, 28 and check-out on Sunday, 30 April.

To book your room, contact the Lakeland Resort's reservations team on 0800 378 389 and quote Reference number 002115 to access the RWNZ block booking.

Please note that there is no obligation to stay at The Lakeland to attend the Triple F Challenge so feel free to explore the many wonderful accommodation options in the Taupō area. Some options include:

- Top 10 Holiday Park
- Haka Lodge
- Acacia Lakeview Motel
- Asure Prince Motor Lodge

For multi-bedroom options, visit www.bookabach.co.nz or www.airbnb.co.nz

If you have any enquiries about the Triple F Challenge Taupō Programme, registration or any other general questions, please don't hesitate to contact Fiona Gower on 027 428 3884 or by email at rwnzwaikato@gmail.com.



Registration

The registration fee for the Triple F Challenge is \$125 per person. Included in the registration fee are:

Day One: Friday evening programme

Day Two: Saturday evening programme

Day Three: Sunday Brunch event

Extra guests are very welcome to join us on Saturday evening and Sunday Brunch at their own cost. Details are available on the registration form.

Copies of the Triple F Challenge 2023 Registration Form and Programme are available on the RWNZ website. Alternatively, call the National Office on 0800 256 467 for copies to be posted or emailed to you.

About our guest speakers

Liz Pennington

Managing change and navigating uncertainty

Liz is passionate about women's health and addressing issues of equity. She is a Registered Comprehensive nurse with clinical background in mental health, wellbeing and psychological trauma. Liz has worked in a range of social services in the NGO sector and has 15 years experience in CEO roles including at RWNZ. She is a professional supervisor, coach, speaker, workshop facilitator, psychological trauma responder and proud Nan of three granddaughters.



Sarah Martelli

Building resilience in rural communities is her passion! Sarah from Strong Woman can't wait to share her own personal health journey with you, along with her top health and wellness tips for living your strongest life. She will then share some simple exercises and stretches with us all, to help get our bodies moving!

Sarah was our 2022 NZI Rural Women NZ Business Awards Health & Wellbeing category winner, we're excited to have her attend our FFF event.

Shaz Dagg

Shaz will speak about her journey from limb amputation to becoming Limb-it-less Shaz Dagg and competing as a triathlete in events such as World para-triathlon events, Coast-to-Coast and Ironman.

Shaz uses her life-changing experience as a way to advocate, support and relate to people living with disabilities and to create inclusiveness in sport. She is a fabulous event organiser, cheerleader and role model to those around her.



Contestable Fund

There have been some wonderful and creative applications for grants from the Contestable Fund over the last few months.

The Contestable Fund is available to support new initiatives and projects that grow RWNZ's membership and raise its profile. The total value of the Fund is \$90,000 split over a three year period with the maximum amount per application being \$5,000.

An application may be made by a Member, Branch or Group, Provincial, or on behalf of a Region. There is an application form available on the RWNZ website or from National Office.

Successful grants to date include:

- Waikato Rural Women's Business Hub event which links up previous NZI Rural Women NZ Business Award Winners, Activators and local and regional women entrepreneurs and business owners.
- Region 4's Spring Fling which included a special invitation luncheon for local farming women in a remote part of the Region.
- Made in Stirling Workshops – a series of ten workshops in Region 1 over the year with sessions on cooking, arts and crafts. First up in March: Make your own cheese and butter.
- Inviting Taupo based women to attend the Saturday evening event featuring guest speaker Shaz Dagg at the Triple F Challenge in Taupō.
- Safety Skills Days for Rural Women in Region 5 - hands on workshops on safety and outdoor sessions for rural women who aren't already linked to primary sector groups.

If you have a great idea for an event or project to attract new members to RWNZ and just need a little funding and some advice to turn it into reality, then consider applying for a grant from the Contestable Fund. If you would like to talk over an idea or find out more, call Gabe or Lisa at National Office.



JOIN OUR

MADE IN STIRLING WORKSHOPS

Cheese Making

Sunday 26th March

10am start - finish with lunch 12pm

Join Katie and Shelli as they show you in just 2 hours how to make your own cheese & butter.

The cheeses we will learn about feature in many recipes but they are very tasty eaten on their own

They require little time to make once you learn the important techniques that will have you making cheese solo by the end of the workshop.

Cost - \$15

Please bring a bottle of cream with you to make your butter (the closer to expiry date the better)

Email to register: madeinstirling@xtra.co.nz

Supported by: www.ruralwomennz.nz



NEW WORKSHOPS EACH MONTH

@ madeinstirling@xtra.co.nz

Stirling Atheneum Hall
Opposite Fonterra tanker yard

Welcome to New Members

Helen Monckton 6GW
Julie Cook, Region 7
Margaret Armstrong, Region 5
Robyn Grigg, Region 2
Stephanie Doig, Region 2
Madysen Allen, Region 6TK
Megan Templeton, Region 1
Jessica Palmer, Region 3
Janice Viles, Region 4
Nicola Stewart, Region 3
Tui Hartman, Region 3
Lee Carter, Region 4
Susan Daly, Region 1
Jennifer Chesterman, Region 4
Julie Greig, Region 1
Serena Lyders, Region 1
Alison Sheppard, Region 3

Louisa Westerlund, Region 5
Pip Berkett, Region 3
Jill Aplin, Region 4
Joan May, Region 4
Tracy Voice, Region 4
Larissa Brown, Region 1
Charlotte Sellar, Region 7
Lynette Thomson, Region 2
Kelly Flynn, Region 2
Katie Baptiste, Region 4
Rebecca Greaves, Region 4
Eloise Martyn, Region 3
Beverley Harris, Region 6GW
Vicki Ryalls, Region 1
Sharon Batten, Region 4
Roselle O'Brien, Region 1
Julia Pasztor, Region 4

Hayley Bichan, Region 1
Marianne Paton-Sentch, Region 4
Nicole Hodgkinson, Region 3
Tania van Heuven, Region 6GW
Amelia Dunbar, Region 2
Dianne Downey, Region 4
Jody Drysdale, Region 1
Dayna Buchanan, Region 1
Nicole Buchanan, Region 1
Ginny Opie, Region 6GW
Suze Redmayne, Region 4
Marja Meeter, Region 6GW
Bethne Hocquard, Region 4
Carolyn Gattsche, Region 3
Samantha Titze, Region 2
Stacey Young, Region 6GW

The Centennial Book Writing Competition

One of the main projects for the RWNZ Centenary will be the publication of a very special book which will celebrate the organisation's journey from the early days of the Women's Division of the Farmers Union, then as the Women's Division of Federated Farmers and more recently, as Rural Women New Zealand.

This book will feature some of the amazing stories from our past and present, and aspirations for the future of our organisation.

So much of our history has been passed down through the memories and recollections of our Members. We know there are some incredible stories out there that need to be captured and told as part of our celebrations.

We want to tap into the reservoir of knowledge by holding a writing competition in which our Members can record anecdotes, stories, aspirations and events so that the voices of rural women are preserved and included in our Centennial Book.

We are seeking entries in the following three categories:

No. 1 - PAST

This category is about history, including that of your local District, Branch or Province. It could encompass fundraising efforts and charitable work in our communities, the establishment of the Bush Nurse and Emergency House Keeping Schemes, a particular project or event, humorous tales and notable happenings. A favourite family recipe from this era would be very welcome.

No. 2 - PRESENT

The Present category is for reflecting on your own experience as a Member of RWNZ. This might be what benefits the organisation offers you personally or something that RWNZ has achieved in your area. A generational family favourite recipe can be included.

No. 3 - FUTURE

The first Dominion Treasurer, Mrs C.C. Jackson, wrote numerous letters by hand to women living in rural communities throughout the country inviting them to join the fledgling new organisation. Now it is your turn! Write a letter to potential future Members in 100 years time which will encourage and inspire them to join the organisation. What benefits will RWNZ offer its Members in 2125?

A winner in each category will be selected by the judges. All entries will be considered for inclusion in the Centennial Book.

How to enter and conditions of entry

This competition is open to all Members, Branches, Provincials, Areas and Regions of RWNZ.

Entries must be between 600 – 1000 words in length.

All entries must be the work of the entrant/s submitting them.

Please include your full name, phone number and address.

Prizes: First prize in each category will receive a \$100 cash prize and a copy of the Centennial Book. Second place will receive a \$50 cash prize and third place will receive a \$25 cash prize.

The deadline for submission of entries is 5pm on Friday, 30 June 2023. Entries can be submitted by email to competitions@ruralwomennz.nz or by post to RWNZ, PO Box 12-021. Wellington 6144.

You can submit as many entries as you wish, but each entry must be in a separate message if emailed. Multiple entries may be posted in one envelope but each entry must be clearly identified.

Entrants agree that their entries may be used by RWNZ in Centennial publications, 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, entrants agree to accept and be bound by these conditions.

Sponsorship of this competition

RWNZ gratefully thanks Radnorlea Farms for its sponsorship of the Centennial Writing Competition. Radnorlea has proudly produced four generations of members of Rural Women New Zealand and its predecessors.



National Office Report

It's hard to believe we are already in March - time for this first issue of the Express for the year and the opportunity to let you know about some of the events and projects that are coming up in the next few months and beyond.

Angela McLeod, RWNZ's Manager Policy and Leadership Development has resigned and will be leaving Rural Women New Zealand on Wednesday, 29 March. Angela has worked for RWNZ since 2017 and has made a significant contribution to our public policy work. She has also built our relationships with stakeholders including Massey University and worked with a range of interns on research projects to build our evidence base.

Angela has contributed in many other ways as well as part of the National Office Team and notes "I have enjoyed my time with Rural Women NZ especially meeting and working with some amazing women and decision-makers, many with whom I have formed lasting friendships, increasing the profile of the organisation and influencing central government policy makers on the issues that matter to rural communities."

Angela is currently on medical leave recovering from surgery but can be reached on email at angela.mcleod@ruralwomennz.nz. The National Office team will be meeting with Angela before she finishes to acknowledge and farewell her and are also happy to pass on any messages.

And now a hello. The National Office team welcomed Janet Ziegler as RWNZ's new Finance Co-ordinator in December 2022. The National office team were extremely relieved that Janet added to our quizzing capabilities. We have had Janet write a little biography for you so you can put a face to the name.

Season 5 of Black Heels and Tractor Wheels featuring Kate Ivey started on International Women's Day on Wednesday, 8 March. This season of the podcast will focus on the inspiring stories of rural businesswomen including some of our NZI Rural Women NZ Business Award winners and Activators. Speaking of the Business Awards, even though it is only March, preparations for this year's Awards are under way. We are always on the look out for entrants so let us know about fabulous women who own or operate an enterprise in your neck of the woods.

Regional Conferences are underway already too. Felicity has just returned from attending the Region 3 Conference in Blenheim. She had a fabulous time and especially enjoyed meeting Members who she has talked to on the phone. We all really enjoy the opportunities to visit the Regions and meet in person and, after two years of disruptions, look forward to seeing you more.

There has been plenty of activity in the policy space in the last few months. Submissions have been made to:

- The Justice Select Committee on its inquiry into the Local Body Elections 2022
- The Environment Select Committee on the Natural and Built Environment Bill
- The Justice Select Committee on the Sale and Supply of Alcohol (Community Participation) Amendment Act
- The Ministry for Health on the Women's Health Strategy.

Work has continued on establishing the new Policy Action Advisory Groups which will provide new opportunities for Members to contribute to the development of RWNZ policies. One of the things that is most effective about RWNZ's submissions is their authenticity. They are often drawn from their real-life experiences, their family and friends. You don't need to be an "expert" to contribute fantastic insights. Many incredible initiatives are born from wanting to make a change or have your say about something that directly affects you. Look out for more information on the Policy Action Advisory Groups in April.

We have now well and truly settled into the new office. Soon we will have been here for a year so the title "new" won't apply anymore! If you are visiting Wellington, please don't hesitate to come and visit us at Level 10, 175 Victoria Street in Wellington.



Janet Ziegler Finance Co-ordinator

My name is Janet Ziegler and I have joined RWNZ as the finance co-ordinator.

I hail from Taihape where our family runs a sheep, beef and deer farm. After being raised on the farm, life has taken me in many directions; a horticultural degree from Massey to marketing officer at Fruitfed back in the 80's. Then a shift to tourism and running my own wedding co-ordination business in the Whistundays, Australia. I returned to Wellington in 2006 with my two (now adult) children, and have been working in finance ever since.

You can take the girl out of the country, but you can never take the country out of the girl. Coming to work at RWNZ is like coming home, and I'm looking forward to meeting you all.

National Project Update

Country of Study - Aotearoa/New Zealand

Kiwiana Day



December 2022 - We had been looking forward to this day for quite some time. Jenny Turner hosted us for our final meeting of 2021 at her home in rural Katikati and she had kindly offered to do the same this year. With the invitation secured it was decided that we would make this a joint meeting of both Tauranga Provincial and Region 5 members and all other individual members from the region were invited as well. To make the day have deeper meaning it was also proclaimed to be our Kiwiana Day with the eats to be Kiwiana in flavour and presentation as well as asking everyone to wear something kiwi.

Some members took to this with gusto pulling out all the stops for their costume – Red Band gumboots, greenstone treasures, paua earrings and various kiwi garments that had some meaning to the owners over the years. One was a very lovely scarf that came via the ACWW Conferences, I believe – a grey scarf with silver fern motifs on it.

We ate the kiwi food with gusto, including a particularly nice Christmas pudding made by Maureen Champion especially for the day. This was most appreciated as Maureen was unable to attend the day for health reasons, so we thank her for her special effort for making and in getting the pudding to us, via Margaret Scrimgeour. Thanks to you both.

Jenny put on an amazing spread of delicious salads and dishes and everyone brought something Kiwiana, including pork and kumara pies, very tasty to eat.

Between morning tea and lunch we held our Region 5 Meeting with a few items that needed to be signed off from the last Provincial Meeting.

Also before lunch we had a Kiwiana Quiz, carried over from an earlier meeting not yet marked and we had two winners who both received Cadbury's Favourite chocolate for a prize.

Mary McTavish brought along another very easy quiz which everyone entered so we all got a Cadbury's Favourite chocolate, which seemed fair.

After lunch Mary had a small surprise for everyone there. She has had for some time now all the Kiwiana aprons beautifully made by Inez Walmsley several years ago for us to use when we undertook any fundraising catering opportunities. As you can see from the photo they were just



ideal for the job –being bright and easy to spot in a crowded room.

Since Inez has passed away and we have almost got past the opportunity of taking on any catering jobs (we might have one more next year) it was decided that the aprons be given to those who were at the meeting, or represented the Branch Members who weren't there, but who had helped us at events.

It was quite emotional handing them out and all the ladies quickly put them on and the next thing was a photo requirement to remember the day which we would like to share in our magazine with all our members of RWNZ.

We have used catering over the years in many guises – stock auction days, school calf club days, dinners, special family events, weddings, you name it, we have catered at it as other Branches surely have as well. We may sometimes be looked upon as a “Tea & Scones” organisation, which obviously we have been, but at all these events – they were done to help our communities and the contributions to our Branches have certainly helped fill our coffers.

It was a very enjoyable day with good food, good company and some spirited discussion about our organisation, which appears to be alive and well and very relevant in 2022 going into 2023.

Thanks to Mary McTavish, Regional Leader, Region 5 for this report.



ACTIVATOR UPDATE

We recently had the opportunity to catch up with some of our Activator 2022 alumni.

We met Kirsten, Sian and Mary in Waikato who were considering starting a joint venture of a walking tour across their adjoining farms. Guests would stay in a beautifully restored farm cottage and enjoy fabulous fresh home cooked meals using local, seasonal ingredients.

Within six weeks these wonderful women had opened the Matahuru Valley Walk and have been receiving rave reviews ever since (including a feature in Stuff Travel). In fact, bookings are already filling up for the 2023/24 season. You can find out more about Kirsten, Sian and Mary and book your trip via their website at matahuruvalleywalk.co.nz

Eljay has gone from strength to strength since taking part in our Waikato Activator. She is passionate about educating and empowering rural women and has developed Project Evolve, a 12 week programme designed to help women live their best lives. Eljay owns and operates Rural Health Collective. Visit ruralhealthcollective.com to find out how to take part in Project Evolve or find information about other coaching options.

Kate introduced us to her business, The Innocent Ant, which creates Natural Laundry Powder. The Innocent Ant has thrived, particularly through online sales. Being the true entrepreneur that she is, Kate recently bought another online business called Haven & Co which sells sustainable homewares. Check out theinnocentant.co.nz and havenandco.nz

Kerryn from Perkatory (perkatorycoffee.co.nz) in Raglan reports that the business is going through a growth spurt at present and she has recently identified a new opportunity. Watch this space!

Next in our Activator tour, we moved to Dunedin where we welcomed Kate from Davaar & Co which produces “ewenique” gorgeous jerseys made from wool grown on the family Station which is spun and knitted here in New Zealand. Kate has plenty of ideas for Davaar and is fielding calls from potential stockists around the globe. As the days get cooler, you might find yourself needing a new jersey... visit davaarwool.co.nz

Emily has undertaken the AWDT Escalator Programme and this has inspired her to build more governance modules into her consultancy business. Emily reports that she has some interesting opportunities coming up, not the least of which is a new baby.

Shelli from Otago Fresh Milk says the business is still growing and is looking forward to raising its profile in upcoming publicity. If you love fresh milk and you live near Palmerston (Otago) or are in the delivery zone for OTM's delicious dairy, visit otagofreshmilk.nz and get to know the humans (Shelli, Steve and Katie) and the cows – each of which has a name too. You can even visit the cows...and the humans!

Becks from The Whole Story seems to have an extra day in the week than the rest of us. Since Activator, Becks has forged on with her work to inspire, facilitate and articulate sustainability on farm. She has a fabulous podcast series, assists in preparing individual farm plans, runs workshops, is involved in the Taieri Land Use Diversification Opportunities Project and has recently secured funding for a pilot programme. Phew! Find out more about Becks at thewholestory.co.nz

The twists and turns of life have meant that some of our Activators' entrepreneurial activities have been put on hold for the time being. In recent weeks, some of them have been seriously impacted by the cyclones and flooding.

Miki was scheduled to launch her Country & Me rural women's clothing line at The Muster in mid-February. Sadly, this event couldn't proceed in Tairāwhiti. In true Activator style Miki pivoted her launch and is selling her awesome gear through her online store: countryandme.co.nz. Miki is located on the East Coast and she tells us it is quite the journey to reach the nearest mailing depot.

Abbe hosted her second sunflower season this year. At her Activator session, the Panel was super impressed by the range of possibilities Abbe had identified to grow her business. Despite the weather, plenty of people got to visit the Mangamaire Sunflower Field on the Open Days, took advantage of the luxury picnic offering and had their picture taken smiling amongst the sunflowers. As a seasonal business, the show is over for 2023 but we are looking

forward to sunny, sunflower days in 2024. Keep an eye on sunflowerfield.co.nz for next season's dates.

We also saw Philippa (Pip) from What's for Smoko in Wellington. She is the station cook at Otematata Station in the Waitaki Valley. Pip is best known for her Instagram page

[@whats_for_smoko](https://www.instagram.com/whats_for_smoko) but she has plenty of other irons in the fire and her Activator session focussed on how to wrangle all the incredible projects and possibilities in front of her. Pip's latest news is that her second recipe book is due out in April and you can order it from whatsforsmoko.com

Speech Competition 2023

The topic for this year's **Speech Competition** has been confirmed: "Things our mothers taught us, things we'll teach our children."

The final of this year's Speech Competition will take place during the **National Conference** in Christchurch in November. There are two prizes to be won: the first is the **Tarrant Bell** which is awarded for the best speech; the second is the **Tutaenui Bell** which is awarded to the best first time entrant.

Writing Competitions 2023

Entries are now open for the Marlborough Short Story Competition and the Olive Burdekin Prize for Advanced Writers 2023. The title and theme for this year's competitions is "A Journey". Entrants may include a subtitle.

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.

Word length: 600 – 1000 words

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 in the past two years or have had articles or books published.

Word length: 1000 – 1500 words

The general entry criteria for both competitions are:

- The number of words must be written in the top left corner of the first page.
- The entrant must state which competition the entry is for 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 clearly state which competition the entry is for.
- Please do not put your name on the entry itself.

The closing date for entries for both competitions is Thursday, 31 August 2023. Entries should be posted to Mrs Jennifer Wiese, 25 Tirimoana Terrace, RD1, Picton 7281 or sent by email to: jen.wiese@icloud.com

To find out more about these competitions, including how to enter and the rules, visit the RWNZ website.

Save the Date – National Conference

"Third time is a charm!"

After two COVID affected years, we are very much hoping you will join us in Christchurch for the Rural Women New Zealand National Conference 2023.

The Conference Committee has preparations well in hand for this year's event which will be held at the Rydges Hotel Latimer Square from Thursday 23 to Saturday, 25

November. The Conference will commence on Thursday afternoon and finish around midday on Saturday which will give visitors the opportunity to see a little more of Christchurch before and after the formal programme.

So save the dates in your diary. More information on the Conference Programme, registration and accommodation at the Rydges Hotel will be available soon.



NZ COUNTRY TRAILS

NZ Country Trails is an on-line directory that travellers can use when they travel through NZ's countryside. Founded by Jim Collins, NZ Country Trails aims to connect travellers to small rural businesses which offer unique on-farm experiences throughout New Zealand.

The directory is available for all independent travellers and organised tour groups or companies to use to plan remarkable vacations across the country. The directory includes the profiles of selected individual listers and their special interests.



There are about 25 categories of activities listed on the Trail ranging from farmstays, visits to local gardens, cheese making, eco-tourism, horse treks, local cafes, bush treks, country taverns and more. More listings will be added over time.

A focus of the Trail is not just on the activities listed on it but the stories and history that can be found when talking to people who live in the countryside.

RWNZ is a supporter of NZ Country Trails and we are delighted to see that the inaugural newsletter features RWNZ Member and previous Enterprising Rural Women Award Winner, Beverley Forrester.

To find out more about NZ Country Trails, visit the website (nzcountryside.com) where you can find information on the Trails, the activities available and on how to list your perfect piece of rural paradise.

nzcountryside.com

Farm & Leisure Tours

We know that our resilience can be tested in many ways.

Many rural New Zealanders have been challenged by recent cyclones and flooding which have disrupted and displaced people from their homes and businesses. This comes after COVID-19 created havoc and tested the viability of many businesses.

Not an ideal time to be starting out on a new business venture; especially not a tourism business venture.

RWNZ Member Jane Spencer had just taken over Farm and Leisure Tours (formerly CR McPhail Ltd) in early 2020 when, literally, her business stopped in its tracks. Since then, Jane has been rebuilding the business and now the company's Agricultural Tours Throughout the World have resumed.

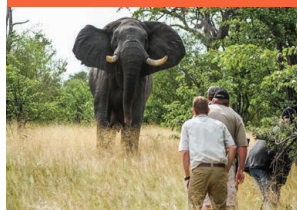
This is fantastic news for their clients and also for RWNZ. Recognising that support goes hand and hand with

resilience, Farm & Leisure Tours is offering to donate \$100 to the RWNZ Adverse Events Relief Fund for every RWNZ Member that books one of their tours.

This fantastic offer has no end date so Jane's support for the Fund will be ongoing. Thank you Jane for this fabulous initiative.

2023 AGRICULTURAL TOURS

KENYA & TANZANIA



MONDAY 25 SEPTEMBER -
THURSDAY 12 OCTOBER

IRELAND & UK



THURSDAY 31 AUGUST -
TUESDAY 19 SEPTEMBER

SOUTH AFRICA



SATURDAY 5 AUGUST -
FRIDAY 18 AUGUST

Farm & Leisure Tours offers group travel with a difference, a journey of discovery and learning with groups of like-minded people. Our tours are a balance of special interest farming, sightseeing and a chance to meet the locals, getting the real feel of the country.

PROUD TO SUPPORT RURAL WOMEN NEW ZEALAND

VISIT OUR WEBSITE FOR MORE DETAILS AND TO SEE WHAT ELSE WE HAVE ON OFFER FOR 2023/24



WEBSITE
www.farmandleisuretours.nz

EMAIL
enquiries@farmandleisuretours.nz

AGRICULTURAL TOURS THROUGHOUT THE WORLD

Soapbox Q&A Responses



The RWNZ AGM always contains an opportunity for Members to ask questions via the Soapbox slot on the programme. If there is time, and the questions can be answered on the spot, then they are; otherwise, the questions are answered following the AGM. Here are the responses to the questions raised at the AGM in November 2022.

Q. Why cannot the \$8,000 regional money, if not spent, be held over until the next year?

This is an annual budgeted amount. Use is intended in the financial year it is allocated to encourage activity and growing the role of Rural Women New Zealand in local rural communities. These funds are also used to support expenses incurred by member volunteers in supporting this work.

Q. Could it be that after each branch meeting the financial report is sent to National Office? As these reports are already presented to the branch it is not an additional job to do. It can be used as a running record for each branch and this will help with the Audit reporting.

We are currently looking at the way we will run the process for the annual financial reporting for the 2023 financial year and this includes how we can make this process as straightforward as possible for those who provide the financial reports. We appreciate the volunteer effort that goes into supporting this work.

Q. It is good that we have \$19 million in the bank, but when Access was sold did they put any special conditions on that money? What plans do you have for the future of this money?

There are no special conditions on the money. These are our legacy funds that we are aiming to grow to support us to do good for our communities, and ensure intergenerational success. We have allocated \$500,000 as a strategic investment budget and will continue to report on this in our annual reporting to members.

Q. Why does our Finance Chair only have a two year term as they have only got their head around it, why not a 4 year term?

Our current Rules (Constitution) stipulate a 2 year term for the President and the National Finance Chair with the

opportunity to stand again for a further two years. An initial 2 year term is also consistent with all other Board roles. This is considered a reasonable commitment for someone coming into the role.

Q. Could the Charity Commission question our charitable give back nationally. It is a very small percentage of our funds.

Feedback from our Auditor is that we are working within the scope of our charitable status and no concerns have been raised. It is worth noting that our charitable giveback also includes the many volunteer hours that our members give to their local communities through community events and support.

Q. Please explain the job description of the Regional Connectors and how we would maximise their input to our regions.

The Connectors role is to support regional activity with marketing and communications support. This includes working with organising committees to publicise events through a mix of member communications and publicity to attract potential members. As well as contacting the Connectors directly to discuss how they can help, we are happy to connect people with a regional contact in another area to discuss how they have used the Connector service.

Q. Is there any support for the board increasing the subs by \$2 every two years not \$10 in 10 years?

The Board is required to review the membership fee annually and this suggestion will be considered as part of this year's review.

Q. It is a huge concern to people of aged character that there seems to be a huge amount of rhetoric in any of the blurb from Te Whata Ora regarding home-based help for rural and aged.

We continue to raise concerns regarding health -related issues both through our involvement in Hau Ora Taiwhenua Rural Health Network, our submissions on the Women's Health Strategy and the Rural Health Strategy and our engagement with the Aged Care Commissioner.

O is for... Update

The O is for... National Project continues to resonate with Members as many of us have mothers, sisters, daughters, friends and colleagues who have experienced one of the silent gynaecological cancers.

While this National Project ended in June last year, we are aware there are Members and Branches who wish to continue to donate to the charities RWNZ supported during the Project. Any further funds raised for Talk Peach, K9MD and Cure Our Ovarian Cancer should be forwarded by Members or Branches directly to these charities.

Branch News

MID-CANTERBURY PROVINCIAL

90th Anniversary

Fifty-nine ladies, which consisted of past and current Rural Women N.Z. Members, together with Guests attended the 90th Anniversary of the Provincial at the Hotel Ashburton on Friday 9th December 2022.

Following the Creed being recited, toasts were made to Absent Friends and to Rural Women N.Z. The Committee agreed to undertake a project to celebrate the 90th Anniversary and it was decided to support Mid Canterbury Hospice with the presentation of a wall clock with a plaque honouring this occasion.

Three Members on the day were overwhelmed with being recognised for their efforts to the Organisation:

- Marg Verrall - Provincial Life Membership
- Trish Small - Provincial Life Membership
- Pauline Hewson - Member of Honour.

Citations were read and each was presented with a Certificate, Badge and Flowers.



Candles were lit for the Past and the Present Organisation which was followed by the cutting of cakes by Provincial Life Members Jeanette Tarbotton and Ngaire Brown.

Guest Speaker Selwyn MP Nicola Grigg was welcomed to the Meeting. Nicola introduced herself to Members and told of her story from a country girl to a Member of Parliament.

Musical entertainment was provided which concluded with the singing of the Rural Women N.Z. Song. Many photos were taken to capture the day together with photographic laminated placemats being provided capturing the past and the present.

Members appreciated greatly the efforts of the Committee (Marg Verrall (Chair), Bev Bagrie, Sandra Curd, Marion Dent, Elsa Hydes, Jackie Ryan, Trish Small) in creating a memorable day.

Thank you to Sandra Curd for this report.



Newcomers Network Kiwi Baking

Sunday 19th February saw Rural Women N.Z. Members join with Mid Canterbury Newcomers Network to offer “Kiwi Baking” to Newcomers in our Community for a maximum of 10 persons.

RWNZ Members provided ingredients and recipes and under the supervision of our Members, the Newcomers undertook to make either a muffin, biscuit, slice or cake recipe. Happy faces learning new tricks and trying out favourite recipes. Once all completed, a high tea of the items made was enjoyed concluding in a successful day for all involved.



Our Members enjoyed the opportunity to join with the Mid-Canterbury Newcomers Network for this occasion.

Thank you to Sandra Curd for this report.



REGION 3 MURCHISON

Ladies Day



Thanks to Lorna Crane for sharing this fabulous collage of a recent event held at Murchison in Region 3..



Patricia (Pat) Coombes 1938 - 2022

Pat became a member in 1961 and served Mahoe Branch (Region 6 Taranaki) faithfully as Vice President (for 8 years at various times). She did valued work on Social Committees and held the positions of Competition Secretary, Birthday and Hostess Steward on several occasions.

From 1972, Pat attended Provincial Executive meetings regularly and represented Mahoe Branch at the 1978 Dominion Conference. Pat was an example of the spirit of our Creed, especially generous and kind. Pat transferred to Stratford Branch in 2020 and will be massively missed by all her friends at Stratford Branch and Taranaki area.

Marjory Bell Kelly 1932 - 2022

In November we lost a very loyal and faithful Life Member of the Maruia Branch in Region 3. Marj joined our Branch when it formed in June 1944 at the age of 12 years old and came to monthly meetings with her mother.

Marj held office as President for 2 years, and points convenor for years. She always attending monthly meetings and provided tea, coffee, sugar, milk and our afternoon tea tablecloth. Marj would always come to any catered functions and say "if I can't help, I can always wash dishes," and she did.

Marj was a great spinner and knitter who knitted baby singlets for Plunket and little bonnets and other garments as Hospitals or Plunket required. Marj is a grandmother and great grandmother and will be sadly missed by her family, by our Branch and by the community as "Nana Marj".

Betty Evans

Betty joined Anama WDFB in 1950 and attended regularly until a short time before her death.

She attended Mid Canterbury Provincial meetings and took comprehensive accurate notes to report back to our meetings in her neat orderly manner. She was honoured with Branch Life Membership in 1985 in recognition of her loyalty and dedication.

As a tribute to her loyalty, Anama Members took pleasure in organising a 90th Birthday celebration lunch for her two years ago. The number of Members attending, along with her friends were a tribute to the high esteem in which she was held.

She was a kind and gentle lady, very much respected by all Members for 70 plus years membership. She was always willing to be involved and lend a hand. Her presence is very much missed at our meetings.

Farewell to Old Friends

Patricia (Pat) Coombes - Stratford Branch

Betty Evans - Anama Branch - BLM and PMH

Margaret Swney - Elstow Branch

Marjorie Kelly - Maruia Branch - BLM

Judith Cameron - Lynnford Branch

Pam Beaton - Cromwell Branch

Linda Saxton - Thornbury Branch

Marie Lindsay - Thornbury Branch - former Member



RWNZ Brooch

Have you seen our stunning RWNZ brooch?

It is the perfect gift for your favourite RWNZ Member or a special treat for yourself.

This little beauty draws its inspiration from the RWNZ squiggle logo and is made from sterling silver. It looks fabulous on a dress, on the lapel of a blazer, on a scarf, even on a beanie.

The cost per brooch is \$120 + delivery and there are only a limited number available. Call National Office and ask for Lisa if you would like to purchase one.

REGIONAL LEADERS & REGIONAL COMMITTEES

Region 1 Lower South Island	Position	Contact Email
Raewyn van Vugt	Regional Leader	whitegold@rivernet.co.nz
Alison McLeary-Moore	Regional Committee Chair	mooreterritory2017@gmail.com
Jean Hamilton	Minute Secretary	jeansh@yrless.nz
Pat Macaulay	Centennial Committee Chair	pat.macaulay@outlook.com
Lynley White		whyte.5@farmside.co.nz
Eunice Roberts		ebroberts51@gmail.com
Margaret Jones		mjomakau@gmail.com
Barbara Earl		bagjack@xtra.co.nz
Judy Kingan		jaydeekgn@gmail.com

Region 2 Canterbury	Position	Contact Email
Frances Beeston	Regional Leader	francesbeeston@gmail.com
Margaret Chapman	Regional Committee Chair	mgchapman@xtra.co.nz
Sandra Curd	Secretary/Treasurer	curd@xtra.co.nz
Mary Watson	Vice Chair	mmf.wats@gmail.com
Beverley Forrester		forrester@amuri.net
Margaret Chapman [Hook]		royandmargchapman@hotmail.com
Elsa Hydes		esurya@hotmail.com
Michelle Martin		michellemartin1@kpmg.co.nz
Cathy Ritson		catherine_ritson@yahoo.co.uk
Lyn Zuppich		goathills@amuri.net

Region 3 Top of the South	Position	Contact Email
Dot Dixon	Regional Leader	dotsf9@gmail.com
Melva Robb	Regional 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

Region 4 Lower North Island	Position	Contact Email
Tamzin Coull	Regional Leader	tamzin.coull@xtra.co.nz
Pauline Masters	Regional Committee Chair	paulinemasters@xtra.co.nz
Janice Mills	Secretary	white.rock@farmside.co.nz
Caroline Ross	Treasurer	cross@wise.net.nz
Jean Coleman		ngaios@farmside.co.nz
Joan Black		joanblack@inspire.net.nz
Shona Field		mtwilliam@inspire.net.nz

Region 5 BOP / Coromandel	Position	Contact Email
Mary McTavish	Regional Leader & Regional Committee Chair	jhmemcts@gmail.com
Mary Nowotarski	Deputy Regional Committee Chair	bizykiwi@xtra.co.nz
Jo Gravit	Secretary	pandjgravit@xtra.co.nz
Wendy McGowan	Treasurer	rusty_wendy@xtra.co.nz
Sue Vowell		tepudeer@xtra.co.nz
Chris Paterson		chrisjam@xtra.co.nz
Margaret Scrimgeour		jmscrimgeour@gmail.com
Maureen Champion		sparkysark@kinect.co.nz
Bev Sanford		jsanford@xtra.co.nz

Region 6 Greater Waikato	Position	Contact Email
Bronwyn Main	Regional Leader	bronwynmain45@gmail.com
Liz Morgan	Regional Committee Chair & Treasurer	lizziemorgan36@gmail.com
Eileen Barker	Secretary	efbarker74@gmail.com
Karen Attwood		theattwoods@actrix.co.nz
Jenni Torrens		torrensfarms@xtra.co.nz
Fiona Gower		fionagower@hotmail.com

Region 6 Taranaki	Position	Contact Email
Shirley Read	Regional Leader & Committee Chair	sdread@xtra.co.nz
Helen Bayliss	Secretary	harrybayliss@xtra.co.nz
Joyce Lawrence	Treasurer	niaruo@inspire.net.nz
Margaret Vickers		r.m.vickers@xtra.co.nz
Jennie Purdon		chrisjen1@orcon.net.nz
Jo Morgan		morgl@xtra.co.nz
Sue Brophy		t.sbrophy@icloud.com

Region 7 Top of the North	Position	Contact Email
Heather Sorenson	Regional Leader	heathersorensen55@gmail.com
Noelene Price-Quedley	Secretary & Newsletter	noeleneq@hotmail.com
Marie Alpe	Treasurer	mariealpe60@gmail.com
Christine Pikett		c/o mary_p@xtra.co.nz
Margaret Smiley		margaretsmiley@gmail.com



REGIONAL LEADERS

Region	Name	Contact Phone	Mobile	Contact Email
1	Raewyn van Vugt	03 415 9207	027 448 8957	whitegold@rivernet.co.nz
2	Frances Beeston		027 648 8379	francesbeeston@gmail.com
3	Dot Dixon		022 639 7175	dotsf9@gmail.co.nz
4	Tamzin Coull		027 309 3616	tamzin.coull@xtra.co.nz
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	Bronwyn Main (Greater Waikato)	07 825 4727		bronwynmain45@gmail.com
7	Heather Sorensen	09 401 6176	0274 724 485	heathersorensen55@gmail.com

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