



empowering women

NEWS AND STORIES FROM THE YWCA AUCKLAND

Focusing on what's important

Almost halfway through 2011, we are busier than ever before. We've had our largest Future Leaders intake this year thanks to funding from the ASB Community Trust (which adds to our multi-year funding from Vodafone NZ Foundation). We have some great new people in our team; Marnie Wolfe and Katie Quick join Future Leaders and Karon Hofer has come to us as our new full-time Finance Manager.

We are relocating our office this year, the new space will accommodate our growth path as well as increase our visibility and include a facility for functions and workshops.

On the national stage we continue to work on issues relating to both women and youth. In what is a really tough economic environment, we have committed support to strengthening their voices and their choices on a range of issues. These include gender equity, pay parity, women on boards, women in leadership, youth transition – economic and employment rights.

Our successful, evidence-based work, is made possible by our supporters our donors, our friends, our members, our partners. Thank you all.

Hilary Sumpter



Gemma wants to help Māori youth

"When I started the YWCA Future Leaders programme back in 2003 I was nothing like the person I am today. I had no confidence. I felt like a ghost – not seeing or wanting to be seen. The week-long camp at the beginning was a revelation to me. Being away from home, being challenged physically and mentally, it was like flicking a switch - it made me see what I could do. Then over the next few years the programme gave me the confidence I needed to do better."

"After school I went to AUT and started a Bachelor of Business, but left after a year and a half to start working. Two months later I got pregnant. I had my son Piripi in 2008 and stayed home with him for the first year. My parents are really supportive and I live with them in Glen Innes.

"Some of my family think that even at 23 I'm part of Future Leaders programme because I still see my mentor. Her name is Josie and she works at AUT. Since we met, she has always been there for me. She is Māori too and is a great role model. Josie is a conscience on my shoulder – urging me to do better, both questioning and supportive. She didn't judge me when I got pregnant and visited me after the birth. We know each other's families too.



Gemma and Piripi.

"Future Leaders changed my life for the better and made me into the woman I am today."

"At my 21st in 2009 I talked to Josie about continuing my studies. A family friend had committed suicide and this had sparked my interest in youth development, so I switched to a Bachelor of Māori Development and have just graduated.

Now I'm waiting to hear about continuing my studies with a MA in Māori Development. My focus will be how cultural identity has impacted on Māori youth."

Gemma has stayed connected to the YWCA by peer mentoring a recent Future Leaders graduate as part of the M.A.N.A. programme.

Whaia e koe ki te iti kahurangi; ki te tuohu koe, me maunga teitei

Seek the treasure you value most dearly: if you bow your head, let it be to a lofty mountain

Cocktails with Art

6pm - 8pm, Wed 22nd June 2011
TSB Bank Wallace Arts Centre
at Pah Homestead

Come and lighten up this winter solstice eve with a glass of Deutz, warm winter canapés and our very own guided tours of the fabulous James Wallace art collection.

The James Wallace Arts Trust is hosting our first fundraising event of the year at the magnificently restored Pah Homestead.

The gallery's curators and docents will be showing us areas not usually available to the



public such as the turret and the art storage vault.

This event will raise funds for our women's leadership development programmes.

Tickets are \$60 and can be purchased via our website, by calling Christina on 09 375 9247 or by returning the ticket request on page 4.



This gorgeous photo by Dave Sauvage won the public choice vote in our recent photo competition. You'll find the other winners on page 4.

The Comedian Coordinator

"I went from being star of the stage to a great lollop on the couch and I was brought back to life by the companionship and exercises of the YWCA Encore programme."

We interviewed Encore participant Carol Tucker for our last newsletter and have an exciting update for you...

"The second time that I attended the YWCA Encore programme, coordinator Alison Searle told me that I gave such a lift to the women with my humour that I would make a great coordinator. I love meeting all the ladies and think I can make a difference in their lives. I think that I might

give something back. I could start off as the comedian assistant!"

Carol will undertake YWCA Encore Coordinator training in November.

"I'm telling myself that it's like an audition and I have lots of nervous excitement. In the meantime I'll keep fit by exercising in the local pool almost daily; they now have a walk and talk lane!"



Exercise help

For those of you who thought Encore was focussed entirely on exercises in the pool, look at the front cover of our new Encore brochure.

We feature the women who undertook our last programme in West Auckland – exercising up a storm on land.



Encore Violet

Violet Lawrence of Auckland is a survivor. Five strokes and breast cancer could not stop her, and later this year she will walk her fourth New York Marathon.

Violet was diagnosed with breast cancer in 2009, seven years after her last stroke.

She was doubly concerned because Māori women in particular have a higher mortality rate from the disease.

Refusing to accept the shattering news Violet researched breast cancer online and found YWCA Encore, an eight-week course specifically designed for breast cancer survivors. During the course Violet met 13 other survivors of breast cancer, and they shared each other's journey.

"It was such a humbling experience. The camaraderie amongst the ladies is amazing; you automatically feel a bond because we're there for a reason – to stay alive," said the North Shore resident.

The Encore course involves hydrotherapy, land-based exercises, healthy lifestyle information, relaxation and peer support. Encore trainer and coordinator Joce Burton-Bennet says that more Māori and Pacific Island breast cancer survivors could be taking advantage of the free YWCA programme.

Violet has inspired other Māori women from her community to get involved with Encore and that's been fantastic but we'd like to help a lot more," says Joce.

Reflecting on her experiences within the Encore programme Violet is in no doubt about its benefits.

"All the ladies are breast cancer survivors, including many of the organisers and trainers. There's this feeling that we're all in this together."

(with thanks to Spasifik magazine)



To find a YWCA Encore Programme in your area please check the schedules on our website

www.akywca.org.nz or call **0800 ENCORE (0800 362 673)**

Making smart choices has built confidence

Alvina Pauvale is a Head Girl at Tamaki College, but four years ago she was the shyest of the original 13 students selected for Future Leaders.

Coordinator Daisy Ta'ufo'ou reports that last month she saw Alvina stand

in front of 40 Year 10 students and speak confidently about her learning experiences and the skills and knowledge she has gained through the activities and workshops provided by the YWCA.

"She's come a long way from the reluctant and reserved girl I first met."



"Being part of the Future Leaders programme has helped me to build stronger relationships with the girls within my school group, Future Leader girls from other schools, mentors and the YWCA coordinators," says Alvina.

Adetola Adelowo is a Head Prefect at Waitakere College.

"Originally I just wanted to be one of the 12 prefects because of the opportunity to lead in my school and be a positive influence. I applied for a prefect position, had an interview with the principal and deputy, then they asked me to be a Head Prefect.

They believe that I can lead, and because of the Future Leaders programme I

know that I can. Organising events and making projects happen has helped me build my CV and given me the skills and confidence to believe in myself. I've learnt how to be a leader myself – making smart choices and setting good examples."

"I'm Head Prefect at Waitakere College this year and it feels amazing to have achieved this dream."



Cakes for Christchurch

During April our Future Leaders took up the Community Give Back Challenge and raised just under \$1,000 for the Christchurch earthquake appeal.

Every year our students are asked to work with their mentors on this challenge. They have to research, plan and deliver a self initiated community project.

"We nominated Christchurch as the recipient this year because community is not just about where you live," said Kathryn Doughty from the YWCA "they needed to find projects that would raise money and would be suitable for a group to work on."

Most of the students felt that the fastest ways to peoples wallets was through food



Alena Barno & Aishwarya Rahi
year 12's from Mt Roskill Grammar.

and worked together on cake stalls. Mt Roskill Grammar School also went door to door with their goodies and Henderson High School added a sausage sizzle. Tamaki College held a movie night and sold afternoon tea to their teachers.

After receiving their reports Kathryn said "this is youth participation at its best, practising their leadership skills always engenders a sense of pride and the contribution they have made to Christchurch is admirable."



Henderson Future Leaders and Mentors.



What does it mean to be a woman in Auckland today?

Interpretations from the winners of YWCA and The Aucklander photographic competition.

Images can be seen on our website 'gallery'.



Overall winner and Portrait winner
"Beautiful Strength" by Anais Chaine a photographer's assistant.



Youth category winner "Thinking Outside the Box" by Gina Yukich, aged 15 from Auckland Girls Grammar.



Creative interpretation winner
"Up a Tree" by Veronica McLaughlin emerging photographer.

Thank you for helping us to empower women

The YWCA Auckland greatly appreciates these tangible and generous expressions of support for our work.

Grants since our last newsletter:

ASB Community Trust, Cuesports Foundation, David Levene Foundation, Four Winds Foundation, JM McLachlan Charitable Trust, JN Williams Memorial Trust/HB Williams Turanga Trust, Lion Foundation, Max Foundation, Nellie Milnes Charitable Trust, NZ Breast Cancer Foundation, NZ Lottery Grants Board, Sir John Logan Campbell Residuary Estate, SPARC, Springhill Charitable Trust and Frimley Foundation, Ted & Mollie Carr Endowment Fund, Vodafone Foundation, Weem Trust.

Regular donors:

Alison Gilbert, Di Paton, Diana Jopling, Robyne Hansford-Smith, Robyn Williams, Shan Wilson, Stephanie Maitland, Suzanne Snively, Tania Thomas.

Members new and returning:

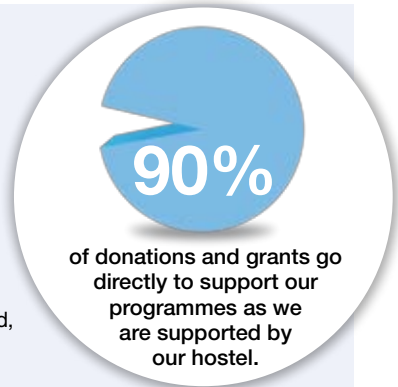
Alena Barno, Amber Nell, Angela Wadham, Anna Burns-Francis, Annette Adams, Annie Ualesi, Brenda Froude, Carol Beaumont, Chloe Pinel, Chris Perkins, Claire Noble, Eileen Howarth, Gail Godfrey, Greer Davies, Huia Hanlen, Inciya Motiwala, Irene Lal, Jackie Pope, Jamie Himiona, Janet Tottey, Janet Wilson, Kate Birch, Kirsty Cameron, Lillian Storer, Louise Player-Bishop, Lynda Reynolds, Maree Rush, Margaret Collings, Margaret Jenkins, Megan Osmond, Melanie Jones, Morna Haist, Peter Ward, Rachael Le Mesurier, Rebecca Daniel, Robyne Hansford-Smith, Samantha McKenzie, Sarah Forrest, Sharelle Sweet, S I Patterson, Stephanie Everitt, Susan Ching, Susan Putt, Dr Therese Arseneau, Victoria Butler, Viv Madsen-Ries, Zanele Mavuso.

Donors since our last newsletter:

Amber Nell, Brenda Froude, Carol Beaumont, Chloe Pinel, Dame Catherine Tizard, Gail Godfrey, Greer Davies, Huia Hanlen, Jackie Pope, Lillian Storer, Louise Cowpewart, Marjorie Robinson, Molly England, Pauline Sutton, Peter Ward, Robyne Hansford-Smith, Stephanie Everitt, S I Patterson, Susan Ching, Dr Therese Arseneau.

Corporate kindness:

AUT University, Becky Nunes, Pernod Ricard, October Reign, Smudge, Healthy Food Magazine, Simpson Grierson, Unitec, Hardie & Associates Ltd.



Cocktails with Art - 22nd June 2011

Buy a \$60 event ticket or make a donation

Tickets to Cocktails with Art @ \$60

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TOTAL

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Any comments or changes to your contact details?

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Or contact us: Ph (09) 375 9242 Email info@akywca.org.nz www.akywca.org.nz