

## Top Women Give Back

**The launch of the *Giving Back Scholarship* was one of the highlights of the YWCA Auckland's annual Leading Women Dinner held at the Hilton Hotel on 25 October 2007.**

The dinner, which is in its fifth year, raises funds for the Y's hugely successful Future Leaders Programme and we were delighted that guests purchased 11 *Giving Back Scholarships*. Each scholarship funds one young woman to be on the Future Leaders Programme for one year.

In keeping with the theme, the guest speakers – internationally recognised fashion designer and publisher Annah Stretton, and founder of goodbooksnz.co.nz Dr Jane Cherrington discussed the motivation for "giving back" in their very different lives.

Other speakers included Dame Catherine Tizard and Prime Minister Helen Clark



From left: Future Leaders Mentor Jayne Bailey, Founder of goodbooksnz.co.nz Dr Jane Cherrington, MC Sarah Bradley, Fashion Designer Annah Stretton, Prime Minister Helen Clark, YWCA Executive Director Irene Feldges, Future Leaders student Shukria Safdari, YWCA Patron Dame Catherine Tizard, YWCA President Lorraine Warshaw.

who enthused that the Future Leaders Programme continues to make it possible for young women across all communities to fulfil their dreams.

Shukria Safdari, Afghanistan refugee and Future Leaders student, spoke of the change the programme had made in her life since arriving in New Zealand.

"I was very shy when I first started at high school, and I only wanted to talk to people I knew. Now I look forward to meeting new people, and I make the first move," said the Selwyn College Year 11 student.

Shukria's mentor Jayne Bailey, a business development manager, explained how rewarding it was to encourage young women to step out of their safety zone and achieve personal growth.

We would like to acknowledge the following people and organisations that

helped make the event such a success:

ACP Magazines, Air New Zealand, AMP Foundation, Annah Stretton, Cotteril and Rouse, Delmaine Fine Foods, Deutz, Dame Cath Tizard, Dr Jane Cherrington, Elizabeth Arden, Forme Spa & Beauty, Her Magazine, The Hilton Hotel, Jayne Bailey, Kura Gallery, Maitland and Associates, Mollies Boutique Hotel, Odyssey Wines, Pip Duncalf, Penguin Books, Pohlen Kean, Pumpkin Patch, Rt. Hon. Helen Clark, Sarah Bradley, Shukria Safdari, Trilise Cooper and Whitcoulls.



(from left) President YWCA Aotearoa New Zealand Gaye Barton, MP Georgina te Heuhehu QSO, and Rosie Horton.



PHOTO SAM CRAWFORD

(from left) Fashion Designer Annah Stretton and YWCA Executive Director Irene Feldges.

## From the Executive Director



It is hard to believe that 2007 is almost over. At the time of the July newsletter, I had just returned from the YWCA World Council in Nairobi. I was one of more than 2000 women who attended the International Women's Summit which was held at the same time. The conference's theme was "Women's Leadership in HIV/AIDS," and it really opened my eyes to the feminisation of the disease. In Kenya, for example, 67% of those infected with HIV are women. It was truly moving to hear the heartbreaking stories of so many of the women present.

Meanwhile back home it was a year of change. In October, the Auckland Y Community Programmes and administrative staff moved to our new premises in Eden Terrace. It is great to have everyone working in one space.

We have also been able to lease a car for staff to use for work purposes, thanks to a generous grant from the ASB Community Trust.

The fifth annual Leading Women's Dinner, at the Hilton Hotel, was another 2007 highlight. We had wonderful speakers, fantastic prizes and incredibly generous women who supported the launch of the *Giving Back Scholarship* which will enable more young women to participate in the Future Leaders

Programme. Thank you to everyone who contributed to making it another hugely successful event!

I wish all of you very happy and safe holidays and I look forward to having you join us in 2008.

Have a great break.

Irene Feldges  
Executive Director

## Mentor Forum 2007

“Tips, Tools and Techniques” to support new and experienced mentors was the theme for the 2007 Mentor Forum held at the Crowne Plaza Hotel in September. Twenty-five mentors attended, and many of them said the highlight was having the chance to meet

and talk with a group of “passionate and committed women.”

Participants attended two out of four interactive workshops. Aly McNicoll presented – “The Mentoring Journey” and Dr Amritha Sobrun-Maharaj fronted “The First

Generation Immigrant Experience.” Carol Powell focused on “Communication Skills”, while Roseann Gedye led a “Goal Setting” workshop which proved so inspiring, many mentors asked that a goal setting forum be provided for mentees next year.

## Future Leaders Programme

### Recent Activities

#### September Camp

**A five day camp at Te Kiri Marae, near Leigh, gave 25 young women from Sir Edmund Hillary Collegiate, Auckland Girls Grammar and Massey High School the chance to develop confidence and learn what it takes to be a good leader.**

On the first night, everyone was allocated a secret friend (Hoa Rangatira), someone they had to do nice things for or give small presents to, without their secret friend knowing it was them. On the last day of

camp, secret friends were revealed amongst a wave of hugs, laughter and tears.

Other activities included a leadership and team building day, beach games, raft building, flax weaving, horse riding and kayaking – with one group being lucky enough to see dolphins!

Throughout the week, students rehearsed a concert for their mentors who drove up for dinner on the last night of camp. It was an entertaining evening filled with the sound of women’s laughter.

“It was awesome. I made new friends.”



“I am making so many new friends and learning so many new things that never crossed my mind, and I know I will use the skills.”



“I learnt there are different types of communication, and how to respect other’s opinions and work together.”



“I am becoming more confident.”



“I learnt how important communication is.”

## Comedy Workshop



(from left) Dannielle Warner and Georgina Sherman, Year 10, Massey High School.

In October, twenty-eight students and thirteen mentors clowned around at a Comedy Activity Day hosted by drama lecturer and theatre director Pedro Ilgenfritz.

The day involved many drama and trust-building games, and was based around the history and art of clowning.

“I learnt how important it is to be myself.”

“I learnt how to get over being embarrassed.”

“It’s alright to laugh at yourself.”

“I learnt about clowns and how to work in groups.”



(from left) Chelcie Harman, Year 10, Massey High School, Chantelle Rio, Year 10, Sir Edmund Hillary Collegiate.

## Daffodil Day

After participating in August's "Making Decisions" workshop a group of Okaihau College Future Leaders students took the initiative to fundraise on Daffodil Day. They sold \$120 worth of daffodils and balloons at their school with all proceeds going to the Whangarei Cancer Society.



From left: Sarntaj Tana, Katie McGiven, Zoe Rihari, Zena Calvent, Saskia Dykstra, Tennille Williamson and Magenta Ward.



Hera Thompson (Bay of Islands College)

## Workshops Weekend

Seventeen Far North Future Leaders students took part in a goal setting workshop held at Coopers Beach Youth Camp in October. The weekend retreat was a stepping stone for students preparing for the Mentor-Mentee relationship. The workshop was run by Tiritaa Ogg who has a background in education and taught the young women how to make specific, measurable and achievable goals.

“I got a lot out of this workshop. It made me think about what I really want in the future, and making sure I have a timeframe so that my goals get closer to me.”

“I learnt how to make my goals and to stick to them. Also to believe in myself.”



From far left: Jasmine Dean (Bay of Islands College), Hera Thompson (Bay of Islands College), Greer Heald (Okaihau College), Te Maere Iritana Harris (Bay of Islands College).

## Taking the Reins

The next day the girls took part in a horse trekking activity at Ahipara – 90 Mile Beach. The activity enabled the students to gain confidence and trust, while learning the history of the local area.

“I found the horse trek kind of scary as it was the first time learning to ride a horse for me. I felt proud for doing it. I loved going on the flying fox and waterslide.”



Wharepaia Hariata Eramiha (Bay of Islands College)



Jazz Kahurangi Rihari-Stevens (Bay of Islands College)

“I love horses, and I am an excellent rider, but I definitely feel more confident for doing the activity day.”

“I liked how we stayed over at the camp. It was great hanging out with people I didn't know. I learnt how to communicate better with other people, and the horse trek was cool.”

“I learnt there are different types of goals – short, medium and long term goals.”

# Meet Morgan and Kay

## Morgan

My name is Morgan Hollis Ward and I'm in my last year at Auckland Girls' Grammar School, and a Future Leader.

I've had a wonderful four years on the programme and I've been able to get to know other future leaders from AGGS, who I otherwise might not have become friends with. Future Leaders has organised heaps of great workshops and activities. Two of my favourites would be the animation workshop at the Freelance Animation School and this year's "amazing race" style Leadership Forum, which were both a lot of fun and allowed me to meet people from other schools on the programme, and helped me to build on my team-working skills.

Future Leaders has definitely changed my life. I've found my confidence to do things like public speaking and meeting new people has grown so much since I joined the programme, as a very shy Year 10 student in 2004. Back then I would never have had the courage to speak in front of my school assembly as I have done this year as a prefect. I have also realised the importance of setting goals for myself throughout the year, for school and at home, and how good it feels to achieve them.

My mentor has been a real help to me through my time as part of Future Leaders, giving me helpful advice—especially this year as I was trying to figure out what to study at university—but also because she is always there as a friend. Kay has also extended my awareness of community organizations—such as Canteen, a charity into which she puts a lot of time—and has taught me that it is important to give back to the community. I have therefore been able to do some community service through Canteen.

After a lot of thought I have decided to do a Bachelor of Design (Fashion) next year, at



Mentor Kay Collingwood and Future Leaders student Morgan Hollis Ward of Auckland Girls' Grammar.

AUT. Although I'm still not sure what I want to do as a career, this is a start I will enjoy. I want also to continue with Japanese and to begin Psychology, eventually.

## Kay

When I applied to become a Future Leaders mentor four years ago, it was all unknown territory and little did I know what the "mentoring future" would bring.

After the initial training and "meet & greet" sessions, we were advised of our new mentees, and I do remember making the initial call to Morgan – all very exciting, with a fair amount of trepidation as to what this path would be like.

It has been, and continues to be, a very worthwhile experience. I have been privileged to be part of Morgan's life over a period when she has grown and developed into a great adult, excited about what the future holds for her.

Initially our contact was tentative, until we got to know each other and had developed the trust that is necessary in any mentoring relationship. Now there is no hesitation - we speak, meet or text on a regular basis.

We have both participated in the workshops and events that Future Leaders have scheduled but additionally we have spent quality time together - just talking, cooking, having a manicure & pedicure, picnics, coffees, hearing about her plans for the school balls, etc.

My favourite memory as a mentor? There are quite a few, however I guess it is receiving a text message from Morgan advising that she had been selected as School Prefect. I knew this was something she wanted in her life and being able to share that excitement with her was special.

Mentoring has also enabled me to grow as a person – I have learnt to be more tolerant and remember that my needs and aspirations are not those of a young person growing up. This aspect has been great for me.

Additionally I have found the networking with the other mentors invaluable. When we first started on this journey I felt rather inadequate and wondered what I had to contribute to Morgan and her life as she was already a bright articulate young lady. However the regular meeting with other mentors going through the same processes was extremely helpful.

Would I recommend others to volunteer as a mentor – yes most definitely, I thoroughly enjoy the programme and treasure the relationships you develop along the way. To be part of a young girl's circle during this part of their life is very worthwhile.

I see Morgan and I remaining in close contact in the foreseeable future. I am keen to hear how she progresses through University and would like to think she knows she has a friend who has been very proud to be her mentor.

Key supporters of the YWCA Future Leaders Programme:



# Future Leaders Graduates –2007

Congratulations to the 24 young women who leave school at the end of this year, and graduate from the Future Leaders Programme at our December Celebration Ceremony.

**Nou te rourou**  
*With my basket (of resources, knowledge)*

**Naku te rourou**  
*And your basket*

**Kia ora ai te iwi**  
*The community will flourish*

## **Auckland Girls Grammar**

Amelia Mounगतonga  
Catherine Tamaseu-Russell  
Diandra Te Wano  
Frances MacPherson Haszard  
Francesca Brown-Haysom  
Geneva Alexander-Marsters  
Morgan Hollis-Ward  
Ngahuia Piripi  
Rachell Tamoua  
Tracy Ahokava

## **Carmel College**

Bernadette Judeel  
Jeanette Magness  
Kristen Drum-Molloy  
Krystal Va'a  
Maria Hughes  
Mharmaye Nacario  
Natasha Prendergast  
Paw Wah Tapili  
Theresa Murphy

## **Tamaki College**

Courtney Brown  
Dominique Hubbard  
Grace Levi  
Noho Moe  
Sarah Folu

# Schools Update



Since August we welcomed 30 new students onto the Future Leaders Programme. Keen to renew our wonderful partnerships with Massey High School and Auckland Girls Grammar, we invited students from these schools to participate. 10 young women from Massey High School and 12 from Auckland Girls Grammar were selected to join the programme and have been matched with their mentors.

In October we presented to the Year 10 students at a new school – Onehunga High School. Principal Deidre Shea, welcomed the opportunity for her students to be part



From left: Michelle Noble, Shinayd Rackley Year 10, Massey High School, Eva Rippon Year 10, Massey High School, Joanna Perry, Tracy Broom.

of the programme and eight of them have been accepted onto Future Leaders.

# Presenting Encore

**ywca encore**  
after breast cancer  
gentle exercise programme

PHOTO COURTESY: SUE CLARIDGE, BREAST CANCER NETWORK.



Hawkes Bay Encore Coordinator Shelley Hanna at National Breast Cancer Conference.

The first National Breast Cancer Network Conference enabled the YWCA to demonstrate the Encore Programme to a wide audience.

Encore's National Training Coordinator Julie Cummins, assisted by several of the programme's other coordinators, modelled the exercises for the 470 delegates.

Another two of our coordinators Shelley Hanna, from Hawke's Bay, and Kath Vickers from Tauranga, also presented at the Rotorua conference.

Shelley told of her work with the Y to set up Encore – the exercise programme for breast cancer survivors, while Kath facilitated a workshop on lymphoedema.

The extremely successful Encore continues to grow and 34 programmes have now been introduced since its launch two years ago. Following the fantastic national training week in November, Gisborne, Taranaki, Ashburton and Invercargill are the latest centres to come on board.

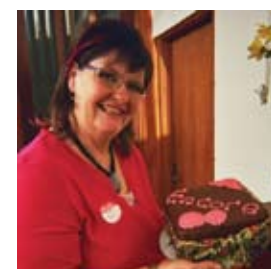
A group of Christchurch participants got together in November to share their experiences and Y Researcher Alison Searle

took the opportunity to interview several women about the long term health benefits of the Encore exercise programme.

Congratulations to our Whangaparaoa coordinator Jane Bissell who has launched her second book "The Pink Party". It describes her joys, fears and achievements in dealing with breast cancer and follows on from her first book "Welcome To The Amazon Club".

We are always on the lookout for women keen to be trained as coordinators – please contact Encore Programme National Coordinator Marlene Sorby on (09) 375.9249 or email her at marlene@akywca.org.nz

"Taking part in Encore gives you choices, you learn about lymphoedema, you find out things that are good for you. It gave me confidence to pursue more movement in my arm since surgery. I liked the fact that catching a train to Encore gave me a positive purpose when in the middle of treatment. If you have the kind of cancer that requires chemo and radiation you are around other people (at Encore) that are going through the same thing."



A participant Jane Mitchell at the Christchurch Encore Celebration.

# New Staff

**Allie Rentschler** joined us at the beginning of August as the new YWCA Future Leaders Mentor Coordinator. Originally from the United States, Allie spent five years coordinating several mentoring programmes that served teenage mothers who had dropped out of school, homeless teenagers and at-risk high school



Allie Rentschler

students. She also directed a voluntary literacy tutoring programme targeting children aged five-ten years old.

Allie is passionate about community involvement and the responsibility of us, as individuals, to give back to the communities in which we live.

Allie is a newcomer to New Zealand after spending four years living in Germany and teaching English to university students.

Her role is to recruit, train and support Auckland mentors on the Future Leaders Programme.

**Melissa Irace** is our new YWCA Future Leaders Far North Mentor Coordinator. Melissa grew up in London, and has fifteen years experience in the corporate and tourism sectors – including running her own marketing consultancy. She has lived in New Zealand for six years, and moved to the Bay of Islands three years ago to work for the Regional Tourism Organisation, Destination Northland, where she looked after domestic, event and conference marketing.



Melissa Irace

Melissa's role is to recruit and train mentors in the Far North, as well as to raise the profile of the programme throughout the region. Melissa hopes to capitalise on her extensive local networks and professional expertise to really 'make a difference' to the lives of young women and their mentors. She is very excited to be part of an organisation of 'women inspiring women.'

## Goodbye Di

Di Bluck is leaving the YWCA after three years as a wonderful Mentor and Programme Coordinator to move into full-time Career Counselling. We'd like to acknowledge all her hard work, professionalism and fun approach during her time with the Future Leaders team. We wish Di all the best in her new career.

## We've moved

Our new address is:

**4-6 Dundonald Street  
Eden Terrace**

Postal address:

**PO Box 8749, Symonds Street  
Grafton  
Auckland 1150**



Girls at Camp



## Yes, I would like to support the YWCA Auckland!



### I would like to donate:

\$20  \$50  \$100  \$150  Gift of choice \$ \_\_\_\_\_

Giving Back Scholarship

### I would like my gift to go towards:

The Future Leaders Programme

The Encore Programme

Where it is most needed

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