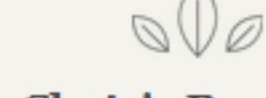


AUTUMN NEWSLETTER

Check out all our latest updates



Chair's Report

We know that you look forward to the Chair's report every quarter, but this time around, we have an exciting announcement to share that has temporarily side lined our usual updates.

Yes you read that right! Our incredible Chair, Eve, recently tied the knot! We couldn't be happier for her as she embarks on this new chapter of her life. This does mean however we've had to put the Chair's report on hold for this quarter, but fear not! We promise to bring you a full update in the next edition. After all, who can blame Eve for taking a little time off to celebrate such an amazing occasion?

So, let's raise our glasses to Eve and her new journey, and stay tuned for more exciting updates from our dedicated Chair next quarter.



— Meg Elizabeth Photography

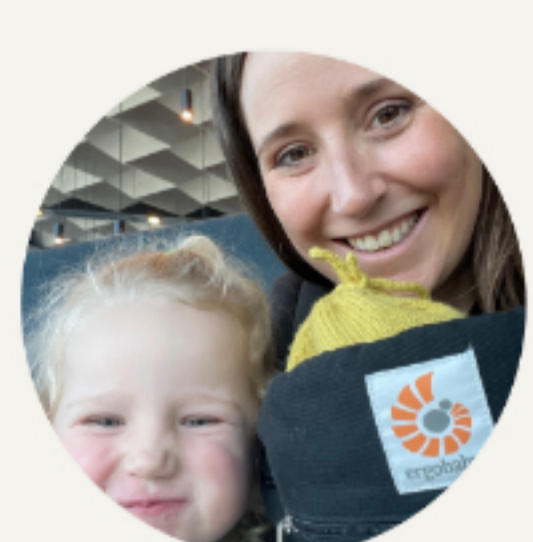


MEET THE 2024 WOMEN IN AGRIBUSINESS COMMITTEE

After a successful AGM we are proud to announce our 2024 WIA committee, we would like to personally thank all that attended the 2024 AGM and can't wait for your involvement in one way or another!



Chair
Genevieve Northcote



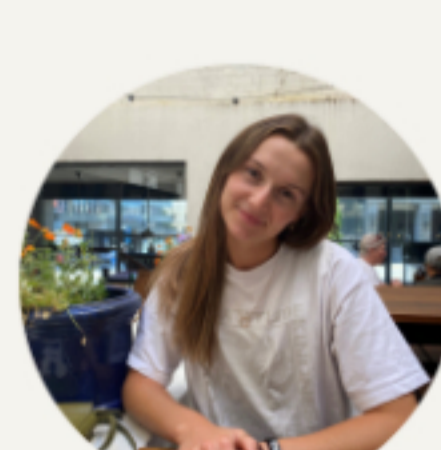
Vice-chair
Aimee Dawson



Secretary
Jess Dunbar

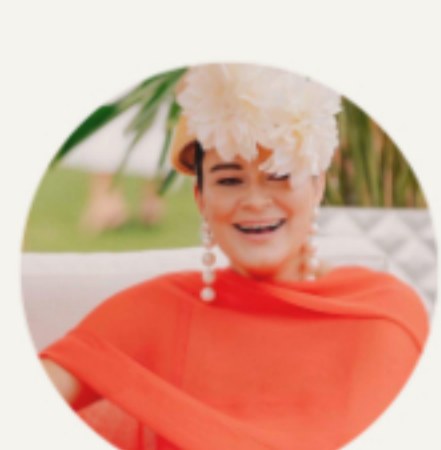


Treasurer
Jo Back

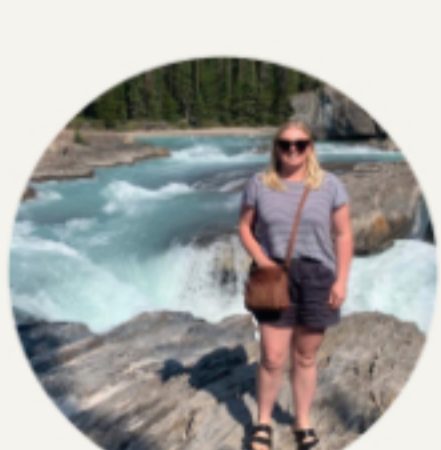


Social Media Lead
Lara Biggs

2024 REGIONAL LEADS



Northland & Waikato
Gabby Cashmore



BOP/Hawke's Bay & Gisborne
Georgina Massie



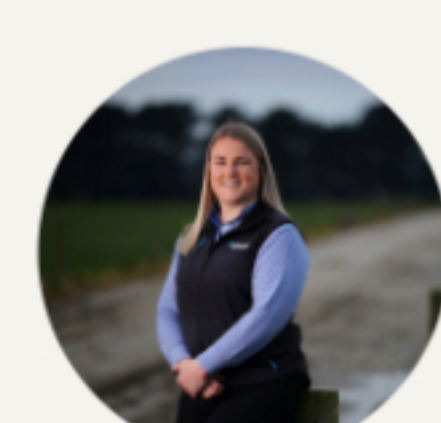
Wellington/Wairarapa & Manawatu
Grace Mainwaring



Marlborough/Nelson & West Coast
Lara Pritchard



Canterbury
Renee Powell



Southland & Otago
Rachael Hoogenboom



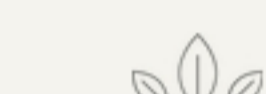
EVENTS TO WATCH OUT FOR...

GrowHer Canterbury

Join us for a dynamic networking event tailored for women in agribusiness across Canterbury!

May 1st at 4.30 PM

Level 3, Tavendale and Partners Centre, 329 Durham Street North, Christchurch



WIA RECENT EVENTS

February 13th
Mini Online Workshop with Life Coach Annabelle Matson

WIA kicked off the 2024 year off with a bang! Annabelle led us through a wonderful 90 minute workshop, focusing on how changing our beliefs can enhance our career prospects and make work more enjoyable. As high performing, driven women, our behaviours (often unhelpfully/self-destructive) are led by a core belief or thought. These beliefs are often subconscious and it's not until we recognise the behaviour that we can fully understand what the belief is that drives it. She taught us the belief formula: Beliefs/Thoughts > Feelings > Actions/Behaviours > Results

Annabelle supported the group to uncover some of the limiting beliefs we each hold and then to create new, supportive beliefs. She also led a panel discussion where two of her clients - Katie Rodwell and Genevieve Steven- shared their experiences doing belief work and the impact it has had in their careers and lives.

It was an amazing session and we received amazing feedback on it! If you'd like to find out more or work with Annabelle, check out her website and podcast:

[Steep Your Soul Podcast - Annabelle Matson](#)



CATCHING UP WITH THE COMMITTEE

Autumn Edition



Grace Mainwaring
Wellington/ Wairarapa & Manawatu Regional Lead

Grace has been selected as the New Zealand delegate to participate in the 2024 UK IAgM Leadership Development Programme, travelling throughout the UK, Netherlands, and Belgium from early March till end of April.

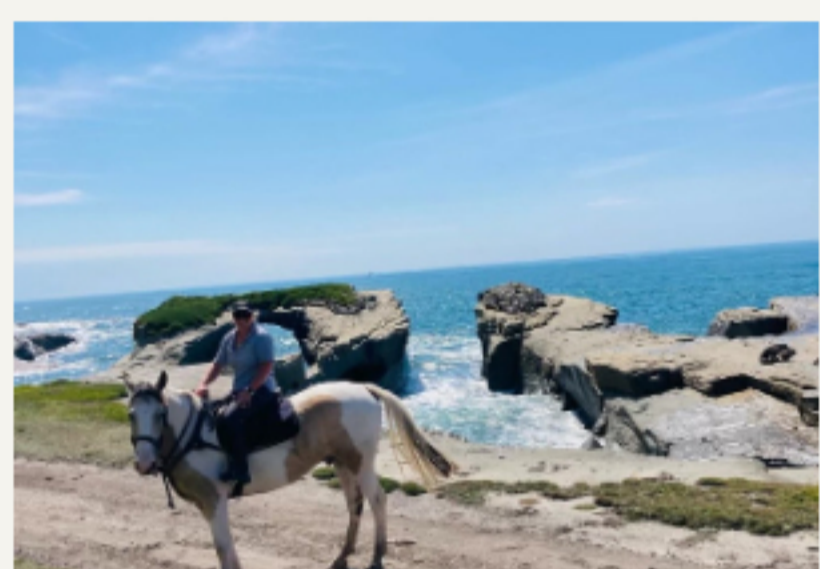
The Institute of Agricultural Management's programme run by the Royal Agricultural University offers a unique blend of industry leader access, global agricultural insights, regulatory expertise, innovation exploration, and invaluable networking opportunities.

How exciting for Grace!

Georgina Massie
BOP/Hawke's Bay & Gisborne

Over the summer break, Georgina participated in a three day horse trek across the coastline of Hawke's Bay. They visited sites such as the famous Tuki Tuki Homestead and rode through the large wildlife sanctuary that holds 600 kiwi and many other native birds.

Fortunately, amazing food and cold beverages were supplied throughout the trek, which made it an even more unforgettable experience!



Make sure you get the "DIRT" before committing:

D - Due Diligence: Conduct thorough research, review all relevant documentation and understand the applicable legislation.

I - Investment Analysis: Assess your financial capacity for any venture, including potential expenses for development, progression, or expansion.

R - Relationships: Identify key partners, such as legal, accounting, banking, and environmental advisors, for a successful journey.

T - Tax: Stay informed about your tax responsibilities and seek financial advice promptly.

RENEE'S HANDY LEGAL TIPS

LARA'S BOOK RECOMMENDATION

Atomic Habits by James Clear

Discover a transformative guide to cultivating new habits amidst life's busyness. "Atomic Habits" offers a practical and relatable approach to re-define your perspective on progress and success, and equip you with tools and strategies, to design your environment for easier success. Dive into James Clear's [Book](#) or into this [Podcast](#) to find out more.

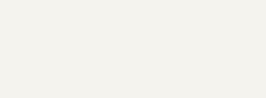


StarTalk Radio by Neil deGrasse Tyson

StarTalk Radio with Neil deGrasse Tyson is a brilliantly nerdy podcast which covers science, pop culture and comedy. It is well worth a listen! Learn about astronomy, physics, life on earth and everything else in between.

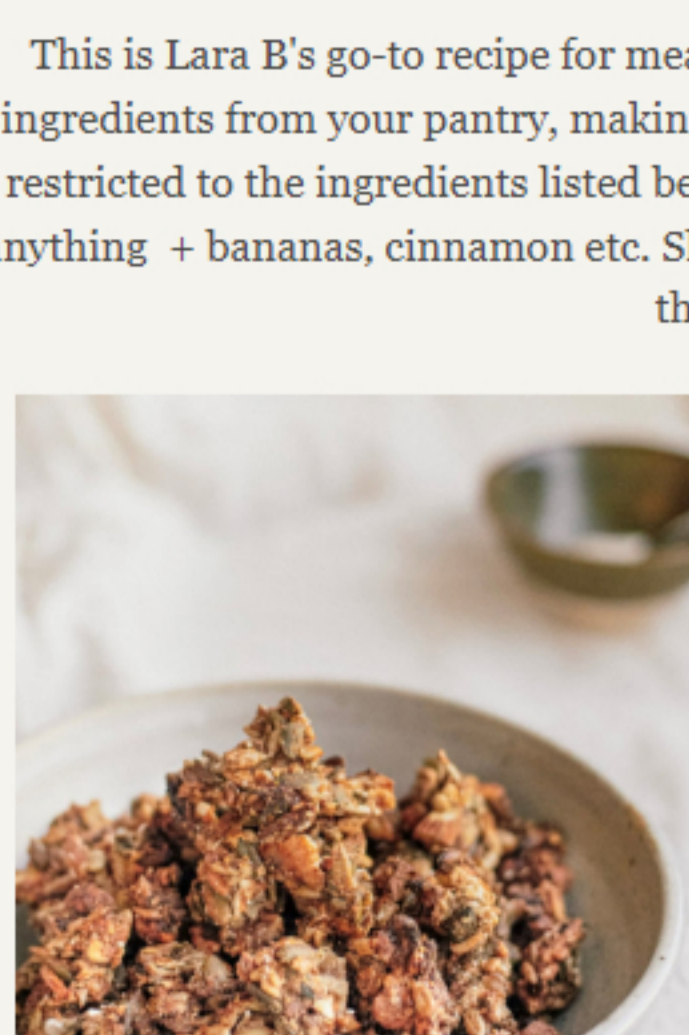
[Listen here!](#)

JESS'S PODCAST RECOMMENDATION



AUTUMN RECIPE

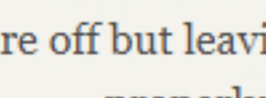
This is Lara B's go-to recipe for meal prep each week. It is a stellar recipe that uses ingredients from your pantry, making it affordable and full of whole foods. You aren't restricted to the ingredients listed below, and a good rule of thumb to use is 5 cups of anything -> bananas, cinnamon etc. She has gone as far as adding in protein powder for that extra kick!



- Banana Clusters** 🍌
- 1 cup:
 - almonds - roughly chopped
 - walnuts - roughly chopped
 - sunflower seeds
 - pumpkin seeds
 - rolled oats
 - 1/2 cup raisins
 - 2 bananas - mashed
 - 1 tsp cinnamon
 - 1 tsp ground ginger
 - 1/2 tsp sea salt

Preheat the oven to 180 degrees, and place a tray lined with baking paper aside. Combine all ingredients into a big bowl and lay across the lined baking tray. Bake for 25 minutes, until the clusters begin to become golden. Halfway through the 25 minutes, check on them and give them a toss to ensure they don't burn. Often they may need a little longer and I felt turning the oven temperature off but leaving fan bake on ensured they dried out properly.

Store in an airtight container either in your pantry or fridge for up to 2 months.



♀️ Heroines Hunt 2024 by Dannevirke Hunt Inc. ♂️

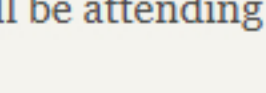
A fundraiser for the Breast Cancer Foundation.

Waipukurau ladies, this one is for you! Attend the Heroines Hunt Saturday April 20th at Droxford, 10 minutes from Waipukurau where you will enjoy a champagne breakfast from 10-11 AM and ride out at 12 PM.

Ladies (and gentlemen) are invited to hunt the following day at the neighbouring property, Glenahiel.

Our own, Georgina Massie, will be attending so you can catch up with her there!

Click [here](#) for more information, or register [here!](#)

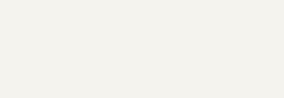


Keen to get access to free and discounted tickets to our events? Become a WIA member!

Find out more [here](#)

Thank you for reading 😊

Share on social



Visit our website [Women in Agribusiness](#)