

# Coral Coast Chat

 **Zonta Club  
of Bowen**  
*Member of Zonta International*

Club 1476 Area 7 District 24

April 2008

Address PO Box 916 Bowen Queensland 4805 [www.bowen.zontadistrict24.org](http://www.bowen.zontadistrict24.org)

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## Diary Dates

*Club meets every 2<sup>nd</sup> Wed  
of the month at 6:45 pm Central Hotel*

- Apr 9** **General meeting**  
**Membership fees due**
- Apr 12-13** **Area 7 Workshop**  
Charters Towers
- Apr 30** **Committee reports due**
- May 14** **Board meeting 6:00 pm**  
**Social dinner meeting 7:30**  
Central Hotel
- May 15** **Committee Meeting 5:15 LNC**  
Finance, PR, Program, UN
- May 18** **Zonta Market Stall**  
Hansen Park 8-12noon
- May 19 25** **Hepatitis Awareness Week**
- May TBD** **Committee Meeting**  
SOW, OCM, SG
- May 28** **AGM - Handover Dinner 6:45**  
Bowen Golf Club

## Contacts

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## From the President's Pen

What an exciting time for our club, what with new members, elections of our office bearers this month, AGM and Handover Dinner next month. In between of course we are selling Mother's Day Raffle tickets, selling Movie Premiere tickets, and doing our committee work which keeps our club alive and well!

Thank you everyone for the important part you play in keeping our club strong.

My feet are back on the ground now after all my travels - also managed to fit in Hervey Bay and Port Douglas along with 2 trips to Melbourne and one to Perth in the last 6 weeks so it's good to be home!

Look forward to seeing you all Wednesday night.

Cheers Rhonda

## DID YOU KNOW?

**Women now make up about half  
the labour force. When in male  
dominated jobs, most women  
change their career plans to allow  
flexibility to have a family.**

# Committee Clippings

## Board Meeting Mar 31

### General Meeting April 9

Guest speaker will be Annette Myers from Environmental and Health Services Bowen Council.

### Annual Membership Fees Due

Payment can be given to treasurer at the April general meeting.

### New System for placing dinner orders

Upon arrival at the conference room, tick your preferred meal on the sheet and pay Von Whaley. She will place the orders collectively. The dinner specials are now \$13. Please have the correct change if possible. Drinks are purchased from the bar area as usual.

### Area 7 Workshop Charters Towers Apr 12-13

Christine Coventry and Hortense Ingram will be attending the workshop. There is still room in the car pool for anyone who is interested.

### Committee Reports Due April 30<sup>th</sup>

[lynette.klukas@bigpond.com](mailto:lynette.klukas@bigpond.com)

Please email your reports to the secretary before April 30<sup>th</sup> if possible. They are to be included in the AGM booklet. The booklet will be compiled at the PR, Finance, Program and UN Committee meeting May 15<sup>th</sup> 5:15 at the LNC.

### Combination Board and General Meeting

**Wed May 14<sup>th</sup> Central Hotel**

For the last meeting of the year, it was decided to combine the board and general meeting in one evening. The board meeting will commence at 6:00 pm, followed by a social dinner at 7:30. All members are welcome to attend the board meeting and/or join in the dinner afterwards.

### AGM-Handover Dinner changed to **Wed May 28**

**Venue Bowen Golf Club 6:45pm**

The date of the AGM is changed to Wed May 28<sup>th</sup> to ensure that the financial reports are ready. A number of Zonta's kindred clubs and support groups have been invited, along with members' guests. Dinner, consisting of a hot carvery with dessert is \$25 per head. For special dietary requirements phone Rodger McGrath on 47862458. The evening will also feature a guest speaker and entertainment.

## Status of Women

The Birthing Kit Assembly Day has been postponed due to temporary stock shortages.

## Communication and PR

### New News Team

Veronica Hickmott and Kerry Picknell have joined forces to produce the newsletter in for the new term.

## Finance and Fund Raising

### Mother's Day Pamper Basket

Volunteers are needed for ticket sales for

- Friday April 18 at Magees
  - Saturdays in front of Hickmotts Newsagency
- Please email Therese if you can assist.  
[tmayhew@tpg.com.au](mailto:tmayhew@tpg.com.au)

### Movie Premiere Atonement

**Wed April 16 7pm for 7:30 start**

**Summergarden Theatre**

Members are asked to bring a plate for supper after the screening.

### Zonta Market Stall

**Sunday May 18<sup>th</sup> from 8-12**

**Bowen Community Markets Hansen Park**

The Zonta Club of Bowen will receive a grant from The Hepatitis Council of Queensland to coordinate an activity during National Hepatitis Awareness Week May 19 - 25th. With the theme "Are you the 12th?", the Club will be selling cartons of 12 eggs and handing out flyers to buyers and people passing by.

If you can spare one hour, please see Christine Coventry at the April meeting.

### Grant Application File with CD

To assist members in applying for grants, a file consisting of previous grant applications and a CD containing relevant information is now available. A few applications are currently underway which if successful will ensure funding for future projects.

## Nominating Committee

### Slate of Candidates

President	Bev Lowcock
1 <sup>st</sup> Vice President	Kerry Picknell
2 <sup>nd</sup> Vice President	Bon Wharley
Secretary	Lynette Klukas
Treasurer	Angela Cornwell
Directors	Theresa Mayhew
	Hortense Ingram
	Rhonda Nilsson

**Candidates will be elected at the April dinner meeting.**

## International Women's Day

### **Murroona Gardens Day Therapy Centre**

On Friday March 7th, a few members accepted an invitation to help the elderly in the community celebrate International Women's Day at a special morning tea. Lynette Klukas opened the presentation by giving a brief history of IWD in Australia. Hortense Ingram spoke of the Club's fund raising activities and Julie Jurgens and Christine Coventry described some of our local and international projects. We enjoyed listening to some of the community ladies give accounts of "how things were different in their day".

The celebration concluded with folk singing led by a local musician. In honour of International Women's Day, the Club gave each participant, a small gift of home made cookies.



**Zonta members Hortense Ingram, Julie Jurgens and Christine Coventry (below) mingling with residents and guests over a cuppa**

*Photo Lynette Klukas*

### **Disability Services Queensland**

The Club also received a request for members to attend an IWD luncheon on Friday, at Disability Services in Bowen. Lynette, Christine and Hortense did an informal presentation highlighting our local projects. Discussion followed with ideas for projects which may be undertaken jointly with the ladies at Disability Services.



**Michelle Lange and Kerry Mulhern from Disability Services with members Hortense Ingram and Christine Coventry.**

*Photo Lynette Klukas*



**Residents and guests enjoying the presentation and music**

## International Women's Day Lunch

### Queensland Women: Shaping the Future



Sunday March 9 attracted a full house at the annual International Women's Day Lunch. The theme aims to encourage women to look into themselves rather than at themselves and actions count for more than their looks. Proceeds from the lunch help support the Bowen Emergency Crisis Housing and Hope for the Children. The Club was pleased to present three excellent speakers from left Leshca Palmore, Vicki Saylor and Tracey Quadroy who are shaping the future of Queensland in a unique way.

**Lescha Palmore**, a local Bowen girl works as a senior legal officer with the Queensland Police Service. Lescha is also the Townsville co-ordinator for the new promising Queensland Indigenous Alcohol Diversionary Program. Apart from regularly appearing in court, Lescha liaises closely with the local Indigenous Elders, Townsville Community Justice Group and local rehabilitation providers.

**Vicki Saylor** is the first NQ actor to win an Australian Film Institute award for her performance as Flo, in the television drama *Call Me Mum*, which incidentally was her first acting job. Vicki also received the Bendigo Bank 2007 Business Women of the Year New Challenge Award for founding her own promotions and marketing business.

**Tracey Quadroy** is a local Bowen girl whose first teaching post on Palm Island changed the lives of many of its students. In 2003 Tracey's class of special education students won the Education Queensland's Showcase Awards for inclusive curriculum practices. In 2007 she was awarded a National Excellence in Teaching Award. Today she heads Special Education Services at Emerald North State School for children ranging from 10 weeks to 6 years of age with varying disabilities. Tracey is currently writing a book on the "The ASD Child - Strategies and Ideas".



Angela Cornwell, thanking the guest speakers

Photos Hortense Ingram

# Member's Moments



## A New Pair of Feet in the Hansen House

*Nan Hansen* has become a grandma to "Ethan Billy Morgan" born March 3, 8lb 13 oz. Ethan's parents are Laura Hansen and Aaron Morgan.

## Rocky Mountain High

*Hortense Ingram* will be heading overseas to visit with family and friends in Canada. A trip to the Ottawa Tulip Festival and exploring the mighty Rockies is planned.



Forever Young

## Happy Birthday

Bonnie Mar 20, Angela April 20 and Cheryl May 5

## Upcoming Events

### Movie Premier

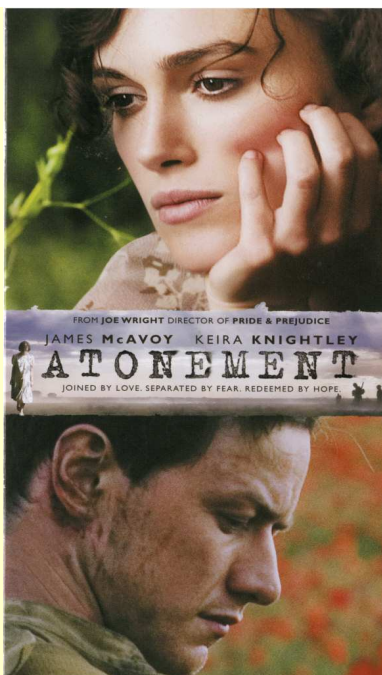
Summergarten Theatre

Wed April 16th  
7:00 pm for 7:30 start

Refreshments and supper to follow screening

Tickets available from Hickmotts SupaNews \$15

Proceeds help support Community Crisis Housing



### Want to loose weight the healthy way?

Join the "Lighten Up" program and learn how to make long term changes that will help you keep the weight off and make you feel great.

Cost: \$15 for the 7 week program  
Start Date: **Tues 8th April 2008**  
Time: 6:30pm - 8:30pm every week  
Place: Healthy Promotion Connection Office  
5/36 Powell St (near Scrap booking Shop)

Bookings essential on  
**4786 5941**

## Zonta Market Stall

Sunday May 18<sup>th</sup> 8-12 noon Hansen Park

in aid of Hepatitis Awareness Week

Volunteers needed to sell eggs and hand out flyers

Proceeds help Zonta Club projects

## Inspiring Women



Advocate for the health of Australia's Children

Professor Fiona Stanley is passionate about the health of Australian children. She has established a number of research programs which focuses on prevention and social causes of children's diseases. Fiona is a professor at the School of Paediatrics and Child Health at the University of WA.

In Dec 2007 she gave evidence at an inquest to Aboriginal deaths detailing many of the health problems facing Aboriginals, many of which could be prevented if conditions improved.

Fiona has many achievements which include:

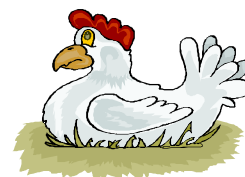
- Companion of the Order of Australia for research in peri natal and infant problems and improving aboriginal and community health (Queen's Birthday Honour List)
- Founding director of the *Telethon Institute for Child Health Research* whose most important role was instigating the first public health campaign in the world to promote folate to prevent spina bifida in babies and becoming a leader in research to improve the health of Aboriginal children
- Overcoming her own medical battles with breast cancer in 1999
- Lobbying the government in 2002 to launch the *Australian Research Alliance for Children and Youth* of which she is the CEO, whose aim is to significantly improve the health and well being of children and youth
- *Australian of the Year* award in 2003
- UNICEF ambassador for early childhood development
- National Trust's Australian Living Treasure

Fiona will participate in the Beijing Olympic Torch Relay on its way through Australia in April.

We should try to do something with our time on earth that will make Australia a better place for generations to come.

Fiona Stanley

## From the Hen's Hutch



This delicious chocolate slice makes an excellent dessert for tea breaks during Zonta Club community activities and fund raisers.

### Double Chocolate Fudge Slice

#### Ingredients

250 g	butter
2 cups	sugar
1 tsp	vanilla
4	large eggs
1 cup	plain flour plus 1 teaspoon
2/3 cup	cocoa
3/4 tsp	baking powder
1/2 cup	nuts (macadamia or walnuts)
100 g	quality dark cooking chocolate

#### Method

Combine melted butter, sugar and vanilla in large bowl and stir until combined. Beat in eggs till just blended.

Sift together plain flour, cocoa and baking powder. Add nuts. Fold into bowl with wet ingredients, till just blended. Do not over beat.

Spread mixture into a lined lamington tin and cover top evenly with roughly chopped cooking chocolate. Bake in 160 degree oven until just firm. Cut when warm and allow cooling in pan.

*Recipe from Veronica's kitchen*

## From the Editor

As this is my last newsletter for the year, I would like to thank all the members who have contributed articles and photos. A special thanks to the Committees who have worked diligently to make their projects and activities so newsworthy. I truly enjoyed reporting them.

Hortense Ingram