

# Coral Coast Chat

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 7.00 pm Central Hotel*

9 July	Board Meeting - 5.30 p.m.
9 July	Dinner Meeting - 7.00 p.m.
17 July	F&F, Prog Meeting - 5.15 p.m.
28 July	SOW, PR, Comm, UN - 5.15 pm
13 Aug	Board Meeting - 5.30 p.m.
13 Aug	Dinner Meeting - 7.00 p.m.
26 Aug	Seniors Week Stall

## Contacts

President Bev Lowcock  
4785 0221 (h)  
4785 9824 (w)  
[blowc1@eq.edu.au](mailto:blowc1@eq.edu.au)

Treasurer Angela Cornwell  
Secretary Lynette Klukas

Attendance for Board Meeting  
Lynette Klukas 4785 0000 (h)  
4786 6996 (w)  
[lynette.klukas@bigpond.com](mailto:lynette.klukas@bigpond.com)

Attendance for Monthly Meeting  
Bev Lowcock 4785 0221 (h)  
4785 9824 (w)  
[blowc1@eq.edu.au](mailto:blowc1@eq.edu.au)

Newsletter Editor Kerry & Veronica  
4786 3451  
[Kerrvdb60@hotmail.com](mailto:Kerrvdb60@hotmail.com)

## From the President's Pen

I am currently one week into my two week break and wondering what I have done with my time. I cannot believe how long it takes to get "the paperwork" in order and how much time is consumed by the computer. The upside of this is I have now learnt to scan into the computer, dabbled with the *Picasa* program and managed, I think, to email photographs with the help of my husband.

Our committees are all up and running with reports published in this newsletter. Please take the time to peruse these before the meeting. Should you wish to have anything in these reports clarified or contribute further to any aspect, could you please contact Lynette and have it placed on the agenda.

Thank you to all committees for considering your activities and responsibilities. I will be collating these to be discussed at the meeting to make sure we haven't left some task/responsibility sitting out there in the cold. From there, this information will also assist with our strategic plan for 2008-2009.

I recently had a visit from a cousin-in-law whom I hadn't seen in years. She was the recipient of a Zonta scholarship for women in science and very grateful for the assistance.

I'm looking forward to seeing you all at Christmas in July. I wonder if it will snow....

*Bev Lowcock*

## Thought for the Month

You can't help someone climb up  
a hill without getting closer to the  
top yourself.

H. Norma Schwarzkopf

## Committee Clippings

### Committees & Members 2008/2009

#### Finance & Fundraising, Program & Raffles

*Christine Coventry (Chairperson Finance & Fundraising); Therese Mayhew; Angela Cornwell; Rhonda Nilsson; Bonnie Kohlhase (Chairperson Program & Raffles); Lynette Klukas; Nan Hansen.*

#### Status of Women, PR & Communication, United Nations

*Hortense Ingram (Chairperson Status of Women); Shirley James; Bon Wharley; Susann Wagner; Kerry Picknell (chairperson PR & Communications & co-newsletter editor); Veronica Hickmott (co-newsletter editor). Chairperson United Nations To be advised*

#### Organisation, Classification & Membership Attendance

*Nan Hansen (Chairperson); Jill Knight; Cheryl Vennard.*

#### Service Committee

*Sue Wagner (Chairperson) to be confirmed*

### Status of Women Report

The Status of Women Service Committee is a combined group consisting of STWS, PR and UN members.

Chairman	Hortense Ingram
Members	Bon Wharley Susann Wagner Shirley James Veronica Hickmott Kerry Picknell Jill Knight

We are currently revising our 2008-09 plan to prioritise our efforts in line with Zonta's service goal - to provide mission focused service, locally and globally in order to improve women's legal rights, health, education, economic status and to prevent violence against women.

Proposed Service activities to date:

- Aug Osteoporosis Awareness Display at Senior's Week Celebrations
- Sept Birthing Kit Assembly Day
- Mar International Women's Day Lunch

*Hortense Ingram (Chairperson) (edited version)*

### PR & Communications Report

The 2008/2009 combined PR & Communications, Status of Women and United Nations Committees held a very productive meeting on the 30th June. Plans for the coming year and allocation of roles were discussed. Our Breast Cancer Awareness banner has been flying high at the Council Chambers for some weeks now, while the Strawberries and Cream Stall to be undertaken at the Fishing Classic will provide our club with a good promotional opportunity.

Proposed activities (awaiting Board approval) that will also provide excellent public relations activities are:

- Bowen Zonta Club brochure - promoting the Zonta Club of Bowen to the community and prospective members.
- Osteoporosis Awareness Display at Senior's Week Celebrations - Tuesday Aug 26th. It is hoped the Club brochure will be available for the display.
- Birthing Kit Assembly Day - proposed date - Saturday 6th September. Promotion will be gained via photographs and a press release in the Bowen Independent.
- International Women's Day Lunch to be held in March 2009.
- Q150 Project - This project will enable the reprinting of two historical books of Bowen and will provide a wonderful opportunity for public relations for our club in 2009.

*Kerry Picknell (Chairperson) (edited version)*

## Committee Clippings

### Finance and Fundraising Report

#### Discussion on fundraising projects

Requiring approval from the board [if not already approved] are 3 projects.

- A Strawberries and Cream Stall at the Fishing Classic  
Date - 20th afternoon and evening and 21st Sept 2008 until 4 pm.
- Computer update evening - To be held an evening in August - date to be decided - at Learning Centre. To provide instruction on scanning, group emails, making a table etc. \$20 per person includes delicious supper.
- Assist at Nurse of the Year Cancer Fundraising Film Night

*Chris Coventry (Chairperson) (edited version)*

### Program Committee Report

We have determined that the activities and responsibilities listed below, define the role of the Program Committee. Also, following each item is our proposal for the next meeting and/or future meetings.

- To organize the program for the Club's dinner meeting - the July 2008 dinner meeting theme will be "Christmas in July".
- To organize, greet and thank the guest speakers and provide a small gift of appreciation.
- To organize the monthly raffle including supplying the prize and selling of the tickets on the night.
- To organize the dinner orders and, if required, any change of venue - Therese Mayhew will be responsible for the taking of dinner orders and money.
- To organize entertainment for the meetings.

*Bonnie Kohlhasse  
Program Committee (Chairperson) (edited version)*

### Tips for Better Life - 2008

Take a 10-30 minute walk every day. And while you walk, smile. It is the ultimate anti-depressant.

Live with the 3 E's -- Energy, Enthusiasm, and Empathy.

Spend time with people over the age of 70 and under 6.

Dream more while you are awake.

Eat more foods that grow on trees and plants and eat less food that is manufactured in plants.

Try to make at least three people smile each day.

Clear clutter from your house, your car, your desk and let new and flowing energy into your life.

Life is too short to waste time hating anyone.

Don't take yourself so seriously. No one else does.

Envy is a waste of time. You already have all you need.

Make peace with your past so it won't spoil the present.

You don't have to win every argument. Agree to disagree.

Don't compare your life to others'. You have no idea what their journey is all about.

No one is in charge of your happiness except you.

Frame every so-called disaster with these words: 'In five years, will this matter?'

The best is yet to come.

Call your family often. (Or email them to death!!!)

Remember that you are too blessed to be stressed.

*Contributed by Hortense*

### New District Update

As of closure of Rotterdam Convention, we are now in Area 5 District 22.

Thank you to Pam Graham for the wonderful support she has provided to us during her term. A very warm welcome is extended to Kelly Stokes, who steps into Pam's shoes as Area Director. We look forward to meeting with her.

## Upcoming Events



### Who's 21 Again?

**Bon July 7**

#### The Van awaits!

Ladies, if you haven't visited the Breastscreen Van yet for your mammogram, it is still in Bowen.

*Where:* Centrepnt Plaza Carpark

Phone 132050 for an appointment today for this vital preventative care.



I wish I was a glow worm,  
A glow worm's never glum.

'Cos how can you be grumpy  
When the sun shines out your bum!

Contributed by Jill

## Snippets

#### Q150 Success

Our Bowen Zonta club was successful with the grant submission for the Q150 grants. The grant will enable the reprinting of two historical books of Bowen. Congratulations Hortense for the professional application you produced to achieve success and make this project a reality.

#### Chocolate Fanciers

You won't have long to wait now to replenish your stocks as Therese has promised to bring fresh supplies along to the next meeting.

#### Fishing Classic

Plans are afoot for our major fundraising effort - Strawberries & Cream Stall. Updates on this event to follow.

#### Movie Premier

Zonta will be assisting the Nurse of the Year entrant to organize this event. Stay tuned for further info.

#### Banner

Have you looked up as you drive down Herbert Street? Our Breast Cancer Awareness banner is flying high.

#### Birthing Kits

1000 birthing kits have been ordered and will be arriving in August. Assembly Day is yet to be confirmed.

#### Seniors week

It has been proposed we have an information stall promoting Zonta at this year's Seniors Week Celebrations to be held at Muller's Lagoon Tuesday 26<sup>th</sup> August. More information to come.

#### Furniture Acquisition

We are now the proud owners of three fold up tables, kindly donated by Lynette which was decommissioned furniture by LNO. Thank you Lynette

# Member's Profile - Bev Lowcock



## Welcome Madam President

While I am an import to Bowen I have lived here longer than anywhere else including my childhood home. I was raised and schooled in Maryborough at Albert State School....

*Albert, Albert, brave and bold  
Ought to be, ought to be  
Dipped in gold!*

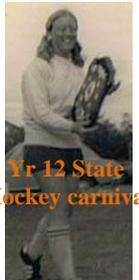
Ist day at school



My Deb

And later at Maryborough Girls' State High School which was quite unique for a state school. It became co-educational the year after I completed senior. I was drawn to the maths and sciences but chose to study Human Movements at Queensland University basically because it was a conscious effort not to do medicine. I was neither following in my sister's footsteps nor was I making callouts at all hours of the night. The irony of that is that I have five children and I still, even fifteen years out of baby stage, have a four hourly sleeping pattern.

I grew up in an all female household with one older and one younger sister as my father died when we were very young. We regarded males as those people who would be able to do anything we couldn't and there wasn't much that the Abel girls couldn't do. We were very involved with sport and managed to survive my entire school life without a phone at home or a television.



Yr 12 State Hockey carnival



Ist Year Teaching

My first years of teaching were spent in Mareeba before being transferred to Bowen in 1980. I met Robbie at the Bowen River Rodeo in June of that same year and we were married in April of the following year. Needless to say I have never been back to the rodeo since.

I have taught in every school in Bowen in some form or other. I had considerable time off raising my children but managed to teach a little each year. When my first child was born, I used to teach Physical Education one day a week at the old St Mary's school(s). I used to take him with me in the pram and was never short of babysitters. I'd have to say teaching was an appropriate career choice as work was always there when I wanted it and each time I returned, it was in a different capacity. A change is as good as a holiday.

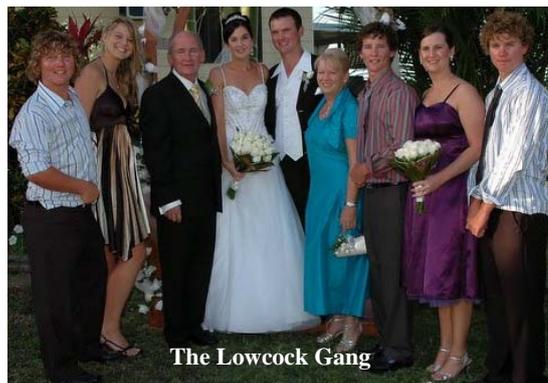


Our wedding

I have no particular preference for an age group but am now settled at the high school teaching home economics and hospitality. I have three more years before all my children are adults earning full wages and paying their own way. I strongly believe it is my responsibility as a parent to provide for and educate my children to independence. Some of them get there faster than others.

After that I'm hoping to be a "useful" grandparent. *A man's grandchildren are his crowning glory.*

*Bev Lowcock*



The Lowcock Gang

## The Gingham Dress

A lady in a faded gingham dress and her husband, dressed in a homespun threadbare suit, stepped off the train in Boston and walked timidly without an appointment into the Harvard University President's outer office. The secretary could tell in a moment that such backwoods, country hicks had no business at Harvard and probably didn't even deserve to be in Cambridge. "We'd like to see the president," the man said softly. "He'll be busy all day," the secretary snapped. "We'll wait," the lady replied. For hours the secretary ignored them, hoping that the couple would finally become discouraged and go away. They didn't and the secretary grew frustrated and finally decided to disturb the president, even though it was a chore she always regretted. "Maybe if you see them for a few minutes, they'll leave," she said to him! He sighed in exasperation and nodded. Someone of his importance obviously didn't have the time to spend with them and he detested gingham dresses and homespun suits cluttering up his outer office. The president, stern faced and with dignity, strutted toward the couple. The lady told him, "We had a son who attended Harvard for one year. He loved Harvard. He was happy here. But about a year ago, he was accidentally killed. My husband and I would like to erect a memorial to him, somewhere on campus." The president wasn't touched. He was shocked. "Madam," he said, gruffly, "we can't put up a statue for every person who attended Harvard and died. If we did, this place would look like a cemetery." "Oh, no," the lady explained quickly. "We don't want to erect a statue. We thought we would like to give a building to Harvard." The president rolled his eyes. He glanced at the gingham dress and homespun suit, then exclaimed, "A building! Do you have any earthly idea how much a building costs? We have over seven and a half million dollars in the physical buildings here at Harvard." For a moment the lady was silent. The president was pleased. Maybe he could get rid of them now. The lady turned to her husband and said quietly, "Is that all it costs to start a university? Why don't we just start our own?" Her husband nodded. The president's face wilted in confusion and bewilderment. Mr. and Mrs. Leland Stanford got up and walked away, travelling to Palo Alto, California where they established the university that bears their name, Stanford University, a memorial to a son that Harvard no longer cared about. You can easily judge the character of others by how they treat those who they think can do nothing for them.

---- A TRUE STORY By Malcolm Forbes

"People will forget what you said. People will forget what you did. But people will never forget how you made them feel".

Contributed by Jill Knight



### Christmas in July



The theme for July's meeting is "Christmas in July". Wear a Christmassy outfit and bring a small gift (approx \$5.00 value) for the Secret Santa's sack. Board Meeting at 5.30pm, followed by General Meeting at 7pm. These will handle meal orders.

## **From the Editors**



*Welcome members to a new year in Zonta. Committees have been arranged and roles determined. Our new found responsibilities can indeed be daunting but the year ahead will be a fantastic learning curve from which we will emerge with greater knowledge, ability and closer friendships. Enjoy!!*

**Kerry & Veronica**