



BURDEKIN MEMORIAL HALL

ZONTA CLUB

Burdekin Inc

JULY 2011



Area 5
Club No 1475
CHARTERED 10.5.1994

President:

Raelene Grantz

Vice President:

Margaret Culpán

Minutes Secretary:

Judy Mitchell

Correspondence Secretary:

Jan Hollingsworth

Treasurer:

Diana Moschen

OMC

Margaret Culpán

LAA

Robyn Haller

SERVICE

Beth Hancock

Meeting Time
6pm for 6.30pm start
YVETTE'S PLACE

The Club meets on the second
Tuesday of each month
(except January)

Postal Address

PO Box 2204
AYR Q 4807



INTERNATIONAL

65 countries
1200 clubs
31,000 members

Hi Ladies

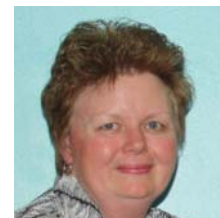
Yes, it's the month of July already. I can't believe how fast the 1st six months of the year has gone.

This week is a busy week for us. Firstly our club meeting Tuesday night, then Friday night we gather at Lyndy's place for preparation of our curry. On Saturday night we have our "The Taste of the Burdekin" where we sell our delicious curry.

Don't forget to keep checking on our calendar for what is coming up. Ruth is doing a great job up dating it all the time.

The Burdekin Cores Bowls Challenge is on again this year, more on that at the meeting. We have a very busy July meeting on Tuesday night.

See you at Yvette's



Raelene

ADVANCING THE STATUS OF WOMEN WORLDWIDE

ATTENDANCE OFFICER Nilda Piotto

WHO IS YOUR BUDDY?

Email: lrpiotto@gmail.com **or TEXT**

Please advise Nilda by 10.00am on FRIDAY if you cannot attend the meeting or will not be staying for the meal.

Fees: Meeting & dinner \$25
Meeting only \$5
Fee if apology received \$5
Fee if no apology made \$25

| | |
|--------------------|------------------|
| Lyndy McCathie | Margaret Culpan |
| Rita Cranitch | Judy Mitchell |
| Majella Meehan | Seanne O'Shea |
| Pierina Dalle Cort | Giovanna Gabiola |
| Diana Moschen | Karen Clarke |
| Raelene Grantz | Peta Bird |
| Robyn Haller | Isabel Stubbs |
| Jan Hollingsworth | Rosemary Menkens |
| Mary Lynch | Inez Larson |
| Leith Kennedy | Janice Micola |
| Beth Hancock | Nilda Piotto |
| Ardella Alberts | Beth Honeycombe |
| Ruth Diehm | Mary Anne Fraser |



RAFFLE

Raelene Grantz (July)
Robyn Haller (August)
\$10.00 - \$15.00

Happy Birthday to our
July ladies
Beth (Hon) and Seanne



CLUB BOARD 2011-2012

President: Raelene Grantz

pantrydoor@bigpond.com

Vice President: Margaret Culpan

ken52@bigpond.com.au

Correspondence Secretary: Jan Hollingsworth

janaura@bigpond.net.au

Treasurer: Diana Moschen

dianamoschen@ozxpress.com.au

Minutes Secretary: Judy Mitchell

mitchell.rj@bigpond.com

SERVICE

Chairman: Beth Hancock

gb.hancock@bigpond.com

Isabel Stubbs
Diana Moschen
Rosemary Menkens
Judy Mitchell
Pierina Dalle Cort
Giovanna Gabiola
Peta Bird
Lyndy McCathie

LA & A

Chairman: Robyn Haller

robynh@scorpionjacks.com.au

Janice Micola
Nilda Piotto
Seanne O'Shea
Beth Honeycombe
Ruth Diehm
Ardella Alberts
Mary Lynch
Jan Hollingsworth

OMC

Chairman: Margaret Culpan

ken52@bigpond.com.au

Leith Kennedy
Mary Anne Fraser
Majella Meehan
Inez Larsen
Rita Cranitch
Karen Clarke

11 Empowering Ways to Strengthen Your Brain

4. Keep the weight off

As the number on the scale creeps upward, it's hard to imagine that anything's getting smaller, but extra kilos can actually shrink your brain. In a 2009 study, brain scans of older adults revealed that overweight individuals had an average of 4% less brain tissue than normal-weight people. And in obese people the loss of tissue was so significant that their brains appeared 16 years older than those of thinner people. "By eating more calories, you're also consuming more fat," says study author Paul Thompson PhD, a neurology professor at UCLA School of Medicine. "The fat clogs arteries that feed the brain, which in turn causes brain cells to wither." That loss can impair memory, mood, movement, speech and more. Though the first priority is getting down to a healthier weight, you can also focus on strengthening the brain cells you've got. Aerobic activity will not only help you shed kilos but increase the amount of blood, oxygen and nutrients flowing north to your neurons. And more nourishment means a faster processor.

CALENDAR 2011 - 2012

| | |
|---------------------------|---|
| June 14th | Changeover Pot Night Lyndy's |
| July 12th | 15 th Lyndy's home re curry preparation 5.15pm – <i>bring crockpot</i> 16 th Taste of the Burdekin 22 nd & 29 th CORES Charity Bowls – LAA 22/7 28 th Information Night |
| August 9th | 4 th LAA Committee at Mary's home 5 th & 7 th CORES Charity Bowls 21 st Birthing kits |
| September 13th | 1 st LAA Committee at Mary's home 8 th Int Literacy Day 21 st Int Day of Peace 22 nd – 25 th District 22 Conference Novotel Brisbane 10 pin bowling? |
| October 11th | 6 th LAA Committee at Mary's home 15 th Int Day of Rural Women 24 th United Nations Day 23 rd Breast Care Cushions/Drainage Bags/Care Packs |
| November 8th | 3 rd LAA Committee at Mary's home 8 th ZI International Birthday Townsville Club 25 th Int Day for the elimination of violence against women (White Ribbon Day) Inductions? |
| December 13th | 1 st World Aids Day 3 rd Christmas Party? 10 th Human Rights Day |
| January 2012 | 11 th Amelia Earhart Day 26 th Driver Reviver |
| February 14 th | 2 nd LAA Committee at Mary's home Health Expo? 14 th Planning Night - Pizza |
| March 13th | 1 st LAA Committee at Mary's home 8 th IWD 8 th Yellow Rose Day Burdekin Woman of Achievement Award Annual Fees Due |
| April 10 th | 5 th LAA Committee at Mary's home 25 th Anzac Day – book presented |
| May 8th | 3 rd LAA Committee at Mary's home Club birthday; AGM; Board inducted Biggest Morning Tea |

Please advise Ruth (jrdiehm@bigpond.com) with any alterations, additions or suggestions



12 QUALITIES OF A ZONTIAN



From Dianne Leggo (International Chairman – OMC 1998/2002)

12 Steps to Becoming a Zontian

STEP 1 – Become familiar with your own Committee's aims. Refer to the Committee manuals, the Zonta Club manual, and use the member resources available on the website.

STEP 2 – Attend all meetings. This gives you a feeling of belonging, and helps make your club a healthy and active one.

STEP 3 – Offer your opinions and ideas. This does not only apply to your own committee. If you hear a great speaker, pass it on. If you meet a dynamic woman, pass on her name to membership. If you go to a good function, suggest it as a fundraiser. Participate!

STEP 4 – Listen attentively. Listen to all reports and opinions, as they all concern you.

STEP 5 – Never say no to a delegated task because you think you can't. You will grow personally if you take on assignments you have never done before.

STEP 6 – DO IT NOW! Be reliable.

STEP 7 – Read, Read, READ! Zontian magazines, Club, Area Director, District Governor Newsletters, minutes, e-mails – Accumulate knowledge.

STEP 8 – Share your talents and expertise. Don't be modest! We don't know you can do something unless you tell us.

STEP 9 – Nurture new members and look after guests.

STEP 10 – Be a member of Zonta International, not just your own club. Visit other clubs when travelling, make plans to attend at least one function per year outside your own club activities, preferable an Area Meeting, District Conference or International Convention.

STEP 11 – Communicate, communicate, communicate! Good communication means good team work. Communication is the most essential aspect of a well-run club. Keep in mind, that whenever you don't get back to your Chair or President with a report, she is forced to contact you again. You cause her extra work. It is one of the most frustrating things about being in office, or being a Chair, or organising a function. Don't give other people extra work and frustration because you put off those few minutes for a phone call or email.

STEP 12 – Loyalty. There will come a time when you have a President or Committee Chair whose ideas, whose way of doing things, whose personality you don't like. These positions come and go, but Zonta and its committees go on forever. The people your club are working for are benefiting regardless of the personality and methods of those in office. Bide your time patiently and remain loyal to the ideals of Zonta.

International Service Program

2010-2012

Safe Cities for Women in Guatemala City, Guatemala and San Salvador, El Salvador

UN Women

US\$500,000

Project Description

THE GOAL

Safe Cities for Women will increase the safety of women in the most violent districts of Guatemala City, Guatemala and San Salvador, El Salvador by helping local women collaborate with each other, the local government and urban planners to identify risks and participate in planning to create practical solutions, public policies and municipal plans to produce safe neighbourhoods and decrease the risk of violence against women. The project will build on a larger, ongoing UN Women regional effort in four other Latin America urban areas.



BACKGROUND & NEED

Urban violence in Latin America has increased at an alarming pace, with a murder rate 114 percent higher than the world average. Civil war, lack of employment opportunities and repatriation of gang members and criminals have contributed to a rise in violence against women (VAW) in private and public spaces. The risk for VAW becomes even higher due to the traditionally subordinate position of women in society. Guatemala and El Salvador have rates of urban violence and violent homicide above the regional average. In Guatemala, in the last seven years, more than 3,200 Guatemalan women have been kidnapped, murdered and in many cases, raped, tortured and mutilated. In El Salvador, the second most violent country in the region, an estimated 1,000 women were murdered between 1999 and 2005. The rising rates of violence against women have alarmed women's organizations, national government and the international community.

RESPONSE

UN Women is currently building on the progress and results achieved from the first phase of the program in Guatemala City and San Salvador that is part of a regional program to promote “Safe Cities for Women.” The focus of the program is on urban security as a gender issue, and the main objective of the program is to strengthen women’s right to active citizenship in order to reduce violence. In order to prevent and address VAW in urban spaces, the project will work in coordination with women’s organizations and networks and with local government to develop and implement public policies on urban security that include women’s issues and views. The program implements a participatory model that has already been developed and builds the capacity of local women’s organizations to form coalitions to identify risks and advocate for their right to lives and neighbourhoods free from violence. The project will also increase awareness on the issues of gender-based violence using media campaigns as well as existing information. The second phase of the program will deepen the work in local communities in Guatemala and El Salvador and focus on the most violent districts. There will also be efforts to replicate the experience in all districts of the capital cities and incorporate the issue of violence against women and HIV/AIDS. UN Women will continue to strengthen its collaboration with other UN and international development agencies.

Activities

- Create documentation and production of knowledge and information on gender and urban security to be used by women’s networks and organizations, governments and international agencies.
- Launch public outreach and sensitization campaigns regarding women’s security and human rights through web and media.
- Implement and adapt the program’s participatory model to incorporate a gender perspective in security policies of Guatemala City and San Salvador.
- Empower women’s organizations to influence authorities and security policies by forming coalitions, using information, assessing security in neighbourhoods (walk through assessments) and building skills.
- Disseminate knowledge and best practices of the program through seminars, publications, the media and electronic platforms.
- Revise penal codes and discriminatory legislation. This includes addressing sexual violence through criminalization of men’s attitudes and behaviours that are offensive to women in public spaces and which are not typified as violence against women.

CONCLUSION

The program will increase knowledge on the link between urban violence and gender to inform ongoing debates on violence and urban security. The program will also ensure that gender-based violence is included in the agendas of stakeholders from social organizations and governments in Guatemala City and San Salvador and that urban development plans are formulated with the active participation of women’s organizations, civil society and local authorities.

UN Women

In July 2010, the United Nations General Assembly created UN Women, the United Nations Entity for Gender Equality and the Empowerment of Women. UN Member States took a historic step in accelerating the organization’s goals on gender equality and the empowerment of women. The creation of UN Women came about as part of the UN reform agenda, bringing together resources and mandates for greater impact. It will merge and build on the important work of four previously distinct parts of the UN system which focus exclusively on gender equality and women’s empowerment:

- Division for the Advancement of Women (DAW),
- International Research and Training Institute for the Advancement of Women (INSTRAW),
- Office of the Special Adviser on Gender Issues and Advancement of Women (OSAGI)
- United Nations Development Fund for Women (UNIFEM).

The UN Women administration fee is seven percent.

CORES BOWLS CHALLENGE

The Burdekin Bowls Club (Gordon Rennie) is looking for teams to participate in the Bowls Challenge for CORES again this year.

Teams of 4 are required, with an entry fee of \$40 per team. This includes the Rotary Bar-b-que.

There are 3 Friday nights, 22nd, 29th July and 5th August with the celebrity day on Sunday 7th.

The competition is between 7.30 and 9.30 each Friday night but you are required to arrive about 7.00pm for registration, collecting your bowls and having your bar-b-que steak or sausage.

As the Zonta Club has fielded several teams every year since the competition began, Karen hopes we can participate once again in this fun night, for a worthy local cause.

Legislative Awareness & Advocacy (LAA): Chair Robyn Haller

Present: Robyn, Nilda, Janice, Jan, Mary and Ardella. Apologies Ruth and Seanne

Our committee meets on the first Thursday of each month at Mary's. Calendar is being worked on by Ruth and will be brought to each meeting for us all to become familiar with coming events. District has been notified of board changes. Robyn has been in touch with a firm in the Whitsundays regarding our new banner and together with Jan is working on getting a great photo of the Burdekin area, probably the Bridge and surrounding canefields. We are also in favour of getting quotes for stickers on sexual abuse for placement in public toilets/suitable venues with relevant phone numbers. Ardella will keep in touch with the websites of CEDAW and CSW and advise us of any developments. Mary and Robyn will work on the archives over the coming months after collecting photos from Joan Heatley. We also need a photo of Rita & Seanne presenting the book at Anzac Day for archives. Robyn has also been in touch with Les Alberts regarding a suitable and permanent place to store our archives. "Women in Mining" have made contact with Robyn regarding a guest speaker and they have circulated our request for one. I have since been contacted by "Women on Boards" re a guest speaker so will pass this all on to Beth (Hon) who is handling guest speakers. Nilda has been busy and has new place names for our meetings so we look forward to that. Janice is distributing emails that come in to our Burdekin Club email. Mary suggested Ardella could speak on her position regarding fostering children and Ardella has agreed to that. We had a general discussion on the proposed Health Expo and were enthusiastic. We felt it had great possibilities with Queensland Health's Pit Stop for Women, guest speakers on various subjects ranging from menopause, post natal depression, diabetes etc and stall holders. We could seek funding/grants/sponsorship and with proper promotion it could be a really wonderful expo and exposure for Zonta Burdekin. With regard to the CORES bowling, team LAA will participate on 22/7.

Organisation Membership & Classification (OMC): Chair Margaret Culpan

Basically the membership committee met on 9-7-2011 and finalized the invitee list for the information night on 28th July at the Neighbourhood centre and will be sending out the invitations on about this Wednesday and then following up with telephone contact the week of the night and then also putting together updated folders to hand out on the night.

I have an apology from Karen Clarke for the food fest as she is away.

Would continue to encourage meetings for the buddy system even though Lyndy and I haven't managed yet.

a little light relief

Isabel: I have just returned from 5 weeks in USA playing Grandmother to a 2 year and an 8 week old. Reese was a wonderful grandchild because he needed to be cuddled a lot . Apart from 4 days in New York we spent the rest of the time with our daughter Isabel and Son in law Luke. We arrived home after 42 hours of travelling and no sleep and our luggage arrived on Tuesday . We had to be rechecked in Brisbane after a security scare so that added time to the travel. It was wonderful despite the travel time.

Ruth: We are thrilled to welcome into our family our new addition Peter Lennox Diehm born 24/05/2011.

Karen: We had a wonderful turn out with Lyndy's staff group booking and our Zonta group with additional friends for Breast Wishes. The dinner at the Chinese restaurant was wonderful, the show was excellent and I am sure the audience enjoyed the mix of comedy and the important message that the play imparted. There were lots of laughter and a few tears throughout the performance.



Can you believe this wallpaper was designed by William Morris in 1884 and is still being manufactured to this day?



A crusty old Major Sergeant was stressed when he heard there was a female pilot flying them to Afghanistan. When told the whole crew was female he wished he'd had a double scotch. The attendant then told him they had changed the name from Cockpit to Box Office!

The Mayonnaise Jar

When things in your life seem almost too much to handle, when 24 hours in a day is not enough, remember the mayonnaise jar and 2 cups of coffee.

A professor stood before his philosophy class and had some items in front of him. When the class began, wordlessly, he picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls. He then asked the students, if the jar was full. They agreed that it was.

The professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full. They agreed it was.

The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He asked once more if the jar was full. The students responded with a unanimous 'yes.'

The professor then produced two cups of coffee from under the table and poured the entire contents into the jar, effectively filling the empty space between the sand. The students laughed.

'Now,' said the professor, as the laughter subsided, 'I want you to recognize that this jar represents your life. The golf balls are the important things - family, health, friends, and favourite passions. Things, that if everything else was lost and only they remained, your life would still be full. The pebbles are the other things that matter like your job, house, and car. The sand is everything else -- the small stuff. 'If you put the sand into the jar first,' he continued, 'there is no room for the pebbles or the golf balls. The same goes for life.

If you spend all your time and energy on the small stuff, you will never have room for the things that are important to you. So... Pay attention to the things that are critical to your happiness. Play with your children, take time to get medical checkups, take your partner out to dinner. There will always be time to clean the house and fix the disposal. 'Take care of the golf balls first -- the things that really matter. Set your priorities. The rest is just sand.'

One of the students raised her hand and inquired what the coffee represented. The professor smiled. 'I'm glad you asked. **It just goes to show you that no matter how full your life may seem, there's always room for a couple of cups of coffee with a friend.'**