



Croton

ZONTA CLUB

Burdekin Inc

NOVEMBER 2011



**Zonta International
District 22**
Advancing the Status of Women Worldwide

Area 5
Club No 1475
CHARTERED 1.5.1994

President:

Raelene Grantz

Vice President:

Margaret Culpan

Minutes Secretary:

Judy Mitchell

Correspondence

Secretary:

Jan Hollingsworth

Treasurer:

Diana Moschen

OMC

Margaret Culpan

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

64 countries

1203 clubs

29,005 members

Hi Ladies

I can't believe it is only 7 weeks to Christmas. Have you started your Christmas shopping?

Thank you to all those ladies who helped with our sewing day on the 23rd October. Also thank you to our guests, Carol, Cathy and her 2 girls for helping us. Beth and I will be presenting the care packs to BCA next week.

Wednesday night is our bus trip to Townsville for our Zonta International birthday dinner celebrations. We will be having our dinner meeting on the bus. The ladies that are going on the bus, Jan, Margaret, Robyn, Beth, Mary, Cathy, Peta, Karen, Seanne, Rita, Janice and myself please be at The Pantry Door by 4.45pm, we need to head off by 5pm sharp. We will be picking Jo up on the way and Beth Honeycomb and Debra will meet us up there. Unfortunately we are not permitted to take any drinks or food on the bus.

Don't forget coming up next month is our Zonta Christmas party. We are going to Townsville on Saturday 3rd December. If you haven't received the information about the evening please get in contact with Robyn about what is happening on the night. We need to reply to Robyn no later than 1st December.

Yes, we are still having a dinner meeting in December on the 13th at Yvettes to finish the year.

Looking forward to a great night on Wednesday night.

See you on the bus.

Raelene



ADVANCING THE STATUS OF WOMEN WORLDWIDE

International Website: www.zonta.org District Website: <http://zontadistrict22.org> Club Website: <http://burdekin.zontadistrict22.org>

ATTENDANCE OFFICER Nilda Piotto

Email: lrpiotto@gmail.com or
TEXT on mobile phone 04276 834 354

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

WHO IS YOUR BUDDY?

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



Leith Kennedy (November)
Inez Larsen (December)
(value \$10.00 - \$15.00)

ZONTA INTERNATIONAL IS NOW ON FACEBOOK, TWITTER, YOUTUBE, LINKEDIN, AND FLICKR

Friendship Officer:
Rosemary Menkens
Phone 0439 705 021
Email:
burdekin@parliament.qld.gov.au



September: Rosemary and Judy

October: Pierina and Inez

November: Karen

(100 apologies to September and October ladies. I think I need to read more seriously the "Empowering Ways to Strengthen the Brain".)

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

No 6. Take a Snooze

In a University of California study, participants improved their scores on a memory test by 10 % when they repeated the test after catching some z's. (Non-nappers saw a 10% decline in their scores the second time they took the quiz). Here's why: New facts enter your brain like e-mails arriving in your in-box. And as your in-box can overflow over the course of a day, so can your brain. During sleep, your brain shuffles recently received data into storage, creating space for fresh info.

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	4 th LAA Committee at Mary's home 5 th & 7 th CORES Charity Bowls 9 th monthly meeting 17 th OMC meeting 21 st Birthing kits
September	1 st LAA Committee at Mary's home 13 th POT NIGHT AT BETH HONEYCOMBE'S (monthly meeting) 21 st OMC Meeting 22 nd September Information Night @ 9 Hillcrest Place Marg Culpan's 22 nd – 25 th District 22 Conference Novotel Brisbane
October	6 th LAA Committee at Mary's home 11 th monthly meeting guest speaker Diana Moschen 19 th OMC Meeting 24 th United Nations Day 23 rd Breast Care Cushions/Drainage Bags/Care Packs/Comfort Packs
November	3 rd LAA Committee at Mary's home 9th ZI International Birthday Townsville Club/monthly meeting 16th OMC Meeting 30th Board 6.00pm
December	3rd Christmas Party A Touch of Salt Townsville 13 th monthly meeting
January 2012	11 th Amelia Earhart Day 26 th Driver Reviver
February	2 nd LAA Committee at Mary's home 14 th monthly meeting 15 th OMC Committee 14 th Planning Night – Pizza Cervical Cancer Info Night?
March	1 st LAA Committee at Mary's home 8 th IWD/8 th Yellow Rose Day/Burdekin Woman of Achievement Award 13 th monthly meeting 21 st OMC Committee Annual Fees Due
April	5 th LAA Committee at Mary's home 10 th monthly meeting 18 th OMC Committee 25 th Anzac Day – book presented
May	1 st Club birthday (18 years old) 3 rd LAA Committee at Mary's home 8 th monthly meeting 20 th OMC Committee AGM/Board inducted Biggest Morning Tea
June	Bush Poet's Breakfast Theatre forecourt



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

Breast Care Cushions - Drainage Bags - Care Packs



The Sewing Crew

Left Back: Ruth Diehm, Carol Douglas, Diana Moschen (poser) Middle : Judy Mitchell, Raelene Grantz (President) Beth Hancock (Service Chairman and organiser of event) and Peta Bird Front: Lyndy McCathie and Cath Previtiera . Missing in action: Janice Micola and Robyn Haller

The girls on the machines were all busy sewing the drainage bags with all others cutting out breast care cushions and drainage bags. Many thanks to the Service Committee for the essential morning tea and to Peta for the use of her Kumon Centre.



A drainage bag for those of you who have not seen one. This one is for use when the ladies are in the shower.



The Previtiera girls putting together Care Packs for women who are in a desperate situation through domestic violence abuse.

As with our birthing kit assembly day we were lucky to have with us some volunteers for this day. The Previtiera girls with Mum Cath in the front and Carol Douglas all pitched in and made our day a lot easier. We thank them most sincerely.



My mother taught me religion. "You better pray that comes out of the carpet."

International Pot Night at Pantry Door

The October meeting was a pot night held at the Pantry Door. Thanks to Raelene the venue was decorated to reflect the international theme. Flags of many nations were displayed on the wall; the tables featured beautiful cloth serviettes from Japan- kindly lent to us for the night by Lyndy. These serviettes are used in Japan for the traditional tea ceremony. Once again Zontians displayed their culinary skills with an array of international dishes for everyone to sample.

There were twelve guests present and all said they enjoyed the evening. Our international guests represented Vietnam, Tonga, Taiwan, Vanuatu and India. There were also a couple of 'Aussie' guests. Mary-Anne was dressed in a New Guinean 'Meri' outfit and Annie, representing Tonga also wore traditional clothing.

During the evening there was an informative presentation by Diana about an organization from her native Argentina, GRANDMOTHERS OF PLAZA DE MAYO, a human rights organisation with the aim of finding the babies stolen during the era of the Argentine dictatorship known as the "Dirty War" (1976-1983).

Overall the Pot Night was a success and an enjoyable evening was had by all. *Nilda Piotta*

a little light relief

Judy: Rob and I are finally off on our long awaited holiday to South America on the 7 December to 3 January. We are visiting Peru, climbing Machu Picchu, spending 3 days on the Amazon and general sight-seeing. We spend Christmas Day on Day 2 of our trek to Machu Picchu.

Robyn: Graeme and I just spent 2 days in beautiful Bowen at Rowes Bay and 2 days in Airlie. Why would you live in any other part of the world with these spots on our doorstep

Burdekin Community Association celebrated 36 years of operation in September. This organisation was founded by former Zontian Joan Heatley and Zontian Majella Meehan is the current President of the Management Committee. Zontian Peta Bird and Zontian Margaret Culpan are also association members. They have approximately 50 staff and 90 volunteers and fulfil an important role in the community providing 24 services. Zontian Seanne O'Shea is their Community Welfare Officer/Housing and soon to be Zontian Debra Cochran is the CEO.

WHAT IS PROJECT FIVE-O?

Since 1990, Zonta International has been a member of Project Five-O, which supports vocational training for women and girls in developing countries with a focus on improving the status of women. Other member organisations of Project Five-O are International Council of Women, Business and Professional Women International, International Federation of University Women and Soroptimist International. The projects are established in communities where two or more of the member organisations have operating clubs.

Established projects serve as models for new projects. Each project is different in design but based on the following general principles:

- Projects are planned to suit local circumstances and draw on local facilities
- Projects combine training in income-generating skills and general welfare
- Projects use the expertise and experience of the sponsoring Five-O organisation

The projects are expected to be self-sufficient within 5 years.

President Elect Lyn MacKenzie visits Liberia to inspect and report on the Fistula Project



Left: The Chief Medical officer, is shown on the far left- yes a women, next to her is Dr Mumba- one of the 3 obstetricians in Liberia – a Liberian, and a passionate supporter of the programme- he can engage people. He is the Fistula’s programme director – paid by UNFPA; To my right is the UNFPA’s representative in Liberia Esperance Fundira, from Rwanda and to her right is Dr Pratt- also from UNFPA and the manager of this programme.

I have never met such a passionate and committed group.

In my view this project works because everyone is working together – as one. Its homegrown developed in Liberia by Liberians for Liberians- a key success ingredient.

The Ministry of Health and Social Welfare are supporting this programme - the Minister has ensured it is part of the government’s maternal health programme so it will not be solely reliant on funding from UNFPA or Zonta. He has relocated it into a County hospital away from Monrovia- which is central to where the fistula suffers are.

The annual fistula campaign started when I was there- this is a time when the fistula repair team, made up of doctors and nurses and a social worker- go all out to complete repairs- the women (bottom left) were being readied for this surgery and are sitting on buckets in preparation. The women (below left) would have their surgery in 3-4 weeks time. Most fistula is obstetric- as a result of giving birth- there are a smaller number of cases caused by rape and female genital mutilation- the little girl (bottom right) is 8 and was raped! Centre bottom are fistula survivors – they have had the repair and are in the process of undertaking a 4 month rehab programme.

Below centre, 18 months following her rehabilitation, this women is now using her skills as a baker to earn money for her family – and she is building a house with the money she has made.



CHAIRMAN REPORTS



OMC Chair Dr Margaret Culpan

I have been so busy this last month we haven't had a meeting but have worked with Leith and Raelene on the application for RHDAS grant for the Bush Poet's Breakfast which is booked with the Theatre for 3/6/2012.

We had wonderful supporting letters and feedback from the Burdekin writers group ; Sweet FM ; and the Burdekin Junior Eisteddfod committee.

Leith did a marvellous job doing the grant application form and Raelene managed the quotes for the various sections of the function .

At present we have 2 prospective members attending our meetings and welcome Debra and Cathy's fellowship and interest.



LAA Chair Robyn Haller

Present: Beth (Hon), Janice, Ruth, Mary and Robyn

Apologies: Seanne, Jan and Nilda

DV Sticker – **Consensus was purple print; think the sample shown should have slightly larger print and note that the numbers are 24 hours; Robyn get quote for 100/200 from Bkin Printers and Karen Adcock(Creative something); Beth to do up a letter to send to relevant establishments with a request that we be allowed to put these stickers on their toilets doors. This would forewarn them for when we turned up with the stickers.**

Cervical Screening Programme – Feb 2012? **Neighbourhood Centre \$35 not available on a Monday. PCYC \$35 per hour not available on a Thursday or Wednesday. Spoke to Debra Zammit Qld Cancer Screening Program Qld Health yesterday;. Small Grant available to \$750.00 to cover hall hire adv gift presenter etc**

We support this in principal. **Check with Tarja and Rural Health (Ruth)** to make sure they do not cover this already.

Neighbourhood Centre preferable meeting place. **Ring Jan Gale Tville Mobile Women's Health Service (Robyn)** With advertising ask pertinent questions such as what age should I start, I have had a hysterectomy do I need to have a pap smear etc

B Stop/Alarm – **Letter to OIC Ayr Police Box 291 to get stats on DV for District Chair Vicki (Robyn letter)** Vicki is gathering facts to present to the federal government regarding these alarms. We will wait to hear from Vicki how to approach this locally but it will probably be for all clubs Australia wide to send letters to their local state and federal members in support of these alarms.

Guest Speaker February - **Carmel Dal Ponte** Spoke of other potential guest speakers. **Beth has noted.**

Award as discussed at Board– Discussed having an award for all 3 high schools for next year such as Burdekin Zonta Science Award for a Girl Student or similar. Check with schools to ensure nothing similar. We are still interested in learning more about the JMK award. **Robyn Home Hill, Janice Ayr High, Ruth BCH**

Congratulatory Letters to local women - **Jan to send letters** to Carmel Dal Ponte and Karen McKaig

For the December meeting we would like you all to compose a Christmas Limerick.

Beth Honeycombe will be the judge.

We would also like you to wear something in the Christmas spirit.

