

# 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 6:45 pm  
Castle Motor Lodge**

- Aug 8 Dinner meeting 6:45**  
Aug 16 Committee meeting  
Aug 28 Committee meeting  
Aug 28 & 30 Well Women's Clinic  
Aug 31 Community Charity Festival  
Sept 1 Women's Health Forum 9:30  
**Sept 7-9 District 24 Conference**  
Set 10 CPR Awareness Training 1:45

## Contacts

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043 8756233

Treasurer Angela Cornwell  
Secretary Lynette Klukas

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4786 6996 (w)  
[lynette.klukas@bigpond.com.au](mailto:lynette.klukas@bigpond.com.au)

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Monthly Meeting 4785 0221 (h)  
4786 9824 (w)  
[blowc1@eq.edu.au](mailto:blowc1@eq.edu.au)

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Editor 4786 4606

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## From the President's Pen

*Well, South Australia was a treat. And I hear Carol Ann has been tripping over to Norfolk or Lord Howe Island? I'm sure she'll tell us all about it on Wednesday.*

*We had a long board meeting this week, giving us ample time for discussion on everything. Remember everyone's welcome to these – just let us know beforehand if you want to partake of the finger food meal as we all put in \$8 to cover it. It is held on the Tuesday the week prior to our dinner meeting at 5.15pm at my workplace – CHR.*

*My suggestions for changing the dinner time went down like a lead balloon – just shows you what a democratic club we are. But as you can see above we have changed the board meeting format.*

*The Collinsville function organized by SOW Committee was a success – even if one of the guest speakers didn't show. Initiative to the fore!*

*We really need someone to put their hand up to attend the September District Conference. Hortense and Nan have more detail about it if you are interested. The Club will pay registration fees plus \$200 towards travel costs for two members to attend.*

*We have an induction this month – good stuff! And as you will see in this newsletter, the Organisation, Classification and Membership Committee now have an easier process to follow re new members. Talk to Bev if you need more detail.*

*The new committees have set their meeting times and at the next Board meeting, we will be working on setting our goals to have something to present at the September dinner meeting for consideration.*

*Remember, we must put in apologies if we can't attend dinner meetings, as we are being charged for the extra meals and this expense will be passed on to the absent member if no apology received.*

*On that light note – look forward to seeing you on Wednesday!*

*Cheers  
Rhonda Nilsson*

## DID YOU KNOW?

**Quality and interesting  
programs and the Zonta  
experience of fellowship  
and fun inspires  
new members  
to join.**

## Women in Leadership Forum Collinsville

With the support of the Status of Women Committee and a grant from the Office of Women, a few Collinsville ladies organised a successful informative and entertaining Saturday afternoon for women in their community. The Forum was well attended with over fifty women from eighteen to eighty years old. Proceeds were donated to the Royal Flying Doctor Service.



Participants at the Forum July 21st, 2007

The MC Cheryl Vennard, presented a brief overview of the various Zonta International and local programs which improve the status of women.

Guest speaker, Laura Barnes, shared her personal experiences in balancing a healthy lifestyle. As a working mum running her own businesses, she suggested simple tips to find more hours in the day. Laura's instructions for exercising while waiting in the doctor's surgery or doing the grocery shopping were well received.



Laura Barnes demonstrates an easy way to exercise



Ellen Drane, from the Collinsville Scottsville Fitness and Health Inc (CSFH) spoke about the new physical fitness and sports facilities which will compliment the existing programs for women in the Collinsville district. The CSFH Inc, formerly known as the Community Gym, with Bowen Healthier Shire Partnership as lead agent, has applied for government grants to outfit the "Shed" (donated by the Bowen Shire Council) with exercise equipment and to provide physical fitness training. CSFH Inc have received a grant of \$5 000 from Sport and Recreation to train 3 fitness instructors and volunteers in First Aid. Both Laura and Ellen, with the aid of local support are happy to assist in improving the status of fitness for women in the community.



Ellen Drane  
from Collinsville

Throughout the afternoon duo Lisa and Sam Scott provided musical entertainment. Meagan Holt who is a gifted poet, recited her lyrical poems about women.

Rhonda Nilsson, the Club's president reiterated that the Office of Women's grant allows Zonta to hold functions such as this one where women can learn new things and become more informed about making their life choices.

Fundraisers, Judy Begg and Sheryl Gordon thanked the group for their donations towards the *Royal Flying Doctor Service*. In 2005 Judy raised \$38,000 in the Spirit of the Outback Quest which earned her an award. (see page 6 for details). This year she continues to fundraise and seeks your support.



Sheryl Gordon and Judy Begg

Photos by Hortense Ingram

# Zontian hitchhikes to Collinsville

You see I need to be one step ahead of a certain person who takes such glee from dobbing others in and you all know who I am referring too.

This story commences some months ago (so you can appreciate my embarrassment on Saturday the 21st enroute to Collinsville). I need to begin at the beginning. Kerry, my daughter and I spent two days in Townsville when returning the children to Grammar School and we all went window shopping in search of a nice little car for 'Nanna'.

Low and behold there it was in all its terribly expensive glory, sparkling in the sunshine tempting all four of us to give it the once over. It was certainly the ideal car for 'Nanna' as of all things, it had a top of the range and impossible for me to understand stereo sound system with sufficient volume to blast me into outer space. Another must have were the automatic adjustable seats allowing easy exiting and entry. The thought of this made me quiet exhilarated when I considered the abuse my poor knees are subjected to in my present out dated modes of transport and added to this all the necessary luxuries required for one little old lady.

With confirmation to the salesman that we would be back and failing to mention one big stumbling block at home blissfully unaware of our shopping venture, we departed.

My off handed casual remark to the man of the house about my proposed 'new car' and the huge amount of green backs needed to attain same car, brought about a strange attack. Looking at me as if I had two heads, stuttering and spluttering he managed to cough up the statement "I'm thinking of putting the Merc back into service".

Now the Merc in all its gleaming sleekness had been regulated to the holding paddock for the past year or two and was badly in need of an overhaul. Not being one to give in without a fight, I made the observation in rather demanding tones that it would need to be reinsured, reregistered, needed a new battery and last but not least definitely to be reshod. This was met with a "no problems, I can have that done in no time, but there is nothing wrong with the tyres, they would take you around Australia". Well I didn't want to go around Australia but I wasn't about to push my luck so at this point I backed off.

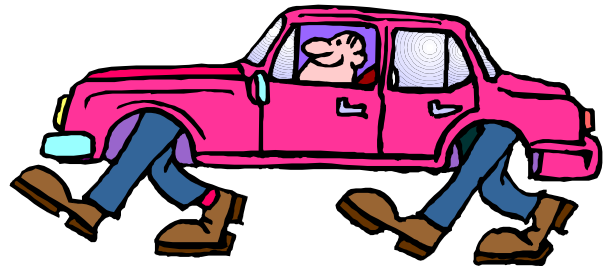
Unfortunately in hindsight, I should have continued to rant and rave, shout and scream and throw some things around and demand my new tyres but little did I know I would live to regret my error of judgement which landed me in a spot of bother on that faithful Saturday.

Kerry and I in all our finery were about to leave for Collinsville when our girl Friday Barbara, who works for the boss on the farm lamented, "You should take the satellite phone with you. You know there is little

reception on the Collinsville road and you never know you could have a breakdown". "We'll be okay, Kerry and I will just sit on the side of the road if we have a blowout", I replied. Oh what famous last words!

I won't go into great details here, but some 35 minutes later with the magnificent Mount Devlin as a back drop, there we sat, with one passenger side front tyre in shreds.

With a well timed call, (fortunately we were in good reception area), to one Jill Knight, we were able to notify our crew in Collinsville of our predicament. By sheer good luck, we were able to flag down a passing motorist and arrived at our destination almost on time.



If there is one thing I have gleamed from this experience, it is the limitless patience of "the boss". Now he drove to Collinsville, had the tyre repaired, drove back to the Merc, fitted the tyre, left his work van for our return and nursed his beloved car back to Bowen, utilising most of his Saturday afternoon, while the important milling back on the farm took a back seat.

By the unusual sweet smile and friendly greeting, I received when I arrived home, I am suspicious that he may have had a bit of a guilt trip, but being the loving gentle creature that I am, I resisted the urge to bite his head off!

Now if you know who wants to tell the world of my hitchhiking into Collinsville this should nicely deflate her balloon.

By the way, Kerry was so impressed with all the wonderful support and friendship shared with my fellow Zontians, on the way home she asked me, "mum when can I join?"

If there were a few tear jerking and love scenes intermingled in this story, I could give Barbara Cartland a run for her money.

Veronica Hickmott

### Editor's Note

Thanks for your humorous story Veronica, which I'm sure our readers thoroughly enjoyed.

If you have any stories or articles of interest for future issues, please forward them to the editor.

## Committee Clippings

### Attendance at Dinner Meetings

To alleviate any confusion regarding attendance numbers and monies owed to the Castle for the dinner meetings, the Board has endorsed the following procedure.

- It is assumed that each current member not on leave of absence will be attending unless they notify the attendance secretary.
- The apology must be placed before 5pm on the Tuesday prior to the dinner meeting.
- Any member, who fails to attend without an apology by this time, will be billed for the cost of the meal.
- Should unforeseen circumstances arise after 5pm on the Tuesday, the correct procedure is to contact the attendance secretary and not the Castle or other club members.

Attendance secretary: Bev Lowcock  
Home 4785 0221  
Work answer machine 4786 9824  
only until 4pm Tues  
Mobile no message bank 0438862724  
text message fine  
Email before Monday [blowcock1@eq.edu.au](mailto:blowcock1@eq.edu.au)

### Board Meeting Apologies

The new format at the Board Meeting caters for a light meal. It would be appreciated if apologies can be given in advance, preferably by the Monday to the secretary.

Attendance secretary: Lynette Klukas  
Home with answer machine 4785 0000  
Work with answer machine 4786 6996  
Email before Monday  
home [lynette.klukas@bigpond.com](mailto:lynette.klukas@bigpond.com)  
work [bowen@LNQ.net.au](mailto:bowen@LNQ.net.au)

## Organisation, Classification & Membership

The committee is incorporating some new ideas into the Club's recruitment plans designed to simplify the process of membership.

### Status of Women

- **Bowen Women's Health Forum** will be held on Saturday Sept 1<sup>st</sup> 9:30-12:30pm at the RSL. A group of health professionals and featuring Professor Ajay Rane, an urogynaecologist, will present topics for improving women's health. Zonta Club of Bowen will assist with spreading the word out into the community to areas of interest. Details will appear in the Bowen Independent.
- **Osteoporosis Project** will be held again this year for teenage girls. Date TBD.

## Board Meeting July 31

### District 24 Conference

This is an excellent chance to get to see some of the inner workings of Zonta while representing our Bowen Club. It is to be held in Tweed Heads from 7th to 9th of September. The club will honour the registration fees and contribute \$200 towards travel and accommodation for two members to attend this conference. Please don't be shy in putting your hand up. It is not just for longer term members so don't let your time of service as a Zontian be a deterrent.

### Committee Meeting Dates

Status of Women, Membership and Support Group  
4<sup>th</sup> Tuesday of the month at 3:30 pm at the Healthier Bowen Shire Partnership Office (HBSP) in Powell St (next to the Scrapbooking shop)

Veronica Hickmott \* SOW  
Bon Wharley  
Cheryl Vennard  
Shirley James  
Sue Wagner \* Support Group  
Bev Lowcock \* Membership  
Nan Hansen  
Jill Knight

### Finance, PR and Program

3<sup>rd</sup> Thursday of the month at 5:15pm at the Healthier Bowen Shire Partnership office (HBSP) in Powell St (next to the Scrapbooking shop).

Therese Mayhew \* Fundraising  
Linda Tickle  
Carol Ann Barrett  
Julie Jurgens  
Angela Cornwall  
Laraine Smith \* Program  
Hortense Ingram\* PR  
Lynette Klukas  
Nan Hansen

## Communications & PR

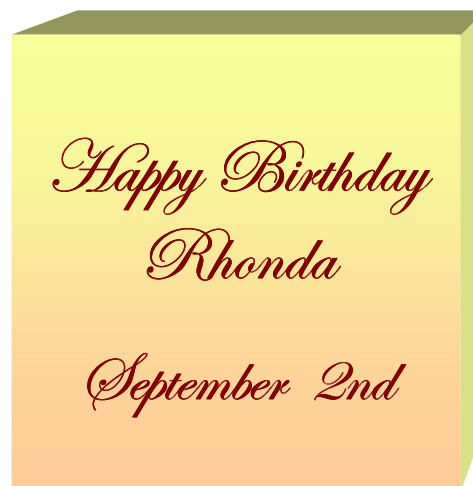
- **Club Banner** - purchase of a free standing club banner has been approved which will enhance our profile at community functions
- **Archive**- in absence of an archivist, Lynette Klukas is holding the files. A working bee is planned at a later date to update them. Relevant media articles can be given to Nan Hansen for safekeeping.
- **Webmaster** - Hortense Ingram will look after the web page until a replacement is found.

## Committee Clippings

- **Zonta Club of Bowen International Projects**  
Hope for the Children of Bali  
Papua New Guinea Education Project  
Birthing Kits to Papua New Guinea

## United Nations

- **A Public Display** is planned to showcase our Club's participation in international projects



## District 24 Conference

**Sept 7-9**

### Tweed Heads

- ❖ **Get the latest information about women's issues**
- ❖ **Share the plan of the future**
- ❖ **Make new friendships**
- ❖ **Listen to notable speakers**

## Free Community Services

### Well Women's Health Clinic

Aug 28<sup>th</sup> & 30<sup>th</sup>

Bowen Community Health Centre

Catering for health care such as pap smears, blood pressure, urinalysis, menopause and any other women's health issues.

For appointments please phone  
4786 1255

### Bowen Women's Health Forum

Sept 1<sup>st</sup> 9:30 - 12:30 pm

RSL 6 Brisbane St

Genital Prolapse	Prof Ajay Rane
Menopause, pap smears	Dr Kurinjii Kannan
Incontinence	Audrey Corstiaans
Operative procedures	Clinical nurse
To register ring Audrey on	<b>042 289 5255</b>

Morning tea is provided for a gold coin donation.

### CPR Challenge

Sept 10<sup>th</sup> 1:45 pm

Qld Ambulance Bowen

CPR awareness training of how and when to perform CPR. Wear comfortable clothes.

To register phone Karen Taylor **4727 4818** or email [ktaylor@emergency.qld.gov.au](mailto:ktaylor@emergency.qld.gov.au)

## Inspiring Women



Judy Begg

Photo courtesy Royal Flying Doctor Service



Judy is a 2<sup>nd</sup> year entrant to *The Royal Flying Doctor Service 2007 Spirit of Queensland Awards* program which is the core fundraising initiative of the RFDS of Australia Queensland section.

The awards are designed to attract people from a diversity of backgrounds across Queensland, who have a caring and compassionate nature and are motivated to meet the challenge. Judy co-ordinates many fundraising activities and events within the Bowen and Collinsville community. Raised funds are used to update aircraft and vital medical equipment.

In 2005 Judy won the *Outstanding Achievement Award* in the Royal Flying Doctor Service Spirit of Queensland Awards program.



Judy at the RFD Awards night  
3<sup>rd</sup> from right

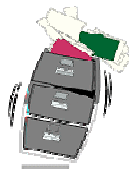
Photo courtesy RFDS

Judy, who works as a station hand, will repeat her marathon horseback ride and conduct raffles, cent sales and a cricket match to raise funds. In her spare time she enjoys horse riding, rodeos and camp drafting.

## From the Hen's Hutch



### Keep It or Toss It?



Do things fall out of your closet? Is your junk drawer overflowing? Can't see your office desk? Here are some guidelines for creating some breathing space in your home and office.

Item	Toss	Keep
Business cards, assorted notes	Too many cards, can't recall the person, goods or services	If you have an organised way of collecting them or will ever use them
Papers, files, documents	If they are old, outdated, uninformative, transferred to CD, no longer required	If you refer to them often, have future value or they comfort you
Reports, magazines	If they are old, outdated, or stacking up	If they are vital to your career or well being
Books, guides, directories	If they are obsolete, have been updated, you've made notes, copied or scanned pages of interest	If they are part of a life collection, you refer to them often, have sentimental value
Compact discs, cassettes and videos	You never play them, they no longer evoke any feelings or memories, play poorly	You like and play them, keepsakes, you couldn't live without them
Clothes, shoes, linens	You don't wear them, not the right size or colour, are duplicates, outdated, in poor condition	If you love them, they serve a purpose, can be repaired, have basic colours black, navy, white or red
Gifts	Never used or wanted, provider won't notice if you toss them	If you use and love them, practical or saving them for something special

**Every time something new comes in, something old needs to go out.**