



ZONTA

CLUB OF
BOWEN INC

MEMBER OF ZONTA INTERNATIONAL

EMPOWERING WOMEN
THROUGH SERVICE & ADVOCACY

Newsletter

March 2016

District 22 Area 5 Club No. 1476

CHRISTMAS CHEER

The Club ended the year on a positive note through a Christmas function held at the Bowen Bowls Club. With special guests invited along with members' partners, a program of presentations, games and a delicious Christmas-style meal was organized. Prizes were awarded for lucky spot, raffles, trivia quiz and a game of creating Rudolph's antlers from hosiery and balloons.

However, the serious part of the night was the presentation of money to continue the support of crisis housing in the Bowen area. This money represents the Club's commitment to helping those who find themselves in dire situations. A cheque was thus handed over to Mr John Finlay, Treasurer of the Bowen Community Council who gratefully thanked the Club for its ongoing support.

The Club also took the opportunity to farewell member Angela Stephens who has since moved to Brisbane with her family. After presenting Angela with a small gift, she was wished well for the future and thanked for her involvement in the Club's activities.

This year members decided to use our 'empty Christmas tree' to gather members' personal donations for the benefit of the local community. As a result, the money generously donated by members was handed over to Bowen's Blue Care Respite who recently used the funds to purchase board games and appropriate activities for clients.

As Christmas enables the giving to others, members gained some delight from the level of money they had raised for these organizations. The night was a great success due in part to the beautiful table and room decorations which were expertly assembled by members at a 'working bee' the day before the function. After a long year of fund raising, service and advocacy it was with a sense of personal satisfaction that members left for a well-deserved break over the Christmas and New Year period.

There are a lot of people who mistake their imagination for their memory (Josh Billings)



WITH GOOD INTENTIONS

I decided to begin the New Year with a resolution aimed at reducing my social media usage. I thought long and hard about this dramatic move. So I closed my Facebook, Instagram and Twitter accounts. However, I thought I'd apply the principles of these to continue making friends.

So every day I walk down the street telling passerbys what I've eaten, what I feel, what I did last night, what I will do tomorrow, who is going with whom, what happened at work, where my cat strayed to, what my mother said and then alarmingly did, how my basil plant just up and died along with advice on collecting small items. Then I give them pictures of my family, my cat with a limp budgie, me gardening, my mother dancing on a table and my pin cushion collection. I also listen to their conversations and tell them I love them. And it works. It really works!

I have three people following me – two police officers and a psychologist so far.

A GARDEN PARTY FOR IWD

All too soon March rolled around and it was time for our Club to host for the 20th time an International Women's Day function. This year the function was held on Sunday 6 March at the Grand View Hotel. This award winning local hotel provided the beautiful setting for a garden party themed lunch. Although some light showers were part of the day, nothing could detract from the fabulously decorated tables and surrounds. Using the colours of the original suffragettes (purple, green and white), the Service Committee led by Christine Nicholls cannot be praised highly enough for the magnificent result they achieved through their decorating efforts. Patrons entered into the spirit of the day by dressing accordingly. It was lovely to see so many flower prints on frocks which matched the theme and which were well considered by the wearers. The hotel provided superb food while the club members served a delicious array of desserts. As a fund raiser, there were continuous raffles and a lucky door prize. To win one of these lovely prizes was treasured by those present; to win several as one member did was just incredible! Entertainment in the form of traditional Pacific Island dancing was provided by some delightful Tongan girls who live locally. Tradition, the audience learnt, dictates that money is placed on the girls as they dance. With many ladies doing just that a tidy sum was gathered and which was generously donated back to the Club by the girls. Such generosity was unexpected and warmly accepted by the Club. The guest speaker for the function was Michelle Bird who is an archaeologist with her own consulting firm in Townsville. Michelle explained how she liked to encourage young women to obtain an education because then 'the world is at their feet'. And this is just what she has done although coming from a poor farming family in rural Victoria who did not encourage girls to further their education let alone go to university. Michelle now does what she had always wanted to do – be 'outside in the bush and playing in the dirt'. As an archaeologist she now spends many days in the bush doing cultural surveys prior to any human instigated development. Working with Indigenous elders and groups forms much of this work to ensure cultural heritage is assessed and recorded. While it is common think of archaeologists as working on ancient sites such as those in Egypt and Greece for example, it was enlightening that such a profession has work opportunities right at our own back door. Having gained an appreciation of this profession and Michelle's messages of the possibilities education offers young women, the afternoon ended on a high note of satisfied minds and tummies.

The Service Committee and all who helped make this IWD function such a huge success are congratulated and sincerely thanked for a job superbly done.



A TASTY TREAT



This is a **Wagyu** cow (pronounced “wag-you”). These cattle originated in Japan and are famous for their expensive meat. The meat is expensive for some interesting reasons.

Firstly, the Japanese have fiercely guarded the genetics of this ancient breed. It was only in the early 1990’s that the Japanese permitted any genetics to be exported. As a result only a few countries now have this breed so their numbers are comparatively low and hence the forces of supply and demand make them valuable.

Added to this the Wagyu have unique genetics whereby the meat has distinctive marbling while producing a high percentage of monounsaturated fat. The marbling gives a ‘melt in your mouth’ tenderness when eaten also making the meat moist and flavoursome.

Wagyu is increasingly to be found on restaurant menus and in good butcheries. In Australia any beef product that has 50% or more Wagyu genetics can be labelled as Wagyu beef. Interestingly before Wagyu entered the Australian market, Australian meat was graded in a system of 0 to 6 with the best breeds averaging a score of about 2. Since the introduction of Wagyu into Australia, the Australian grading system for accredited and non-accredited MSA beef has been increased to 9 (with 9 indicating the most marbling). The author has visited a Wagyu farm in Japan. The cattle were individually penned in a shed separated only by bamboo poles. So quiet were the cattle from all their pampering – including massages – that they barely noticed visitors. The farm had about 30 head housed in this manner with more elsewhere. Once ready for market, the farmer would obtain between \$7500 and \$75000 depending on the quality of the beef produced. Stud cattle, the farmer explained, can sell for exorbitant prices! What did we make of this? An Australian grazier’s dream!

It is no wonder then that a steak in a speciality Kobe or Tokyo restaurant can cost as much as \$A500. Recently in Australia a restaurant in Sydney sold 100% Wagyu steaks for \$450. And that was for just 100 grams of score 9!

When buying Wagyu beef, it is wise to know its score. However, you will certainly have tender, tasty meat at score 4 or 5 which is about what the average wallet can afford!

MOVING ALONG

All available members gathered for an afternoon Workshop on Saturday 30th January. Due to the resignation of our President in 2015 before the end of her term, the general feeling of the members was to hold a Workshop in order to review the Club’s operations and protocols.

Laraine, the Club’s Parliamentarian, facilitated the Workshop underpinned by inclusivity, the generating of discussion and the need to obtain harmonious consensus. An agenda in which all members present could have input and which covered many but essential aspects of the Club’s modus operandi was established. This proved to be a useful way in which to have open discussion, express views and ideas to reach consensus on various issues.

The outcomes from the Workshop were ultimately put to and passed as motions at the ensuing February general meeting. In summary the outcomes from the Workshop are as follows:-

- The Club adopts a Set of Norms
- The Club adopts a Vision for the Club
- The Club trials a change to the meeting schedule until June 2016 commencing immediately (ie in February)
- The Club adopts a code of usage for electronic/digital devices at meetings
- The Club adopts a change to the number of Board members
- The Club reconsiders its focus on the projects its supports and also carefully reconsiders the funding of projects
- The Club seeks to update its MOU with the Bowen Community Council in relation to the Crisis Housing program the Club supports

Members are to be congratulated on the spirit and manner in which they tackled some of the issues which arose at the Workshop. That all members were on the ‘same wave length’ showed how sincerely committed they are to the values of Zonta and to the sustainability and harmony of our Club. That no one is ‘bigger than the Club itself’ was evident in the attitude of those present who only desired the best for the Club as a whole and to venture into the future with better understandings and agreements.

It was hoped those who were unable to attend would seek details about discussions and the consensus reached at the Workshop. Unfortunately, this has not been the case.

The delicious afternoon tea provided by members enabled a well earned break in the proceedings and a

time for a casual chat. Members left the Workshop not only in agreement but with renewed purpose, determination and hope for the future of the Club. Short term goals, following processes and procedures are now our Club's focus which should garner a more harmonious future.

The Club thanks Laraine and those who helped with this successful and worthwhile event.



Members, as well as Kerry who took this photo, at the Workshop

MARCH MATTERS

With the re-emergence of a Program Committee, members are to be treated to some interesting events, activities and speakers at forthcoming meetings. The aim is to lighten the atmosphere of meetings and to have time to enjoy the company of others when possible.

As it had been some time since the Club had a guest speaker for our dinner meeting, this activity was reintroduced at the March meeting. The guest speaker for the evening Ms Heather Williams gave an unexpected account about how she is training for the forthcoming Masters Games swimming events. Members were delighted to have her story shared with them but not so keen to do all the training involved! Thus it is with our sincere good wishes that we hope Heather achieves her goals at the meet and informs us of her achievements.

As it is almost Easter, the March dinner meeting tables were enhanced accordingly. A quiz with an appropriate prize was held and a beautifully decorated Easter cake (compliments of Von) raffled. The Slate of Candidates for 2016-17 were also introduced to members; election of office bearers where required will be held at the April meeting. For the second time the trial meeting schedule was in operation. This saw the Service, Advocacy, Membership and Program Committees meeting at 5:30pm at the Bowen Bowls Club. These meetings were then followed by the Dinner Meeting commencing at approximately 7pm. Board meetings are held on Thursday in the week following. Reminder:- **Fees will be due in April; members will receive an invoice from the Treasurer.**

ZI ADVOCACY AND SERVICE AT WORK

In cooperation with the US Fund for UNICEF, Zonta International has supported efforts to eliminate mother-to-child transmission of HIV and gender-based violence in Rwanda since 2008.

Rwanda has set an ambitious target to achieve an HIV-free generation, and has maintained a low HIV prevalence at about 3 percent of the adult population. Still, throughout the country, adolescents, especially girls, remain at increased risk of contracting HIV. At the same time, providing protection for the country's 130,000 orphans is another critical factor in further reducing the prevalence of HIV and curbing issues of violence and abuse.

Since 2008, Zonta has provided more than US\$2 million to this project, with US\$800,000 allocated in the 2014-2016 Biennium.

GOALS of this Program are:

- Contribute to creating an AIDS free nation and preventing new HIV infections among children, adolescents, women and families
 - Support the Government of Rwanda's implementation of the national scale-up strategy for One Stop Centres (OSC) and investing in community-based prevention of violence against women.
- Results so far:- The project has impacted 95 percent of mother-infant pairs in 27 Prevention of Mother to Child Transmission (PMTCT) family package sites and approximately 7,000 adolescent boys and girls have been reached with HIV prevention information and services. To date, a total of 300 health facility managers have received training on data collection to facilitate more comprehensive results around children with HIV. This initial investment will have a catalytic effect as it will provide more robust statistics and provide greater insight into HIV transmission among adolescents and inform the national response strategy. [Source – ZI web site, March 2016]



HAPPY EASTER!
FROM ZONTA CLUB OF BOWEN INC