

Coral Coast Chat

 **Zonta Club
of Bowen**
Member of Zonta International

Club 1476 Area 7 District 24

March 2008

Address PO Box 916 Bowen Queensland 4805 www.bowen.zontadistrict24.org

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Diary Dates

*Club meets every 2nd Wed
of the month at 6:45 pm
at the Central Hotel*

- Mar 12** General meeting
Mar 20 Committee Meeting 5:15 LNC
Finance, PR, Program, UN
Mar Committee Meeting
TBD SOW, OCM, SG
Mar 31 Rotterdam early bird rego
Apr 9 Dinner Meeting
Membership fees due
Apr **Area 7 Workshop**
12-13 Charters Towers
Apr 30 Committee Reports due

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From the President's Pen

I write this at the end of a wonderful day - our International Women's Day which was such a success. Congratulations to the whole club for pulling together to make this happen, in particular the Status of Women Committee. Just makes you feel so proud to be a Zontian! Thanks also to the ladies who went to Murroona Gardens Care Services on Friday to make this day special for our senior citizens and also to Disability Services Qld to attend their staff luncheon.

Thank you everyone for nominating for positions. The slate of candidates has been prepared and will be presented at the dinner meeting for election at April general meeting.

I will be thinking of you all on Wednesday night as you get up to some Irish shenanigans. As the series 'Underbelly' is all the rage, I think I will check out Lygon Street for my dinner (in case you haven't worked it out I'm off to Melbourne again for work).

Remember May is our AGM and Handover Dinner and partners and guests are welcome, so pencil this in for them!

*Cheers
Rhonda Nilsson*

DID YOU KNOW?

**Health is the top Status of
Women service priority in
Australia.**

Committee Clippings

Board Meeting Mar 3

Membership Fees

Membership fees will remain at \$150. Fees can be given to the treasurer at the March or April general meeting.

Area 7 Workshop Charters Towers Apr 12-13

The board would like to encourage those members who have never been to an area workshop to attend. The Club will cover some of the registration and accommodation costs.

Committee Reports

The Secretary requires the Committee reports by April 30th.

AGM - Handover Dinner Wed May 21

Venue Bowen Golf Club 6:45pm

The AGM and Handover Dinner is an open invitation event. The Golf Club has been selected to adequately accommodate members and their partners/friends and community guests. Costs to TBD.

Nominating Committee

Slate of Candidates

President	Bev Lowcock
1 st Vice President	Kerry Picknell
2 nd Vice President	Bon Wharley
Secretary	Lynette Klukas
Treasurer	Angela Cornwell
Directors	Theresa Mayhew Hortense Ingram Rhonda Nilsson

UN

The Calvert Women's Principles is a tool that companies can use to set goals and measure their success in 7 key areas of gender equality.

- ❖ Disclosure, Implementation and Monitoring
- ❖ Employment and Income
- ❖ Health, Safety and Violence
- ❖ Civic and Community Engagement
- ❖ Management and Governance
- ❖ Education, Training and Professional Development

Reference: The Zontian Jan 2008 ZI and the UN

Status of Women

NSW New Sex Laws

The new law defines consent simply as "free and voluntary agreement to sexual intercourse" and makes it clear that being drunk or under the influence of drugs does not constitute consent. It states that a person must have the capacity to consent. Juries will have to take into consideration what a man did or did not do to make sure the woman agreed to sex.

Justice for Women NOW Campaign Nov 2007

Communication and PR

Records archived

The Club's records and information is now organised and archived in sturdy storage boxes. A register has been compiled which shows record contents, dates and status. The Club inventory lists items, quantities and location. Hopefully no more lost items and walkabouts.

Vacant Newsletter Editor Position

The newsletter editor's position will become vacant as the editor will be on a leave of absence for several months during the new term. This would be a good opportunity for someone to:

- trial the position in May and June before making a final commitment
- learn something new
- receive free training if required.

Finance and Fund Raising

Mother's Day Pamper Basket

Thank you to members for their donations towards the raffle. Each member is asked to sell 1 book of tickets \$20. A roster has been set up for ticket sales

- Friday March 28 Magees
- Friday April 18 Magees
- Saturday in front of Hickmotts Newsagency

Movie Premiere

Date for Atonement TBD. Members will be asked to bring a plate.

Membership

Membership Profile Proforma

New members are requested to complete a membership profile. Other members are encouraged to update their profile using the new proforma.

Member's Moments

New Member



WELCOME
Christine Coventry

Letter to Bowen Zontians

Thankyou all for the warm welcome I received in becoming a member of Bowen Zonta. I look forward to a long, stimulating and fun time with you all.

I have always believed in the old saying "there is strength in numbers" - not only in the increased assistance we can offer others but knowing our combined intelligence creates wisdom far beyond our own. Together we can hear of more needs and opportunities with all our ears tuned to the community and by combining our strengths we cover any weaknesses we may individually have. We get to share in the pleasure and joy of accomplishing results - together.

As human beings we think of ourselves as a combination of mind, body and spirit. I know how easy it is to feed the mind and the body but it is through Zonta that I feel my spirit will be feed as I achieve, as part of this group, being able to add value for other people, our community and our land.

Chris

Hope you have a quick recovery
Veronica



Archives Saved From Flooding

When the rains came to Bowen last month, Lynette Klukas had the foresight to move the Club files from her home near the river to her office in town in preparation for the Archiving Busy Bee. Days later her rural property was flooded when the Don River become a raging torrent and overflowed its banks.



White caps on the Don River

Precariously Lynette drove home over the Inverdon Bridge in her little red jelly bean, hoping she wouldn't stall her car on the bridge where the water begun to recede. Upon approaching her property she was horrified to find the water level was at the veranda and had completely swamped the shed.



Dingy tied outside the shed in case of an evacuation

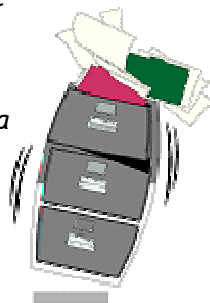
Photos by Lynette Klukas

The shed had only days before held our precious Club archives and historical information. Was removing them a woman's intuition?

Lynette gave her apologies for not attending the Archiving Busy Bee as she was knee deep in cleaning up the mess from the flood. Lynette, our thoughts are with you at this time.

Archiving Busy Bee

On Saturday February 16th, 7 members attended the Busy Bee. It was an enjoyable time for both older and new members to share the experience of going through the Club's memorabilia. Even though members indulged in morning tea and a lunch break, they managed to get files sorted, archived and destroyed. The Busy Bee also gave new members a chance to get to know other Zontians on a more personal level. A big thankyou to Christine Coventry for her culinary efforts.



Veg on the Wildside



At February's meeting, members enjoyed the cooking demonstration by nutritionalist Bianca Walker from Health Promotions Connections (formerly Healthier Bowen Shire Partnership). Bianca demonstrated how quickly she could knock up a nutritious stir fry which included 7 different vegetables and tofu. Health Promotions Connections gave each member a recipe book and donated prizes towards the raffle.

From the Editor

I would like to share this email which a friend sent recently.

Just to Make You Laugh

I was due for an appointment with the gynaecologist later in the week. Early one morning, I received a call from the doctor's office to tell me that I had been rescheduled for that morning at 9:30 am. I had only just packed everyone off to work and school, and it was already around 8:45am. The trip to his office took about 35 minutes, so I didn't have any time to spare.

As most women do, I like to take a little extra effort over hygiene when making such visits, but this time I wasn't going to be able to make the full effort. So, I rushed upstairs, threw off my pyjamas, grabbed the damp washcloth that was sitting next to the sink, and gave myself a quick wash in that area to make sure I was at least presentable. I threw the washcloth in the clothes basket, donned some clothes, hopped in the car and raced to my appointment. I was in the waiting room for only a few minutes when I was called in.

Knowing the procedure, as I'm sure you do, I hopped up on the table, looked over at the other side of the room and pretended that I was in Paris or some other place a million miles away. I was a little surprised when the doctor said, "My, we have made an extra effort this morning, haven't we?" I didn't respond. After the appointment, I heaved a sigh of relief and went home.

The rest of the day was normal, some shopping, cleaning, and cooking. After school when my 6 year old daughter was playing, she called out from the bathroom, "Mommy, where's my washcloth?" I told her to get another one from the cupboard. She replied, "No, I need the one that was here by the sink, it had all my glitter and sparkles saved inside it." Never going back to that doctor. Ever.

Area Workshop

Saturday April 12th 11:00 - Sunday April 13th 12:30 pm

Civic Club Ryan Street Charters Towers

- Special guest speakers
 - Jean Little, an Aboriginal woman of remarkable achievement
 - Angela Musumeci, a Dept of Child Safety Placement Officer
 - And lots more who presented a workshop at the D24 Gold Coast
- Clubs will showcase their projects and share good ideas
- Learn from the Mackay Club about their "Z" Club

The Zonta Club of Bowen will contribute to the cost of registration and accommodation.

Australia's Powerful and Influential Women

Gina Rinehart

*Australia's first female billionaire
Coal and iron ore mining inheritance from
Lang Hancock*

Nicole Kidman

*Richest self made Australian woman under 40
Oscar winning actor and fashion icon
Humanitarian and charity work (UNIFEM)*

Naomi Milgrom

*Business owner of fashion chain (Sussan)
Worked for dad and then took company over*

Janet Holmes A Court

*Business owner of several companies (wine,
entertainment, engineering)
Cleared a \$350 million inherited debt
Advocate for environmental issues*

Therese Rein

*Self made business women in recruitment
Married to the Prime Minister*

Kylie Minoque

*Pop icon (closed the Sydney 2000 Games)
Business women for fragrances, lingerie
Children's book author*

Elle Macpherson

*Supermodel and business women for lingerie,
makeup and surf wear companies*

Katie Page

*CEO of retail store (Harvey Norman)
Worked her way up from secretary
First female board member of NRL*

Senator Helen Coonan

*Minister for communications, information
technology and arts
Assisted with privatisation of Telstra and
upgrade of telecommunication networks
Role model for male dominated domain*

Gail Kelly

First women CEO of major bank (St George)

*Adapted from Internet sources 2008 and WW magazine
article May 2007*

From the Help Desk



How to Downsize Digital Photos?

Photos consist of thousands of pixels (dots) which are usually stored in a JPEG format. Every dot in the photo requires storage space. The average word document which requires minimal storage only takes a split second to send. However, photos require up to 100 times more storage space and take much longer to send and to receive unless the size is reduced.

Here is one way to resize photos for email.

1. Download the digital photos onto your hard drive and place them in a folder such as My Pictures.
2. If you want to email photos from several folders in one step then copy/move them into one folder.
3. Open up your picture folder and select the photo(s) you wish to email (1-5 photos work best). You can select them all by holding down the **CTRL** key while selecting the photos using the mouse.
4. Use the mouse and **right click** on one of the selected photo(s). On the pull down menu, select **Send to** and then **Mail Recipient**.
5. In the Send Pictures via E-Mail dialogue box select the option **Make all my pictures smaller** and press **OK**.
6. Your downsized photo(s) will now be inserted into your email editor such as Microsoft Outlook.

Suggestion:

As photos take up a lot of storage space on the hard drive, only file the best ones there. The others can be stored on a CD for safe keeping.

Don't forget to do a back up of all photos on your computer to avoid losing any great moments.