



Coral Coast Chat

Zonta Club of Bowen NEWSLETTER

Sept 2014

Club 1476 Area 5 District 22

Date Claimers

- 9 Oct Dinner Meeting—BBC 6 pm
- 15 Oct International Day of Rural Women
- 18 Oct Lunch @ Bogie River Bush Hs
- 20 Oct Committee Meetings –5pm
- 22 Oct Board Meeting—5 pm
- 24 Oct United Nations Day
- 31 Oct Reclaim the Night
- 1-2 Nov Coral Coast Festival
- 8 Nov Zonta International Birthday
- 13 Nov Dinner Meeting—BBC 6 pm
- 27 Nov Movie Premiere
"Serena" (proposed)

Club Contacts

PO Box 916
Bowen Queensland 4805
bowenzonta@yahoo.com.au
Web site: <http://zontadistrict22.org/district-22-clubs/zonta-club-of-bowen-inc/>



President

Raynee Bidgood4785 2813 (h)
raynee.bidgood@bigpond.com

Correspondence Secretary

Chris Coventry 4786 6040 (h)
sheridanhall@bigpond.com

Newsletter Editors

Cath Morgan 0400738719 (m)
morganec@dodo.com.au

Monthly Raffle Prize Winner

The September General Meeting Monthly Raffle was won by Veronica Hickmott.

From the President's Pen

Well another busy month has passed us by. During August we had the Rollacoasta Bike Ride on the 23rd & 24th and what a great weekend it was. There were 40 riders taking part in the ride. Saturday saw them have a short stop at Vennard's for lunch and then onto Wharley's stop then onto Collinsville for the night. Sunday saw them stop for a bit longer for a coffee and sandwich before the final stretch into Bowen. My hat goes off to these people and what they do to raise funds for Cancer research.

Thank you to the members who helped in any way to get things organised (especially the early bird sandwich makers) also the welcoming party on Sunday it was great to see some old Members there as well.

Next we had the Relay for Life on the 30th & 31st. The afternoon tea went really well and was greatly appreciated by the Survivor's and their Carer's. Thank you to Sandy for the table decorations and china teacups and the Members who helped with the sandwiches and slices then the serving of the tea and coffee.

On the 31st Hortense, Cath and myself attended an Area 5 Workshop in Townsville. This was very interesting. It gives more insight into the working of the Clubs and how things are done. The speakers were members who are in Positions on D22 and in their local clubs. I recommend that members try to attend one of these workshops as they give an insight into the workings of Zonta.

Thank you again to those Members who give up their valuable time to help with our Fundraising events. Without our fundraising we would not be able to commit to our Projects that improve the status of women locally and Internationally.

Raynee Bidgood

President



Date Claimer: Friday October 31st

RECLAIM THE NIGHT

Rolla-coaster Bowen Collinsville Bike Ride

The Bowen Zonta Club Supports the Bowen RollaCoaster Cancer Challenge Bike Ride by providing R'n'R stops, food and encouragement.

Right: Zonta Members Sandy Smith and Hortense Ingram ready to cheer in the bike riders and celebrate the 25th year of the ride. Colleen Abernson, Roslyn Boyce, are helping to set-up.

Below: Zonta members, Nan Hansen and Dee-Anne Fraser, who participated in the ride.



The Rollacoaster Ride – a riders view

The Rollacoaster Ride is now in it's 25th year and is a major fundraiser that supports the Cancer Council Queensland.

The challenge of riding from Bowen to Collinsville and back-90km each way was an amazing experience. I had done the ride a few times before BUT I always forget how great it feels to achieve something that is a little daunting to me personally. The camaraderie of the ride, especially among the woman is an uplifting experience and we all feel connected and proud of riding all that way together.

Zonta again made me so proud to be a part of. Thankyou for flying the blue and silver colours and doing such a fabulous job of giving tired and weary riders such a welcome! We ALL appreciate the time and effort you all put in.

Dee-Anne Fraser

Local Women Leading the Way

During small business week 2014, Bowen and Collinsville women in business were recognised at the Whitsunday Women in Business Breakfast on September 3rd at the Merinda Hotel. Sandy Smith and Hortense Ingram represented the club.

Whitsunday Marketing and Development's Denise Kreymborg shared five points she took from the applications.

1. Success has rarely been about financial gain but measured by longevity of the business.
2. Keep on keeping on and move forward with a positive attitude.
3. With failures and challenges put in my way, I listen, learn and work harder to prove people wrong.
4. Be determined to make things happen against great adversity.
5. I gain the courage and believe in myself to do it. It is all about learning and growing.

Among the winners were:

Therese Mayhew
Pat Havill
Janice Trenow
Carissa Paske
Michelle O'Regan
Sue Clark

RTM Engineering
Collinsville Worker's Club
Elders
Queensland Country Credit Union
Bowen PCYC
Collinsville Connect Telecentre

Highly commended awards went to:

Michelle Allen
Naomi Land
Tiffany Fisher
Alex Sinclair and Bianca Burgess
Colleen Abernson
Trish O'Sing
Trudi Starkey
Terri Vowles
Ann Fletcher
Cassandra Woodhouse and Veronica Carroll

Dennison/Merinda Hotels
Byte-Wise
Food Freaks
Le Sorrelle
Ros Lea
Refrigerated Technologies
Hooked on Hair
Bogie River Bush House
Fletcher's Butcher Shoppe
Collinsville Swimming Pool

**Past Zonta Member
Therese Mayhew.**

Bowen Independent news clipping.



Therese Mayhew from RTM Engineering was the winner of the business champion award.

Relay for Life

The Relay for Life, Survivors and Carers afternoon tea. The Zonta Club members have catered for this special afternoon-tea for 5 years and feel privileged to play a part in this event.

Right: Kerry Moloney above and Nan Hansen, centre, serving tea.



Above: Bob and Jill Knight at the start of the walk.



Below: Survivors Helen Jacobsen and Maxine Withnell cut the celebration cake which was provided by Jochheims Pie Shop.

Below: Members relaxing after clearing up: Jennifer Finn; Raynee Bidgood; Kerry Moloney; Nan Hansen.

Seated: Cath Morgan; Bon Wharley; Sandy Smith.



Lovely decorative touch for the tables—real flower posies made by Sandy.



IT Tip of the Month

Make photo file size smaller before emailing it.

Digital cameras now produce photos with a large file size, e.g. 5MP. If you send this size file attached to an email it takes a lot of upload and download time and resources to both send and receive the email. It is much better to reduce the size of the picture before attaching it to the email.

You can use Photo Gallery, that comes with Windows to edit and resize photos

Open Photo Gallery. (click on start button, then click on all Programs).

To resize photos

1. Select the photos you want to resize, and then on the Edit tab, in the Properties group, click Resize.
 2. Click the Select a size list, and then select a size for your photos. For a custom size, in the Maximum dimensions box, enter the maximum width you want your photos to be.
- Click Resize and save. To save resized photos to another location, click Browse, and then select an existing folder to save your resized photo in.

Member Profile



Member Profile - Raynee Bidgood August 2014

I was born in 1959 at Ferntree Gully, Victoria and moved to Bowen, aged five, with my parents who come to start farming at Duck Creek.

I attended Bowen State School, and went to boarding school in Townsville for junior high school. I returned to Bowen and started year 11 at Bowen State High but got a job and started work at Borthwicks Meatworks. I worked in the Main office for 10 years then moved jobs to work at Bowen Farmers Co-op in Herbert Street.

During this time I lost both my parents in a car accident near Gumlu, in 1982.

I was married in April, 1985.

At the end of 1986 I left Bowen Farmers to take on running the Caltex Service Station at Mt Gordon and was there about two years. While doing this my husband Wayne and I started our transport business when we purchased a semi-trailer from Wayne's parents. We bought the rest of the carrying business and a service station in Don Street after leaving the Mt Gordon service station.

My three children, Clinton, Frank and Tamara, were born during these years, which was a challenge as I held a full time role managing and running the trucking office. Multi-tasking was my life as I learned to drive trucks and forklifts, load and tarp the trailers as well as manage staff.

Besides the business Pony Club became a big part of my life, when my eldest son Clinton showed interest and was invited by neighbours to go along. Our family joined the club and over the years we both held positions within the club. Mostly I was in charge of the canteen as I loved to cook. Weekends doing pony club was our family outing as we would all go until my other son Frank took up junior golf then I would be taking him most weekends. Currently I am treasurer for the Bowen Pony Club.

I am now blessed with two beautiful grandchildren.

I decided to close the business about twelve months after Wayne's death in 2012 after 27 years in business. This was a big decision but with the way the economy was going it was getting harder and harder to run a business and to keep up with all the rules and regulations.

I became a member of the Zonta Club in July 2012. Attendance at the 2012 District conference in Brisbane and Area Meetings has given me a chance to learn lots about the Zonta organisation and encouraged me to take on executive positions, vice president, minutes secretary and now president in the last three years.

As well as Zonta I am currently working part-time in the office at Queens Beach School.

Zonta International

Be informed web page has lots of downloadable reading such as: up-to-the-minute reports and studies about the issues Zonta is facing—visit <http://www.zonta.org/BeInformed.aspx>

Other News



Women at the Helm

A charity NQCYC Ladies Skipper Race was held on Sunday September 6th. Nine boats with mostly female crew competed in a 12 mile course around Edgumbe Bay. Trudy Starky hosted the event with all proceeds donated to the Queensland Cancer Council. First place and line honours Chris Daniels, second place Diana Krug and third place Zonta member Hortense Ingram.

Hortense Ingram skippering 'Capricorn Dancer'.

Photo: Kind courtesy The Bowen Independent.

Coffee Club Lunch @Bogie River Bush House

A Buffet Two Course lunch

Invited are all Zonta members, and ladies from Rotary and Lions.

Date: October 18th Time: 12.30 pm

Cost \$32.00 per person

Area 5 Training Day

Area 5 training Meeting held in Townsville on 31 August, primarily for the purpose of informing new executive members of their duties and to let members and clubs know the latest developments from ZI Head Quarters.



Left: Hortense Ingram, Bowen; Marie Cameron, & Vassie Comino, Mackay; Janice Micola, Townsville; with Guest Speaker, Maria Hutton from Spinal Injuries Assoc'.



Bowen Club members, Cath Morgan, Hortense Ingram and President, Raynee Bidgood with Area 5 Director, Marie Cameron from Mackay Club.

Australian News

Melbourne academic Helen Herrman elected World Psychiatric Association President – Sept 2014

The first Australian to be elected president of the World Psychiatric Association says she wants to put a focus on women's mental health issues.

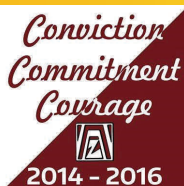
Professor Herrman, who has researched mental health in marginalised groups for more than 20 years, said she would pursue inclusive care for women and young people during her time in the position.

"One of the very important areas is the needs of women before, after and during pregnancy," she said.

Courtesy: ABC News 23 Sept 2014



Newsletter Editors Comments



Check out the updated Zonta International Web site page—Become a Zontian, <http://www.zonta.org/WhoWeAre/BecomeaZontian.aspx>

If any members cannot log into the International Web Site please get help from your PR/Advocacy team. Logging in to the International and District web sites occasionally is a responsibility of membership.

The Fishing Classic news will be in next edition.

Cath Morgan—editor