

Coral Coast Chat

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 Central Hotel*

- May 14** Board meeting 6:00 pm
Social dinner meeting 7:30
- May 15** Committee Meeting 5:15 LNC
Finance, PR, Program, UN
- May 18** Zonta Market Stall
Hansen Park 8-12noon
- May 19 25** Hepatitis Awareness Week
- May 28** AGM - Handover Dinner 6:45
Bowen Golf Club
- June tbd** Birthing Kit Assembly Day

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From the President's Pen

My final report – what an amazing two years it has been! I have learnt so much and grown as a person I think (not in the waistline although that could probably be true given the amount of chocolates I have consumed) but becoming more content with oneself and enjoying life.

I thank you all for your support but would like to especially thank Lynette and Angela for their secretarial support. Also Veronica, Cheryl and Bev for your moral support when I needed it!

We are a strong club and we achieve so much. And the international ideals are so there for me!

I may as well conclude with travel plans as I usually do. I'm off to the Hunter Valley with my Mum next month followed by a week on Fraser Island in a log cabin with my Phil.

Matthew continues to keep well and is off to Brisbane this month for his regular 6 monthly bone marrow test. Rodney is back from overseas.

Look forward to seeing you all Wednesday night at the Central for our board meeting followed by dinner, and of course on the 28th for the AGM at the Golf Club.

**Cheers
Rhonda Nilsson**

Thought for the Month

*If you have an apple and I have an apple
and we exchange apples, then you and I will
each still have one apple. But if you have an
idea and I have an idea and we exchange
these ideas, then each of us will have two
ideas.*

George Bernard Shaw

Committee Clippings

Board Meeting & Social Dinner

Combination Board and General Meeting

Wed May 14th Central Hotel

For the last meeting of the year, it was decided to combine the board and general meeting in one evening. The board meeting will commence at 6:00 pm, followed by a social dinner at 7:30. All members are welcome to attend the board meeting and/or join in the dinner afterwards. Past members have been invited to come along for a meet and greet. Any member who has contact with past or prospective members please feel free to invite them along.

A reminder of the new system for placing dinner orders.

Upon arrival at the conference room, tick your preferred meal on the sheet and pay Bon Wharley. She will place the orders collectively. The dinner specials are now \$13. Please have the correct change if possible. Drinks are purchased from the bar area as usual.

AGM-Handover Dinner changed to Wed May 28

Venue Bowen Golf Club 6:45pm

The date of the AGM is changed to Wed May 28th to ensure that the financial reports are ready. A number of Zonta's kindred clubs and support groups have been invited, along with members' guests. Dinner, consisting of a hot carvery with dessert is \$25 per head. For special dietary requirements phone Rodger McGrath on 47862458. The evening will also feature a guest speaker and entertainment.

Members are reminded of the action sheet that has been distributed. Contact the committee or Lynette at the combined Board and Dinner meeting (14th May) with your preference on which area you can assist with.

To lighten Angela's workload, members are requested to pre-pay for Handover dinner prior to the 28th May. Monies can be given to Angela at the Combined Board/Dinner meeting on the 14th May or to Lynette at the LNQ office, Tuesday, Wednesday or Thursday between 9am and 2pm.

Status of Women

The Birthing Kit Assembly Day has been postponed due to temporary stock shortages. This event may take place late June.

Communication and PR

New News Team

Help us to help members to keep abreast of news and information through our newsletter. Submit your contributions to Kerry. Looking for new members profiles and updated profiles from older members. Kerry & Veronica

Finance and Fund Raising

Mother's Day Pamper Basket

- *The basket has now taken up residence at Hickmott's Supa News. Members who wish to sit outside for selling sessions are welcome to do so.*
- *Drawn Mothers day weekend*

Zonta Market Stall

Sunday May 18th from 8-12

Bowen Community Markets Hansen Park

The Zonta Club of Bowen will receive a grant from The Hepatitis Council of Queensland to coordinate an activity during National Hepatitis Awareness Week May 19 - 25th. With the theme "Are you the 12th?", the Club will be selling trays of peach blossoms and handing out flyers to buyers and people passing by.

If you can spare one hour, please see Bonnie Kohlhase 47850037

lynette's Handy Hint

DO YOU KNOW THAT COMPUTER KEYBOARDS CARRY MORE BACTERIA THAN TOILET SEATS? HANDY ANTI-BACTERIAL WIPES USED REGULARLY REDUCES CONTAMINATION.

Area Workshop

Charters Towers

April 12-13

Three members, Hortense Ingram, Christine Coventry and Nan Hansen attended the one and a half day area workshop at the charming old Civic Club. Hortense and Christine drove up the day before to take in the historical sights of Charters Towers. While looking for a suitable restaurant they stumbled upon some very friendly ladies dining nearby. They were Zontians and welcomed the Bowen girls to join their table. The camaraderie of mixed Clubs, spiced with a little wine and breaking bread together was the start to a fabulous weekend.

During the workshop guest speakers highlighted the health needs of indigenous people, and advocacy focusing on violence against women and children. Zonta district and area club speakers presented relevant information to assist Clubs in running programs more effectively and efficiently.

The Charters Towers Club provided a variety of entertainment with a sunset sundowner and movie on the hill, a lovely dinner in historic Henry's restaurant and an early morning walking tour through the town to the local markets.

Best of all, the Bowen Babes left with a full stomach, lots of new friends and ideas and their spirits lifted. Girls do have FUN.

A few key suggestions and recommendations from the workshop included:

- to keep abreast with change
 - to prepare a membership strategic plan
 - to promote ZI projects to attract new members
 - to mentor and educate members on advocacy
 - to utilise zero effort fundraising and support to implement SMART goals and make changes
- To have FUN



All smiles at the workshop are our new District Treasurer Anne Grant & Vicki Varthas our new District Governor. Absent Kerry Stokes, our new Area Director. Photo Hortense Ingram



Members Hortense Ingram, Nan Hansen & Christine Coventry promoting Bowen Zonta Club.

Inspiring Women

Karen Read must be congratulated for her recent achievement and enthusiasm for doing something different within her career. Karen, a former Bowen woman has reached the top of her field in the mining industry, being Xstrata Copper North Queensland's General Manager Finance and Commercial. Ms Read received a High Achievement Award in the Queensland Resources Council's Resources Awards for Women from the Minister for Women, Margaret Keech. Spanning 20 years, her career with Xstrata has taken her to Peru, Canada and Chile. She holds positions on a number of business and community organisation boards and is an inspiration to all women.

Bowen Independent 30-04-2008

Upcoming Events



Who's 21 Again?

Cheryl - May 5
&
Bev - May 21

Well Women's Clinic Bowen Community Health

A free women's health clinic
June 4th and 5th

Services offered include

Pap Smears

Sexual Health

Menopause info

Contraceptive advice

Visiting Mobile Women's Health Nurse
Phone Bowen Community Health for an
appointment

47861255

Volunteers Needed

TAFE's Maureen Baxter, who is responsible for the adult literacy course, would appreciate any volunteers who would like to assist her with her students. There is a big need for these classes in Bowen, not only for adults who have missed out on early years schooling but also a large multicultural community who are desperately trying to learn to read and write English to assist with their assimilation into our society. In conjunction with TAFE, LNQ is running a volunteer tutoring course. Perhaps there are members of ZONTA or your friends, male or female, who are prepared to be a volunteer. Contact either Lynette on 47866996 or Maureen at the TAFE.

Zonta Market Stall

Sunday May 18th 8-12 noon Hansen
Park

in aid of Hepatitis Awareness Week

Volunteers needed to sell peach blossoms and hand
out flyers

Proceeds help Zonta Club projects

If you can spare an hour contact Bonnie 47850037
or email bonandruss@bigpond.com

Looking For a little bit of Excitement?

Where: Centrepoint
Plaza Carpark

When: May & June

Have you made your
appointment for your
visit to the
Breastscreen Caravan
for your second yearly
mammogram.

Contact: 132050 for an
appointment

Member's Profile

As the incoming 1st Vice-President, I thought I would put pen to paper and recount my story. My life began in Bowen many decades ago. Mum, Dad and my sister Debbie lived at Guthalungra when I was born and to this day I still have a close affinity with the area, especially Cape Upstart. It and the Elliot River were our childhood 'hunting grounds', where we rode horses, motorbikes and learned to drive "Leaping Lena". A car so named for her forward movements when we were in control. We chugged and leaped all around those dusty roads. Growing up we also lived at Proserpine and on the banks of the mighty Burdekin at Claredale, near Ayr, prior to moving to Bowen in 1974. After graduating from Bowen High (where was Grade 13, I didn't want to leave), I commenced my nursing training at the Townsville General Hospital. I travelled widely between the ages of 12 and 24, experiencing much that the world had to offer. It has only been in recent years that I have started to quench my thirst for travel again. At 21, while working at the Bowen Medical Centre, I was swept off my feet by the young ambulance officer who delivered my patients. We married and spent 10 years moving the length and breadth of the state. During these years we welcomed our daughters Angela and Jessica. Shannon, our son, was born 6 weeks after returning to Bowen in 1992. I relished living close to family again and I enjoyed tenpin, jetskiing, Nursing Mothers (I was a Breastfeeding Counsellor for well over 10 years), playgroup and school and children's activities. I became a single mother in 1995 and resumed nursing in 1996, travelling the highway for 7 years to work at the Proserpine Hospital. My life was full, with work, childrearing, running a household and our various activities. I was blessed with enormous family support from Mum and Debbie. In 1998 life became hectic after I commenced my Nursing Sciences Degree at James Cook University, part-time external. In 2000, we sadly lost my beloved sister Debbie. Life did not stop (although I felt it should) and in 2001 I met my partner David and my family grew to include four more children. Gaining my degree in 2003 was one of my biggest achievements (other than becoming a mother). I am proud to say I achieved highly at Uni, being granted membership to the Golden Key National Honour Society and receiving the 'Townsville Hospital Foundation Prize'. I have worked for Bowen Blue Care since early 2004 providing nursing care to people in their homes in Bowen and Collinsville. 2007 saw further family expansion when I became the proud nanna to our beautiful Matilda Jane (now 8mths). I am also a step-nanna to 2 gorgeous boys Keegan (2) and Connor (5mths). For the future, besides travel and accomplishing my dreams and goals, I hope to continue to inspire my children to achieve and succeed in life, then, I will know I too, have succeeded.

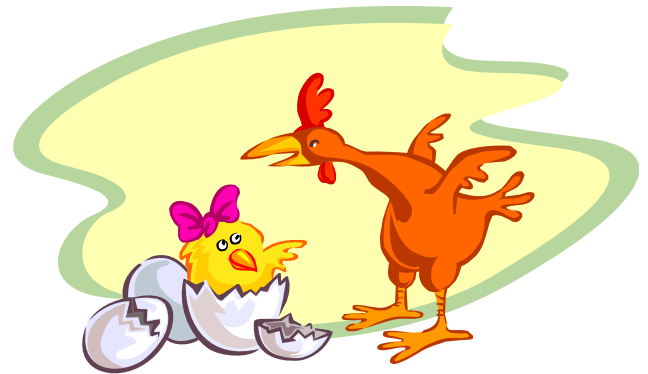
Kerry Picknell

Happy Mother's Day to all Zonta Mothers for May 11th

M is for the million things she gave me
O is that she's only growing old
T is for the tears she shed to save me
H is for her heart as pure as gold
E is for everything she taught me
R is right and right she'll always be
Put them all together and they spell
mother, a word that means the world to me.



From the Editors



Welcome to our first newsletter created by mother hen and her chicken. We will endeavour to follow in Hortense's footsteps and continue to provide interesting and entertaining news items for your reading pleasure. We will appreciate all members contributions - don't be backward in coming forward.

Kerry & Veronica