



ZONTA

CLUB OF
BOWEN INC

MEMBER OF ZONTA INTERNATIONAL

EMPOWERING WOMEN
THROUGH SERVICE & ADVOCACY

Newsletter

August 2016

District 22 Area 5 Club No. 1476

OH WHAT A NIGHT!

The choice of the film *Absolutely Fabulous* proved to be a complete triumph for the Club at its premier event held in the Summer Garden Theatre on 3rd August. The public was invited to not only pre-movie nibbles and drinks but to dress up as a favourite character from the television series of the same name. And what fun some ladies had by getting into the spirit of being an Edina or a Patsy for the evening for which a prize for the best-dressed was awarded. The Club has held a movie premier once a year for a considerable time. It is through the generosity and guidance of the Summer Garden Theatre's owner Mr Ben De Luca and his wife that the club has found these to be successful social and Zonta profile-building events. As a major source of fund raising for the club, this money goes directly to supporting our many projects and local commitments.



The Zonta team ready to welcome patrons to the movie!



The patrons lined up to buy absolutely fabulous raffle tickets! The club is proud of the members who worked so diligently to make this a very successful night. Ably led by Chris N they were an absolutely fabulous team.

SOME OF BOWEN ZONTA'S GOOD WORK

For those readers who wonder just what Zonta in Bowen does, then the following may help. As a club of ladies we belong to a leading global organization of professionals empowering women worldwide through service and advocacy. We volunteer our time to address women's issues in our local community and worldwide. We aim to make a difference in the lives of women and girls around the world as well as here in the Bowen area. As we strive to empower other women and girls, we too become empowered. Zonta is a non-sectarian and non-partisan organization and so we embrace all women and girls. As Australians we are in the fortunate position of having the means and abilities to help other females in sustainable ways. And it is this which makes being a Zontian a satisfying experience.

In Bowen we hold fund raising events to provide for club projects aimed at women and girls. However, we're not just about raising money because, at the very heart of the Zonta values is the need to advocate/speak out for women and girls whose circumstances and lives are in need of support and/or reform.

Bowen Zonta is thus involved in:-

- Providing funding for crisis accommodation for those escaping domestic violence and other tragedies that affect women and girls locally
- Providing awareness on female personal safety through the distribution of a brochure throughout the local area
- Supporting local girls through bursaries in education, sport or cultural pursuits
- Advocating for change in the laws related to domestic violence in Queensland
- Supporting local women's health issues
- Providing personal care packs for hospital in-patients
- Supporting Zonta International financially in its worldwide projects that include:- eliminating female/human trafficking; educating and assisting third world countries in safe birthing practices; programs that advocate 'no' to child marriage.

And... we like to enjoy what we do So we have dinner meetings on the second Thursday of the month where we plan, discuss, listen, support, chat and laugh as we work together to better the lives of other women and girls both here and abroad.

SUPPORTING CANCER SURVIVORS

Club members, like many others, have someone – family or friend – affected by cancer. As a service to those in our Bowen community who have suffered from this dreadful disease and who have battled to survive, club members gave up Saturday afternoon on 27th August to serve afternoon tea to them.

Members, through generous personal gestures, provided sandwiches, slices and cakes as well as tea and coffee on prettily decorated tables. The survivors were participating in the Relay for Life event held at the Col Leather Sports Complex. Because of the respect members hold for these people, it was an honour to ask, 'Would you like tea or coffee and how do you have it?'

It is not often a chance comes along to serve people who have suffered. But when it does, Bowen Zonta members took the opportunity to step up. The grateful smiles received were enough for members involved to know their gestures were well received. While others raised money for worthy causes at this event, Bowen Zonta members chose to give rather than receive. And what a fulfilling feeling this was knowing we had served but a few of the many in our community who had fought and won their private battle with cancer. We wish all those throughout our community in similar circumstances speedy recoveries and the hope that they will come next year when we might serve them afternoon tea.



Survivors and carers enjoy afternoon tea



Some of the members who served the afternoon tea

MONEY MATTERS

An informal meeting was held in August to plan the Club's financial budget for 2016-17. Members were invited to attend in order to have input. Being a Saturday afternoon, many were engaged otherwise. The Executive, all being present, were very able to put together a Budget reflecting and aligned with the Club's goals. With some minor adjustments to be made, this document will be presented for approval by members at forthcoming meetings. It is not too different from the previous year and so members are confident of meeting all commitments while being flexible for any contingencies.

To those who have specifically worked on this document, the members are very grateful and thank them for giving up their precious time. The result of such efforts will see the club in a sound financial position for the coming year.



Some of our hard working 'budgeteers'!

PROGRAM

This year the Program Committee has been a very small group of two! However, these ladies have striven to make the Dinner Meetings in particular more enjoyable. The result has been quite a few trivia quizzes, a mix and match music puzzle, the reintroduction of guest speakers, several mini workshops, the acknowledgement and celebration of members' birthdays and several members revealing their life stories.

By endeavouring to 'lighten up' the meetings, some time for fellowship and better appreciation of each other has been accomplished. Members have been delighted, for example, by receiving a large cup cake with a candle on in acknowledgement of a birthday during the corresponding month of the Dinner Meeting. Prizes for trivia have been popular too with competition fierce and laughter aplenty. Hearing the life story of someone you thought you knew pretty well has also been full of surprises as well as giving a better understanding of the person's values and personality.

While meetings are a necessity and attendance expected, it is far more pleasant to have some time out of the agenda for a chat with a neighbour at

dinner. The Program Committee will continue to work at making meetings pleasant experiences but need ideas and suggestions from others which will be very welcome.

COFFEE CLUB

July 30th turned out to be a glorious winter's day after several weeks of light rain and windy conditions. And so, with the weather on its best behaviour, members came to the home and garden of Laraine to relax and enjoy each other's company.

Members brought a small plate of eats to share while the hostess provided various teas, coffee and other refreshments as well as a freshly baked sponge cake decked with strawberries and cream. While the club has had several Coffee Club events this year, another is planned before the year is out. Such events offer members some time out of their usual busy schedules to relax, chat and taste the delicious fare of the club's many good cooks. As a means of bringing harmony and understanding to the club so that fellowship is never forgotten amongst the work of service and advocacy, these occasions are appreciated by members. It is easy to be a hostess of such an occasion – just offer and members will help organize if required.



One winter's day – Coffee Clubbers in Laraine's garden



ROLLA COASTER RIDE

By supplying lunch and refreshments at several places along the Bowen to Collinsville Road, our club raised money from the Rolla Coaster Ride. Bicycle riders numbering about 50, set off for Collinsville early on Saturday 27th August and returned to Bowen on Sunday 28th.

A logistical operation carried out by the Service Committee and other members saw sandwiches, slices, fruit, lollies, water and juice along with tea and coffee delivered to the refreshment stops for the bike riders and support crew. The club's box trailer once again proved its usefulness in hauling all equipment needed to set out the food. The members who were involved in this event are to be commended and thanked. It was their efforts (and especially their sacrifice of time to drive a considerable distance) which ensured the bike riders and others were well catered for and the days successful.



ANOTHER ZONTA INTERNATIONAL PROJECT

It's amazing how innovative people can be if they want to spread a message. ZI is no exception. The Voices against Violence is a curriculum related to its name – stopping violence towards women and girls. To get this message out Zonta has financially supported UN Women and the World Association of Girl Guides and Girl Scouts who initiated an international non-formal education program in 2014. Representatives from these organizations held a series of workshops to train leaders who in turn train others; a fabulous example of the 'train-the-trainer' model. By July 2016, the Voices against Violence curriculum has been implemented in 35 countries. In Malaysia the Girl Guide Assoc of Malaysia trained 30 youth leaders who in turn trained 360 Guide leaders who are delivering the curriculum to 30 girls each leading to 10,800 Girl Guides receiving the curriculum. Meanwhile in Kenya the Kenyan Girl Guide Assoc received UN funding to roll out the curriculum by training teachers in schools who run Girl Guide groups involving 8,000 schools. There are also plans to encourage community leaders, church leaders and parliamentarians to speak out and so support the Voices against Violence in this country.

TIPS ON PERSONAL SAFETY FOR FEMALES

As mentioned earlier in this newsletter, our Advocacy Committee worked very hard to produce a brochure on 'Safety Tips for Women and Girls'. The brochure was launched to the Bowen public at a small ceremony at the film premier also mentioned earlier. Since then the brochure has been widely distributed around the district and can be found at schools, in hostels and hotels, at local businesses and at government and community support offices. The club is extremely proud of this publication and particularly of those dedicated members who spent many hours from its inception through to printing and publication. Given the alarming rise in female violence and harassment in recent times, the brochure is a pertinent reminder to all females to be AWARE of their personal safety at all times. The Zonta Club of Bowen strongly encourages all mothers, grandmothers, sisters, aunts, nieces and cousins old enough to understand to inform your female friends and family about the best ways to ensure their personal safety.

Here are some of the tips contained in the brochure that might help or save your loved one from harm:-

- ❖ Be aware of what is happening around you
- ❖ Watch and do not let a stranger try to touch or isolate you in any way
- ❖ Draw attention to any attacker by screaming at the top of your voice
- ❖ Never allow a stranger into your home or your car; call 000 instead; keep your house/car locked
- ❖ Make believe there are others in the house if you are home alone by placing male shoes near the front and back doors along with a dog bowl; only put your surname on a letter box if you must
- ❖ Anything shared online remains there forever; there is no such thing as privacy online; shared material may be used against you
- ❖ Never disclose your birth year, phone number, address, working hours, holiday dates, whether you live alone
- ❖ Never disclose passwords or pin numbers; never set your profile on social media to public access
- ❖ Always tell someone your plans and expected time of return
- ❖ If a stranger asks for your wallet or mobile, throw it away from you and RUN
- ❖ Walk with purpose in well-lit populated areas and vary your routine
- ❖ Do not accept drinks from strangers or leave your drink unattended
- ❖ Choose a designated driver for social outings; leave if you feel disorientated or intoxicated and seek help
- ❖ Remember that when you are distracted, you easily become a target; sexual assaults often escalate with the use of drugs and alcohol.

SOMETHING SWEET

From time to time many like to bake and to taste the results. Baking can be very relaxing because it involves the simple process of following a recipe carefully. Because all recipes are written by experts surely they have been triple tested! So in keeping with this philosophy here's an easy recipe to try if you like sweet syrup mixed with the slightly tart flavour of lemon.

Tangy Lemon Cake

125 grams butter or margarine

2/3 cup castor sugar

¾ cup SR flour

½ cup plain flour

2 teaspoons grated lemon rind (1 lemon yields enough)

2 eggs

1/3 cup milk

Syrup:

¼ cup castor sugar

Juice of grated lemon (about ¼ cup)

Method:

1. Combine soft butter, lemon rind, castor sugar, eggs, sifted flours and milk in the small basin of an electric mixer.
2. Beat at medium speed until mixture is smooth.
3. Spread into a loaf or ring tin (or favourite tin!) lined with baking paper and bake for 45 minutes in 160C (moderate) fan forced oven.
4. Leave in tin.
5. FOR SYRUP: Combine lemon juice and castor sugar in a saucepan. Stir until sugar dissolves. Bring to boil and then pour over the cooked cake.
6. Turn cake out when cool.

[This recipe can be served with a dollop of cream for a dessert.]

COMING EVENTS:

- **Bowen Zonta Club will be involved in the local Fishing Classic to be held 17 and 18 September. As a fund raiser, members will be rostered to help man our stall.**
- **Dinner Meeting – 8th September at Bowen Bowls Club 6:30pm. Members are encouraged to bring a guest. There will be a guest speaker.**

INTERESTED IN ZONTA?

If you are interested in joining Zonta, please contact our President or Secretary via this email address:- bowen@zontadistrict22.org. You can also take a look at the work of Zonta, its values and goals by going online to www.zonta.org

We'd also LOVE you to become a supporter of our club if you cannot commit to full membership. This is because we'd like to have you on board to help fulfil our efforts in serving and advocating for women's issues in the Bowen community and abroad.