

# Reef Talk .



Zonta Club of the Whitsundays January to June 2024

good works and good fun



## President

I am honoured to become your new President for the year 2024/25 Thank you everyone for your warm wishes and overwhelming support for me in this very new role.

We had a wonderful change over dinner thank you to Catherine for the use of her house and the team of foodies who continue to excel, and the French menu was a delight. . more about that later.

Congratulations to both the outgoing and incoming Boards and committees for their willingness to stand and be counted. A good club cannot exist without the dedication of people willing to put their hands up and be counted and we are very fortunate that all our members are willing to contribute in some way to ensure that our projects and events are successful.

We have a wonderful busy year ahead of us again and I hope we all find it fun, rewarding and knowing that we are working together to improve the lives of other women and girls out there who can use a helping hand.

Congratulations everyone and I am looking forward to working with all of you during my term of office.

**Marlene Reiffel 0407 288 244**

## Zonta International's 66th Convention,

27-30 June 2024 in Brisbane, Australia.

I will be attending the conference next week and hope to meet many wonderful people from all over the world, hear some great information and hope to bring back some fantastic ideas that we may be able to incorporate into our smaller world here. I know Annie Cleghorn was able to attend a conference overseas and had a wow of time and I am hoping that this will be as good if not better being here in Australia. Look forward to an update next edition.

**Marlene**

## Changeover Dinner 13 June 2024



Thank you, Catherine, for providing your home as a venue for our change over June meeting. Your beautiful home provides a wonderful setting for our meeting, and we know that you do a lot of preparation to make it appear "easy".

Thank you, Judy Johnston, for all your work in organising the changeover and general meeting and, arranging the catering, providing extra cutlery and crockery and generally making it happen and thank you to the other lovely members who help to prepare and clean up, quietly behind the scenes. You are all appreciated and noticed.

Thank you, Cath, for accepting the role of facilitator for the evening. You do a wonderful job and make everyone feel so comfortable and valued. The formal role of changeover is an important one and to be taken seriously and you have the ability to include everyone and to appreciate our value to Zonta.

Members of the Board who have stood before and have been willing to put your hands up again.

Thank you.

To all our other members, thank you for being part of and sharing all the ideals of Zonta. Between us all we add value in the form of volunteering, mentorship and raising awareness of issues effecting women and girls in both our community and the world.



Finally Thank you to our ever present

'Horizontians' who are there to support us through every activity we dream up. Their cheerfulness and willingness to do anything we ask is much appreciated and valued.

The changeover meeting is the perfect time to take the opportunity for all to appreciate the hard work we put into our club and the very satisfying results.



## International Women's Day 9 March 2024



What an amazing outcome and fundraiser. The venue at Coral Seas Marine Resort was outstanding, the flowers and decoration beautiful. The colour theme of purple and white was followed through by many of their guests wearing their version of the colour.



A room full of smiling and laughing women is wonderful to see and Marnie our MC carried out the role perfectly. Our lead speaker, Carol Kudu was amazing and held the audience to every word.

Our scholarship Winner spoke beautifully and made us all so proud of her as such an articulate and intelligent young woman.

The meal was excellent and the raffles and auctions, always a highlight raised a significant amount of money that will go back into the community through service and advocacy.

The sponsors were thanked and sincerely appreciated for the unfailing generosity in assisting us raise funds for our causes.

The chatter, laughter, the colour and good will of over 120 women was to be enjoyed and appreciated,

Zonta certainly knows how to put on a first-class event. Congratulations and thank you to the working committee it takes a huge effort to ensure its success.



Our next International Women's Day will be held at the Coral Seas Marine Resort on Sunday 9<sup>th</sup> March 2025.

Dress code: Sparkles

## Candlelight Ceremony for Domestic and Sexual Violence Awareness Month (DSVAM) 1 May

The ceremony was held at VMR and organised by Neighbourhood Centre and Whitsunday Crisis and Counselling Services. Zonta was invited to attend, and Corrie, Nikki and Marlene attended. Amanda was there in her official position as well. It was a moving ceremony as the candles were lit at sunset. The services of the fire brigade, police, councillors and other community organisations as well as individuals attended.



## Community BBQ by Bunnings 9 May 2024

Bunnings asked Zonta if we would manage the evening Bunnings BBQ for their Mother's Day family craft night. Bunnings have been very good to our club, and we agreed.

They supplied all the food, and we provided our BBQ cooking equipment.

Di, Lauren, Chris and I set up the BBQ and provide food for all the families, it was only a small event, and the weather was not very nice.

The Food was free, compliments of Bunnings, however, we had permission to put out a donation tin, as a few tradies were still passing buy and as always, the public were generous.

Bunnings also gave as a card voucher for thanks for providing our services. It was pleasant night; we all enjoyed the interaction with the families and Di even won a raffle.

## Zonta Area 5 Meeting 2024 Coral Sea Marine Resort, 18 May 2024



Drinks and welcome were held on Friday evening before the meeting at the Cabana area of Coral Sea Resort. The meeting was held in the Resort's function room on Saturday 18 May and a casual dinner was held on Saturday evening at Paradiso Restaurant, Airlie Beach. We had Registrations from seven of the nine Area 5 Clubs: Whitsundays, Mackay, Bowen, Burdekin, Townsville and Townsville Metro, and Mount Isa. 44 members were able to attend on the day, including District 22 Governor Lyn Agnew, one guest and three guest speakers.

Friday night welcome drinks at Coral Sea Resort included a thank you to Dawn Romanella, General Manager of the Resort, for the Resort's support for Zonta.

The Saturday meeting began with an opening by the Whitsunday Regional Council Mayor, Ry Collins. The Council was a generous sponsor for the Area Meeting.

During the day District Governor, Lyn Agnew gave several presentations on:

- Achieving More in 2024
- Zonta Australia Caucus
- Zonta Convention Brisbane 2024"

Other Zonta presentations were given by Sue Wicks from Mount Isa about The Zonta Spirit and Jenni Ziesemer, the Zonta Foundation Ambassador, spoke about the various options for donations.



In addition, each Club gave a presentation about the work they have done over the year and plans for the future.

Members were delighted to welcome three guest speakers: Nikki Firmin from DV Safe Phone, Libby Edge from Eco Barge Clean Seas and Gloria de Martini.



The meeting celebrated formation milestones achieved by several clubs with a cake at afternoon tea. e than 30 members and guests came to dinner at the Paradiso restaurant in Airlie Beach on Saturday evening, following an enjoyable and rewarding meeting.

***PS Our scarves together with white shirts and black trousers were a winner in the fashion stakes.***

# Membership report - June 2024

by Jo Harry



We were thrilled to induct Nikki Firmin into our club at changeover. Already Nikki has shown her vibrant and committed beliefs in Zonta and its charter. She is going to be an exciting and valued member of our Group. Welcome Nikki.

Currently we have 26 members of which 5 are long term absences. We have two applicants ready to be inducted. We have several other women interested in coming to a meeting and we expect two attend our July meeting.

Please keep an eye out for new neighbours, friends or people coming to town who may like to become involved. The more members we have the stronger and more diverse our club can be.

Our new scarves have arrived and are available for all existing and new members. They are very smart, and we received a lot of compliments from the attendees Area 5 conference.

We have continued in having our badge draw each month (so remember to wear your badge) and we still have our small library each month.



Please note that if you bring a guest to the general meetings, they still need to be catered for, and it is asked that they too pay \$30 toward the catering. More importantly, if you OR your guest cannot attend, please notify Judy Johnston by the Tuesday morning prior to said meeting so the caterers can be notified.

It can become quite costly paying for over - catering  
Thanks so much

## Service Committee -

Carole Lindsay

### Reef festival Saturday 3 August 2024

It was agreed at the June meeting that we will again join the parade down the main street of Airlie in the Reef Festival on Saturday the 3<sup>rd</sup> of August. Last year we marched with our Banner saying Zonta says no to violence we may do the same again this year unless one of you have a fabulous idea that is different, please ring me with any great idea, they are all welcome. We need three volunteers to help make this project successful. Please ring me if you can find a small amount of time to help.

### Zonta BBQ

Our next Zonta BBQ has been booked for Saturday 27 July 24.

Zonta BBQ 's with Bunnings is one of our regular fundraisers, which provides a good proportion of our income during the year.

- Voluntary duties include rostering, shopping, set up, selling from 8.00 to 3.00 approx. and then pack down. Occasionally there is additional washing and cleaning of equipment at home.
- All volunteers on the day, received a sausage in bread and drink.
  - **BUT: remember the fun and camaraderie we share on these days**

## Knitting Club



The month and is social, friendly and time, come and visit and join in. current skills, there many

Our Zonta knitting group and friends of Zonta have been very busy distributed some of our beautiful blankets to the Proserpine hospital, Proserpine Nursing home and to the Counselling and Support



knitting group meets once a welcoming. If you ever have You do not have to have willing to teach, talk or help.



and the

## Birthing kits

We will be ordering 400 birthing kits for this year. We believe this is a fantastic project especially for the high schools who gain so much from the activity and the knowledge that goes with it.

Would four members please volunteer to help me with the project which will only entail a few hours of preparation and a few hours at both schools.

*'The concept of the Birthing Kit began in 1995, when Adelaide Doctor and fellow Zontian, Joy O'Hazy, attended the [United Nations Fourth World Conference on Women](#) and heard Sally Field speaking about a similar kit she had seen in Nepal. With the idea that hygiene was the key to improving maternal and newborn survival in low resource settings, Joy developed the Birthing Kit – a small zip-lock bag containing six basic and clean items to be distributed to women and birthing attendants in low-resource and emergency settings. In 2019 over 2.4 million kits had been packed by volunteers and distributed to 30 developing countries. Their mission is to ensure that all women and girls have access to a clean and safe birth.*



## Blue Cards

A Blue card (working with children) is required by QLD Government for any activity we do that may include children. The card is free for volunteers and is made by application. Any one in the club who does not have one or would like to obtain one, please contact me and will assist with completing the form.

## Social Events

There are two great events coming to the Proserpine Entertainment Centre (PEC)

- John Denver – starring Darren Coggan Wednesday 31 July at 1.00 pm
- Morning melodies – A farewell to Doris Day with Melinda Schneider 10 .30 Thursday 15 August

Six Zontians are already going to morning melodies and three are going to John Denver

We need to book to ensure our spaces, as the entertainment centre have set the room as a cabaret and there are not as many seats.

Please call Marlene on 0407288244 if you would like to be on a Zontian table or you can book directly through the PEC.

## Derby Day?

Last year this event was an outstanding success and is a fabulous opportunity to showcase ZONTA and raise money for our many projects supporting and empowering women and girls

However, do we want to do it again?? If so at what venue as LaTabella is very hard because of the noise.

**OR**

Who has a bright idea for a classy fundraiser around October this year in its place.

Please put on your thinking caps and come up with a great idea.

*Derby day has proved to be a winner for 4 years in a row, but is it time for change?*

## What's been happening:

- Judy Johnston – is waiting for her next grandchild to arrive
- Roz is waiting for her next grandchild as well
- Cath is back from Italy and
- Marlene back from Scandinavia
- Pammie and Margaret are back from Zimbabwe
- Judy brown has been in Brisbane visiting family
- Jo has had a very bad bout of shingles and is slowly recovering
- Janice is snatching some time to go sailing
- Helen Newell will be heading off to Cambodia before to long
- Maxine is back from South Australi and visiting family
- Di was recently promoted in the RSL and is required to travel heaps
- Marnie and Marlene attended Ayla's (daughter/granddaughter) graduation from the police academy
- Betty is currently at the gold coast competing at the gold coast
- Carol has just downsized her home and has been kept busy
- Meleeta had an overseas trip
- Joanne busy overseas with her dentistry
- Amanda is busy being, State member of Qld Parliament
- Annie is busy navigating the seas in her position of Captain.
- Kotaki spent a lot of time in India

More information on our other Zontians next issue.....

## Vale

Our thoughts and condolences are with Dawn following the passing of her husband Warick peacefully on Sunday 12 May 24

## Advocacy

We raise awareness of domestic and family violence by participating in community events and other activities, including:

- 16 Days of Activism against Gender-Based Violence 2024 Nov 25, 2024, Dec 10, 2024  
The 16 Days of Activism against Gender-Based Violence is an annual international campaign that kicks off on 25 November, the International Day for the Elimination of Violence against Women, and runs until 10 December, Human Rights Day.
- Locally, our **Zonta says NO** sign is prominently displayed on the billboard on Airlie Hill – seen by thousands of locals and tourists walking and driving past each day. We also display our **orange ladies** around town outside shop, pubs, and clubs during this time.
- **Our Orange ladies** will receive a makeover in coming months to be ready for future events. Zonta Whitsunday is proud to recognise how this idea from our local member, Maxine, many years ago has now been adopted by many Zonta clubs around Queensland and inter-state. We also acknowledge the support from our local Men's Shed in helping us to design, create and maintain our orange ladies.

- Installing Posters on back doors of toilet cubicle at community facilities, sporting fields, pubs, and clubs with a direct message:

**One woman is murdered each week in Australia by an intimate partner. If you, or someone you know is experiencing, or is at risk of Domestic Violence – please call DV CONNECT: 1800 811 611**

- Discreet information cards with emergency phone numbers for support with Domestic and Family Violence and Sexual Assault.

- **Assistance for girls in high school**, providing both financial and mentoring support:
  - Scholarships and school bursaries – attracting impressive young women as applicants that remind us of our future is in good hands.
  - Z clubs in schools

Cheers  
Helen

## Pause for Thought



*“Pause for thought” is a replacement for the invocation. The nominated member gives a five-minute talk on any project of Zonta International or issue that has relevance to Zonta.*

This was a great article by Dawn presented several years ago and certainly worth sharing again.

Pauses can be an incredibly powerful tool in public speaking as they provide several benefits to the speaker as well as to the audience. According to research the average professional speaks at a rate of 150 words per minute. The average person thinks at a rate that is at least four times faster. So not surprisingly when giving a speech our perception of time is often off. What may feel like an eternity is actually a few short seconds for the audience.

As our thoughts race ahead of us a pause helps us in four primary ways:

1. Collecting our thoughts – gives us and our audience time to process. A silent break in your speech also grabs your audience’s attention. It allows them to digest what you’re saying while you take a breath.
2. Calm nerves – taking a pause before even starting a speech is especially important for people with a fear of public speaking as it helps calm nerves.
3. To eliminate filler words – both pauses, and filler words are used by speakers to take a break and figure out what they’re going to say next.  
However a pause makes you sound confident and in control, whereas a filler word is distracting and makes you sound as if you don’t know what to say – e.g. like, y’know, ok, well, um, that is, I mean..
4. Filler words can creep in - every time you feel that you are about to use a filler word – pause instead.

On study shows that pauses correlate more with truthful speech than with deceptive speech – so there is no harm in wanting to come across as trustworthy and genuine. Don’t we all!

Great public speakers often pause for 2-3 seconds or even longer!

We use commas and periods as signs to pause when we are reading and writing. These are the same places to pause when giving a speech.

At some points try a slight pause to collect yourself. At other points pause for several seconds to let the audience reflect on what you’ve said. But be careful, a pause can either build suspense or come across as awkward silence.

Even those who seem to be naturally gifted speakers follow these simple rules of thumb – **prepare, practice, and personalise.**

## Schedule of speakers

July	To be advised
August	To be advised





## Thoughts on equality

If you're feeling helpless, help someone." — *Aung San Suu Kyi*

- People will forget what you said, people will forget what you did, but people will never forget how you made them feel." — *Maya Angelou*

## BIRTHDAYS

Happy birthday to you.....



June

Catherine



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### Dates to remember:

- **Bunnings BBQ Saturday 27 July 2024**
- **Next meeting 18 July**
- **Reef Festival Saturday 3 August 2024**
- **Lions Changeover dinner 7 July**
- **John Denver show – Wednesday 31 July**
- **Morning melodies – Thursday 15 August**
- **Derby Day or something else October/ November 2024**
- **Birthing Kits October/ November**
- **16 Days of Activism Nov 25, 2024, Dec 10, 2024**
- **Christmas party Saturday 7 December??**
- **IWD 9 March 2025**

### Regular Dates

- **Knitting group April to Nov last Monday of the month at 10.00 am.  
Carol 0417 619 098**