

The Zonta Club of Mackay

NEWSLETTER

August 2012



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President's Report

Our July dinner meeting was a very memorable occasion having the pleasure of two of our Whitsunday Anglican School Z Club members, and two of their wonderful teachers join us to talk about the girls' recent visit to Vietnam and Cambodia doing service work for the local communities there.

Our two Z Club girls Taryn Shepherd and Rachel Sharp were able to share their volunteer service work experiences with such passion that I think we were all able to participate in their journey and witness how much they enjoyed helping others but also the personal growth they experienced themselves. With their eyes at times filled with tears, and emotion in their voices, clearly they received as much from the community as what the girls themselves gave.

Building houses, supporting an orphanage with disabled children, and learning about many varied and moving aspects of the history of the countries, the girls took us all on their journey, and for a number of our members who have been to Cambodia or Vietnam, it was a bonding experience.

From my personal perspective it was quite amazing but also gratifying to know that our future generation demonstrates and displays such outstanding attributes as compassion, empathy, and genuine care for others less fortunate than themselves. What really puzzles me, but also brings such joy is how these young girls can be so knowledgeable, already identifying, as Rachel so wonderfully put it, 'that helping others brings true happiness'.

They have discovered, as in the words of another very wise person, '*The Best Way to find yourself is to lose yourself in the service of others.*' (Mohandas Gandhi)

Yours in service

Marie Cameron
(President)



WAS Z Club visitors: From left. Gail Clark, V President; Deb Toohy, Whitsunday Anglican School teacher travelling with the students; WAS Z Club students Taryn Shepherd (front right) & Rachel Sharp (front left); Janine Larsen, WAS Teacher and School Z Club Co-ordinator; Marie Cameron (Zonta Mackay President)

What we're doing

The Cookbook

The club cookbook, being produced in conjunction with the World Café, is now in its final stages of preparation and on-course to be delivered to the printers on Monday, 27th August. Needless to say, the sub-committee members are very, very busy at the moment.

The book will contain a total of around 70 recipes, contributed by Zonta Club of Mackay and World Café members (and family and friends), and by many of the book's sponsors, along with their interesting promotional material.



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A sneak peek of the cookbook (one page of it) is on page 7

The book is also choc-a-block full of photos, of these delicious recipes and of scenery and history of Mackay, as well as interesting facts about this great place we live in.

We plan for the book to be ready for sale mid-September in time for its official launch on 29th September at our 20th Anniversary celebrations.

Eunice Shearer
(Chair, Cookbook Sub-Committee)

Service Committee News

Reminder to bring yourself and friends to our Birthing Kit Assembly Day, **Sunday 26th August** at TAFE College Mackay at 10am. We have 800 kits to assemble.

Breast Cushion Stuff'n'Sew will be held **Sunday Sept 16th** at Marvic at 17A Evans Ave, North Mackay, 2pm all welcome. You don't have to be able to sew to come.

Mackay Women in Business Network News



Black Friday lunch was enjoyed by all, most guests wore black and there were a few black watches hats. All guest enjoyed the Networking activity on Superstitions. The Z Club raffle was won by Diedre Bradshaw - Jewel Health. Diedre was attending her first MWIB lunch.

Gail Clark (MWIB Committee)

DATE CLAIMERS

- * Sunday 26th August: Birthing Kit packing day at TAFE (10am)
- * Sunday 16th September: Stuff'n'Sew at Marvic (2pm)
- * Saturday 29th September: Zonta 20th Anniversary celebrations and launch of Zonta cookbook
- * Saturday 6th October: River to Reef Festival
- * Sunday 28th October: Global Grooves, Mackay
- * Sunday 25th November: White Ribbon Day
- * Saturday 1st December: Zonta 'Round the World' Christmas party at Peter and Marie Cameron's house



Torino Convention, 2012

Judy Spannagle and I attended the ZI Convention in Torino, Italy, from 6-12th July. As this was the first time to Italy for Judy, we participated in pre and post-Convention Tours. First, we flew into Rome, visiting Pompeii, Sienna, Florence, and Pisa (below),



on our way to Torino. Then, on leaving Torino, we visited Milan, Verona and Venice (photo below right). We were accompanied by Zontians, mostly from Canada and the USA.

On Saturday 6th, we made our way to the Lingotto Convention Centre, situated in an interesting building which was previously the FIAT factory. After registration we attended the District 22 Meeting, where we were addressed by outgoing District Governor Trish Collins, outgoing International President Dianne Curtis, incoming International President Lyn Mackenzie, and incoming District



Governor Judith Anderson. We then attended the Delegates Training Session, and the Open Forum, where the International Board responds to general questions from delegates.

The official convention Opening Ceremony occurred on the Sunday. How exciting it was, to be there with over 2,000 delegates and guests. During this ceremony, the flags of all of the Zonta nations are presented, and many of the attendees wear their national dress. At the Opening Ceremony, we are pictured (above) with two of the ladies from

the Philippines who were on our tour, and also Past International President Olivia Ferry .

From Monday to Thursday, a packed programme prevailed, with reports from the outgoing Board, and as always, there was much animated discussion



during the By-Laws Sessions. We were addressed by Candidates for the International Board positions, and Elections took place. We were also treated to talks from past winners of the Young Women in Public Affairs Award, Amelia Earhart Fellowship, and Jane M.Klausman Women in Business Scholarship. What amazing young ladies!!!

The incoming International Committee Chairman talked of their plans for the next biennium. The Closing Banquet was addressed by Ms. Michelle Bachelet , the first Under-Secretary-General and Executive Director of UN Women, which was



established on 2 July 2010 by the United Nations General Assembly. This was then followed by the International Board Handover.

Judy and I enjoyed the company of many wonderful Zontians from around the globe, and look forward to meeting again either in Orlando in 2014 ... or Nice in 2016.

Vassie Comino

What we're doing

Service Learning Tour of Vietnam & Cambodia

With much excitement, our 37 service student, teacher and parent volunteers, embarked on their Tour of Vietnam and Cambodia during the June holidays. The Tour was amazing for all involved.

Over the two weeks, the group travelled through many different cities such as Ho Chi Minh City and Phnom Penh, and had the opportunity to ride elephants, visit the Bayan Temple and Angkor Wat complex, and even eat deep-fried tarantulas and crickets! Yum!

Before leaving Australia, many months of preparation went into making sure that the trip could be the best that it could be. \$11 000 was raised by the V&C tour group! All of this money was donated to the various places that the group visited and contributed their time to.

“The main service components of the trip were building a house for two impoverished families in Vietnam ... and painting four classrooms in a small Cambodian school ...”

The main service components of the trip were building a house for two impoverished families in Vietnam, painting four classrooms in a small Cambodian school that we had also fundraised to keep all the children in school for another year, and to hand over three wells that we had donated. We were also able to spend time and

provide some financial assistance to another orphanage in Cambodia for the purchase of beds, blankets and rice for the children.



So many wonderful experiences, so many wonderful memories!

*Taryn Shepherd, Rachel Sharp
(Whitsunday Anglican School)*

MNSHS Z Club News, July

The Mackay North State High School Z Club HOWW (Helping Others World Wide) were inducted at a morning tea meeting on Wednesday July 18. Ten girls from Years 8 and 9 showed interest and enthusiasm on becoming Z Club members.

On August 1, the first meeting since induction, the group will present representatives from YIRS and Kalyan House with donations of 100 Personal Hygiene packs. The contents of the packs include shampoo, conditioner, soap, dental floss, toothpaste, toothbrush and razor.

Leanne Shepherd



MNSHS Z Club inductees with Leanne Shepherd (top row, left) and Gail Clark (top row, right)

Lou Xiaoying of China

The inspiring story of the Chinese rubbish collector who saved and raised more than 30 babies abandoned at the roadside.

A woman has been hailed a hero after details of her astonishing work with abandoned children has emerged.

Lou Xiaoying, now 88 and suffering from kidney failure, found and raised more than 30 abandoned Chinese babies from the streets of Jinhua, in the eastern Zhejiang province where she managed to make a living by recycling rubbish.

She and her late husband Li Zin, who died 17 years ago, kept four of the children and passed the others onto friends and family to start new lives.

Her youngest son Zhang Qilin - now aged just seven - was found in a dustbin by Lou when she was 82. 'Even though I was already getting old I could not simply ignore the baby and leave him to die in the trash. He looked so sweet and so needy. I had to take him home with me,' she said.

I took him back to our home, which is a very small modest house in the countryside and nursed him to health. He is now a thriving little boy, who is happy and healthy.



This photo from July 25, 2012, shows Lou in the hospital surrounded by her family. Her 7-year-old son Qiling is shown to the left of the photograph and her daughter, 33-year-old Zhang Jingjing, is seen holding up her own child.

Articles adapted from *Mail Online*, 30th July 2012, written by an unnamed Mail Online reporter.

'I realised if we had strength enough to collect garbage how could we not recycle something as important as human lives ...'

My older children all help look after Zhang Qilin, he is very special to all of us. I named him after the Chinese word for rare and precious.

The whole thing started when I found the first baby, a little girl back in 1972 when I was out collecting rubbish. She was just lying amongst

the junk on the street, abandoned. She would have died had we not rescued her and taken her in. Watching her grow and become stronger gave us such happiness and I realised I had a real love of caring for children.

I realised if we had strength enough to collect garbage how could we not recycle something as important as human lives,' she explained.

These children need love and care. They are all precious human lives. I do not understand how people can leave such a vulnerable baby on the streets.'

Read more: <http://www.dailymail.co.uk/news/article-2181017/Lou-Xiaoying-Story-Chinese-woman-saved-30-abandoned-babies-dumped-street-trash.html>

*Eunice Shearer
(Advocacy & Awareness Committee)*

CHINA'S ONE-CHILD POLICY

China's controversial 'policy of birth planning' was introduced in 1978 to reduce the strain on the country's burgeoning population and reduce the strain on resources.

It officially restricts married, urban couples to having one child and those who break the rules have to pay a fine or fee. Those who stick to the rules are usually awarded a certificate and can benefit financially, such as receiving an additional month's salary every year until the child turns 14.

The policy allows exemptions in some cases - including rural couples, couples without siblings on either side, and ethnic minorities. Certain rural parts of the country allow couples to have a second child if the first born is a girl **but many parents feel pressured to produce an heir and end up abandoning the females.**

If the second child is also a girl, no more children are allowed. It is extremely rare to find a family that has two sons.

Despite the fact that it is illegal to kill newborn babies in the country, female infanticide and the failure to report female births is widely suspected, especially in rural areas. Despite this, an independent 2008 survey reported that 76 per cent of the Chinese population supported the policy.



August: Lynne Baillie

Birthday: 1st August 1961

Joined Zonta Mackay: August

2009 **How I heard about Zonta:**

When I first moved to Mackay I had a stall at the City Markets every Sunday showing my Creative Memories business, hoping to build up some contacts.

In 2007, I met and started chatting to Shirley Rowles one Sunday about opportunities to meet people in Mackay and she told me about Zonta.

Positions held in Mackay Zonta Club: Minutes Secretary for two years, Chair of the Service Committee for one year and now Treasurer.

Family: I am married to Alister Baillie, 20 years on the 1st August. We have two children. Matthew is nearly 18 and moving out of home to help out a friend and his Mum pay rent; he works as a plant operator and has just finished 5 years in Army Cadets leaving as their CUO. Tayla is 14, in Year 9, and also in Army Cadets, currently a Corporal and looking forward to staying a few more years. She is also a Lifeguard, a cadet and active member of the Mackay SLSC participating in many carnivals, including States. Tayla was awarded the "Quiet Achiever" Award for 2011/12. Yes I'm a pretty proud Mum!

My story: Our move to Mackay from Brisbane happened in December 2006. It was our "seachange", well my husband's – he became a B-double fuel tanker driver after 17 years as a Purchasing/Warehouse Manager – go figure! We bought our current house in October 2007 and then had 30cm of water through it in the February 2008 floods. The rain we'd had leading up to that time was the most my kids had ever seen in their entire life to date, so that morning will always remain in our memories.

I'm the youngest of five children to Frank & Dorothy Gooderham, from Jandowae, Queensland (west of Toowoomba). I became an aunt at the age of three, and my children are the last two of 14 grandchildren. I got my first camera at 13, a year after my father died from septicaemia. I loved taking photos and have more of my nieces and nephews than their parents do I'm sure.

I wanted to marry for love and was prepared to wait until my soul mate entered into my life. I didn't think it would take nearly 30 years for this to happen, but happen it did, just when I'd decided that maybe it wasn't meant for me. Alister and I



met at a cocktail party 22nd June 1991 and were married 1st August 1992, on my 31st birthday. His choice, so he'd never forget, or he'd be in double trouble! We'd just built our first home and our finances were tight when he finally

popped the question, he'd known for 6 months I'd say 'yes' because I'd told him so! So I had 6 weeks to plan our wedding and honeymoon on a \$500 budget – I'm very proud to say I did it!

Career highlights: My career started in building societies as a cashier and spanned about 10 years before I started doing temp work, which always ended up with a job offer. I also worked with Tourism Queensland until I had Matthew. When Tayla was a baby I was introduced to Creative Memories and because of my love of photos, I saw this as something that would work for me. I wanted to tell everyone about Creative Memories and help them make an informed decision about how they stored their photos and how they could tell their stories to pass on for generations to come. That was 12 years ago now and I love being able to earn an income doing something I love! It's the longest thing I've stuck with outside marriage and motherhood! I've been working at Sugar Australia as Admin. Support Officer at our Racecourse Refinery site since July 2007.

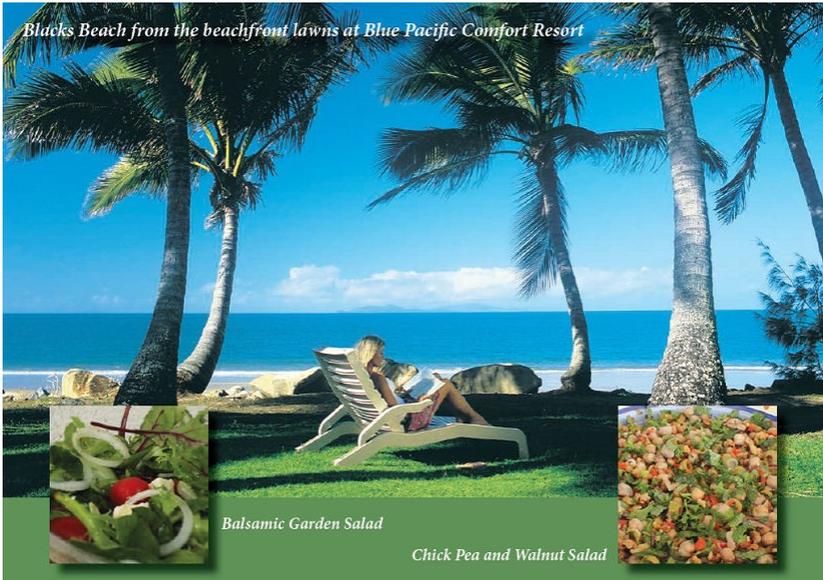
Hobbies and interests: Photography, scrapbooking, reading romances

Philosophy of life: Finding the positive or the lesson to be learnt from any negative that comes into my life. To live life to the fullest, with no regrets and let the kids inherit everything, including our debt!! ☺

The next chapter: Since Mum passed away this year I feel I've been guided to branch out with my Creative Memories to create albums for other people who don't have the time to do it themselves. I'd love to also create memorial albums of people's loved ones who have passed on. Therefore "Reflections of You" was born as a result of what I created of my mum's life and her funeral. I'm also involved with a new website and app for brides-to-be, to help them plan their weddings and to create their scrapbook albums for them. This is being launched later this year, so very excited about that!

Lynne

Cookbook - Sneak Peak



Blacks Beach from the beachfront lawns at Blue Pacific Comfort Resort

Balsamic Garden Salad

Chick Pea and Walnut Salad

BALSAMIC GARDEN SALAD

- Selection of green leafy salad vegetables (pre-mix packs good for this)
- 1 finely sliced cucumber
- 1 finely sliced white onion in rings
- 12 cherry tomatoes
- 250g diced cheese
- 1/2 cup Balsamic Salad Dressing (pre-mixed from supermarket)

Toss all ingredients in a large salad bowl. It's the balsamic salad dressing that makes it something special. Serve and eat. Excellent served with multigrain rolls.

Preparation time: 10 mins Servings: 4-6

CHICK PEA & WALNUT SALAD

- 1/4 cup olive oil
- 1/4 cup lemon juice
- 800g canned chickpeas, rinsed, drained
- 1 cup coarsely chopped fresh flat leaf parsley
- 1 cup coarsely chopped fresh mint
- 1 cup seeded green olives,
- chopped coarsely
- 4 green onions sliced thinly
- 2 long green chillies sliced thinly
- 1 medium red capsicum chopped finely
- 1 cup roasted walnuts chopped coarsely

To make dressing, place oil and juice in screw-top jar, shake well. Combine remaining ingredients in large bowl, drizzle with dressing before serving. A speedy snack.

Preparation time: 20 mins Servings: 8

Did you know the Mackay region has over 30 beaches within 5 to 45 minutes drive of Mackay City Centre?



Comfort Resort Blue Pacific is a beachfront resort, situated on Mackay's beautiful Northern Beaches.

The spacious self-contained studio, one, two and three bedroom apartments are set amongst three acres of lush tropical gardens and cater for both holiday and corporate guests.

You can find us on www.bluepacificresort.com.au for more information.

We have women in the military, but they don't put us in the front lines. They don't know if we can fight, if we can kill. I think we can. All the general has to do is walk over to the women and say, "You see the enemy over there? They say you look fat in those uniforms."



**Congratulations to
Bridget Mather**
on becoming a
grandmother for the first
time, to granddaughter
Georgie,
13th July, 2012
Yay!



Newsletter Banner (from the Editor)

This month's newsletter banner shows Lynne Baillie's photo of yachts in the Mackay Harbour over which I have superimposed the newsletter title. Thank you for allowing us to use it, Lynne. So I thought it might be fun if the background photo were to change each month, showing different scenes of Mackay. I therefore invite you to email me high resolution photos you may have of Mackay and I will choose a different one each month to replace this month's picture.

Happy Birthday

- Lynne Baillie: 1st August
- Lyn Dupuy: 5th August
- Gail Clark: 9th August



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