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**President's Report**

As we edge closer to Christmas and the end of year, it is time to reflect on what a whirlwind and busy year 2012 has been for our Zonta Club of Mackay. Commencing with our IWD luncheon, we were fortunate to have two exceptional guest speakers at our lunch. Jade Denmar from Brisbane who was the Zonta District 22 Jane M Klausman (JMK) Women in Business Scholarship winner for 2010/2011 and Melissa Schembri, bestselling author and past winner of the Australian Institute of Management's Young Manager of the year.

Other highlights for this year included:-

- Our 'Biddies' theatre fundraiser organised by Lynne and supported so capably by Gail, Trish, Sarah, Viv and Leanne. The cent sale afterwards was received so well, and the gifts all looked amazing!
- Assisting with our Z Club members from Whitsunday Anglican School, at the registration desk at the Relay for Life in May
- Two of our Charter members Vassie and Judy travelling to the Zonta International Convention in Torino, Italy in July and coming back and sharing all of their great experiences with us
- Our wonderful newsletter was relaunched through the perseverance and hard work of our dedicated member Eunice
- A record number of helpers with our service projects such as our birthing kit assembly day and breast cushion packing days, with Gail the key coordinator doing a great job
- The establishment of our third Z Club 'Helping Others World Wide "HOWW" Club at the Mackay North High School. This was achieved through the hard work and support by our very committed member Leanne
- The establishment of a relationship with the women at the World Café, along with the conception of and through hard labour the birth of our anniversary cookbook, Mackay: Past, Present and Future – A little book of tastes and topics which was launched at our 20th anniversary celebrations. A copy of this has now been buried in the Mackay 150th Anniversary Time Capsule



## President's Report (cont'd from p1)

- Our 20th anniversary celebrations held in the foyer of the CON in September, with recognition of our Charter members by our wonderful Area Director Hilary Grant
- An amazing 60% increase in our membership, an information session in October and ongoing information and mentoring sessions being organised by our Membership Committee members Vassie and Judy
- Recognition of White Ribbon Day with a sausage sizzle BBQ and car wash with involvement by our Z Clubs, the Cutters football team members and the Australian Culinary Federation
- Attendance by all members at a number of community festivals and markets to sell our cookbooks. Our latest stall held recently achieved sales of an incredible 78 cookbooks. The Saleswoman of the year award must go to Bridget!

**W**hen I look back over the past year, it is with the realisation that our Club comprises an amazing team of women who share their talents, skills, time, energy and commitment to improving our community both locally and internationally. Thank you all for your friendship, support and contributions.

...the calendar for 2013 is already starting to fill and will commence with our planning session on Saturday 12 January.

**B**est wishes for peace and happiness and enjoyable times spent with family and friends over the festive season.

Yours in service

*Marie Cameron*

## Membership News

### Induction of New Members Zonta Club of Mackay

**T**his year, 2012, has been a very busy year for the Zonta Club of Mackay, celebrating its 20<sup>th</sup> anniversary of service to the Mackay community and the 150 years anniversary of Mackay through the launch of its cookbook 'Mackay: Past, Present Future – a Little Book of Tastes and Topics. Considerable effort has been made by Club members to get involved with various community activities to sell the cookbooks and promote what Zonta is all about. Through these activities interest has been generated with many new members joining the club.

**A**t the recent Club dinner meeting in November an amazing five new members were inducted as new Zonta Club members. Membership Committee members Vassie Comino and Judy Spannagle have worked tirelessly over past months holding information and mentoring sessions to provide information about the Club and its objectives and to support new members joining the Club. For anyone interested in learning more about Zonta please contact Vassie Comino on 4957 4370 or Judy Spannagle 4953 5910 or website [mackay@zontadistrict22.org](mailto:mackay@zontadistrict22.org).

**T**he Zonta cookbooks are available for purchase at PC Comino and Sons, Sydney Street, Mackay or Dupuys Pharmacy, Greenfields.

### *Kathy Farren-Price*

*Left to right: Vassie Comino ( Chair, Zonta Membership Committee), newly inducted members Kathy Farren-Price, Carol Brooks, Belinda Hassan, Lisa Davis, and Julie Cardiff, Marie Cameron (President), Judy Spannagle (Membership Committee member)*







What we're doing

## Cookbook news

### Troppo Market, Sunday 2nd December



... to Bridget, Marie, Carol, Lisa, Viv and Sarah who attended the Troppo Market on Sunday morning to help with the Zonta stall and promote our Cookbook.

**I**t was an extremely frantic morning at the market. And we capitalised on the hordes of expectant Christmas shoppers with smiles on our faces and determination in our hearts.

**B**ridget was truly a force to be reckoned with, racking up the highest number of book sales. Marie did an amazing job, supported by Bridget, with setting up our very eye catching stand and was assisted by Viv in packing up and covering the final exhausting hour. Lisa did a great job of distributing our 'perfect Christmas gift' flyers round the market and networking with the other stall holders. Sarah charmed many customers into learning more about our book and Zonta as an organisation. And we also had several comments from shoppers that they would be looking for the book in P.Comino and Dupuy's over the next few weeks.

**S**o, to the commercials...how much money did we actually raise? I'm ecstatic to report that we smashed our Troppo Dec market target of \$500 recording:

- Cookbook sales... \$780**
- Charitable donations... \$22**
- GRAND TOTAL \$802**

*Gemma Clark, Cookbook Sub-committee*

## White Ribbon Day, Sunday 18th November

Many thanks to our Service and Advocacy Committees, in particular, Gail, Leanne and Viv for organising a really great event on Sunday, 18<sup>th</sup> November, with participation by other club members, our Z Clubs, members of the Cutters Football Club and Murray from the Australian Culinary Federation, who cooked



*Some photos from the day*



## Z Club news

### The Zonta club of Mackay sponsors the HOWW Z Club at Mackay North High S H S

#### HOWW stands for Helping Others World Wide

#### The HOWW Z club girls have had a very busy successful year

They packed 100 personal hygiene packs for Youth Information Referral Scheme (YIRS) and Kalyan House to be given to people in need in Mackay.

They then launched their Operation Christmas Child Project where shoeboxes were packed with gifts to be sent to Third World countries so many more children can wake up to gifts on Christmas morning. They sold bags of red and green Xmas frogs at Global Grooves Multi Cultural Festival to raise funds for postage of the gift boxes.

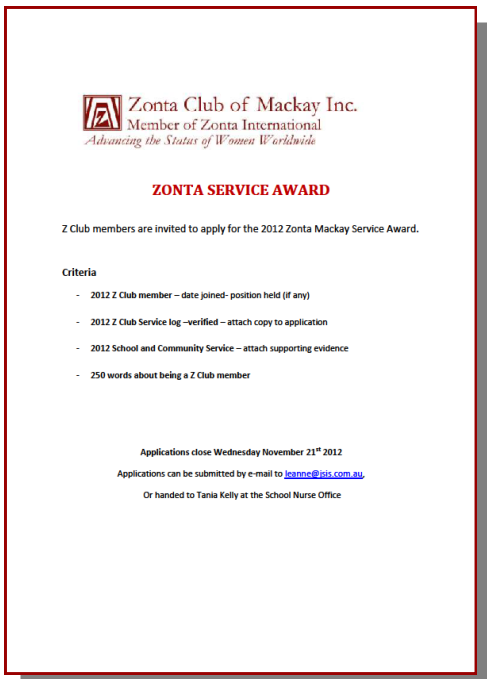
They also helped wash many cars at Porters for White Ribbon Day and also sold White Knights and White Ribbons at school to raise awareness of domestic violence.

We are very proud of the HOWW Z Club and thank and congratulate every one of you for your achievements and commitment to service.

### The HOWW Z Club Service Award, 2012

The Z club service award is presented to a Z club member who has met exemplary criteria of service to their school and their community.

This award was presented by the Past President and Chair of the Service Committee of the Zonta Club of Mackay, Gail Clark. The recipient of the HOWW Z CLUB SERVICE AWARD FOR 2012: ELIZABETH KELLY



The recipient of the  
HOWW Z Club Service  
Award for 2012:  
ELIZABETH KELLY



This award was presented by the Past  
President and Chair of the Service  
Committee of the Zonta Club of  
Mackay, Gail Clark



What we're doing

## Mother Teresa of Calcutta

*We have all been saddened this week by the tragedy of the Sandy Hook massacre of 20 children at their school. I think most of us have been especially moved by the tragedy of 20 lives suddenly cut short, young lives brimming with promise and potential. With this in mind my thoughts for December have turned to a woman whose life, thankfully, was not cut short and who lived into old age after a life that had prolonged, enriched and inspired the lives of countless others - Mother Teresa of Calcutta.*

**M**other Teresa, born Gonxha (Agnes) Bojaxhiu, on August 27, 1910 in Skopje, Yugoslavia, showed an interest in helping others from childhood. At the age of eighteen, she traveled to Dublin, Ireland to join the Sisters of Loreto, a women's Catholic religious order active on every continent. Upon becoming a nun, she took the name 'Teresa', in honor of Teresa of Avila and Theresa of Lisieux, and immediately set out for Calcutta, India to teach at St. Mary's High School. In 1946, she decided to do something more meaningful with her life and in 1948, she founded the Missionaries of Charity, an order committed to serving the poor and the less fortunate. Soon, there were thousands of members running centres for orphans, lepers, the blind, the disabled, the dying, alcoholics, drug addicts, and the homeless. Mother Teresa was met with international acclaim, winning multiple awards before receiving the 1979 Nobel Peace Prize. Despite her huge success, however, her health began declining as she suffered several heart attacks and broken bones. Finally, on September 5, 1997, she passed away in her beloved Calcutta and Sister Nirmala was named her successor ("Teresa, Mother"). Several years after her death, Pope John Paul II beatified her, leaving her one step away from sainthood.



1979 Nobel Peace Prize and "...she convinced the committee to forego the traditional ceremonial dinner and to add the money to her prize winnings, a total near \$192,000. She used the money to build more homes for victims of leprosy" (Gebber). Mother Teresa had just won the Nobel Peace Prize, one of the highest honours she had ever received, and yet, she was still thinking of others. On the night dedicated to celebrating her own accomplishments and successes, she turned the spotlight upon the people that she worked with, taking the opportunity to inform even more people of their troubles. Afterwards, she even donated the money that was intended for her own personal use to the Missionaries of Charity, effectively surrendering her own comfort and wealth for those that needed it more. She already lived in very harsh conditions; "the woman who brought in millions or dollars to support her causes lived on a rupee (about four cents) of food per day and little more than four hours of sleep per night..." (Gebber); but she still devoted her entire life to others, working extremely hard under tremendous stress and pressure. A truly selfless person, her work was always on her mind and she always did whatever she could to help those less fortunate.

*"Yesterday is gone.  
Tomorrow has not yet  
come. We have only  
today. Let us begin."  
Mother Teresa*

**O**ne of Mother Teresa's greatest attributes was the way she gave up everything to help those less fortunate and never took credit for her work, always searching to inform the world, not of what she did, but of what could still be done. Mother Teresa didn't particularly care for rewards or payment because she felt that helping a fellow human being equalled and surpassed the hard work she put into her cause. In fact, instead of seeking praise and gratitude for her efforts, Mother Teresa consistently deflected attention off herself and onto those who needed her, constantly thinking of how to continue helping the poor and impoverished. This was demonstrated when she won the



**M**other Teresa's power was in how she motivated, whether it be in a conscious act like joining her religious order, or simply in small actions of daily life. She was an inspiration simply because of her ability to inspire. She captured the entire world in her dream: her belief that helping a fellow human being was worth giving up everything else.

*Adapted from an article written by Kimberly from San Diego on the My Hero Project [http://myhero.com/go/hero.asp?hero=M\\_Teresa3\\_dnh US 2010](http://myhero.com/go/hero.asp?hero=M_Teresa3_dnh US 2010)*

*Further reading: <http://www.ewtn.com/MotherTeresa/index.htm>*

*Eunice Shearer*



## Member Profile: Sarah Hatherly

**Date of Birth:** I was born on December 21st 1984 in Toronto, Ontario, Canada. I was raised in Mississauga, which is a city of 800,000 people on the coast of Lake Ontario. I was able to visit my family and friends back in Canada in August and September of this year, enjoying the summer season. It was lovely to be able to spend quality time catching up in person.

**Family:** My family is made up of my mom Sandra, my dad Randy, and my younger sister Erika. My parents came over to visit Australia in March of this year. I had a wonderful time showing them around Mackay, Eungella, Finch Hatton and the Whitsundays. They were lucky enough to spot a platypus on our day trip through Eungella and we had a great time snorkelling the Great Barrier Reef. My sister, who has just graduated from university as a pharmacist came over on a study break last year to visit.

**Joined Zonta Mackay:** I was invited to attend the Zonta Information night in September 2011 and I have been a member for just over one year now and I am part of the service committee.

**Reason for joining Zonta:** I joined Zonta because I was very interested in their projects and fundraising initiatives on a local and worldwide level. I was actively involved in many student organizations and volunteer associations through high school and university and was looking for something where I could continue being involved in my community. I was very fortunate while growing up to have some women around me who were able to support and empower me to always follow my dreams. By joining Zonta I am able to do the same for other women in Mackay and around the world.

### **Career Background and Highlights:**

I started my studies at McMaster University completing a Bachelor of Kinesiology (the study of human movement) in 2006. While at University I was actively involved in the Emergency First Response Team where we were trained as first responders for emergencies on campus. I was also the team therapist for a local ice hockey team and the varsity women's soccer team. Through these experiences along with a volunteer trip to India I realized my passion for helping people achieve their optimum health and wellness. To pursue my passion I decided to study to become a doctor of chiropractic.



I studied at the Canadian Memorial Chiropractic College in Toronto Canada, and completed my 4 year Doctorate Degree in June 2010. While studying I was actively involved in the political side of chiropractic working towards the advancement of the profession. After graduating I decided to move to Australia. I didn't know where I was going to end up working as I had never been to Australia before,

however knew in my gut that I had to do this life adventure. I travelled around the country for two months, completed my board exams and found my ideal job and living location in Mackay, and the rest is history.



**Current Career information:** I am currently working at In-Motion Chiropractic as an associate chiropractor. I began at the clinic in January 2010 and my first two years in practice have flown by. The learning curve has been very steep, transitioning from student to real practice. Being a chiropractor is very humbling, serving patients from 2 days old to 94 and all ages in between. It is important to me to continue learning, and I therefore keep up to date on the current research and attend several chiropractic seminars each year.

**Hobbies and interests:** I have always been interested in keeping healthy and active. Since moving to Mackay I have discovered outrigger canoeing and joined the local Malanuka Outrigging Club. It has become a passion of mine, and I often receive looks of disbelief from people when I tell them of waking up before the sun in the middle of winter and throughout the year. It is absolutely incredible to be on the water to start the day. Over the last year I competed in several regattas, including the National Titles held on Hamilton Island. Our team came first in our category, so even though I am Canadian I am also a National Australian Outrigger Gold Medallist 😊



**Future goals:** My goals include continuing to explore Australia and the surrounding region, continuing my own personal development journey over the next year and inspire others to follow their dreams and live their optimum life. My long term goals for the future include opening up a multi-disciplinary clinic where a variety of health care professionals will be able



to collaborate to provide the best care possible to their patients.

**Sarah Hatherly**

## Santa gets around at this time of the year



Security guarding in Indonesia

Surfing in Australia



A member of the Santa Claus Army in China

### DATE CLAIMERS

- Saturday 12 January, 2013: 2013 Full Club Planning meeting, Rio Tinto training room, 25 – 29 Evans Avenue, North Mackay, 3.00pm – 5.00pm

THERE WILL BE NO DINNER MEETING IN DECEMBER

THERE WILL BE NO CLUB NEWSLETTER IN JANUARY



### Newsletter Banner (from the Editor)

This month's newsletter banner shows my photo of the Leap Hotel, a landmark hotel 20 km north of Mackay, over which I have superimposed the newsletter title. Your Mackay photos will also be welcome, please send. *Eunice*

### Happy Birthday

- 21<sup>st</sup> December: Sarah Hatherly
- 23<sup>rd</sup> December: Viv Hamrahan
- 27<sup>th</sup> December: Bridget Mather
- 4<sup>th</sup> January: Vassie Comino
- 14<sup>th</sup> January: Gemma Clark



Have happy and safe holidays, whatever you choose to do in them!

### CONTACT DETAILS

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