



**NEWSLETTER OF THE ZONTA CLUB OF BUNDABERG INC.  
QUEENSLAND - AUSTRALIA**

*“Advancing the Status of Women Worldwide”*  
Club No 1296 Area 4 District 24, Charter 24.08.90  
Postal Address: PO Box 431, Bundaberg 4670.

**MARCH 2008**

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**MARCH DINNER MEETING**

Tuesday, 4<sup>th</sup> March, at Spinnaker Restaurant, Quay Street, Bundaberg at 6.30pm for 7.00pm.  
**NB Increase to \$25.00. Please Note:** It is important that your apology is received by 10.00am on the day of the meeting – if not you will receive an invoice for the cost of the dinner. Judy always acknowledges email apologies. If you do not receive one, it means Judy has not received it.

It is your responsibility to follow this up. You can also leave Judy a phone message.

**APOLOGIES to Judy Bedford, phone 4152 4783 or email [judy.bedford@bigpond.com](mailto:judy.bedford@bigpond.com)**

**Rosters: Door: Trish Eussen and Pat Faircloth Blessing: Debbie Leis**



***Happy Birthday in March to Joan Hawe 8<sup>th</sup>, Robyn Ballantyne 20<sup>th</sup>  
and Deltry Dickie 29<sup>th</sup>***

***DIARY NOTE - ROSTERS FOR APRIL & MAY 2008***

***Please arrange a replacement if you are unable to do your roster.***

***April 2008 Door: Lee Fleming and Jean Gahan Blessing: Dianne Leggo***

***May 2008 Door: Alexandra Grove and Elizabeth Hawe Blessing: Pamela Liddell***

***Dates to remember:***

**9<sup>th</sup> March 2008 – International Women’s Day Breakfast at Renee’s Place**

**19/20 April 2008 - Relay for Life: Put this in your diary now (see page 4)**

**Sat/Sun 26/27 April, 2008 Area Meeting – Bargara**

**Sat/Sun 17<sup>th</sup>/ 18<sup>th</sup> May Assembling Birthing Kits at Bundaberg Base Hospital (see page 3)**

**27 June-2 July 2008 – 59<sup>th</sup> Zonta International Convention in Rotterdam**

**International Women’s Day**

Members, for our March Dinner meeting, could you please bring a wrapped gift for the continuous raffle. You could also bring it along on the day or drop it off before hand to

Judy’s at Bedford & Associates, 29 Takalvan Street.



## Message from President Judy

Hello ladies

February is all but over and I hope you are all ready to welcome the Easter bunny and have a few days holiday with family and friends.

Our February dinner meeting was very well attended, thank you, and to our members who were unable to attend we missed you and we hope to see you at the March dinner meeting.

A very warm welcome to our newest members Pamela Liddell who has joined members on the Organisation and Membership committee and Deborah Mead who has transferred from the Zonta club of Townsville. Deborah has joined members on the Status of Women & Service committee.

Our membership committee members have been very busy introducing new members to our club.

Our international women's day brunch on Sunday 9 March is fast approaching. United Nations, Finance and Fundraising and Public Relations committee members are very busy organizing this very special event on our Zonta calendar. Once again I would encourage everyone to participate and contribute in whatever way you can.

The slate for the Zonta board 2008-2009 will be presented at March dinner meeting. The April dinner meeting will include the election of the board members for 2008-2009.

I am looking forward to seeing you all at the March dinner meeting.

Take care,  
Judy

## *February Meeting Induction*



Judy and Trish welcomed Pamela Liddell to our club. Pamela has joined the Membership and Organisation Committee

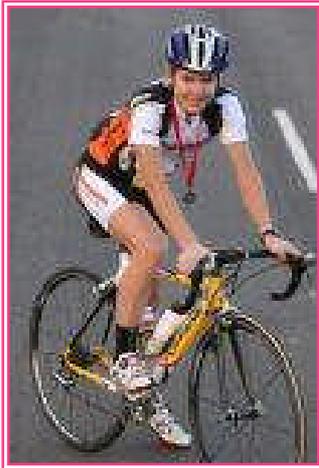
## *February Meeting Member Transfer*



Judy and Trish were happy to welcome Deborah Mead who has transferred from the Zonta Club of Townsville.

## **RELAY FOR LIFE 19/20 April 2008**

We have two Zonta relay teams registered for this great event.  
Dianna and Trish head these teams comprising of 19 Zontians. Thankyou members for your great support.



### Well done Kirsty!

You may have met local lawyer Kirsty Broun at a Bundaberg & District Chamber of Commerce event, or perhaps at a Zonta Club of Bundaberg event, but you may not know what Kirsty does in her 'spare time'.

Every chance she gets Kirsty dons the lycra and starts pedaling. Her efforts have been rewarded and she has been doing exceptionally well in cycling events in Queensland and Nationally. We're talking Firsts in the Sprint in the Criterium at the Noosa Triathlon and the Southbank Cri and a string of other achievements.

Perhaps those training runs through the picturesque Bundy canefields and around the stunning coastal areas have given Kirsty the competitive edge.

Up until now Kirsty has been wearing the colours of Bundaberg Cycling Club in her races which has been great for Bundy. Don't you just love hearing that 'B' word associated with success?

She has been doing so well, in fact, that Subway have realised her sponsorship potential and in future Kirsty will be seen in blue and pink lycra when she races - easy to spot in those televised events and if you look closely you will still see the Bundaberg Cycling Club logo.

Article printed in the Guardian - February 2008

### Did you know?

In 1907, Lord Baden-Powell started the scouting movement for boys. In 1910, the first scout rally was held in London. Girls "gatecrashed" the event and demanded to join. These girls were named Guides. Guides spread throughout many countries around the world. Today, there are more than 10 million Guides in over 136 countries.

Moral to this story ... don't leave girls out or they gatecrash!

### Birthing Kit Assembly Day

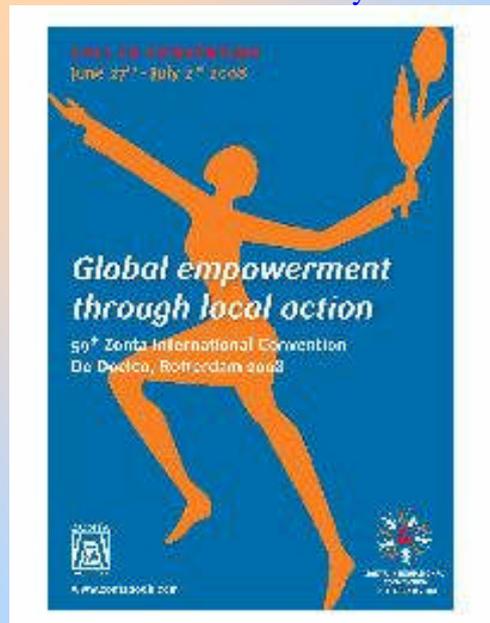
When: Saturday 17<sup>th</sup> and Sunday 18<sup>th</sup> May  
Where: Bundaberg Base Hospital

Members, here is advanced notice for this wonderful service project so put these dates in your diary now. Please aim to come at least one of these days.

It's also a great time to get together and catch up on everyone's news!

### CALL TO CONVENTION

Rotterdam June 27<sup>th</sup> to July 2<sup>nd</sup> 2008



## What Others are doing for Others!

### Women's Forum Australia MEDIA RELEASE More Groups Join Campaign Protesting Advertising Glamourising Violence Against Women

Growing numbers of organisations involved in combating violence against women have joined a campaign condemning a Melbourne fashion store's violent advertising depicting the body of a murdered woman in the boot of a car.

The Domestic Violence & Incest Resource Centre (DVIRC), Centre Against Sexual Assault (CASA House) and the CASA Forum of Victoria are the latest to express outrage over the full colour advertisement for the women's fashion company Loula, to appear in the forthcoming March edition of Harper's Bazaar. The ad shows the legs and one arm of a woman hanging from the boot of a Mercedes-Benz. Her legs are bound with rope, tied in a bow. She is wearing heavy lace-up boots which appear to be the product being advertised. Loula's European shoes and clothes are sold in its South Yarra store, with a new store to open in Little Collins Street in March.

Fiona McCormack, spokeswoman for Domestic Violence Victoria, the peak body for family violence services for women and children, described the ad as irresponsible and abhorrent. "Violence is the most significant contributor to death, disability and ill health in Victorian women under the age of 45 and costs the Victorian economy \$2 billion annually," Ms McCormack said.

"The glamorisation of this issue, given the extent to which Australian women experience violence and the impact it has on their lives and our community, is irresponsible and abhorrent. WFA Director, Melinda Tankard Reist, said it was dangerous to glamorise the murder of women to sell shoes and that Loula and Harper's owed women an apology.

Organisations urging a boycott of Loula and Harper's Bazaar include Women's Forum Australia (WFA), the Coalition Against Trafficking in Women Australia (CATWA), the Anti-Slavery Project, Project Respect, as well Victorian domestic violence bodies.

Carol is justly proud of her 'little' sister who was the recipient of this award.



### AUSTRALIA DAY

### CERTIFICATE OF ACHIEVEMENT 26 January

Presented to

**Lynne Katherine Head-Weir**

by

**Queensland Corrective Services**

For her outstanding contribution and  
coordination of the annual  
Smith Family 2007 Toy and Book Appeal

Presented by

Judy Spence MP, Minister for Police,  
Corrective Services and Sport  
Frank Rockett, Director-General, Queensland  
Corrective Services



### Washing the Cat

Put both lids of the toilet up and add a cup of pet shampoo to the water in the bowl.

Pick up the cat and sooth him as you carry him to the bathroom.

In one smooth movement, put the cat in the toilet and close both lids. You may need to stand on the lid!

The cat will self-agitate and make ample suds. Never mind the noises that come from the toilet; the cat is actually enjoying this.

Flush the toilet 3 or 4 times. This provides a 'power-wash' and 'rinse'.

Have someone open the front door of your home. Be sure there is no-one between the front door and the bathroom.

Stand behind the toilet as far as you can and quickly lift both lids.

The cat will rocket out of the toilet and streak to the outside where he will dry himself.

Both the cat and the toilet will be sparkling clean!

Signed: The Dog

*Ed. I came across this in a Dalby Zonta newsletter!*

One of our members (I won't say who) said,

'As a 4 year old I tried to "baptize" a litter of kittens in a similar fashion' (PS: My mother revived them with brandy and they all survived)

### Catching up on Member news



Dianne has been on jury duty and was chosen for a 3 day case. She is now off to Victoria to visit friends, do some genealogy research and see her 18 m.o. grandson.



Unfortunately Jean Gahan has been in hospital again in Brisbane. We wish you all the best Jean and hope you will be back to full health very soon.



Gaye Zimmermann has been in the wars and broke her wrist. She had to go to Brisbane for surgery. Best wishes for a speedy recovery.



Kirsty did very well in her cycling in Sydney despite having the flu.



Robyn Kirby has a new job at Breastscreen Queensland in Bundaberg.

Alex's husband, Bruce Grove is riding his motorbike all the way to Philip Island in Victoria.

## Food for thought!

A stupendous insight of civilisations past has now been confirmed by today's investigative, nutritional sciences. They have shown that what was once called "The Doctrine of Signatures" was astoundingly correct. Referred to in the classical period of Rome as the "Law of Similarities" it is now called by scientists, "Teleological Nutritional Targeting".

It now contends that every whole food has a pattern that resembles a body organ or physiological function and that these patterns acts as a signal or sign as to the benefit the food provides the eater.



A sliced Carrot looks like the human eye. The pupil, iris and radiating lines look just like the human eye...and YES science now shows that carrots greatly enhance blood flow to and function of the eyes.



A Tomato has four chambers and is red. The heart is red and has four chambers. All of the research shows tomatoes are indeed pure heart and blood food.



Grapes hang in a cluster that has the shape of the heart. Each grape looks like a blood cell and all of the research today shows that grapes are also profound heart and blood vitalizing food.



A Walnut looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebelums. Even the wrinkles or folds are on the nut just like the neo-cortex. We now know that walnuts help develop over 3 dozen neuro-transmitters for brain function.



Kidney Beans actually heal and help maintain kidney function and yes, they look exactly like the human kidneys.



**Celery, Bok Choy, Rhubarb** and more look just like bones. These foods specifically target bone strength. Bones are 23% sodium and these foods are 23% sodium. If you don't have enough sodium in your diet the body pulls it from the bones, making them weak. These foods replenish the skeletal needs of the body.



Egg Plant, Avocadoes and Pears target the health and function of the womb and cervix of the female - they look just like these organs. Today's research shows that when a woman eats 1 avocado a week, it balances hormones, sheds unwanted birth weight and prevents cervical cancers. And how profound is this? .... it takes exactly 9 months to grow an Avocado from blossom to ripened fruit. There are over 14,000 phytochemical constituents of nutrition in each one of these foods (modern science has only studied and named about 141 of them).



Figs are full of seeds and hang in twos when they grow. Figs increase the motility of male sperm and increase the numbers of sperm as well to overcome male sterility



**Olives** assist the health and function of the ovaries



**Sweet Potatoes** look like the pancreas and actually balance the glycemic index of diabetics.