



Coral Coast Chat

Zonta Club of Bowen NEWSLETTER October 2012

Club 1476 Area 5 District 22

Date Claimers

- 25 October Board Meeting
- 8 November General Meeting
- 10 November Let's Chat Women's Health Forum
- 13 November Burdekin Club ZI Birthday Party
- 19 November Committee Meeting
- 22 November Board Meeting
- 24 November Coffee Club
- 13 December General Meeting

Club Contacts

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Treasurer	Lynette Klukas 4785 0000 (h) lynette.klukas@bigpond.com
Newsletter	Colleen Aberson Roslyn Boyce

Monthly Raffle Prize Winner

The General Meeting Monthly Raffle this month was won by Lynette Klukas. Thanks very much Raynee Bidgood for organising the lovely gift kindly donated by Tropical Fantasy.

News

Fishing Classic Raffle Winner



President Cath Morgan with the First Prize winners of the Fishing Classic Raffle Len and Julie Gosney.

Membership Awards



The Club held a Membership Workshop in September which included an Award presentations to members who had served the club well for 10 years or more. Membership Honour Awards were presented to Jill Knight, Veronica Hickmott and Bon Wharley for 18 years of services to the Club.



Lynette Klukas and Cheryl Vennard were also presented with a Membership Honour Award for their continued service to the club of 16 years and 12 years respectively.



Hortense Ingram our Membership Chairman presents Lynette Klukas with two more Honour Awards. Lynette received an Award for having nominated the most number of members in Club history and also having nominated the most number of current members..

Membership Awards *continued*



Christine Coventry who is currently on a Leave of Absence received an Award of Merit for nominating a new member every year for three consecutive years or more 2008-2010.



President Cath Morgan presents Veronica Hickmott with her Award of Merit for having nominated at least 2 new members in the current biennium 2010-2012.



President Cath Morgan presents Bon Wharley with her Award of Merit for having nominated at least 2 new members in the current biennium 2010-2012.



Nan Hansen was also awarded an Award of Merit for having nominated at least 2 new members in the current biennium 2010-2012. Nan was unfortunately not present on the evening.

Picture a copyright of the Bowen Independent.



The Zonta Club of Bowen Award recipients Bon Wharley, Jill Knight, Veronica Hickmott, Cheryl Vennard and Lynette Klukas.

General Meetings



To help celebrate Breast Cancer Awareness Month the Club went pink for the October Dinner meeting. Pictured are Cath Morgan, Raynee Bidgood, Dee-Anne Fraser and Jill Knight. Thank you Raynee for organising all the decorations



The Club also celebrated International Day of the Girl Child and United Nations Day, our member Sandy Smith gave a very moving and emotional talk about her life in South Africa.



Veronica Hickmott presented Sandy Smith with a pen as a thank you for presenting her talk.

General Meetings *continued*

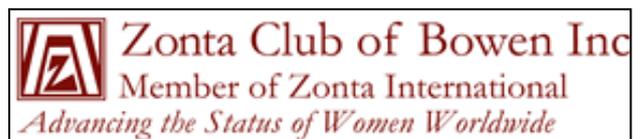
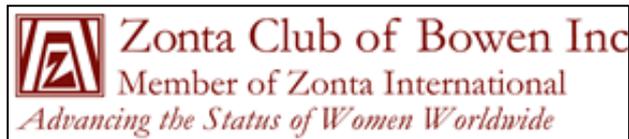


Celebrating birthdays during the month of October are Jill Knight, Cath Morgan and Kerry Moloney. Thank you to the Program Committee for organising a Birthday cake.



Dee-Anne Fraser and Colleen Aberson struggling with the Clubs Zonta banner. Thanks very much Dee-Anne for having the banner repaired.

Let's Chat Women's Health Forum



Let's Chat Women's Health

Let's Chat Women's Health

Sat Nov 10th 9-3pm

Program Nov 10th 2012



Bowen PCYC
Female Pelvic Health
 presented by
Prof Ajay Rane MD
 Urogynaecologist

Prevention of Lifestyle Diseases

presented by

Karen Carcary RN

Yoga with Donna

Entry Fee \$5

includes Morning Tea & Lunch
 Tickets **pre-purchased** Hickmott's
 Supa News or Collinsville Pharmacy
Sales close Wed Nov 7th
 For information ph Lisa 4786 4288

- 9:00 *Doors open*
- 9:00 - *Health Checks*
- 10:15 *Morning Tea*
- 10:20 *Official Opening*
- 10:30 *Key Note Speaker*
 Professor Ajay Rane
- Female Pelvic Health*
- 12:30 *Lunch*
- 1:00 *Guest Speaker*
 Karen Carcary
 Prevention of Lifestyle Diseases
- 1:45 *Yoga Demonstration*
 Donna Poschelk
- 2:00 - *Door prize and raffle draw*
- 3:00 *Health Checks*



Area 5 Conference



The Service Committee meet on Friday, 10 October 2012 to discuss the Area 5 Conference which we are hosting on 20-21 April 2013. Pictured are Veronica Hickmott, Matilda and Angela Stevens, Kerry Moloney, Bonnie Kohlhasse and Lynette Klukas. Also present were Raynee Bidgood, Roslyn Boyce, Colleen Aberson, Lisa Raisbeck, Cath Morgan and Hortense Ingram

Recipes

Milk Chocolate Chip Cookies

Ingredients

125g butter, softened
1/2 cup brown sugar
1/3 cup caster sugar
1 egg
1 teaspoon vanilla
1 1/2 cups self raising flour
3/4 cup Milk Chocolate Baking Chips

Method

1. Cream together butter and sugars until light and fluffy. Whisk in egg and vanilla. Stir in flour then fold through Chocolate Chips.
2. Place a teaspoon full of dough on greased baking trays. Bake in a moderately slow oven of 160c for 10-15 minutes or until cooked.
3. Cool on a wire rack.

Double Chocolate Chip Cookies

Ingredients

125g butter, softened
1/2 cup brown sugar
1/3 cup caster sugar
1 egg
1 teaspoon vanilla
1 1/2 cups self raising flour
1/2 cup of Cocoa
3/4 cup Dark Chocolate Baking Chips

Method

1. Cream together butter and sugars until light and fluffy. Whisk in egg and vanilla. Stir in flour and cocoa then fold through Chocolate Chips.
2. Place a teaspoon full of dough on greased baking trays. Bake in a moderately slow oven of 160c for 10-15 minutes or until cooked.
3. Cool on a wire rack.

Newsletter Editors Comments

Date Reminder

Let's Chat Women's Health Forum - Saturday, 10 November 2012. Tickets will be available from Hickmott's Supa News in Bowen or at the Collinsville Pharmacy at a cost of \$5.00.

Thank You

Thank you to Cath Morgan and Angela Stevens for helping out the PR Committee this month by taking photos at several functions.

Amendment

The Editors apologise for an error in the September Newsletter - in two pictures we have listed Greg Archer as a Rotarian who assisted at the Fishing Classic Stall it should be Greg Cummins.

If any members would like to contribute any stories, recipes, interesting facts and quotes or a picture please feel free to drop Colleen or myself an email at rosboyce@hotmail.com or regancolleenaberson@yahoo.com.au

Hope you all enjoy.

The Editors, Colleen Aberson and Roslyn Boyce