

June Newsletter



Zonta Club
of Bowen

Member of Zonta International

Club 1476 Area 7 District 24

Issue 1

June 2007

Address PO Box 916 Bowen Queensland 4805

www.bowen.zontadistrict24.org

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Diary Dates

Club meets every 2nd Wed
of the month at 6:45 pm
Castle Motor Lodge
Don Street Bowen

2007

- June 13 Handover Dinner meeting
June 26 Bowen Show
July 4 Board meeting
July 8-14 Diabetes Week
July 11 Diabetes Walk Muller's Lagoon
1:15 at BBQ area
Dinner meeting
July 28 Bush Dance
Sept 7-9 District 24 Conference

Contacts

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From the President's Pen

ANNUAL REPORT 2006/2007

It is with great pleasure that I submit my Annual Report on what has been a successful and progressive year for Bowen Zonta Club.

We held a number of service projects, including:

- Business Women's Luncheon at North Qld Cruising Yacht Club
- International Women's Day Luncheon at Bowen Golf Club
- Birthing Kit Assembly Day
- Breakfast for Year 12 female students at Bowen State High School
- Breast Care Cancer Cushions, supply and distribution

Several fundraising events/projects were also successfully undertaken:

- 100 Club
- Movie Premiere
- Cent Sale
- Chocolate Sales

These enabled our continuing support to:

- Bowen Crisis Accommodation
- Birthing Kits
- Hope for the Children Fund
- Christmas donations to Murroona Gardens, Blue Care & Bowen Hospital
- Zonta International Service Fund

All of this was made possible by our very active committees, Chairs of which attended Board Meetings and presented reports at each dinner meeting. A special committee was set up to review the constitution and this time-consuming task was completed in April 07. My thanks go to all members for their contributions.

Our membership has remained static with new members coming on board as others resigned. I always thought of our club being small but now realize we are of average size in our Area. However, I hope we will grow in the next year as I intend to have more open meetings that guests can be invited to and with the approval of the Membership Committee, establish an application form that interested people can fill in before the nomination process occurs, maybe also have a registration of interest link set up on our website. There will be an information session soon for all members so that we all feel confident in the process.

We also need to have mentors for new members as feedback I have received indicates that people do not understand what we are all about until they've been with us for over 12 months - a vulnerable time for new members.

I have tried to keep our dinner meetings not so formal and with time for social interaction without much success in my opinion. I would like to throw something out there for your consideration: that our meeting starts at 6 and finishes at 7.30. Then we have dinner to which partners and/or guests can be invited. If members have other commitments that week, then maybe they will still be able to attend the meeting but not the dinner - offers a bit more flexibility to our members and gives us more social time together. Also, let's be flexible with our venue, maybe sometimes holding the meeting at a member's home with a bbq to follow?

Three other areas that I would like to focus on in the upcoming year is:

1. Formulating a budget showing where we expect to raise income from and where we will expend. (I am talking about the Service fund here.) e.g.

Income	Expenditure
Cent Sale 1000	Bowen Crisis Housing 1500
Movie Prem 1000	Zonta Int Fund 500
\$2000	\$2000

I feel this will give us more of a focus on what we want to achieve, then if we achieve over and above, we can then consider other projects.

2. Developing a strategic plan/goals in line with Zonta International. We have available from District a facilitator who can assist us with this.
3. Continue to develop our links with Collinsville and hopefully have two meetings each year there. (we will car pool or organise a small bus).

DID YOU KNOW ?

Zonta International Convention
is in Rotterdam
June 28-July 3 2008

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Our members have been active in attending wider Zonta events with five attending International Conference in Melbourne and four attending Area Workshop in Mackay. Of course, next on the calendar is District 24 Conference in September at Tweed Heads. Think about attending now - attendance at these events invigorates our passion for Zonta.

I'd like to confirm what I said when accepting the role of President last year "that it is indeed an honor and privilege to work with this group of tireless workers".

In finishing, I'd like to quote from one of our speakers on International Women's Day: "If we do what we feel in our heart is right, and not let fear cloud our decisions, then we can all lead the way."

Rhonda Nilsson
09/05/2007

Area 7 Workshop



Attendees at the Mackay workshop in May
Angela Cornwell, Rhonda Nilsson, Lynette Klukas and Bev Lowcock

Photo Nan Hansen

2007-2008 Committee

Board of Directors

President	Rhonda Nilsson
1st Vice President	Bev Lowcock
2nd Vice President	Therese Mayhew
Secretary	Lynette Klukas
Treasurer	Angela Cornwell
Director	Veronica Hickmott
Director	Cheryl Vennard
Director	Bon Wharley
Director	Sue Wagner

Committees

Status of Women Veronica Hickmott Bon Wharley Cheryl Vennard Shirley James	Finance Therese Mayhew Janice Pearce Carol Ann Barrett Julie Jurgens Angela Cornwell (treasurer) Linda Tickle Stock Sales Von Hickmott	Public Relations & Communication Hortense Ingram (newsletter) Lynette Klukas Nan Hansen (photographer) Archives vacant
United Nations Hortense Ingram Rhonda Nilsson	Organisation, Membership & Classification Bev Lowcock Jill Knight Nan Hansen	Nominating Laraine Smith Veronica Hickmott Jill Knight
Program Laraine Smith Lyn Allison Sue Wagner (raffle)	Support Group Sue Wagner Janice Pearce	

Committee Clippings Annual Reports

Constitution Review

Several queries regarding the Constitution have been answered by Kate Fareell:

- ✂ Suggestions to ensure auditor's financial report is due prior to AGM
- ✂ Awkward wording of statement regarding Treasurer's responsibilities be left as is or can be changed if Club wished to so
- ✂ Wording of "women" in membership to remain as is.

The committee gave a presentation at the Mackay District workshop in May. The district treasurer has asked permission to use our flyer on the District 24 website and requested that we put our Club's Constitution on the Club's website.

Public Relations

Through a variety of projects, the Club has raised its profile and is further enhanced by the establishment of our website

www.bowen.zontadistrict24.org

Membership

The Club currently has 20 members which is a good ratio to the number of people in the area.

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Status of Women Finance & Fundraising

Birthing Kit Assembly Day

Photo Nan Hansen



The agenda for 2006-7 consisted of three main areas:

1. to assist our female students
2. to address the status of young women and
3. to be visible in the care of our elderly

Service Projects

- Student's Information Breakfast where high school girls were informed about employment opportunities and university prospects
- Chinese social evening for elderly residents
- Women in Leadership seminar sponsored by Office of Women's grant
- "Bowen and District Women Lead the Way" Int Women's Day lunch highlighting the achievements of local women
- Guest speakers at BOPHS to help elderly residents celebrate IWD
- Assembly and distribution of 1,000 birthing kits which were sent to Papua New Guinea
- Maintaining supplies of breast cushions with the assistance of quilters club to local hospitals and surgeries

United Nations

Women's equality is not yet a reality as women in many countries still do not have basic human rights - sanitation, health care, education and social equality. Zonta empowers women to overcome barriers by collaborating with existing groups within a country through legal, social, economic and political means.

International Service Programs for 2006-7 were in 4 major areas:

- ✔ Micro credit and health education for HIV/AIDS affected women in Niger
- ✔ Anti trafficking community mobilisation in Bosnia and Herzegovina
- ✔ Improving women's lives in Afghanistan through education
- ✔ Improving health care during pregnancy and childbirth

Zonta fellowships, scholarships, awards and grants all contributed to improving the status of women worldwide.

Reference "The Zontonian January 2007.

The committee's fundraising projects included:

- Z100 Club tickets providing a profit of \$1,000
 - "Dream Girls" movie premiere which sold 120 tickets
 - Cadbury Fundraising Chocolates throughout the year
 - Mother's Day raffle of a donated basket of beauty and body products
 - Cent Sale which provides an afternoon of fun, fellowship and funds
 - The Club will benefit from the Bowen Seafood Festival Raffle by providing ticket sellers.
 - Participation in running the Bowen Show gates on the 26th June.
- This year's projects to date have raised in excess of \$5,000 and with other projects to still to take place we can all feel pleased with our fundraising efforts.

Zonta Cent Sale



Janice Pearce & Therese Mayhew with donations for the Cent Sale

Photo Nan Hansen

Bowen Seafood Festival



Therese Mayhew and Lyn Allison selling raffle tickets

Photo Hortense Ingram

Cheryl Vennard & Von Hickmott with full board of tickets sold

Photo Nan Hansen



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Inspiring Women



BOWEN - Nicole Kidman showing off her riding skills in the movie *Australia*
Photo courtesy Townsville Bulletin

Bowen is very proud to have Nicole Kidman in town shooting the Baz Luhrman's film *Australia*.

Earlier this year, Nicole who is the UNIFEM Goodwill Ambassador joined UN officials in calling for more resources and actions to end violence against women. "We all know in our heads and our hearts that every woman is entitled to a life free of violence. Let's make that a reality. Let's end violence against women," Kidman said at an event commemorating the 10th anniversary of the UN Trust Fund.

FOUND

Ladies pair of sunglasses at the Bowen Seafood Festival
Contact Nan Hansen

From the Hen's Hutch



Eileen's Healthy Cake Recipe

without butter or eggs

(compliments Healthier Bowen Shire Partnership)

Makes 1 cake or 12 muffins

1 cup chopped dates

1 cup raisins

1 peeled and chopped apple

1 chopped banana

1 grated carrot

¾ cup dark brown sugar

2 tbsp oil

1 tsp mixed spice, cinnamon and nutmeg

½ cup chopped nuts and or seeds

1 tsp vanilla

1 cup hot water

1 tsp bi carbonate of soda

Place all of the above into a bowl and mix until sugar is dissolved. Allow to cool. Add 2 cups self raising flour and 2 tbsp vinegar and mix. Pour mixture into greased tins. Bake in moderate oven until skewer comes out clean, 12 muffin 25-30 min, 2 bar tins, 1 large round tin 1-1/2 hr.

This recipe can be made using a variety of fruit or vegetables such as potato, beans, pumpkin, zucchini, fruit cocktail less juice.

Happy Birthday

Beverley	Lowcock	21-May
Hortense	Ingram	04-Jun
Laraine	Smith	12-Jun
Linda	Tickle	19-Jun
Therese	Mayhew	25-Jun
Lynette	Klukas	26-Jun
Yvonne	Wharley	07-Jul

The Zonta Club of Bowen recently donated \$1500 to the Bowen's Emergency Crisis Housing Fund