



Diary Dates

2008

DINNER MEETING
6.30pm Thursday 17 JANUARY
Coral Sea Resort

BOARD MEETING
6pm Thursday 7 FEBRUARY

IWD BREAKFAST/ZONTA
ROSE DAY

Saturday 8th MARCH
Nautilus Room Coral Seas

12/13th APRIL
ZONTA AREA 7 WORKSHOP
in CHARTERS TOWERS

JUNE 2008
58th ZONTA INTERNATIONAL
CONVENTION in ROTTERDAM

WORLD NEWS

8th MARCH
INTERNATIONAL
WOMEN'S DAY

7th APRIL
WORLD HEALTH DAY

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Official Newsletter of the *Zonta Club of the Whitsundays Inc.*

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Chartered 16th April 1999

Advancing the Status of Women Worldwide

Zonta International is a global organization of executives and professionals working together to advance the status of women worldwide through service and advocacy.



From the President's Desk



Happy New Year to all of my Zontian friends

I hope that every one had a lovely Christmas and managed to slide into the New Year in the way they wished. I think we are all suffering from too much food and drink whatever the flavour, and working on a healthy 2008.

Unfortunately, our magnificent Newsletter Editor/Chair PR&C and friend Luella will be leaving us on the 18th January to begin her Australian travels with Salty and to be down south for the arrival of her twin grandchildren. We will miss her very much but imagine that we will see and hear from her from time to time with news which our new yet-to-be elected editor will publish. We wish them both a safe and happy time, and it's lovely that they are able to fulfil their dream.

I have a number of names of nice ladies that will be introduced to the fold in the coming months and I'm sure that there are some great potential members amongst them.

We will be talking about Sexual Exploitation and Trafficking in women and girls at our next meeting on the 17th January as part of our list of Advocacy issues.

There will be a film night showing "Water" on 24th January at Connie's house at 6.30pm. Would all members who are coming please advise Connie and also bring a plate of food and drink of their choice. This is an extremely moving film on the issues of women and I'm sure that tissues might be the go.

Thank you all again personally for your tremendous support. The camaraderie, support and friendship within our club in both good and bad times is a very strong force, and it is a wonderful feeling to be on the receiving end of this. We have a great club, so let's go forward this year and make it even better.

I look forward very much to seeing you all on the 17th January.

Love, Carole

Remembering Zontian Amelia Earhart on 11th January



Amelia Mary Earhart

Born: July 24, 1897
Birthplace: Atchison, Kansas
Died: July 2, 1937, enroute from Lae,
New Guinea to Howland Island
Married: February 7, 1931 to George Putnam

Despite having to attend six different high schools, she was able to graduate on time. Earhart was called “Lady Lindy” because her slim build and facial features resembled that of Charles Lindbergh. She refused to don typical flying gear – she wore a suit or dress instead of the “high-bred aviation togs”, a close-fitting hat instead of a helmet, didn’t put on her goggles until she taxied to the end of the field and removed them immediately upon landing.

Amelia developed a friendship with Eleanor Roosevelt, who wanted to learn how to fly. Earhart had planned to teach her, for which the First Lady even got her student permit. Earhart met Orville Wright at the Franklin Institute in Philadelphia in 1937, the same year she disappeared. She had such an impression on public that people often wrote and told her about naming babies, lakes and even homing pigeons “Amelia.”

The United States government spent \$4 million looking for Earhart, which made it the most costly and intensive air and sea search in history at that time. She was the first woman to receive a pilot’s license from the FAI.

“My ambition is to have this wonderful gift produce practical results for the future of commercial flying and for the women who may want to fly tomorrow’s planes.”

“One of my favourite phobias is that girls, especially those who tastes aren’t routine, often don’t get a fair break.. it has come down through the generations, an inheritance of age-old customs which produced the corollary that women are bred to timidity.”

Amelia Earhart

The Amelia Earhart Fellowship Fund supports the Zonta International AE Fellowship Program which awards fellowships to women who are pursuing Ph.D. degrees in aerospace-related sciences and engineering.

Looking at Zonta’s Future in 2008

What role does Zonta have in global women’s rights in the future? Zonta is a credible catalyst in the global women’s movement to ensure that women’s issues are put on the table of governments and multi-lateral agencies and discussed at inter-governmental conferences. We can be forerunners in the quest to accelerate implementation of strategic objectives and action on critical area of concern to women.

We can articulate our position on the world stage and be respected and sought after for our viewpoints, insights, assessments and solutions.

What does Zonta offer women today?

Today, we are touching more lives across geographics because Zontians are looking to help women beyond their borders. Our programs have more focus and are more effectively aligned to our mission. We are doing a lot of developmental work of raising awareness of women’s causes and issues, changing attitudes and dealing with prevention of violations of the rights of women.

WHO – UN World Health Organization

Gender and Women’s Mental Health Gender disparities and mental health: The Facts

Mental illness is associated with a significant burden of morbidity and disability. Lifetime prevalence rates for any kind of psychological disorder are higher than previously thought, are increasing in recent cohorts and affect nearly half the population. Despite being common, mental illness is under diagnosed by doctors. Less than half of those who meet diagnostic criteria for psychological disorders are identified by doctors. Patients, too, appear reluctant to seek professional help. Only two in every five people experiencing a mood, anxiety or substance use disorder seek assistance in the year of the onset of the disorder.

Why Gender? Gender is a critical determinant of mental health and mental illness. It determines the differential power and control men and women have over the socio-economic determinants of their mental health and lives, their social position, status and treatment in society and their susceptibility and exposure to specific mental health risks.

WHO’s Focus in Women’s Mental Health

- * Build evidence on the prevalence and causes of mental health problems in women as well as on the mediating and protective factors.
- * Promote the formulation and implementation of health policies that address women’s needs and concerns from childhood to old age.
- * Enhance the competence of primary health care providers to recognize and treat mental health consequences of domestic violence and sexual assault.

ZONTA INTERNATIONAL SERVICE PROGRAM

Thought it appropriate to start the New Year with a review of our amazing PROJECT HISTORY from 1956-1990...

1956 Zonta International provided direct aid for **Hungarian** refugees.

1959-1961 Zonta International in cooperation with the United Nations World Refugee Year supported the **Anne Frank Village** to aid refugee families in the **Federal Republic of Germany**.

1962-1974 Zonta International supported the **United Nations Relief and Works Agency** for the vocational and Teacher Training Centre for women in **Ramallah, Jordan**.

1972-1974 Mobile Medical Units project in cooperation with UNICEF served the health needs of children and mothers in rural areas of **Ghana**.

1974-1976 The Pan African Training and Research Centre for Women project, in cooperation with UNICEF focused on the recruitment and financing of the **African Women's Volunteer Task Force**.

1976-1982 The Colombian Urban Slum project in co-operation with UNICEF and the **Colombian** Government resulted in the construction of and provision of equipment for health and education centres.

1982-1986 The Well Water project in cooperation with UNICEF in **Sri Lanka** provided safe drinking water to 350,000 dry zone settlers.

1986-1988

Training Women as Health Promoters project in co-operation with UNIFEM in **Argentina** focused on training 500 women as promoters of primary health care to provide services primarily in rural areas.

Training and Income Generating Project to Improve Fish Processing Methods and Organize a Marketing System in cooperation with UNIFEM in **Botswana** introduced improved fish smoking techniques and worked to expand markets for smoked fish.

The Hironelles Training Centre for Women project in cooperation with UNIFEM in the **Comoros Islands** provided technical instruction to women who trained other women in the areas of health, food and clothing production.

Marketing Network for Women's Handicrafts project in cooperation with UNIFEM in **Thailand** expanded market outlets for handicraft products and worked to establish a network for women's handicraft products.

Training and Support for Women in Food Processing Technologies project in cooperation with UNIFEM in **Zimbabwe** introduced low-cost, efficient food production technology and provided training to establish and sustain a revolving loan fund.

1986-1990

Technical Training and Introduction of Appropriate Agricultural Technology to Increase Women's Productivity project in cooperation with UNIFEM in **Mexico** decreased women's household work load by introducing technology such as water pumps to provide additional time for income producing activities.

JANUARY 2008

HAPPY BIRTHDAY



XXXXX

*Carole 2nd Kay 6th Noelene 6th
Marie 28th Julie 30th*

Here's your First Giggle for 2008!

It's All about Growing Old Gracefully !!

"OLD" IS WHEN ... Your sweetie says, "Let's go upstairs and make love," and you answer, "Pick one; I can't do both!"

"OLD" IS WHEN ... Going braless pulls all the wrinkles out of your face.

"OLD" IS WHEN ... You are cautioned to slow down by the doctor instead of by the police.

"OLD" IS WHEN ... "Getting a little action" means you don't need to take any fibre today.

"OLD" IS WHEN ... "Getting lucky" means you find your car in the parking lot.

AND "OLD" IS WHEN... You are not sure that these are jokes!!!

*The beauty of a woman must be seen from her eyes because that is the doorway to her heart, the place where love resides.
The heart of a woman is what makes the world*



spin!

2007 YEAR IN REVIEW



January

Binnoculars on the foreshore



11th March

IWD Brunch "We are Women: Hear us Roar"



1st April

Nara Progressive Dinner



28/29th April

Relay for Life "Hollywood comes to town!"



9/10th June

Rotary Boat Show/Zonta Food Court

2007 NEW MEMBERS



Lucy Fraser in Peru



YWPA awards



2007 – WHAT A GREAT YEAR!

MOVIE REVIEW "WATER"

"An immense movie, daunting at times yet unforgettablely touching: the images of Kalyani and Chuihya will stay with you for a long while afterwards."

Reviewer: Raam Tarat

The third instalment of Deepo Mehta's elemental Trilogy, **Water** tells the tale of brow-beaten oppressed widows in early 1900's India. Our eyes and ears are that of infant widow Chuihya (Sarala) as we follow the story from the death of her aged spouse, and her transfer to a widow's commune at the tender age of **eight**.

This is a studied, tragic and emotionally brutal film echoing the plight of millions of widows all over India. Though set in 1930's social, political and religious upheaval, much of these diktats are still prevalent in rural India, with widows condemned to a life of celibacy and oppression. As has been highlighted in **Water** many are forced into prostitution, to beg for alms, or simply subject to a lesser existence.

Cinephile social activist Mehta has always been a controversial film-maker, with **Water** being no different. In 2004 Mehta had to re-shoot the film under veil in Sri Lanka under the pseudonym "River Moon".

Water is the final part in Mehta's trilogy that began with **Fire** (1996), followed by **Earth** (1998). The common thread within the trilogy seems to be that of oppression, differences and equal rights, be they based on sexuality (**Fire**), communalism (**Earth**) or gender (**Water**) – all are subjectively told from a woman's point of view.

Don't miss this memorable movie at Connie's home, 14 Nara Avenue, on 24th January at 6.30pm

Zonta Area 7 Workshop 12/13th April in Charters Towers

This Club is only 4 years young! and it is their first Workshop, so let's support them by being there if we possibly can.

More information re the venue and program and speakers will be sent to you shortly.

Member Snippets

It's time to say adios to PJ and Steve who are heading off cruising weather permitting at the end of the month. Their six year dream to build their own yacht and go sailing has finally come true. They could be gone for just a few months but if they're **really** having fun, it may extend to many many months. Happy days me hearties!

Our condolences go to President Carole on the death of her husband Willie. We hope she finds some peace and closure for the hard times she has endured over the past two years. Carole has the love of fellow Zontians and many good friends to help her through this sad time.



From the Editor

May the New Year bring you...
 Troubles that last only seconds
 Giggles that last minutes
 Chuckles that last hours
 Laughs that last days
 Smiles that last weeks
 Happiness that lasts months
 Friendships that last years
 But most of all -
LOVE that lasts a lifetime!

AND NOW IT'S TIME FOR ME TO SAY ARRIVERDERCI!

After 12 wonderful years in the beautiful Whitsundays, Salty and I are heading slowly south to destinations and adventures unknown! Of course, we'll be in Melbourne early April for the arrival of the TWINS!

I must say it has been an honour and pleasure to have been part of this vibrant Club. Thank you so much for your friendship and loyal support – the monthly edition of "Reef Talk" was made easy with your colourful and varied contributions. It will be very sad not meeting up with you at our monthly meetings but fellow Zontians, this is only farewell, not goodbye! For sure I'll be sending snippets to the new editor as I go and if I can help in any way, here's my new mobile **0409 679 892**. My email address will stay active! All best wishes for 2008 – go ZONTA!

Ciao, Luella