



The yellow rose,
Zonta's symbol

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Date Claimers

April 14th, 7pm USC Dinner Meeting

Apologies to Noreen Gorman on 3371-5752 by 9am on Friday, 11th April. Please let Noreen know beforehand if you:

- are bringing a guest
- have special dietary needs
- are returning after an absence

April 30th, 6pm, Ashgrove Library Board Meeting

Notices

IMPORTANT

June Dinner Meeting

Please note that our June dinner meeting will be held on the third **Monday, 16 June**. (Our usual second Monday is a public holiday.)



See page 5 for full details re ordering entertainment books

President's Report

The first two months of 2014 has seen much activity in the club.

We began the year in February welcoming Judith Anderson, District Governor and Teegan Green who was the winner 2013 ZI and District 22 Jane M Klausman Women and Business awards (see Page 2).

Our Advancement Grant winners also joined us and we heard about the hopes and dreams of these remarkable young ladies, Consolate Kabaliza, Loren Dorge, Bakhtawer Hassani and Tonieka Lancaster (page 2).

Then, to complete the Zonta year and the amazing work of the Awards committee, the club will welcome YWPA club nominee, Emma Tait, to the April dinner meeting. Well done to Gina and her team.

In March, the club took on the ambitious project of assembling 1000 birthing kits (see photos Page 3). This day worked like clockwork thanks volunteers from Brigidine girls, Brigid's Women (past Brigidine girls), Brisbane Action Mercy (past All Hallow's girls) and students from Duchesne College at The University of Qld. All of the kits were assembled in just a couple hours while we all chatted and worked together. It was a very rewarding day for everyone involved and something that could be considered again.

March was also the month for the annual combined Areas 1 and 3 meeting hosted by ZC of Caboolture, and I was delighted to see 11 members in attendance. The focus was on lifting the *Cloak of Invisibility*. The ongoing issue of membership numbers, retention of members and attracting younger members to Zonta, innovative fund raising ideas, and taking up the challenge of using modern media such as Facebook and YouTube were discussed.

Another project being undertaken is the writing of the Club History in preparation for ZI centenary in 2019. Elizabeth Hatton has kindly offered to begin compiling this document tapping into the incredible knowledge of Barbara and the many documents in her own archive. It is envisaged that this could be a work-in-progress as the club works towards the 40th anniversary in 2018.

Until next month.
Anne

Fashion Showcase

Planning for the 2014 Fashion Showcase on 12 October, is well underway. Advertising has commenced, and all Clubs will be asked to provide a raffle prize worth over \$100.



The deadline for recording your intended absence from the dinner meeting is **9am on the Friday** before. Failure to notify Noreen in time will mean you will still have to pay the cost of the dinner (\$43), since the Club will be charged for it regardless.

And the winners are....



Teegan Green, winner of the 2013 ZI and District 22 Jane M Klausman Women and Business awards, with District Governor, Judith Anderson



Consalata Kabilza, winner of the Chris Christensen Advancement Grant



Loren Dorge, winner of the Club Advancement Grant, with Gina Brosnan



Baktawer Hassani, winner of the Club Advancement Grant, with Gina Brosnan



Toniekar Lancaster, winner of the Club Advancement Grant, with Gina Brosnan

Food Safety: Summary of Trish Desmarchelier's Talk at February Dinner Meeting

Trish gave a very interesting – if slightly alarming – talk and first paid tribute to the women of the past who, as primary care-givers fought for food safety and who in many countries are the managers of food safety as the growers and marketers of food.

In earlier times, food safety was compromised by typhoid, cholera, brucellosis, anthrax, food fraud, as well as chemical and physical hazards. Whilst some of these remain, the changes wrought by industrialisation and the globalisation of the food chain have led to the appearance of salmonellosis, campylobacteriosis, resistant bacteria and listeriosis. Those most vulnerable to the impact of infection with these bacteria are the immune-suppressed, and pregnant women and the elderly. Children are especially vulnerable and over 1.5 million die each year from gastroenteritis much due to water and food contamination. Some persons are unwittingly at risk for example by using stomach-acid-suppressing medications because they lose the protection against bacteria that acid provides.

Trish explained that shoppers should trust the recommendations manufacturers make concerning the time in which food should be eaten:

Use by = the food will be **unsafe** after this date which was calculated using data about the length of time it takes for bacteria to reach unhealthy levels.

Best by = a suggestion that the food be eaten before that date so that it will be in peak condition.

It is important for food to be handled, stored, prepared and cooked properly. Trish discussed some topical food safety issues. In relation to **meat and fish**:

The process of moisture-infusing, mechanically-tenderising or mincing meat integrates any surface contamination within the meat so it is no longer just present on the meat's surface. In contrast, the bacteria on the surface of solid pieces of meat (e.g. an intact steak) are killed immediately when cooked.

Fish - large fish especially (e.g. mahi mahi, tuna) - that has not been kept at the correct temperature before cooking, can cause scombroid poisoning. Histidine in the flesh is broken down into histamine which builds up with other amines. Histidine is distributed unevenly so that people eating different parts of the same fish receive varying doses.

Raw chicken should never be washed in the sink because of the risk of contaminating the sink and surrounds with bacteria such as *Campylobacter*. Wiping the surface with a disposable paper towel will suffice.

In the US **fruit and vegetables** are among the most common causes of food poisoning. The reasons this can occur can include:

Microorganisms can grow quickly on unrefrigerated cut fruit

The uneven surface of rock melons/cantaloupes provide the perfect medium for bacteria such as *Listeria* and *Salmonella* to grow. Rock melons with patches of mould are especially risky. Washing will not remove most bacteria. The fruit should have the skin removed before it is sliced in order to prevent the transfer of surface bacteria to the slices.

Eggs are another source of food poisoning:

Salmonella on egg shells can be transferred through cracks or by direct contact between the egg contents and contaminated shell. Special care needs to be taken when using raw eggs – when making mayonnaise, for example.

Trish gave practical advice for food shopping which included:

DO NOT buy:

- ◆ dented cans (risk of botulism)
- ◆ cracked or dirty eggs (risk of *Salmonella*)
- ◆ fruit that was cut more than 2 hours earlier

DO:

- ◆ keep foods that need to be refrigerated at or below 5°C
- ◆ use a meat thermometer to determine whether meat is cooked
- ◆ defrost food in the fridge
- ◆ buy only the freshest pre-washed greens (to avoid *Listeria*) and do not re-wash them
- ◆ trust manufacturers' Use By dates
- ◆ handle marked-down food carefully because it is often just about to become out-of-date. Soft cheeses are particularly risky.
- ◆ use a cooler bag when shopping
- ◆ dispose of food that has been left unrefrigerated for 4 hours or more

Thermometers

Purchase from: ECEFast, 3/505 Lytton Rd, Morningside QLD 4170, (07) 3395 8888

The two types Trish had at the meeting included number 1 below that she uses (it's blue), and which is read from the side and another, number 2 below, which is read from the top (it's yellow). Both are excellent just depends on preference on reading position.

1. Food thermometer pocket style -50+150C Comark KM-PDT300C (See <http://www.ecefast.com.au/food-temperature/pocket-thermometers/food-thermometer-pocket-style-50-150c-comark-km-pdt300c>).
2. Digital Pocket Thermometer - AT-DF450W (See <http://www.ecefast.com.au/food-temperature/pocket-thermometers/digital-pocket-thermometer-at-dfp450w>)

Birthing Kit Assembly Day
Photos courtesy of Andrew Beiers, Deputy
Principal Mission, Brigidine College





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