



DIARY DATES

DINNER MEETING
Thursday 16th August
6.30pm Coral Sea Resort Jetty
Presentation Lucy Fraser

UN COMMITTEE Meeting
Tuesday 4th September
4.30pm Capers

BOARD MEETING
Thursday 6th September

DISTRICT 24 CONFERENCE
TWEED HEADS NSW
7th to 9th SEPTEMBER

DINNER MEETING
Thursday 20th September
6.30pm Coral Sea Resort Jetty

WORLD NEWS

9th AUGUST
International Day of Solidarity
with the Struggle of Women in
South Africa and Namibia
26th AUGUST Namibia Day

24th OCTOBER UN DAY

In this Issue:

1. From the President's Desk
2. Observing Namibia Day
'Stitched up by Zonta Girls'
ZONTA ACTION
Literacy Project
3. Talk on BURMA at Breakfast
Inspiring Women
Birthday Babes
4. Whits Business Breakfasts
Surviving Breast Cancer
5. Director's Report SOWS
ZI Convention 2008
6. Member Snippets
Pooter Pointers
Feature 'JAKARTA'
From the Editor

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Official Newsletter of the Zonta Club of the Whitsundays Inc.

PO Box 427 Cannonvale Qld 4802
Club 1633, Area 7, District 24
Chartered 16th April 1999

Advancing the Status of Women Worldwide



From the President's desk

Hi Girls,

I'm writing this after 20 of us went by bus to the David Campbell concert in Mackay last night. Owing to Robyn's assistance/contacts we were extremely fortunate to get a reduced rate for a coaster bus with driver Steve. We were delivered to the door of Ban-Na Thai Restaurant where we had a wonderful banquet meal, with excellent service, at a great price. We then made our way to The Entertainment Centre where we were entertained by a fantastic female singer called Mim (I think).... who sang jazz/soul numbers. Following that, David Campbell and his swing band enthralled us for the rest of the evening. Great to hear those Johnny O'Keefe numbers even though PJ thinks that "Shout" is a Little Richard number. Now what do all you other girls think! Of course, PJ's wrong, isn't she??? I think Little Richard must have copied Johnny.

Well Robyn, the bus with driver Steve and 5 others managed to get lost and we 14 were waiting at the correct point. Fiona (Noelene's daughter) made it her mission to find us only, funnily enough, to come across David Campbell at the stage door. I'm sure the whole thing was a put up job after her mentioning that he kissed her. Well, we've all heard about groupies hanging around stage doors, haven't we? One question we all have is, what happened to Pam? Did she have a hot date, or what? Hope she brings a letter of excuse. Jokes aside, we were sorry that she couldn't make it.

Otherwise things have been coasting along as normal apart from Sandii becoming a Grandma following the birth of little Annaleise. She is now taking four weeks R & R. Jan McKinnon is back in Australia but on the Gold Coast. Connie is back until her next trip, and Roz is tripping around Europe again.

I look forward to seeing you all this Thursday. Remember all apologies and guests names have to be in to Wendy by Tuesday at the latest.
Love Carole

Senior Exercises



The Doc told me to start an 'exercise program.' Not wanting to harm this old body, I've devised the following:-

Beat around the bush, Jump to conclusions, Climb the walls, Wade through the morning paper, Drag my heels, Push my luck, Make mountains out of mole hills, Bend over backwards, Jump on the band wagon, Run around in circles,

Advise on how to run the country, Toot my own horn, Pull out all the tops, Add fuel to the fire, Open a can of worms, Put my foot in my mouth,

Start the ball rolling, Go over the edge, Pick up the pieces, Kneel in prayer,

Bow my head in thanksgiving, Uplift my hands in praise, Hug someone and encourage them.

What a Workout!! Phew, Carole

Observing Namibia Day 26th August

Where is Namibia? It's a country in southern Africa with borders on Angola in the north, Botswana in the East and South Africa in the south. Poor rainfall limits agriculture to livestock raising. Fishing, millet, maize and wheat are also important. Exports are dominated by uranium and diamonds. The economy has not recovered from the devastation of the war for independence, and is still highly dependent on South Africa and multinational companies.

History: Namibia was occupied by Khoikhoi (Hottentot), San (Bushman) and Herero peoples when Portuguese navigators exploited the coastal areas of the country in the late 15th century. German missionaries went there in the 19th century and in 1884 the German protectorate of South-West Africa was established. In 1915, during World War 1, it was captured by South African forces, and in 1920 became a LEAGUE OF NATIONS mandated territory under South Africa. In 1946 the UNITED NATIONS refused to allow it to be incorporated into South Africa and ended the mandate (1964) renaming the territory Namibia. In 1971 the International Court of Justice at The Hague ruled that the continued occupation of Namibia by South Africa was illegal and the UN recognised the Black Nationalist group SWAPO (South West Africa People's Org) as the legitimate representative of the people of Namibia. A National Assembly for internal government was established by South Africa in 1979 but SWAPO guerrillas continued to operate from Angola, which South African troops invaded. In 1988 South Africa was persuaded by the UN to negotiate with the SWAPO leader Samuel Nujoma. A Geneva protocol was signed in August and SWAPO won elections in November 1989 with Nujoma becoming President.

Namibia gained independence as a multiparty democracy in 1990.

EDITOR'S NOTE: Namibia website shows Brad Pitt and Angelina thanking Namibia for allowing them to stay in their beautiful country, and enjoy the peaceful birth of their daughter, born 27th May 2006.



ZONTA ACTION

Past International President Chief 'Folake Solanke SAN celebrated her 75th Birthday on Wednesday and Thursday 28 and 29 March 2007 in grand style with the release of her Autobiography "**Reaching for the Stars**". Wednesday saw the launch of her autobiography at an event attended by more than 1,000 well wishes. Professor 'Wole Soyinka, the first African Nobel Laureate in Literature (and the only Nobel Prize winner in Nigeria) delivered the 'birthday lecture'. The following day (Folake's actual birthday) there was a special thanksgiving service and reception for nearly 2,000 guests.

'Folake is a woman of many "firsts".....

1st woman State Commissioner in the Western State of Nigeria, 1972. 1st Woman Chairman of the Board of WNTV and WNBS, 1972. 1st Woman Senior Advocate of Nigeria, 1981. 1st Gov of Zonta International District 18 (Africa), 1982. 1st Female Life Patron of the Nigerian Bar Association, Ibadan Branch.

"Reaching for the Stars" includes numerous references to, and passages on, Zonta International.

For more ZONTA ACTION stories go to www.zonta.org

FEATURE The Whitsunday Times 19 July

Giving is stitched up by Zonta girls

The ladies at Zonta Whitsunday have been receiving feedback on how greatly appreciated they are. Apart from their other numerous projects, the ladies spend many hours every month knitting, and then sewing together, blanket squares, with the blankets then sent to Zimbabwe, in Africa.

Recently, **Aid For Africa Down Under (AFADU)** director Julie Routledge went out to see firsthand the results of all their hard work. She dropped into Lirhanzo Childrens Village where the mothers, children and orphans cared for by AFADU had just received a shipment of Zonta blankets. "It's so rewarding to see the photos of the villagers actually with our blankets," *Whitsunday Zonta president Carole Brauner* said.

"We enjoy making them and it is so pleasing when we see them actually being used. We do a lot of other things as well, including fundraising and social events, and anyone who is interested in advancing the status and well-being of women worldwide should get touch." "We have one lovely lady in her nineties who knits, and she is delighted to be helping this wonderful cause," Carol said.

At the moment the organisation is focusing on economic self-sufficiency, education and health and overcoming poverty and HIV/AIDS.



Literacy Project

Portia and Bianca Large spoke at our last general meeting about the literacy project that they initiated at Cannonvale State School in 2005. Towards the end of each year they ask for donations of old books, either school books or children's books, and these are taken to Mackay and distributed to children with indigenous backgrounds.

The UN committee would like the club to consider whether it could offer support for their Project, either in the form of donations of books or in assisting to transport the books to Mackay.

Leigh Robinson, Chair UN

Dinner Meeting apologies and Guest invites

Please note that we definitely **MUST** have apologies and guests by **PM Tuesday**. For late changes (eg last minute guests) the option is for the additional person to order something from the menu. Unfortunately these rules are set in place by Coral Sea Resort and we have no choice - especially as we really like the venue and the food.

The above also means that a late cancellation or a no-show makes you responsible for the cost of the dinner (\$20). So, please contact me by **Tuesday PM**. Wendy

TALK on Burma at Breakfast

Please picture 8 of us, listening to the most awesome tales of this UN declared country of "Least Developed Nation Status," while we watched the sun rise above the most magical sea of ours in the Whitsundays, tucking into our coffee and generous servings of breakfast.

Robyn Mitchell, our new Vice President, showed us during her masterful and beautifully illustrated speech, how the people of Burma, now Myanmar, were trying to make sense of the worst run and most repressive regime of any country you wish to name.

Burma is bankrupt. It is forced to be insular. Only a hobbled underground opposition is keeping up the hopes of the general people, and it is inspired by Aung San Suu Kyi, who's "National League for Democracy" won 80% of the vote. She is kept constantly under house arrest and relies on her followers for her life. The Military regime is adding to it's cruel history of torture and widely reported killing of students and other dissidents. It restricts it's people to set areas of mobility, places constant and exorbitant taxes on petrol which effectively cuts down motorized vehicles on the struggling, uneconomic farms. Manual labour is the only alternative to starvation. Communication with the outside world is stifled. We learnt that Mobile phones cost \$5,000, TV broadcasts are scrambled. Hot mail is banned. The World Bank is refusing to give loans to Burma because it could not be trusted to use the money as it was intended.

Why should this happen to a beautiful green land almost "girt by sea". These charming people used to export millions of tons of rice products to other Asian countries. Trafficking in children and forced labour is rife. Torture is endemic. The Black Market is government backed with the Army owning hotels and fuel outlets.

What can we do as Zontians? Giving directly to the people through their schools and letting the world know the plight of the Burmese who deserve to have their voting rights restored.

From our roving reporter, Joan Watson

Pic taken by Pam



Birthday Babes XX

August gals - Adele 24th and Sandii 25th



Inspiring Women



Swimming champ Linda McGill

The first woman (an Aussie) to swim the English Channel, has sold her swimming medals to pay for cancer related surgery. The medals went up for auction in July and were sold to the National Maritime Museum.

Linda had a massively successful marathon swimming career and won gold medals at the Commonwealth Games and at the 1964 Tokyo Olympics alongside fellow swimming champ Dawn Fraser. It's a shame that Linda has had to sell her swimming medals, but she says "she is happy to have them on display for all the public to appreciate."

Many of you will remember Linda as Keynote Speaker at our International Women's Day Breakfast in 2003. She is a beautiful person and enchanted us with her stories. Almost two years ago, Linda was told she had malignant skin cancer on her nose. She's had 5 operations and has 4 to go to rebuild her nose. Such courage and determination.

We will never forget the look on Linda's face when *President Annie introduced Elvira Popontopofus* (alias Elva Paterson, a former Zontian). She broke into peals of laughter. Zonta Members will remember first seeing the shock of *Elva in a swimsuit with black hair sprouting everywhere!!* The sheer amazement of her outrageous caricature of we women hit us full on. What a brilliant morning it was for both Linda and ourselves.

Fellow Zontians, let's put another BIG smile on Linda's face – unfortunately we can't post 'Elvira' but we can follow Annie's wish and send her a Zonta 'Inspiring Women' trophy plus a couple of bottles of the best red we can source! A 'Wonder Woman' t-shirt would be appropriate too, don't you think?
Luella and Joan

Thought for the Month

"Happiness is a how, not a what.
A talent, not an object."

Hermann Hesse

Whitsunday Business Breakfasts

This is an early notice about the next Whitsunday Business Breakfast. These breakfasts are run in conjunction with the Whitsunday Chamber of Commerce, Tourism Whitsunday, Whitsunday Development Corporation and, of course, Zonta.

These breakfasts are important for Zonta as they place us squarely alongside other community business organisations, recognising that we are a group of women in the professions and business who take an active (although non-aligned) interest in our community. It also gives us a higher profile allowing us to promote our mandate of improving the status of women.

At some time in the future, we intend to have a breakfast which will be organised and promoted by Zonta at a time which does not detract from our IWD efforts.

The next breakfast will give us an insight into important developments in our area and the opportunity to hear from the proponents.

Event : **Whitsunday Business Breakfast**
 Date : **6 September 2007, 8am**
 Venue : **Coral Sea Resort - Nautilus Room**
 Cost : **\$30.00 per person**
 Details : Shute Harbour Marina Project. Presentations from Jacinta Lipson, Shutehaven Residents Association and Steve Fisher, Shute Harbour Marina
 Contact : WCC
 Phone : 07 4964 1330
 Email : president@whitsundaychamber.com
 Please reserve this date in your diary. Robyn Mitchell

FEATURE from 'News for Seniors'

Winter 2007 Issue 70/Australian Government

Surviving breast cancer

Each year in Australia approximately 13,000 women are diagnosed with breast cancer. Although it can affect women at any age, three out of every four women diagnosed are aged over 50 years. Breast cancer can also develop in men, although this is rare. While we don't know what causes breast cancer or how to prevent it, we do know that your chances of developing the disease increase as you grow older.

Knowing your body could save your life

A recent survey by the National Breast Cancer Centre found many Australian women are putting their health at risk by ignoring the early warning signs of the disease. Finding breast cancer early, before it has spread to other parts of your body, is the best way to survive the disease.

Pam Bell, a 72-year-old from Sydney, is living proof of this important message. Pam found a lump in her breast nine years ago, which was diagnosed as breast cancer. After treatment for the disease Pam is now fitter and healthier than ever, but she believes one thing really saved her life. "If I had not seen my GP as soon as I noticed the lump, it could have been a very different story for me," said Pam. Pam's quick action meant her breast cancer was diagnosed early and treated successfully. Pam now lives a full and active life and is a keen dragon boat paddler with the **Dragons Abreast team** – she has even represented Australia in the sport.

For more information, visit the National Breast Cancer Centre's website www.nbcc.org.au

EDITOR'S NOTE: *Am I right in saying Pam Bell was a guest speaker at our 2005 IWD Breakfast? No, it was Lyn Moore and Leonie Young, also from the Dragons Abreast team. What a heart wrenching experience that was for 120 guests. They received a standing ovation.*

9th annual Airlie Beach Triathlon

Drink Station No 1 for the Airlie Beach Triathlon has been the "Zonta Drink Station" for a few years now - always voted by the competitors as the best.

I invite (some of) you lovely ladies to come out and strut your stuff again, promote Zonta as a community service group, and have some fun - there are some very cute guys (and gals) competing and this year's event is tipped to be the biggest yet.

Date is Sunday 9th September - 7.30am for a race brief (race starts at 8.00am) and you'll be all finished by 10am.

If you are available, email me, call me or let me know at the meeting on Thursday. By the way, there are also lots of other jobs to be filled. Wendy



CONGRATULATIONS WENDY

Last weekend's Townsville Running festival saw Wendy take out the 60+ division of the half marathon in a super time of 1:48:48.

Wendy said of her 30 year running career, "I do it because I love it."

Whitsunday Women's Service Inc

Invites to a Garden Party
and their 2007 Annual General Meeting
To be held Friday 14 September 2007 at 2pm
In the grounds of 185 Shute Harbour Rd, Cannonvale

Guest speaker: Heather Nancarrow, Director
Queensland Centre for Domestic + Family
Violence Research

Afternoon tea will be served

Rsvp 4946 2999

or pa@whitsundayws.com.au

Ladies: You are very much invited to attend this AGM. The guest speaker should be of particular interest to us all. It is to be a celebration of the year and a new direction. A name change will be announced to reflect the growing needs of our community. Your attendance, as support, would be much appreciated by Carole, Robyn and PJ, as they are on the Management Committee, as well as by the entire staff.

If you wish to go a step further and join the Association (gives you voting rights at the AGM), please contact PJ

DIRECTOR REPORT STATUS OF WOMEN SERVICE

COMMITTEES -

***Health Advocacy Committee: Noelene (Chair), Robyn, Angela, Janine, Julie.** The committee went to a cabinet meeting in Bowen. They had applied for a meeting with the Minister of Health but met with his Parliamentary Secretary Karen Struthers. It was a good meeting, although Mackay Health Care did not respond positively. Karen was impressed with proposals and said she would get back to them, could take up to 6 weeks, waiting for response. Robyn and Noelene also plan to attend a QCOSS Social Policy Forum whose purpose is gather workers management committees from particular regions to develop an advocacy plan around the critical issues identified by participants.

***Prevention of Violence against Women Committee: PJ (Chair), Linda, Marie, Suzie.** The committee is planning to organise a meeting to confirm if they are going to continue with the Rock and Water Project. Nothing else to report at this time.

***Education and Training - Committee deferred till later date**

***Young Women in Public Affairs Committee: Wendy (Chair) Joanne, Kerry, Sharon.** A committee meeting was held prior to the July General Meeting with Wendy Downes, Joanne Richardson, Sharon Rudinski and Kerry Kenyon. Pam Graham was also in attendance. It was agreed that the same format be followed as in 2006 with:

- * a visit to the school on 23 July by Wendy, assisted by Sharon Rudinski
- * a two-week program (twice weekly) be followed with Wendy and guest speakers
- * guest speakers be requested to address the relevant subject matter, namely "Status of Women in Australia" and "Status of Women Worldwide"
- * Kerry and Pam to act as mentors to the applicants

The school visit identified 11 interested students and the final list reduced to 6. The first meeting in the school library was presented by Wendy on Tuesday 31 July with 3 girls available. The other 3 were not available that day but will be available on Thursday 2 Aug. Wendy will repeat the 1st session. Tuesday 7 August will cover the "Women in Australia" question with Robyn Mitchell as presenter. Thursday will cover the "Women Worldwide" question with Pam Graham as presenter. All girls are available for both sessions. All 6 girls are excellent candidates. Wendy has had no success with the Whitsunday Christian College but will continue to try.

***Pamper packs/hampers – Adele (Chair), Kay, Catherine**



Nothing to report at this time.

***AFADU - Sue (Chair), Connie, Carole, Sandii**

The blanket sewers have been busy meeting once a month. To date they have 8 blankets completed and several in the final stages of cross stitch and crochet trim. The knitters have been going full guns to supply us with lots of squares to put together.

***Rotary Boat Show - Sheryn, Chair (+Roster) Completed**



***Binnoculars - Robyn (Chair), Sue, Carole, Connie, Janine.** The roster is working and takings are being deposited directly in the bank – the monthly total is available in the Treasurers Report.

***Cookbook Sales - Roz arranging Roster**

Many thanks to Sue, PJ, Pam and Noelene for another beautiful day at the Markets. They sold 13 books and a few cushion covers (thanks Sheryn) to make a total of \$130 to add to our coffers. This is a good opportunity to get to know another Zontian and also showcase our club. They met a Zontian on holiday from Germany, of course she took our books home to her club!

Other Specific Projects -

***Clothes Swap - Ann Cleghorn organized. (Social and Fund Raising.)** A real success, well attended by Zontians as well as some non-Zontians. Left over clothes went to Women's Services first for a sort through, remainder will go to Vinnies.



Total dollars raised \$170.00....

Connie Riley, Director SOWS

ZI CONVENTION 2008 Opening Ceremony

Professor Akua Kuenyehia, First Vice President of the International Criminal Court and member of the Zonta Club of Accra (Ghana), will **make the keynote address** at the 2008 Convention Opening Ceremony. Prior to her election as judge of the International Criminal Court, Professor Kuenyehia was Dean, Faculty of Law of the University of Ghana.

During her time at the University, she taught criminal law, gender and the law, international human rights law and public international law. She was coordinator of a research project entitled "Women and Law in Anglophone West Africa," which covered Ghana, Nigeria, Sierra Leone and The Gambia. She has written three books and numerous academic publications on gender and the law, family law and international human rights. **Judge Kuenyehia** is a Barrister and Solicitor of the Supreme Court of Ghana.



Ghana classroom

Take a look at www.zonta2008.com
for an update on our next Zonta
International Convention in Rotterdam 2008

Members Snippets

Three Zontian musketeers... PJ, Joanne and Ann celebrated another 'birthday' at Capers on Sunday 22nd July. **Fun, fun, fun!**

Twenty Zontians booked a bus through Robyn, Whitsunday Transit to go to Mackay on Saturday 11 August, to listen to David Campbell (Jimmy Barnes' son) singing JAZZ at the Entertainment Centre. I believe it was fantastic!

Congratulations go to SANDII who has just become a very proud Grandmother to little Annaleise.

It will soon be time to say our fond farewells to Ailsa & Rob of DAYSTAR fame. They have decided to move to Tassie in January 2008. Whatever are we going to do without them – we wish them a very happy and exciting future.

Pooter Pointers:

Photo Editing

Nearly all of us own and use digital cameras now, and we enjoy their benefits over the old film cameras. One really great thing is that with them, using your computer and a photo editing program, you can do so much more with them that formerly could only be done in a photo processing shop, for example, resizing, cutting out unwanted objects or people, improving exposure, removing redeye, and tons of "cool effects".

So do you have a photo editing program to do this?

Here are some suggestions, from cheapest/simplest to more expensive/complex:

1. Picasa: this is free and downloadable from the Google site at: <http://picasa.google.com.au> It can do the basic editing mentioned above but its "cool effects" are limited.
2. ACDSsee: I mention this one because it's very easy to use and has more advanced editing options than Picasa. You can download it from http://store.acdsee.com/store/acd/Content/pbPage.AU_bundle and it will cost you \$65 for the Photo Editor or bundled with the Photo Manager, \$109.
3. Ulead PhotoImpact v12 at \$200 and Zoner PhotoStudio v9 at \$100 are both available over the counter from Harvey Norman. I haven't used either but I believe that they will do a similar job to ACDSsee.
4. Adobe Photoshop Elements: This is the simplified version of Adobe Photoshop the industry standard photo editor. Harvey Norman sells it for \$219. PJ uses it so feel free to ask her what she thinks of it.

Whichever photo editor you choose, do play around with it and discover what it can do. Every time you use it you should discover something new, exciting and satisfying.

Emailing photos

Oh and by the way, for sending those huge digital photo files, like 1mb, via email **please pretty please don't send these before you reduce their size!** Even without a photo editor you can do this easily in Windows XP, like this: 1. In its folder select any photo but don't open it. 2. With the photo selected you should see in the left hand menu under File and Folder Tasks an option "E-mail this file" 3. Click this and a box appears asking you if you wish to make your pictures smaller which you click OK to 4. This opens your email program with you photo(s) already attached to a new message.

Eunice Shearer, PR&C Committee

JAKARTA

Where do I start? If you've never been to Jakarta, Indonesia's capital, imagine a polluted and traffic-jammed city, with a population of nearly 10 million and growing rapidly. An Australian I met at the airport and who travels regularly to Indonesia on business told me that in the next six months 20 new shopping malls are planned to be built in Jakarta. I really don't know if he was exaggerating but I'm sure you get his drift. Essentially though, Jakarta is a city of contrasts, mixing the ancient with the brand spanking new, the hip modern with the suffocatingly traditional and excessive wealth with hopeless poverty, as well as supporting a rapidly growing middle class of home and car owners.

I've chosen to show you just one photo from the many I took when I was there this past month of June... and I've resisted the temptation to make it a photo of either of my two grandchildren! The photo below shows my daughter-in-law, Piday, with her sister and brother and some of her nieces and nephews. Piday is on the right and her sister is on the left. I chose this photo to show how differently the two women dress in this present-day Indonesia. Both are Muslims. Piday dresses in modern western-style clothes, as do so many Indonesian Muslim women. Her sister is wearing the jilbab, the traditional Indonesian Muslim dress covering her head, neck, arms, body and legs, as do so many Indonesian Muslim women as well. Her sister dresses this way, not from any legal requirement, but because her conscience instructs her to do so and because her husband, who is conservatively religious, encourages her to do so. (Eunice Shearer)



From the Editor



HAVE YOU RECEIVED YOUR COPY OF THE ZONTIAN IN THE MAIL? AN EXCELLENT READ.

Zonta Whitsunday website: When was the last time you looked at our beautiful website? Next time you zoom in, you'll see some changes. More information about our dynamic club, including our successful [Events](#) and [Advocacy projects](#), plus promoting/selling our [fabulous cookbooks](#). Eunice has taken on the responsibility of Website graphic designer and PJ, as you know, does a fantastic job posting the monthly edition of "Reef Talk". Thanks to you both.

[Can I please remind THE CHAIR PERSON OF EACH EVENT to organise your own pics and write a short piece](#) for 'Reef Talk'. If you are planning some media exposure re your Event, best run it past President Carole and Chair PR&C Luella first..... **[before sending to the newspapers.](#)**

Page 6 of 6