

Coral Coast Chat

 **Zonta Club
of Bowen**
Member of Zonta International

Club 1476 Area 5 District 22

August 2008

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 7.00 pm Central Hotel*

- 13 Aug Board Meeting - 5.30 p.m.
13 Aug Dinner Meeting - 7.00 p.m.
21 Aug F&F, Prog Meeting - 5.15 p.m.
26 Aug Seniors Week Stall
1 Sept SOW, PR, Comm, UN - 5.15 pm
6 Sept Birthing Kit Assembly Day
10am - 2pm
10 Sept Board Meeting - 5.30 p.m.
Dinner Meeting - 7.00 p.m.*

Contacts

President

Bev Lowcock 4785 0221 (h)
4785 9824 (w)

blowcock@bigpond.com

Treasurer

Angela Cornwell

Secretary

Lynette Klukas

Attendance for Board Meeting

Lynette Klukas 4785 0000 (h)
4786 6996 (w)

lynette.klukas@bigpond.com

Attendance for Monthly Meeting

Bev Lowcock 4785 0221 (h)
4785 9824 (w)

blowcock@bigpond.com

Newsletter Editors

Kerry & Veronica 4786 3451

kpicknel@bigpond.net.au

From the President's Pen

Well there we go folks..... another half a year gone. Sometimes I think I must be having 'blackouts' as I just can't seem to account for the time that has passed by.... and that seems to be on a daily basis! We had a successful meeting to discuss the strategic plan for 2008-2009 and currently I am compiling that. It may get to you before the next board/dinner meeting. If not you will know that I was just "too busy" and unable to complete it as yet.

On that note, I would like to reassure all members that any contribution to our club is valued and to give of yourself what you are able to or feel comfortable with. This is obviously different for each of us and is no way to be compared with others; especially not by ourselves as we tend to judge ourselves much more harshly than anyone else does. My responsibilities are firstly to my family, then to my work and then to my other activities/ services outside those. As we all know sometimes our families and work commitments just take more time than expected. Sometimes in our rush to meet our other priorities we forgo some of the former responsibilities and eventually end "screwing" something up and actually creating more work and stress for ourselves. So ladies, all of that to say..... "Relax and let Zonta be enjoyable for you; not a stress or chore."

At the August dinner meeting Kerry will read the Zonta mission statement and objectives at the beginning of the meeting to keep us focused on the club's directives and goals. Hopefully all members will get a chance to read these at future meetings.

September 6 is our 'birthing kit day'. We will be doing this at the high school in D block (Home economics block) as I have keys for all the necessary rooms. Feel free to bring along as many volunteers as you can.

Bev Lowcock

Thought for the Month

God may have created man before
woman, but there is always a
rough draft before the
masterpiece.

Contributed by Hortense

Committee Clippings

PR & Communications Report

Q150 Discussion

Planning for this project is well underway. The following items were discussed - Thankyou letters to supporters; Sourcing sponsorship; possible interviewees; interviews be recorded and a CD produced to sell with the book/books. Launch of book – may include in a time capsule and may use launch as a time to thank those involved e.g. the historians, volunteers, etc.

Social outing to Bill Ashman's Farm Machinery Museum for afternoon tea on the 25th October has been proposed.

Promotional Activities

- Eve Reitmajer (Bowen Independent) to be contacted regarding upcoming activities i.e. Osteoarthritis Stall at Senior's Week & Birthing Kit Assembly Day for promoting in the Bowen Independent.
- Michelle from Gem FM to also be contacted re: promoting the events on the radio.
- Bowen Zonta Club brochures to be printed (black on gold paper) for handing out at the Osteoarthritis stall.

Donation Box

It has been proposed that a donation box be made and available at suitable functions. Donations to go directly to The Bowen Community Crisis Accommodation and Housing .

Kerry Picknell (Chairperson) (edited version)

Q150, SOW & UN Report

Q150 Historical Book Reprinting Project

The Bowen Museum and Historical Society will be preparing a timeline displaying Bowen's historical milestones. From the timeline, gaps can be identified and filled with additional stories. Recorded interviews will be put on a CD. The project is seeking sponsorship from local businesses and individuals to make up the shortfall which is not covered by the grant. Businesses will also have the option to sponsor a story about themselves or one from the book. Sponsors will be acknowledged in the publication and in subsequent communications and promotions and receive a certificate.

Osteoporosis Awareness Display during Carnival Capers Senior's Week - Tues Aug 26th 10-1 at Muller's Lagoon

The Zonta Club of Bowen will have a stand to provide information about osteoporosis awareness which is aimed at the elderly. Samples of healthy calcium rich foods including the amount of calcium in each will be on display. Seniors will have the opportunity to taste test a calcium rich fruity milkshake. Volunteers are still required to help out between 9:30 and 1:30.

Birthing Kit Assembly Day Sat Sept 6, 10-2 at Bowen High School Library

This is a social occasion where members can bring guests to show them what kind of work we do. If bringing a guest please give money to Annette or bring a plate to ensure we have enough food for all the volunteers. The times from 10-2 are only a gauge depending on how many volunteers we have and how much time each person can spare; even if it is only for an hour.

SOW Plans 2008-2009

Plans are in draft and will be finalised after the strategic plan is revised. The focus will be on **16 days of activism** to prevent violence against women (Nov 25-Dec 10) any suggestions would be welcomed.

Hortense Ingram (Chairperson) (edited version)

New Position Adopted

Congratulations Jill Knight appointed Parliamentarian by President Bev.

A Parliamentarian is a person experienced in meeting procedure who can assist and advise a club President or the Chair of any committee in the event of a question arising during the conduct of a meeting. The Parliamentarian also needs to have a good working knowledge of the organization's Constitution and Rules, as these may at times override standard meeting procedure. The aim is to maintain correct procedure, as there may be legal matters which need to be complied with, while acting with fairness, common sense and clarity for the benefit of all members.

My qualifications for this role include 21 years of Toastmasters membership including three terms as President plus terms as Area and Division Governor and roles on the District executive, Chairmanship of a state and national industry group, and of several local committees and organizations including two separate 2-year terms as President of our Zonta Club. I have provided advice and assistance to several other organizations when disputes and questions of procedure have arisen and caused problems within the organization, and have provided training in Chairmanship and meeting procedure as part of Speechcraft and Youth Leadership courses over nearly 20 years.

I've always believed that it is necessary not only for justice to be done, but for it to be clearly seen to be done, so I will be endeavouring to keep procedures as clear and simple as is consistent with correct guidance. I'm happy to answer any questions, any time.

Jill Knight (Parliamentarian)

Committee Clippings

Finance and Fundraising Report

Strawberries and Cream/Yoghurt stall at the Bowen Family Fishing Classic –

- Marquee booked with L J Hooker.
- A 2 & 5 Grant application obtained.
- Necessary equipment obtained i.e. trestle tables, a 300 L refrigerator and containers sourced.
- We are able to sell tea, coffee and biscuits, as well as our chocolates.
- Bianca has suggested that the cream/yoghurt be in small containers (sauce) and to be handed out separately. To be discussed further at the August meeting.
- Bianca advised that tea, coffee, biscuits, chocolates etc must be kept away from any of the 2 & 5 advertising material. The 2 & 5 programme is very strictly monitored and audited.
- Bianca is booked to attend our August committee meeting to discuss the responsibilities of the 2 and 5 Grant.
- Strawberries are being sourced from various suppliers. We have access to cold rooms for storage prior to the weekend.
- Letters have been sent to the Brisbane Market Authority and various businesses requesting financial contributions.

Movie Premiere – Nurse of the Year Candidate -

Committee was advised that the movie premiere has been cancelled.

Chocolate Sales - are still progressing very well.

Budget

- A minimum of \$6500 to be raised over the 12 months period to meet commitments.
- For the period 1 April to 30 June 08 a total amount of \$2637 has been raised with further chocolate money to be banked.

Lynette Klukas (edited version)

Free Workshop

"21st Century Living: Learning to text message and Internet Banking".

Adult Learning Week is from 1-8 September. The LNQ Bowen successfully obtained a grant to run an event during this time. A workshop "21st Century Living: Learning to text message and Internet Banking" will be held one morning (to be decided). This is a 3 hours free course for adults.

Lynette Klukas

Program Committee Report

Guest Speakers for future general meetings

- **August** - Therese Saad – Tourism Bowen
- **September** - no guest speaker due to fundraising commitments.
- **October** - UN Day 24 October. Our October meeting is to be our UN meeting with the focus on international activity. Further information to follow.
- **November** - 16 Day Activism White Ribbon Campaign in Nov 25 - Dec 10. A local speaker will be sought to give a short talk in relation to conditions in Bowen. One of the major biennium goals of ZI is to reduce violence against women.
- **December – Our Christmas Meeting** - Still thinking!!

The Club does have a busy agenda over the next couple of months: Strategic Planning Day; Birthing Kit Assembly Day; Strawberries & Cream Stall; Committee meetings; Publishing the book/s. The committee decided to postpone the proposed "connecting with computers" session to a much slower time.

Social activity - Suggestions for social interactions between members:

- Zonta Club tent at the Bowen Cup Race meeting.
- Picnic lunch and a visit to Walter and Judy Willcox's hibiscus farm.
- Picnic lunch and visit to Bowen Historical Museum or Bill Ashman's farm machinery museum.

On these occasions we could invite members from Burdekin and Whitsunday Clubs.

Guest Speakers:

Committee members were reminded of Zonta International goals and objectives when seeking guest speakers. We keep a list of potential guest speakers, adding to it regularly.

The Committee recommends that an "Expression of Interest" form be drawn up and adopted by the Club. This form would be used when a community member inquires about being a guest speaker. The Committee and Club members can make a decision from information supplied. This form could also be filled out by a Club member who wishes to nominate a guest speaker. It would make it easier to have the information on file for the occasions when we require a guest speaker.

Lynette Klukas (edited version)

Upcoming Events



Who's 21 Again?

Shirley August 12

Reminder

Raffle Collection

Reminder to all members - the Finance and Fundraising committee would appreciate all members bringing an item for raffles along to the August meeting.

Last Days!

Ladies, if you haven't visited the Breastscreen Van yet for your mammogram, it will be moving on after the 20th August.

Where: Centrepont Plaza Carpark

Phone 132050 for an appointment, before this lifesaving service leaves our town.

Snippets

Q150 Update

Planning is well and truly underway for the reprinting of the books *Reminiscences of the 20th Century* and *Coalfields to Coral Sea*. These books were printed by Bowen Zonta Club as a fundraising venture many years ago. The Q150 grant is enabling these books to be revised and reprinted.

Fishing Classic

Plans are ongoing for our Strawberries & Cream stall to be held at the Fishing Classic on 20th & 21st September.

Banner

Our Breast Cancer Awareness banner continues to fly high, promoting the need for women to have a mammogram.

Birthing Kits

The Birthing Kit Assembly Day is planned for Saturday 6th September 10am to 2pm at the Bowen State High School library. 1000 kits are to be assembled and the day is to be a social get-together therefore guest volunteers are most welcome.

Osteoporosis Awareness at Seniors week

An osteoporosis awareness and information stall promoting Zonta will be held at this year's Seniors Week Celebrations at Muller's Lagoon on Tuesday 26th August. Anyone interested in helping, please see Hortense.

Brochure News

The Bowen Zonta Club Brochure has been created providing a very interesting & informative medium for promoting our club. Its first exposure to the public will be at the Seniors Week stall.



DEDICATED TO SENIORS

The following poem is worthy of a read and deep consideration should be given to its meaning, especially as we look forward to celebrating Seniors' week at the end of August. Jill Knight emailed this contribution and added, "A very special poem....I think this is so beautiful it brought tears to my eyes...."

When an old lady died in the geriatric ward of a small hospital near Dundee, Scotland, it was believed that she had nothing left of any value. Later, when the nurses were going through her meagre possessions, they found this poem. Its quality and content so impressed the staff that copies were made and distributed to every nurse in the hospital.

One nurse took her copy to Ireland. The old lady's sole bequest to posterity has since appeared in the Christmas edition of the News Magazine of the North Ireland Association for Mental Health. A slide presentation has also been made based on her simple, but eloquent, poem. And this little old Scottish lady, with nothing left to give to the world, is now the author of this 'anonymous' poem winging across the Internet.

Crabby Old Woman

What do you see, nurses.....What do you see?
What are you thinking....When you're looking at me?
A crabby old woman.....Not very wise,
Uncertain of habit,.....With faraway eyes?
Who dribbles her food And makes no reply.
When you say in a loud voice...'I do wish you'd try!'
Who seems not to noticeThe things that you do,
And forever is losingA stocking or shoe?
Who, resisting or not,Lets you do as you will,
With bathing and feedingThe long day to fill?
Is that what you're thinking?.. Is that what you see?
Then open your eyes, nurse....You're not looking at me.

I'll tell you who I amAs I sit here so still,
As I do at your bidding,..... As I eat at your will.
I'm a small child of ten.....With a father and mother,
Brothers and sisters.....Who love one another.
A young girl of sixteen.....With wings on her feet.
Dreaming that soon now A lover she'll meet.
A bride soon at twenty, My heart gives a leap,
Remembering the vows That I promised to keep.

At twenty-five now,.....I have young of my own,
Who need me to guideAnd a secure happy home.
A woman of thirty,.....My young now grown fast,
Bound to each other.....With ties that should last.

At forty, my young sons...Have grown and are gone,
But my man's beside me.....To see I don't mourn.
At fifty once more,.....Babies play round my knee,
Again we know children,..... My loved one and me.

Dark days are upon me,.....My husband is dead,
For my young are all rearingYoung of their own,
I look at the future,.....I shudder with dread.
And I think of the years..... And the love that I've known.

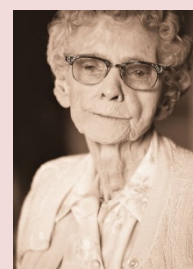
I'm now an old woman..... And nature is cruel;
Tis jest to make old ageLook like a fool.
The body, it crumbles,.....Grace and vigour depart,
There is now a stone..... Where I once had a heart.

But inside this old carcass..... a young girl still dwells,
And now and again,..... My battered heart swells.
I remember the joys,..... I remember the pain,
And I'm loving and living..... Life over again.

I think of the years.....All too few, gone too fast,
And accept the stark fact.....That nothing can last.
So open your eyes, people,.....Open and see,
Not a crabby old woman,.....Look closer.....see,.....ME!!

Remember this poem when you next meet an older person who you might brush aside without looking at the young soul within....we will all, one day, be there, too!

Contributed By Jill Knight



P r o u d M o m e n t s

Jenna, daughter of Zontian Therese Mayhew, Caitlin, niece and granddaughter of Zontians Kerry Picknell and Veronica Hickmott and Amy, granddaughter of Zontian Bon Wharley, were all presented at the recent Catholic Debutante Ball.

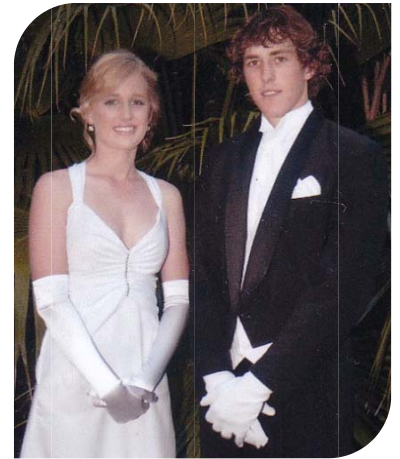
Shannon, son and grandson of Kerry and Veronica was presented with a Magna Cum Laude and Pro Diligente award and Caitlin was presented with a Cum Laude award at the recent Townsville Grammar School Cum Laude ceremony. The Cum Laude awards students for high academic achievements.



Jenna Mayhew & Bill Wallace



Caitlin Maloney & Adam Tannock



Amy Andison & Daniel Borgh



Shannon Picknell & Caitlin Maloney

Veronica's Easy Soup for Winter Nights (Trevor's favourite)

Serves 2

Sautee 1 sml finely diced onion and tomato and 1 tblspn diced bacon in 1 tsp butter. Add ½ cup frozen mixed peas & corn, sml quantity of thinly sliced celery, 1 sml tin of four bean mix and 1 sml tin of tomato soup and 1 can of water. Season with 1 tsp sugar, 1 tblspn sweet chilli sauce and salt to taste. Simmer gently for 15-20 mins, before serving add ½ cup of milk and reheat.



Nan Cycles North

Bowen Zontian Nan Hansen was part of a 250 strong team of riders who took part in the Big W Townsville to Cairns bike ride. They cycled 350 kms and raised more than \$450,000 for the Children's Cancer Institute, Australia.

Well done Nan.

Oh to have half her energy!!!



Congratulations

Congratulations to Julie Minogue who has taken on the position of chairperson of the "Bowen Community Council". This position was held by Ann McQueen for many years. Bowen Zonta Club has a close affiliation with this group as we donate annually to the Bowen Community Crisis Accommodation and Housing Program.

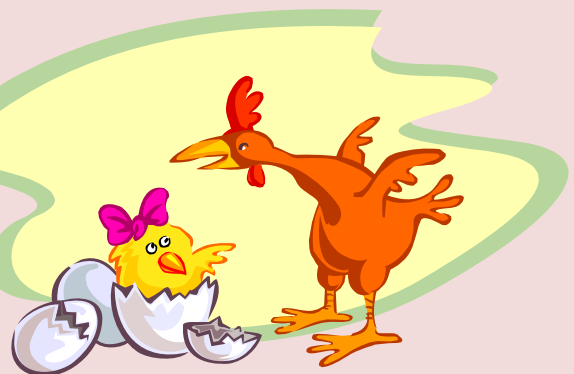


Xmas in July - getting into the Christmas spirit at our July Dinner meeting.

Birthing Kit Assembly Day

The SOW Committee have asked if members attending this activity could give \$5.00 to Annette at the August Dinner meeting for catering costs. Guests are very welcome, the more the merrier. Please notify Hortense if bringing a guest for catering purposes and also pay the required \$5.00. Members are also welcome to bring along a plate of nibbles to share.

From the Editors



We are now in full swing with our fundraising, advocacy and promotional activities for the coming year. Members' support of these busy committees helps to maintain Zonta's profile within our community.

Kerry & Veronica