

Coral Coast Chat

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

Club 1476 Area 7 District 24

February 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 6:45 pm
at the Central Hotel*

- Feb 13** *General meeting 6:45*
Feb 16 *Busy Bee from 9:00 LNC*
Feb 16 *Cultural Extravaganza 6:30*
Ayer
Feb 21 *Committee meeting 5:15 LNC*
Finance, PR, Program, UN
Date *Committee meeting*
TBD *SOW, OCM, SG*
Mar 3 *Mon Board meeting 5:15 CHR*
Mar 9 *Int Women's Day Lunch*
Mar 31 *Rotterdam early bird rego*
Apr *Area 7 Workshop*
12-13 *Charters Towers*

Contacts

President Rhonda Nilsson
nilsson2@optusnet.com.au
043 8756233

Treasurer Angela Cornwell
Secretary Lynette Klukas

Attendance for Board Meeting
Lynette Klukas 4785 0000 (h)
4786 6996 (w)
lynette.klukas@bigpond.com.au

Attendance for Monthly Meeting
Bev Lowcock 4785 0221 (h)
4785 9824 (w)
blowc1@eq.edu.au

Newsletter Hortense Ingram
Editor 4786 4606
ghingram@optusnet.com.au

From the President's Pen

So, we have changed venues - a few little things to iron out but we have done it and this has been talked about since I joined the Club. Well done ladies. It shows we are not adverse to change which is a good thing in the ever changing world in which we live.

You will now have received your nomination forms for your serious consideration as to how you will contribute to the next twelve months of Bowen Zonta's operations. As you know, I will have served my 2 years as President and it will be time for me to take on a different role.

Welcome to Bonnie Kohlhasse who was inducted last month and to Christine Coventry who will be inducted at this week's dinner meeting. It is wonderful that our membership continues to evolve and we welcome your new ideas.

Unfortunately, I am unable to join you for February's dinner meeting as work is whisking me away to Melbourne and Perth. (I am the only Queensland manager to be invited on to a working group to look at the operations of our sister company, PVC, so I am really quite chuffed.)

See you all at International Women's Day Luncheon on the 9th March!

*Cheers
Rhonda Nilsson*

DID YOU KNOW?
**The proceeds from the
sale of Zonta greeting
cards and pens go
towards local charities.**

Committee Clippings

Board Meeting Feb 5

Thank You Letter from Zonta International Foundation

Our contribution to the International Service Fund helps to support the worldwide inequalities of women.

- Poverty and insufficient health and educational resources threaten the lives of women who still comprise 70 % of the world's 1.3 billion poor
- Two thirds of illiterate adults are women and two thirds of children not in school are girls
- Less than 5 % of working women hold senior management positions and only 10 % of women hold seats in world's parliaments
- 60 million women who should be alive today are "missing" because of violence associated with gender discrimination and trafficking

Convention PowerPoint Presentation

Three photos were sent to be included in a PowerPoint presentation in Rotterdam, showing two Zonta Club of Bowen service projects (Osteoporosis Awareness and Birthing Kit Assembly Day) and one photo of our UN Day window display.

Nominating Committee

Nominations are being called for at the general meeting on Feb 13th for board and committee positions. Nomination forms will be emailed prior to the meeting. Please print, fill them in with your preferences and give to the nominating committee of Bon, Veronica and Rhonda.

Meeting Venue

The **Central Hotel** has been chosen to hold our monthly dinner meetings. Please order your meal on arrival at 6:45 at the main counter. A variety of specials are available from \$12.95.

Board Meeting Date Change

The monthly Board meetings are now held on **Monday nights** at 5:15 at CHR, with a light meal available. Next meeting Mon Mar 3. All members are welcome.

Membership

Membership

A number of invitations have been sent out to professional women in the community offering membership.

Open Invitations

Guests may be invited to our open meeting at the Annual General Meeting and Handover Dinner on Wed May 21st.

Status of Women

International Women's Day Lunch 2008 Queensland Women: Shaping the Future Sunday Mar 9th Bowen Golf Course

Guest Speakers

Vicki Saylor, Australian Film Institute award winner for her role as Flo in the film *Call Me Mum* (refer to *Inspiring Women* on p 4)

Lescha Palmore, a local lady who is now a Crown Prosecutor in Townsville

Ticket Sales

- \$25 each for a buffet with a full selection of sweets and door prize
- Members can purchase their tickets at the dinner meeting Feb 13th. The Committee would like to encourage members to each take a few extra tickets to sell within their network
- Hickmotts Newsagency will be the only ticket outlet for sales to the public

Media advertisements to follow shortly.

IWD Raffle

Members are requested to give a monetary donation towards the purchase of the raffle prizes at the Feb dinner meeting.

Assembly Day, Birthing Kits

Before committing to a date and numbers, costs are being compared for 500 and 1000 kits.

Communication and PR

Busy Bee

Saturday Feb 16th 9am -2pm at the LNC

- this is a good opportunity for fellowship while we do some archive and historical information housekeeping
- if you have items of historical significance or that are part of our inventory, please let the committee know so that we can access their value and maintain a record
- refreshments and snacks will be provided

Finance and Fund Raising

Movie Premiere

Two options are available either *Atonement* or *No Country for Old Men*.

Chocolate Sales

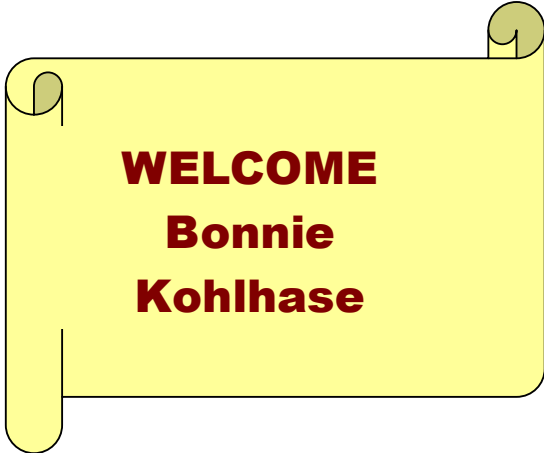
Easter egg chocolates have been ordered.

History of Bowen Book Sales

The Club needs to apply for a grant to reprint the book. There is some work to do get it in publishing format. A volunteer is sought who could help with this project.

Member's Moments

New Member



President Rhonda Nilsson inducted Bonnie as a member of Zonta

Photo Nan Hansen

10,000 STEPS
Bowen State

Certificate of Achievement
Awarded to
"Zippy Zontians"
On Completing
1,256,716 Steps in
The 2007 Be Active Family and Community Challenge
Congratulations on stepping up to the challenge
Thank you for your participation

Extra gold star award for reaching 1 million steps in 25 days

Zippy Zontians, Rhonda Nilsson, Bon Wharley, Nan Hansen and Shirley James have completed the 10,000 Steps Challenge reaching 1 million steps in 25 days.

BOWEN SHIRE COUNCIL

Queensland Government
Department of Health



Inspiring Women



Vicki Saylor at the Australian Film Institute Awards in Melbourne Dec 2007

Vicki Saylor is the first North Queensland actor to win an Australian Film Institute award. Vicki, a proud Torres Strait Island woman from Townsville was honoured for her performance as Flo, in the SBS television drama Call Me Mum which was her first acting job. The film was directed by Margot Nash and Kathleen Mary Falon wrote the screen play.

Vicki has also received the Bendigo Bank 2007 Business Women of the Year New Challenge Award in Townsville. The former Townsville Aboriginal and Torres Strait Islander Cultural Events and Performance Manager has founded her own promotions and marketing business called SayLaV Marketing and Events. The New Challenge award is given to women who have been in their chosen careers for 10 years and take up a career in a different industry.

Her motto is promoting excellence in people and to do that "I have to walk the walk myself," Ms Saylor said.

Earlier in the year she attended and performed at the prestigious 29th International Women Directors' Festival in France. She also attended the Australian Embassy in Paris 50th NAIDOC Celebrations (National Aboriginal and Islanders Day Observation Committee) as the guest speaker where her film Call Me Mum was screened.

Vicki was also the guest speaker at the Young Achievement Australia Awards night in 2007. Her words were very inspirational as she charted the ups and downs of her life but her message was clear: "Never let go of your dreams!"

From the Hen's Hutch

PREPARING FOR YOUR MAMMOGRAM



Many women are afraid of their first mammogram, but there is no need to worry. By taking a few minutes each day for the week preceding the exam and doing the following practice exercises, you will be totally prepared. And best of all, you can do these simple practice exercises right in the privacy of your own home.

EXERCISE 1

Freeze two metal bookends overnight. Strip to the waist. Invite a stranger into the room. Press the bookends against one of your breasts. Smash the bookends together as hard as you can. Set an appointment with the stranger to meet next year and do it again.

EXERCISE 2

Open your refrigerator door and insert one breast between the door and the main box. Have one of your strongest friends slam the door shut as hard as possible and lean on the door for good measure. Hold that position for five seconds (don't breathe!). Repeat again in case the first time wasn't effective enough.

EXERCISE 3

Visit your garage at 3:00 a.m. when the temperature of the concrete floor is just perfect. Take off all your warm clothes and lay comfortably on the floor with one breast wedged under the rear tire of the car. Ask a friend to slowly back the car up until the breast is sufficiently flattened and chilled. Turn over and repeat for the other breast.

CONGRATULATIONS!

Now you are properly prepared for your mammogram. Isn't it FUN to be a WOMAN?



BUSY BEE

Saturday February 16th
9:00 am - 2:00 pm
at the Learning Network Centre
next to the Scrapbooking Shop

Come in and join the fellowship, if only for an hour or two.
You'll get a chance to get to know some of the members while at the same time learning about our Club's history and past projects as we sort through the archives.
Enjoy a cuppa or a light lunch.



VALENTINE'S DINNER MEETING FEB 13TH

Program

Special guest speaker **Bianca Walker** from the Healthier Bowen Shire Partnership will be doing a **Veg on the Wildside** cooking demonstration and taste testing at 7:00 pm. There will be some fantastic giveaways and raffle prizes. Regular meeting and dinner to follow.

What to bring

- ❖ Completed nomination forms (attached with newsletter)
- ❖ Donation for IWD raffle prizes
- ❖ Personal donation for ZI
- ❖ \$25 if purchasing your IWD ticket on the night
- ❖ **Wear something red to celebrate the occasion**



The Rose

Rose, as the queen of flowers, symbolises peace and war, love and forgiveness. Valentine's Day is a time to send flowers and gifts to your loved ones. There are formal meanings of different coloured roses, so choose your colour with care.

White roses - true love and purity of the mind

Red roses - love and passion

Yellow roses - friendship

Black roses - farewell

Pink roses - friendship or sweetheart



KALAMIA HOTEL,
in conjunction with
BURDEKIN ZONTA CLUB
Invite you and your friends to a
CULTURAL EXTRAVAGANZA
Kalamia Hotel Function Room
Saturday, 16th February 2008
6.30pm for a 7.00pm Start
Cost: \$25 per person
ART, WINE & HOT SCRUMPTIOUS FINGER FOOD
CHAMPAGNE & CHOCOLATE ON ARRIVAL!
"Proceeds will be donated to the Health & Care of Children Internationally"
WINE BY: **BROWN BROTHERS**
Raffle donated by: Josephine Di Bartolo
Tickets available from JO'S GIFTS & LINEN

The Burdekin Zonta Club is holding a fundraiser.

Kalamia Hotel in Ayer
Sat Feb 16th at 6:30pm

\$25 per person

Proceeds will be donated to the health and care of children overseas.