



# Whitsunday President Wins Award

Robyn Mitchell, president of Zonta Club of the Whitsundays, has been named Citizen of the Year in the Whitsunday Regional Council's Australia Day Awards.

Robyn has been a member of Zonta for nine years, serving as a board member for the past seven.

She has lived in the Whitsundays for 10 years, bringing with her a wealth of experience in social service, and has made her mark in the shire as a community volunteer, sitting on many committees and boards working to improve the growth and status of the community.

As chair of the Whitsunday Crisis & Counselling Service in 2008, Robyn guided the service through a year of change - name, logo and location - leading the service into a more prominent position in the community.

Robyn has played an active role in the Whitsunday Chamber of Commerce and represented both the Chamber and family business interests in numerous community consultations and local government planning meetings.

She is heavily involved in volunteer community work to which she has a strong commitment. As chair of the 2015 Social and Community Development Committee she spent 10 months with an active and dedicated committee collecting and analysing the needs of this sector in the Whitsundays.

Heartfelt congratulations to Robyn from everyone at the Zonta Club of the Whitsundays!



Citizen of the Year Robyn Mitchell with other award recipients on Australia Day



Robyn and Jan Clifford



From left, Joan, Robyn and Noelene.

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## International Women's Day Brunch is getting closer

Plans for the annual International Women's Day Brunch, on Sunday March 8, are all in hand with last minute details coming together for what promises to be a great event.

This year's theme is 'Let's Get Physical', celebrating active lifestyles and healthy lives.

The guest speaker is a young woman who overcame mental illness to go on and win a string of triathlons and represent her country.

Queenslander Anne Garton set her sights high from an early age and achieved outstanding results in her sporting, academic and professional life. But her childhood dream of a police career collapsed around her when the stresses of emergency call-outs triggered a devastating psychological breakdown.

Guests will hear Anne's extraordinary story of overcoming illness and

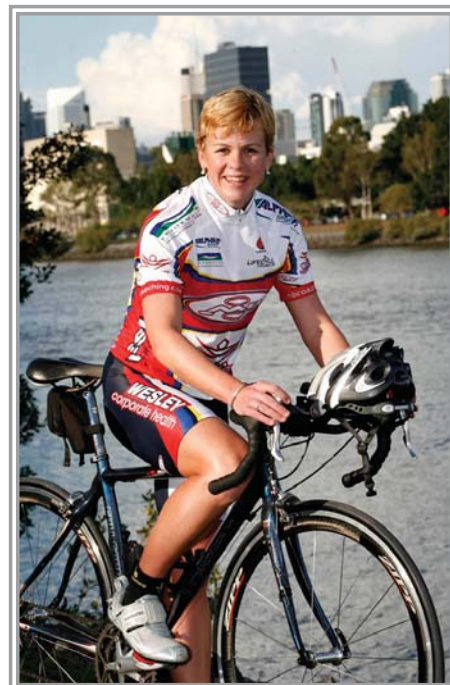
emotional obstacles to recover and win triathlons - even representing Australia.

For \$38 guests enjoy a two-course brunch with tea and coffee, a complimentary glass of champagne on arrival, live music, raffles, an auction and lucky door prizes.

The brunch will take place in Coral Sea Resort's Nautilus Room, 9am for a 9.30am start.

Tickets can be bought at the February monthly meeting - see Connie. Please bring the exact amount in cash. If you have friends coming tables of 8-10 can be reserved.

Alternatively buy tickets at CPQ Real Estate, Airlie Beach, Minniecon & Burke, Whitsunday Shopping Centre, Moocha's Boutique, Centro Shopping Centre and Proserpine Hair Shoppe, Proserpine.



Guest speaker at the International Women's Day Brunch, on Sunday March 8, is the inspirational Anne Garton.

## Queensland Healthy State Awards submission well under way

After the planning session on January 18 details of two projects are mapped out with plans for the third.

The notes from the discussions outline how the need for each project was identified, how the project was planned and the implementation and monitoring of each project.

In addition, each project identified the partnerships that have been, or are being, established to make the projects work.

The next step is to draft this information into the Award format. The final draft will come to the membership before sending off.

On the swimming vouchers idea, Robyn and Carole have found out that:

- On average 14 children aged 0 - 4 years drown each year in Queensland
- Two thirds of these drowning cases are children aged one and two years of age



- For every toddler drowning three or four others are admitted to hospital following an immersion incident.

They also discovered from ABS estimates that there were 1,002 children aged 0 to 4 in the Whitsundays in June 2007 (523 boys and 479 girls).

Swimming lessons cost \$110 per child for 10 lessons and we estimate 20 lessons on average for drown-proofing.

The total cost for this comes out at about \$220,000. A nice round sum and one which allows others to share in the prize money too!

## Community Notice Board

### It's on again!

Ann Cleghorn's enthusiasm is catching and this time she's hosting a repeat Clothes Swap on Valentines Day. So here are the details.....

**Step 1** - Clear out your cupboards and wardrobes of all those things that are too small too big or not 'just right'. This includes shoes, handbags, and even accessories

**Step 2** - Bring them along to Ann's place on 14th February (address below)

**Step 3** - Bring a glass and whatever you want to drink - remember this is a social event! And remember some cash so you can spend up.

**Step 4** - Tell all your friends as the more the merrier and the more we raise for Zonta

**Address:** 5 Lewis St, Airlie Beach, Unit 4, top floor, Wistari Units

**Date:** Saturday, February 14

**Time:** From 1.00pm

Parking is tricky as the street is one-way so entry is from Begley Street. Please avoid parking across driveways.

### Avoid these additives for health

Jan has provided her fellow Zontians with a follow-up from her fascinating lecture at the last meeting on 'Health by Cindi O'Meara'. Avoid the following:

**Colours:** 102, 104, 107, 110, 120, 122-129, 132, 142, 150, 151, 155, 160b (annatto)

**Preservatives:** Sorbates 200-203; Benzoates 210-213; Sulphites 220-228; Nitrates, nitrites 249-252; Propionates 280-283

**Antioxidants:** Gallates 310-312  
TBHQ, BHA, BHT 319-321

**Flavour Enhancers:** 620-625, 627, 631, 635; Hydrolysed Vegetable Protein (HVP), Hydrolysed Soy Protein (HSP), Soy Protein isolate (SPI), Textured Vegetable Protein (TVP), Hydrogenated Vegetable Oil, Vegetable Oil

### Happy Birthday to...

**Leigh Robinson February 6**

**Marlene Reiffel February 9**

### Jokes

This month's jokes are courtesy of Jan McKinnon. Thank you Jan.

**Tech support:** 'Okay Colin, let's press the control and escape keys at the same time. That will bring up a task list in the middle of the screen. Now type the letter 'P' to bring up Program Manager.

**Customer:** I don't have a P.

**Tech support:** On your keyboard, Colin.

**Customer:** What do you mean?

**Tech support:** 'P' ... on your keyboard, Colin.

**Customer:** I'M NOT GOING TO DO THAT.

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**A woman customer called the Canon help desk with a problem with her printer.**

**Tech support:** Are you running it under windows?

**Customer:** 'No, my desk is next to the door, but that is a good point. The man sitting in the cubicle next to me is under a window, and his printer is working fine.

### Date Savers

**March 8** - International Women's Day Brunch, Coral Sea Resort

**March 25** - Combined Services Dinner (*Zonta to host*)

**March 28 and 29** - Area Meeting in Cairns

**September 25 to 27** - first District 22 Conference (all of Queensland) in Townsville

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## AROUND THE WORLD

### PJ and Steve say hello from Sydney!

PJ and husband Steve have been sailing all over the place in the past six months, most recently on Sydney Harbour.

Fellow Zontian Wendy Downes went and visited them recently and took these fabulous snaps on the water, on Sunday February 1.

“Steve and PJ look so happy and I feel are in no hurry to leave Sydney Harbour to sail back, although they miss all their friends here,” said Wendy, adding an impromptu Zonta meeting was held on board, along with Rachel from a Zonta Club in Western Sydney.



PJ & fellow Zontian Rachel from Sydney



PJ & Steve on Sydney Harbour

### Lucy gains worldwide notoriety!

Lucy Fraser, from the Whitsundays, has gained worldwide notoriety through being photographed celebrating Barack Obama's inauguration in his village of Kogelo, in Kenya.

Lucy, who is supported by both Zonta and Rotary in the Whitsundays, has been in Kenya helping to build a community centre and doing other voluntary work.

The photograph has appeared in newspapers and on websites all over the world. Lucy sent in the following touching story about her friend Moses.

“I can't finish talking about this week without mentioning one thing. This year I actually got to experience a Xmas miracle first-hand. We have a dear friend called Moses who lives in Mutumbu. He is one of the two young men who run the community centre, which we have now finished building for them. He is funny, smart and a real genuine person. He taught us how to use the Jemba and a lot about trees as well as giving us language lessons in the local mother tongue, Luo.

On Xmas eve he was travelling into Kisumu when the Matatu he was in crashed with two other vehicles. He was in the front seat and the two people next to him were killed. Moses walked out of the hospital that same afternoon with nothing but a few bruises and scratches. I guess the universe still had a plan for him, and when it's not your time, it's not your time. I believe someone was looking out for him. Every day since then we thank our lucky stars that such an amazing person is still with us when he could have so easily been lost.

I also got to give one of the most meaningful Xmas presents I could give. Moses has awful eyesight and his glasses were broken/lost in the crash, it would have taken him months if not a year to save the money to buy a new pair, so I used some of the money my parents gave me (thanks mum and dad!) to buy him a pair, which he then was able to wear to our final day on the worksite (which was a big day of speeches and more speeches). He has done so much for us over the last two months, so it was a good way to show him how much we care about him and what he has meant to us! A Christmas miracle if ever there was one!

Lucy Fraser - January 2009



Lucy Fraser was in Barack Obama's village Kogelo, in Kenya, for the president's inauguration. This photo appeared around the world in newspapers and on news websites.

### World Wide Women

(by Guus Hermans)

Muslim Women in the Gulf States are facing an extreme increase in the number of divorces by sms text. According to The Gulf Daily Women Organisations in Bahrain are demanding a quick new law to protect women and families against this “spontaneously and inhuman” way of divorcing. “A man who wants to divorce is obliged first to tell his wife. We think that they have to decide together and certainly not by sms,” says Fatima al-Rabeca of Bahrain's Women's Organisation. Also in Asia and Africa the sms way of divorcing is making progress. It seems that Judges don't have any understanding of the situation. A judge in Malaysia accepted a divorce where a man by sms ordered his wife: when you are not coming to me immediately, the divorce is a fact. According to the Islamic law the Sharia, if a man, in the presence of a witness, declares three times that he wants to divorce, a judge will usually confirm this.

## Directors Reports

### United Nations Report February 2009

Director: Kay Harris

#### Members Meeting Speaker:

As we have such a busy meeting next we have decided to put back to the March and April meetings the following speakers.

Noelene will be giving a talk on another of the International Service Program projects, on "Safe Cities for Women Project in Guatemala City, Guatemala and San Salvadore" next

month, and Sharon will be presenting her talk on "Prevention of Mother to Child Transmission of HIV in Rwanda" at our April meeting .

#### Breakfast Speaker:

Denise Veenstra has been contacted and is unable to speak at a breakfast meeting this month. She suggested March but Noelene has advised her that this is going to be such a busy month. The committee considers that if Joanne, who was to speak in April, is agreeable, that Denise be secured

for April with Joanne to speak at a later date.

Noelene is to organize this and will advise a date.

The Committee will be holding their next meeting on the 11th February, 2009 at Capers.

#### International Women's Day Breakfast:

Full steam ahead with the girls working furiously. All aspects of the planning have been covered with just the final stages before the "big do" to be done.

## Membership & Fund Raising Report

### FEBRUARY, 2009.

Director: Jan McKinnon.

Chair: Sue Hansen

**CLUB MEMBERSHIP** is sitting at 39 members of which six are on leave of absence.

**BROCHURES AND BUSINESS CARDS:** Our revised brochures and business cards are being distributed at each meeting.

**E-MAIL MAINTENANCE:** We did not have any hits on our email this last month.

**MEMBERSHIP:** We had a good attendance for our first meeting in January with 28 members and four guests - Julie Stafford, Wendy Blew, Julianna Graham and Joan Ricardo. Joan Ricardo has now attended a few meetings and our social at Christmas, and has been approached in regard to joining. She is going to be away from the area for four months and will put in an application when she returns. Julie Stafford has attended two meetings and she will be approached at our next meeting. Following up on other ladies who attended our Membership Night - Vickie Wallace, who has been to three meetings and came to Zonta through our Membership Night newspaper article has been telephoned several times and messages left, but she has been away. We will contact her again.

A membership planning meeting will be held on Monday 16th February, 2009 to discuss means of encouraging new members to our club.

### FUND RAISING/SOCIAL ACTIVITIES

#### (1) COOK BOOKS: Chair: Connie.

Connie has recommended that she and other members continue selling cook books at the markets when the cruise ships visit the Whitsundays.

#### (2) BOAT SHOW: Chair: Suzie and PJ.

Committee: Sandii, Judy, Janet, Cath. We are waiting until February for a further meeting between Robyn and Stephanie Hunt re. the contract for the Rotary Boat Show catering.

#### (3) COMBINED SERVICES DINNER: Chair: Robyn, Marie and Janet.

Second letter gone out to 22 organisations. Robyn created the quiz for the event. Members met on 21st January to finalise arrangements.

#### (4) 2009 ZONTA DISTRICT 22 AREA CONFERENCE:

Will be held in Cairns on Saturday 28th and Sunday 29th March, 2009, at The Hotel Cairns. We have been researching the costs and an email will be forwarded to membership once the accommodation costs are final.

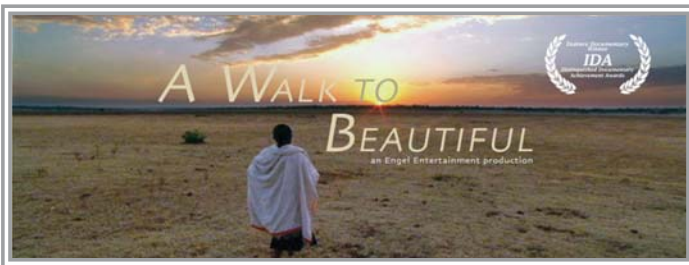
#### (5) BINOCULARS: Chair: Robyn.

Collected \$118 for the months of December and January. This amount is down on a similar time last year but still represents an increase on the November takings. Given that there is very little maintenance and cost involved it still represents an income for the Club.

## Service and Advocacy Report

What a busy year we have had so far with our very successful **film evening** on the 29th January, our **planning session** on the 18th January and the **garden and library committees** in top gear.

Our documentary, **A Walk to Beautiful** was shown at Connie's "gold class" cinema on the 29th January with a wonderful attendance and an abundance of good food and wine. The film lasted just 45 minutes but was wonderfully inspiring and educated us even more about the condition of Obstetric Fistula, one of the focuses of Zonta International this year. An animated discussion ensued after the film and a great evening was had by all who attended. Thanks to Connie for supplying the venue and being the perfect hostess and to Robyn for supplying the film.



A **planning session** was held at Robyn's house on the 18th January to discuss the projects and strategies needed to enter the **Qld Healthy State Awards**. It was established that two of our current projects, the garden project and the library project, fit nicely with the criteria and a third, a physical activity, would be added.

The dynamic **garden committee** has held many meetings over the last few weeks as planting season is not far away and gardens need to be built at the refuge by then. The committee has been very proactive with the implementation and monitoring of their project. A model garden design has been established, including a bush tucker garden, and 'sow what when' guides, crop rotation guides and companion planting guides examined, and a site plan drawn up for the Whitsunday Crisis & Counselling Service Refuge. Budgets are now being finalised which will form the basis of model gardens in the future. The committee has set an ambitious target of starting their garden at the Whitsunday Crisis & Counselling Service Refuge and then expanding to the local schools and later into a council-funded facility like the Botanic Gardens. A funding application has been submitted to ABC Rural Radio Healthy Community Grant, so fingers crossed that extra funding will be successful. This committee has been so inspirational that I think all the members should dust off their gardening gloves and get out into the garden to grow veggies and get healthy!!!!

**The Library Committee**, with the help of Anna Durham at the Cannonvale library, are about to prepare their list of books for purchase, keeping in mind our focus on the healthy state awards criteria. I, for one, am looking forward to selecting many of the new books about to become part of our shire library, thanks to our Library Committee.

Our new committee, **The Walking Project Committee**, will be holding meetings in February to examine the logistics of establishing a walking club etc. Wendy is heading up that committee at the moment so stay tuned for more action on our 'get physical' project.

**YWPA** judging will take place in February and a winner announced who will then be a speaker at the IWDB.

**Education Bursary Committee** is meeting on the 18th February to develop an action plan for 2009. Ashleigh, the 2008 winner, will attend our February meeting and also at the February meeting we look forward to hearing Libby speak of her **Rock and Water Course**.

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## President's Report - FEBRUARY, 2009.

What a lively meeting it was last month and how good to see some new faces too. Eunice presented us with an interesting account of Gen Y in China and there was lots of information about our coming events and projects. January was an exciting month to look back on – a flying visit from Ann C with tales of her exciting sailing adventures, Joanne celebrating on top of a volcano in Java, PJ getting within 30 metres of Kevin Rudd, Lucy in Barak O'Bama's village in Kenya and of course those Australia Day Awards. Then there was that remarkable documentary from Ethiopia which was so heartbreaking yet inspiring at the same time.

This month's meeting promises to be just as lively. We have Kelly Stokes, our Area Director, who will be visiting with her sister, to tell us more about what is planned for the Area Conference in Cairns on 28th and 29th March. Libby will be talking about the Rock and Water program she attended in November last year. In addition Melody will be leading us in song as we practice the theme tune Let's get Physical for our IWD Brunch on 8th March. Tickets are now available at 4 outlets – see the IWD article for details. And of course there is our clothes swap this month hosted by Ann where I'm sure the bargains will be fabulous.

I'm off to Pearl Beach north of Sydney for a week to relax. See you at the February meeting.

**Robyn Mitchell**