



## PRESIDENT'S REPORT

**JANUARY 2013**

**A** brand new year is ahead of us, which is shaping up to be another eventful and rewarding time for all. Noelene, our secretary, has listed all the events we have recently been involved with (see later in this newsletter). This makes very impressive reading.

**I** wish to thank everyone for their tireless work enabling us to achieve and complete our projects and goals.

**I**n our Zonta International Newsletter for December, our President Lynn Mckenzie thanked you, and other Zontians throughout the world, for your actions to improve the lives of women and girls. In the words of UN Secretary General, Ban Ki-moon, when launching UN Women in 2011, "Investing in women is not only the right thing to do: it is the smart thing to do."



**O**ur last function for the year was 'fun' event, enabling us all to get together to celebrate Christmas and enjoy each others company! Our Progressive Dinner was a great success and well organised by our committee of Roz, Laura, Catherine and Robyn.

**C**ocktails at Laura's, dinner at Roz's, deserts at Catherine's...what a menu! Well done to all of you. It was a wonderful evening.

**A**s I am writing this in Brisbane, I have twins who are pulling at my sleeve, with a look in their eyes saying "Come on Grandma haven't you finished yet?". Three years old and they are trying to organise me already.

**L**ooking forward to meeting our challenges with you all in 2013.

**A**ngela Spicer, President





## SERVICE



Members of the Zonta Club of the Whitsundays delivered their annual gifts to St Vincent de Paul for the Adopt a Family Christmas appeal. The recipients this year included a single parent family with four children, as well as two residents of the Proserpine Home for Aged Persons. The gifts included an extensive hamper, including a large ham, along with presents for each of the children, carefully gift-wrapped. Hand knitted blankets will be much appreciated by the residents of the Home, we are certain.

Pam Stevens from St Vincent de Paul said that donations such as these were very welcome. "There are lots of people in the community right now who need assistance, especially at Christmas. Some people have lost their jobs or can't work and they have nowhere else to go. So we are very thankful for donations like these," she said.

Zonta Club President, Angela Spicer, congratulated members of the club for their generosity. "The Adopt a Family program brings the community together at Christmas and reminds us that some families are struggling. We can do something to make this a more enjoyable time for those families", she said.

Photo shows L to R: Dawn Green, Pam Stevens, Joan McGrath, Bill Bowman (holding leg of ham), Wendy Downes, Colleen Bowman (kneeling)

Every year the Zonta Club of the Whitsundays gives something special to women who are escaping domestic violence and spend Christmas with their children in the refuge at the Whitsunday Crisis and Counselling Service (WCCS). This year members of the Zonta Club filled 12 pamper packs, one for each of the women.

"The packs contain goodies and some luxuries that they may not buy for themselves. It helps the women feel that someone cares at this difficult time of the year. They are not forgotten," said Angela Spicer, President of the Zonta Club.

Maryann Qwen and Linda Trevisi (pictured), who both work at the WCCS supporting women in the refuge, stated that seeing the joy that these packs bring to the women is amazing and rewarding. "Often these are the only gifts they receive at Christmas. So we are very grateful to the members of Zonta for this particular donation. Again, we want to say a big Thank You for the support provided to the WCCS," they said.

Picture shows left to right: Dawn Green, Wendy Downes, Madison Green (in red fairy dress) Linda Trevisi and Maryann Owen

Articles submitted and photos take by Robyn Mitchell

## Books from Birth

Thank you to all who collected, sorted and packed the books and magazines and please enjoy a rest from this for a few months. Just a reminder, when you are all doing your after Christmas clean up, to save any suitable books and magazines as we will need a new supply when we start up again.

**International Women's Day**  
**UN Women Australia's theme for International Women's Day 2013 is**  
**Ending Violence Against Women**



Please note your diary for 10th March to put on your "glad rags" and celebrate friendship and fun. We will need the help of every Zontian to make this day a success.

Our speakers are well know actress, Nancye Hayes and television producer Laurel Fimmel (Veitch). These ladies have been friends for many years and are looking forward to coming to our Breakfast/Brunch to share some insight into life for Women in the media. They also promise to tell a few tales "out of school". More to follow.....Dawn Green, Service Director





## ADVOCACY



### COMING MAY 2013

**We** will be joining with other community groups to raise awareness of physical or sexual violence in our local community. This will work in with the Zonta International "Zonta says NO" campaign. A committee has been formed with representatives from almost all the service and community organizations to work together during the Domestic Violence month of May.

#### Worldwide Facts and Figures:

**V**iolence against women and girls is a problem of pandemic proportions. Based on country data available, up to 70 per cent of women experience physical or sexual violence from men in their lifetime – the majority by husbands, intimate partners or someone they know. Among women aged between 15 and 44, acts of violence cause more death and disability than cancer, malaria, traffic accidents and war combined. Perhaps the most pervasive human rights violation that we know today, violence against women devastates lives, fractures communities, and stalls development. It takes many forms and occurs in many places – domestic violence in the home, sexual abuse of girls in schools, sexual harassment at work, rape by husbands or strangers, in refugee camps or as a tactic of war.

**F**emicide – the murder of women because they are women. In the United States, one-third of women murdered each year are killed by intimate partners. In South Africa, a woman is killed every 6 hours by an intimate partner. In India, 22 women were killed each day in dowry-related murders in 2007. In Guatemala, two women are murdered, on average, each day.

**O**ne wonders what such figures are for downtown Australia. Please give this situation your thoughts and consideration and think what we can do in our local area to help stamp out domestic violence.

Janet Keppke, Advocacy Director

## BREAKFAST SESSIONS

**D**uring 2012, we have been to Africa three times with Robyn's wonderful talk on Ethiopia and her visit to The Hospital by the River, Pammie's inspirational talk on the work she does with AFADU in Zimbabwe and Penny Wilson talking about her experiences with Medecins sans Frontier and obstetric fistula in many parts of Africa.

**W**e have visited Cambodia twice with Pam Tyndall talking about the work she does with installing water wells in the villages of Cambodia and our very special local midwife, Lynne Brett, telling us about the women's health clinics she is setting up in Cambodia.

**K**aren Douglas has educated us about the state of refugees coming to Israel from many areas of the Middle East and Africa and the difficulties she encounters working with refugees on the Israeli border.

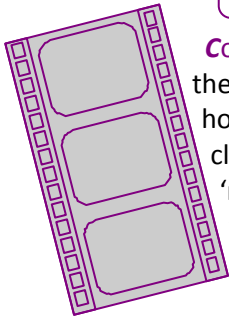
**A**нна Durham gave us an inspirational account on her battle with breast cancer and the way she has found a way through this challenge.

**T**he year was bookended by two talks on relationships. Mark from Relationships Australia talked to us on Valentine's Day about the steps to more positive relationships and successful conflict resolution. In October, Sue from WCCS gave us a very sobering account of what happens when relationships go terribly wrong and I think we were all shocked to hear of the extent of domestic violence and sexual assault here in our very own backyard.

**I**t is always amazing to me that so many inspirational women live here in our local community. Thanks to all the members who gave me "hot tips" about prospective speakers. Please keep the ideas coming. Thanks again for supporting the breakfast sessions so well. Every session has been extremely well attended. We plan to continue our breakfast sessions again this year with another impressive line up. Roz Jennings, Vice President



**UNITED NATIONS COMMITTEE**  
**Film afternoon Sunday 27th January**



**Come** along to see two half hour videos on outreach programs run by the 'Hospital by the River' in Ethiopia. They show how women with obstetric fistula, who can't get to the hospital in Addis Ababa, are being treated in regional areas. They tell of makeshift clinics, hardship, dedication, and amazing life changes. The moving and sometimes 'raw' stories are told by the women themselves, as well as the nurses and doctors who are providing treatment and care.

Details are: Location: Robyn's house – 5 Mandalay Close, Mandalay Rd  
Time: 1.30pm for 2.00pm screening  
Bring: a plate (or share with someone) for afternoon tea.  
Coffee and tea provided

## MEMBERSHIP

**W**elcome back to all our wonderful Zonta Whitsundays members; I hope you all had a happy Christmas, an enjoyable New Year's Eve and are feeling rested so as to look forward to another year of Zonta activities.

**W**hat a pleasure to start 2013 by taking you back to our last big membership event, the Christmas Party! For me, it was perhaps the best yet, with beautiful venues, beautiful food, cocktails, beautiful weather and beautiful people (not necessarily in order of importance!!) If we can measure its success by the high rate of attendance, the verbal feed-back and the atmosphere and appetites on the night, then it scored high marks indeed. I know it was a lot of work for our hostesses though in organising food and venues and I want to thank Laura, Roz and Catherine on behalf of everyone for a magnificent job. I will be asking you to give us some feed-back at this month's meeting.

**T**his year the Membership Committee plans to continue supporting the members with mentoring, acknowledgement, and some enjoyable activities while helping to spread the word about Zonta and our club's projects in order to raise awareness and attract new members. I would ask you to support us in any way you can, whether it's by joining a committee, helping at an event, spreading the word or bringing along potential new members.

**I**f you have ideas for activities to support the membership, we'd also love to hear them. On that note, I am looking for two new members for the membership Committee as Sandii will be taking a break and PJ will be away from April until October. Connie, too, will be away from mid-May to July. So PLEASE, IF YOU CAN HELP LET ME KNOW!

Kerry, Membership Director

### Member News: Marie Abrahams

I thought members would like to know that Marie is settling into her new life in Tassie, and loves being closer to her family. She looks after 3 of her grandchildren after school 3 days a week, and enjoys the country lifestyle of a 50 acre property. She misses the company of her Whitsunday friends, especially her Zonta activities, and asked to 'Hi' to everyone. Cheers, Robyn





### Date Claimers

- 9 January : Board Meeting— 5.30 PM
- 17 January: General Meeting—Reef Gateway—6.15 for 6.30 start
- 27 January: UN Film Afternoon—Robyn’s house – 5 Mandalay Close, Mandalay Rd—1.30 PM
- 30 January: Last Wednesday Book Club— Catherine’s, 2 Mandalay Gardens— 5 PM
- 13 February : Board Meeting— 5.30 PM
- 21 February: General Meeting—Reef Gateway—6.15 for 6.30 start
- 10 March: International Women’s Day—TBA



January  
4th—Carole Brauner  
6th—Noelene Helman  
18th—Judy Brett







## PROFILE: Pam Harrison

Not long after transferring to Hamilton Island from Darwin in 2009 (where my husband, Bill, was Chief Fire Officer at the Hamilton Island Airport) he pointed out a photo in our local Whitsunday Times of a group of woman handing over some beautifully knitted rugs to be sent to Zimbabwe on behalf of AFADU (Aid for Africa Down Under). I had a long association with AFADU, had visited Zimbabwe on many occasions and had often helped to distribute “those” rugs. I rang Connie Riley and she invited me to talk to the Zonta group and, with great excitement, I was able to not only talk about the charity and the children we support but show actual photographs of the group’s rugs being given to members of the community in Zimbabwe.

The warmth the ZONTA women displayed at the Breakfast Talk, their positive ideals and Connie’s encouragement to come to a dinner meeting eventually resulted in me being inducted in June 2010.

My nursing career was long and varied but enabled me to work with children, the aged, prisoners, illegal immigrants, university and TAFE students. In another lifetime (in 1977 until 1986), I helped to run a Flying School and Charter Service at Proserpine Airport. My last job was as the resident “vampire” at the Hamilton Island Medical Centre, where I took blood for QML on a part time basis.

I have one beautiful daughter Sarah, who is an almost 30 years old, mother of two. She has gone back to Uni to complete a Bachelor of Education and, by this time next year, will be fulfilling her dreams. Her children are now my passion, although they do have to compete with the 60 children I help support at the Lirhanzo Children’s Village in Zimbabwe.



Bill and I have just retired and are now living in Cannonvale.

WE love the Whitsundays and look forward to more sailing in our *Top Hat*, getting back in to playing regular golf, being involved in our community and local projects and house swapping with people from overseas.

In 2006, I began fund raising for a School of Nursing at the Ckikombedzi Hospital in Zimbabwe, the medical facility nearest the children’s home. It is my dream to see that complete so that health standards will be raised and more jobs created for our children and the local community.

In 2013, I look forward to sharing the fellowship of ZONTA and encouraging new members to join.

### Zonta Club of the Whitsundays Contact Details

President - Angela Spicer: zontaclub7@hotmail.com  
President Elect—Position vacant  
Vice President - Roz Jennings: peteandroz@bigpond.com  
Secretary – Noelene Helman: helmans@bigpond.com  
Treasurer – Catherine Moscato: catherinemoscato@hotmail.com  
Reef Talk Editor – P.J. Halter: zontaclub7@hotmail.com  
Address - PO BOX 427, Cannonvale, Queensland. 4802.

## ZONTA CLUB OF THE WHITSUNDAYS -

### WHAT WE HAVE DONE JUNE 2012 – DEC 2012.

- ⇒ **JULY** – Membership drive afternoon tea
  - Breakfast talk - Anna Durham – Breast cancer survivor
  - Received Breast cancer DVD Side by Side from Redcliffe Zonta Club – ordered 20 copies.
- ⇒ **AUGUST** - Progressive lunch for members
  - Local triathlon drink station
  - Breakfast talk – Penny Wilson—Medicines sans Frontiers
  - Attended Breast Cancer Support group meeting at local hospital to show breast cushions, bags, hats available and gave copies of DVD to Social Worker
  - Distributed copies of DVD Side by Side to all local doctors, health workers. (We have purchased an extra 100 copies)
- ⇒ **SEPTEMBER** –Breakfast talk - Karen Douglas who works with women refugees in Israel
  - Sewing bee for Breast Cushions and drip bottle bags
  - Community Showcase at Whitsunday Shopping Centre
  - Participated in Outrigger Regatta in aid of WCCS –promoting community awareness of domestic violence. Won Best Community Services team award.
  - UN Committee talk on Edutainment
- ⇒ **OCTOBER** –Facebook page started
  - Supplied stickers for use in public bars, hotels and club re sexual violence against women.
  - UN Committee talk of celebration of UN Day
  - Packed 400 Birthing Kits with help of students at local high school
  - Breakfast talk - Sue Mathany from WCCS re domestic violence against women
  - Held Pink Ribbon Day stall at local markets – showcasing breast cushions, bags and turbans, and gave these away to cancer patients and/or their families as well as the DVD Side by Side.
  - African Film Night – with drummers, African food and a film. Well promoted and attended by local community – money raised for AFADU Hospital in Zimbabwe and community projects including local nursing home and education bursaries for local students.
- ⇒ **NOVEMBER** – Delivered 25 breast cushions and drip bags to Breastscreen nurse at Mackay Base Hospital and 10 extra copies of DVD Side by Side.
  - UN Committee talk on HIV/Aids
  - UN Committee update on twinning project with club in SE Asia.
  - Clothes, bags, book swap held in aid of local projects
- ⇒ **DECEMBER** –Packing of Pamper packs for ladies at local refuge for Xmas
  - Packing of hampers for Adopt a Family Scheme for father and 4 children (3-13). as well as 2 elderly residents.
  - Progressive Xmas party held for members and friends of Zonta.
- ⇒ **ONGOING PROJECTS:**
  - Our knitting group meets regularly and makes blankets/rugs which are sent to AFADU Hospital in Zimbabwe and some were given to local midwives for use in hospital in Cambodia, which we have supported with the purchase of a tuk-tuk previously this year.
  - Some of our members meet twice a week in a member’s pool for aqua aerobics, paying \$5/session Proceeds go to purchase of materials for breast cushions.
- ⇒ **PROMOTION** –We have continued to built on a good relationship with local papers and are able to promote our events to the public.

