



JULY 2009

Healthy Lifestyle Expo

Everything is on track for an absolutely fabulous Zonta Healthy Lifestyle Expo to be held on Saturday 29 August at Coral Sea Resort Nautilus Room. The target is to have about 22 stallholders on various health and lifestyle subjects. There will be activities, demonstrations, raffles and show bags - basically the works!

Make sure, too, that you come to our Healthy Lifestyle Dinner:

- Date: Friday, 28 Aug 09
- Time: 6:30 for 7:00 pm start
- Venue: Coral Sea Nautilus Room
- Keynote Speaker: Cyndi O'Meara, Nutritionist and Author

Tickets will be offered first to the Members and will be available at the **July Meeting**

Cost: \$45.00 (2 course meal)

A flyer and news article about Cyndi will be distributed to all members prior to the July Meeting. Hurry before they are all sold Get your tickets now!!!!

Mark the dates off on your calendar!!!

The really big news is that Jan Jarratt has promised to be a major sponsor and as you know, Coral Sea Resort has agreed to be a naming rights sponsor with all the associated advertising that goes with it. Connie has been incredibly busy designing all the relevant forms for stallholders, sponsors and advertising flyers and Sue and Connie, with some help from Jan and Roz, have been out and about drumming up stallholder commitment and sponsorship. It is still early days and all energies are being put into securing stallholders and sponsorship. If you have any ideas to contribute to this, the committee would be most receptive. To date, we have had some really good positive feedback. We will keep you posted about progress via this newsletter and at the next general meeting.

Keep healthy. **Roz**

Changeover Dinner **What a success!**

Everyone who went to the changeover function is still smiling. The venue was fabulous, fashions were stunning and the music got everyone up and dancing. Melody did a great job as our MC, and Annie, our successful auctioneer, convinced people to part with nearly \$3,000.00. **In total the function raised just over \$5,000.00.** But just as importantly, it was a fun night and we showed yet again that Zontians know how to enjoy themselves. (See our photo gallery p6)

Thanks to the organizing Committee of Marlene (Chair) Carole, Cath and Wendy.
Robyn





Kirby wins Jane M. Klausman Award for excellence in Business Studies

Our Club has supported the recommendation of the JMK Committee to select Kirby Amos as our winner of this Award for 2009. And what a worthy winner she is.

Kirby is currently completing a double degree in Bachelor of Law and Bachelor of International Studies and is achieving high academic results in both. She has also been the winner of 2 prestigious university Awards, the Member of the Golden Key International Honors Society, and selected as the Business Delegate in the International Scholar Laureate Program (in the USA). She somehow finds time to work part-time and support a range of community events such as Clean up Australia, Red Shield Appeal etc.

Kirby wins \$500.00 from our Club and her application has now been sent to the District level for judging. Let's hope she keeps impressing the judges.

Congratulations to the JMK Committee, Pam (Chair), Sharon and Kerry for all their hard work.

DATE CLAIMERS

12 July – Run for a Cure

1 August - Babies Shower (see below)

8 August - Menopause - the Musical. Proserpine Entertainment Centre

28 Aug. – Health Expo Dinner

29 Aug. – Healthy Lifestyle Expo

25-27 Sept. – District Conference, Townsville

16 Nov. – Sunset Cruise

Birthing Kit Assembly Day

Following the 2008 success of this project, the Board have again approved a Birthing Kit Assembly day to be held at Proserpine High School.

Due to some issues and delays with regard to project funding, which have now been resolved, the original July date was postponed and has not yet been reset; however it is anticipated that we will be working towards August or September. Changes in funding from Ausaid have necessitated a rise in the actual cost to prepare a birthing kit and the cost has risen from \$1.25 to \$2. Michelle Vicary from Sushi Hi is very kindly raising funds to pay for 600 kits and any shortfall will be met by our club. The Birthing Kit Foundation will advise the destination of the kits when we confirm our delivery date but it is likely they could be going to Afghanistan. Once I have a date I will be looking for volunteers to assist with setting up and supervising the students, during school hours. Wendy

CELEBRATION OF LIFE SHOWER



In a celebration of new life, we will have a babies shower to rejoice in the arrival of baby Madelyn Bourke and the upcoming arrival of Master Cross, still in production by Mum-to-be Melody. 1 August, 2.00 p.m., Kay Harris', 92 Abell Rd Cannonvale (turn at the Centro lights). Bring - a plate and drinks. RSVP to Kay at kay.harris55@bigpond.com or 4948 0607.

Happy Birthday to ...

Angela Spicer: 15 July
Joanne Richardson: 22 July
Ann Cleghorn: 25 July
PJ Halter: 31 July





3 Zonta Club of the Whitsundays - member of Zonta International

Grant Application lodged: Last month we put an application to Council for an Equipment Grant for a Display Stand.

This is a flexible 8 panel stand which consists of an aluminium frame which has 360 degree hinging (meaning it can be moved into any configuration) to which carpeted panels are attached. Each panel is Velcro compatible so photos or posters or other displays can easily be attached to the panels.

If successful, we will be able to use this display stand for exhibits, such as Pink Ribbon Day at Centro, our Expo in August, or for special displays e.g. Women's Work display at the Library. We can also loan or hire out this display stand to other Clubs. So let's hope we are successful. **Robyn**



Information packs: The new Guest Information Packs have been approved and will be distributed to Guests for

the first time at the July General Meeting.

The Packs include:

- A Welcome Page
- Club Information
- Current and International Club Projects
- Photo of Past Presidents
- Question List: Are you Right for Zonta?, Is Zonta Right for you?
- Guest Detail Sheet

See Jill at the meeting if you want to check it out. **Connie**

Rotary Boat Show wrap up:

We have received the full amount of \$5000 for our tremendous efforts.



Thanks again to everyone for continued support & labour of love. **PJ**

PRESIDENT'S REPORT

After a busy time over the last two months with the AGM, the Boat Show, the JMK Award and the Changeover Dinner, it's now time to look forward to the coming year. And this is also filled with many interesting events and ideas.

In August we have the Healthy Lifestyles Expo, the first of its kind in the Whitsundays, and an event with the potential to fundraise a considerable amount for our Club. The Committee of Connie, Sue, Roz and Jan has been working really hard to make this a success and we all support them. More details at our meeting this month.

Our August meeting should also be interesting when we will be inviting all our young award winners to come to the meeting and talk to us about their plans and how Zonta's funding has assisted them. August is also the month when we will be starting the next round of the YWPA Award at Proserpine High and Wendy is looking for helpers.

In the meantime, we will be celebrating our new Mums with a Baby Shower for Michelle and Melody, with thanks to Kay for her hospitality.

We are always on the lookout for new members and September is a good month to hold our New Members night when we invite potential members as guests to our meeting. Also in September will be our Birthing Kits assembly day at Proserpine High with a date to be confirmed.

As United Nations Day is celebrated in October the UN Committee have some exciting ideas to celebrate this – so stay tuned. Then in November we have another Sunset Cruise for more fun and fundraising. Before we know it Christmas will be upon us.

Robyn Mitchell



YWPA report

The Young Women in Public Affairs Awards Program has not yet commenced for the 2009/10 year but it is anticipated that the first step will take place at the end of July.

The first step is to talk to all the year 11 girls at Proserpine High School to seek interested students for this award. A series of 3 lunchtime meetings (over 3 weeks) will then be scheduled in August to explain the application process and present to them some background information and data links which refer to the various questions on their application. These presentations usually include a guest (Zonta) presenter and I will be seeking 2 volunteers for this role. Closing date for the application will be early 2010. The Whitsunday Christian College will again also be approached for inclusion this year.

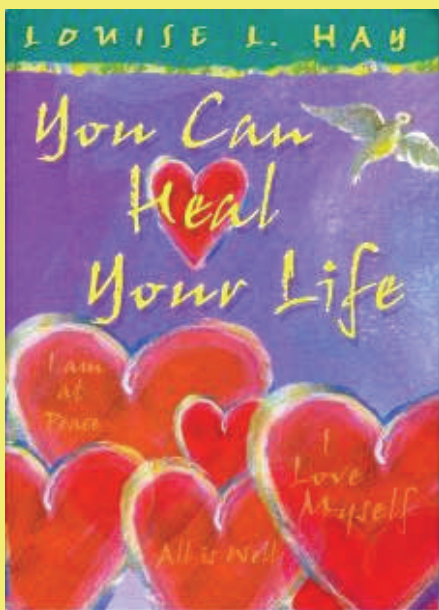
I note that our 2008/09 winner Alexandra Davey was awarded a Certificate of Merit at the

District level.
Wendy

Green fingers strike again! Update on Kitchen Garden at St Catherine's School

We had a very successful site meeting 18 June, with St Catherine's School Principal Daniel Ward, who is very enthusiastic about our Kitchen Garden project.

The site which is 3.0 metres wide, is situated next to the tennis court, an excellent sheltered position, with a northern sunny aspect. As the beds are 1.5metres wide, we will situate them along a line in the centre, as this will enable the school children to maintain the beds from both sides. The Garden Committee has just ordered two more beds from Parnells in Proserpine, to be installed on the site towards the end of July.
Angela



BOOK OF THE MONTH

One of our many books available on the Zonta stand at the Whitsunday Library, "Just on the RH side of the entry door"

Louise L. Hay, internationally renowned author and lecturer, brings you the beautiful gift edition of her landmark bestseller. Louise's key message in this powerful work is: "If we are willing to do the mental work, almost anything can be healed" She explains how limiting beliefs and ideas are often the cause of illness, and shows how you can change your thinking... and improve the quality of your life! **Happy Reading!**
Angela

Zonta Club of the Whitsundays: Contact Details

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Member News



Wendy's hard work recognized

The Rotary Club of Airlie Beach has awarded **Wendy Downes** one of its highest honours, the Paul Harris Fellowship, for her significant contribution to the community. Paul Harris was the founder of Rotary and his Fellowships are traditionally only given to Rotarians, except in extraordinary circumstances. Wendy works tirelessly for the community and this is a fitting and well deserved accolade. Congratulations, Wendy.

Wendy says she was humbled and very excited by this award which was a huge surprise.

The photo shows Outgoing President Mark O'Donnell (R) and the District Governor (L)

Baby Bourke is born

Madelyn Coral Lee made her entry into the world a bit earlier than expected but Mum **Michelle** was delighted. So is the whole family – especially **Sandii**, who is always smiling. Congratulations!

Hot off the Press!

I have received an Educational at an extremely reduced rate to go to South America leaving Tuesday (14th). This has been my dream all my life and it is now coming true. Lima, Cuzco, Machu Picchu, Sacred Valley of the Incas, Buenos Aires - everything I ever wanted to see.

Carole

Tourism Whitsunday Award judges

Marie and **Robyn** have been asked to be two of the four judges for this year's TW Awards. Both have experience in the tourism industry. This means visiting lots of the current applicants, including trips to the islands. Well, someone has to do it.

Healthy Queensland State Awards

Last month **Connie**, **Kerry**, **Noelene** and **Robyn** travelled to Mackay for the Healthy Queensland State Awards. Although not taking away an Award, the team were highly commended by the judges and strongly encouraged to apply again next year. (Seen here at right with the CEO of Keep Australia Beautiful, in the grounds of the Mackay Botanic Gardens)

We always knew she was a star

Our lovely & energetic

Annie Lloyd-Lewis is featured in July's *CityLife*. Pick up a copy and read about her "new direction" in taking leave from teaching & her many volunteer obligations to de-stress family life & become a marriage celebrant. It's an interesting story, beautifully written by "our" **Suzie Beirne**.

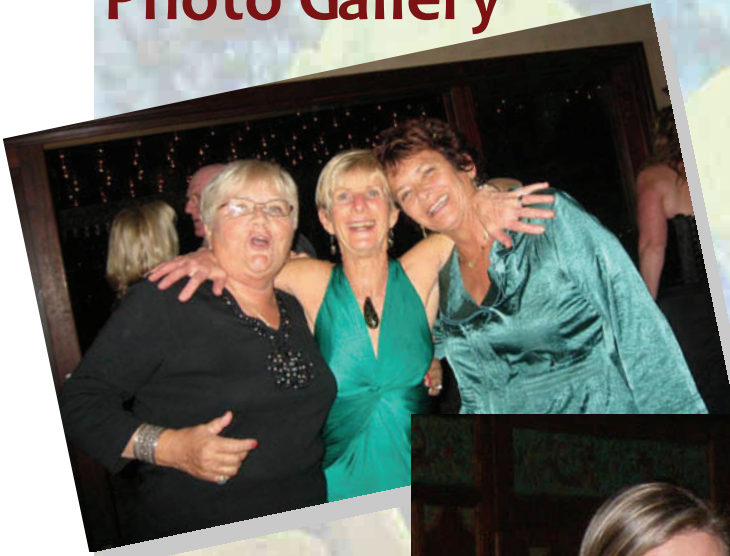
Linda Loves Tassie

News from **Linda Wilkinson**, our past Treasurer, is that they are "not really noticing the cold" & "going mad with all fresh, fruit veggies here". They pluck oysters as they wash in to Dover beach, pick blackberries, enjoy salmon fishing & have planted a veggie garden. She sends her love to everyone.





Photo Gallery



CHANGEOVER DINNER

