



Coral Coast Chat

Zonta Club of Bowen NEWSLETTER November 2012

Club 1476 Area 5 District 22

Date Claimers

- 13 December General Meeting
- 15 December Christmas Get Together**
Date & Location to be confirmed or
- 22 December Christmas Get Together**
Date & Location to be confirmed
- 10 January General Meeting
- 21 January Committee Meeting
- 24 January Board Meeting

Club Contacts

PO Box 916
Bowen Queensland 4805
bowenzonta@yahoo.com.au

President	Cath Morgan 4720 4433 (w) 4786 4345 (h) morganec@dodo.com.au
Correspondence Secretary	Lisa Raisbeck 4786 4288 (w) 0411 743 195 (h) lisa_berry@hotmail.com
Minutes Secretary	Raynee Bidgood 0437 755 567(h) raynee.bidgood@bigpond.com
Treasurer	Lynette Klukas 4785 0000 (h) lynette.klukas@bigpond.com
Newsletter	Colleen Aberson Roslyn Boyce

Monthly Raffle Prize Winner

The General Meeting Monthly Raffle this month was won by Cath Morgan. Thanks very much Raynee Bidgood for organising the lovely gift.

ZI Birthday Celebrations



Veronica Hickmott, Cheryl Vennard, Raynee Bidgood and Roslyn Boyce travelled to Ayr on Tuesday, 13 November 2012 to attend the Zonta International Birthday Party hosted this year by the Burdekin Club. Pictured above are Barbara Coleman - President Townsville Metro Club, Christine Bayley - President Townsville Club, Raelene Grantz - President Burrdekin Club, Jennifer Black - President Charters Towers Club and Veronica Hickmott - Bowen Club representative who all assisted in cutting the birthday cake.

“Lets Chat Women’s Health” Forum



President Cath Morgan presents Professor Rane with a small token of the Zonta Club of Bowen’s appreciation for donating his time and vast knowledge to speak at the “Let’s Chat Women’s Health” forum on Pelvic Health Issues. The Club also presented Professor Rane with the monies raised from the raffles conducted on the day to go towards his Fistula Operations Program in India

Professor Rane takes the opportunity to thank the Zonta Club of Bowen for hosting the Health Forum, and for his gift, as well as thanking all attendees for the monies raised to go towards the Fistula Operations Program in India.



“Let's Chat Women's Health” Forum



Zontian and MC for the “Let's Chat Women's Health” Forum Hortense Ingram pictured with one of the Keynote speakers Karen Caracary.



Zontians Veronica Hickmott and Cheryl Vennard at the “Let's Chat Women's Health” Forum..



President Cath Morgan speaks to some of the Stall Holders at the Women's Health Forum Brooke Matheson from Pregnancy Loss Australia and Diane Sayer from Relationship Australia.



Zontian Kerry Moloney performs a Health check on Gail O'Keeffe that included Blood Pressure reading, Weight and Waist Measurements and 'Know Your Numbers' form.



Our main Keynote Speaker Professor Ajay Rane delivered an informative and humorous talk on Women's Pelvic Health issues.



Zonta's Angela Stevens thanked Donna Poschelk for her Relaxation and Yoga demonstration as part of the days activities

Recipes

HEDGEHOG SLICE

Ingredients

1 pkt (less 4) Arnotts Milk Coffee Biscuits
125 g Butter
2 eggs
1/2 cup Castor Sugar
1 Dessertspoon Cocoa
1/2 cup Raisins
1/2 cup Pecans or Walnuts
Vanilla



Cooking Instructions

1. Break or crush biscuits into small pieces. Chop raisins and nuts. Set both aside.
2. Melt butter with sugar in medium saucepan. Remove from heat and add beaten eggs and cocoa. Return to stove and bring to simmer and cook for 3 minutes. Turn off heat.
3. Add crushed biscuits, nuts and raisins and vanilla and stir together till all is moistened with chocolate mixture.
4. Tip into greased slice tray and press down. Leave to cool and set.
5. Ice with chocolate butter icing.

Newsletter Editors Comments

Date Reminder

The Christmas Get Together will be held on either Saturday, 15 December or Saturday 22 December 2012. Final date and location will be confirmed by Friday, 7 December 2012.

Thank You

Thank you to Cath Morgan and Kerry Moloney for helping out the PR Committee this month by taking photos at the "let's Chat Women's Health" Forum.. Also thank you to Nilda Piotta for supplying the PR Committee with pictures from the Zonta International Birthday celebrations.

If any members would like to contribute any stories, recipes, interesting facts and quotes or a picture please feel free to drop Colleen or myself an email at rosboyce@hotmail.com or regancolleenaberson@yahoo.com.au

Colleen and I would like to take this opportunity to wish all members a very Merry Christmas and a happy, safe and prosperous New year. We will commence the newsletter again in late January - early February 2013.

Hope you all enjoy.

The Editors, Colleen Aberson and Roslyn Boyce