

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

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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



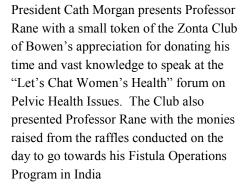
Veronica Hickmott, Cheryl Vennard, Raynee Bidgood and Roslyn Boyce travelled to Ayr on Tuesday, 13 November 2012 to attend the Zonta International Birthday Party hosted this year by the Burdekin Club. Pictured above are Barbara Coleman - President Townsville Metro Club, Christine Bayley - President Townsville 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



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.





"Lets 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'Keefe 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

I 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 Piotto 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