



PRESIDENT'S REPORT

NOVEMBER 2014



Another busy month behind us and now we are preparing for our Xmas party!

With the "Great Gatsby" theme, this sounds as though it will be a great night starting with the "red carpet greeting". The committee have been working very hard to make it a success and I am really looking forward to seeing some of the outfits to be worn by our members, the table decorations and of course the fabulous food.

Unfortunately our Xmas Party is on the same night as Charters Towers' 10th Birthday celebrations – President Hilary Grant has become one of our favourite visitors since we met her as Area Director and we wish her and her members all the best for another 10 years.

Plans for our IWD High Tea are going well and this is another committee working hard towards another successful day. The Library project has finished with the installation of the "Book Club" collection, which was very well received. Congratulations to those involved in all aspects of this project over the years.

At long last something seems to be happening with a Cancer support group being formed in Cannonvale/Airlie Beach area. There is already such a group at the Proserpine Hospital and plans are for the groups to work together in the New Year. We also have the support of the Breastscreen nurses from Mackay. Service Director Kerrie has delivered breast cushions and drip bottle bags to Linda at the Mackay Base Hospital, which I am sure will be greatly appreciated.

Our District Governor Judith Trevan-Hawke will be visiting our club at the next general meeting on Thursday 20th November. As you know, the District 22 conference is being held here in the Whitsundays in October next year and Judith will be speaking on our involvement with this, her plans for her tenure and it will be a chance to meet her personally. It should be especially interesting for our new members to learn a bit more about Zonta.

As usual, many of our members have plans for the Christmas season with family visits and holidays. As this is our last newsletter for the year, I hope you all have an enjoyable time whatever you do. Stay safe, have a relaxing time and come back in January ready for an exciting time ahead in the new year with Zonta – we have a big year in front of us!! Noelene Helman, President

Quote from Cary Grant – "My formula for living is quite simple. I get up in the morning and I go to bed at night. In between I occupy myself as best I can."





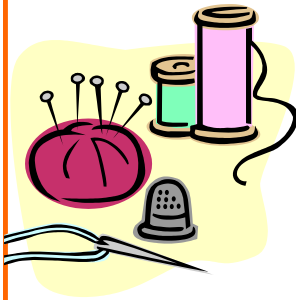
SERVICE

PINK RIBBON DAY STALL:

Saturday 25th October, we had a very early start, 6.30am, at the markets to get the gazebo erected and tables set up for a 7am to 7.30am start. Noelene, Lesley, Ken and David travelled to Bowen to pick our strawberries! They were offered to us free of charge, if we picked them ourselves. I believe there was a lot of "one for the bucket and one for me" going on. It was very kind of the Bowen Strawberry Man to do this for us. Saturday turned into a very warm day so it was quite a challenge to keep strawberries, cream and cakes cool. Even though it was not a busy market day we managed to raise, between the stall and the blanket raffle, approximately \$400. There were lots of comments on the pretty pink blanket. A big thanks to the ladies who cooked and helped out on the day.



BREAST CUSHIONS



I have spoken to Linda from the Breast Care Unit at Mackay Base Hospital this morning and told her we had been busily sewing and would she like our cushions and drip bags? She said YES, YES, YES thank you so much. I am delivering them to the hospital tomorrow.

IWD

Preparations for our Women's Day High Tea are progressing well. Our guest speaker has been confirmed; she is Tanya Swift from the Australian Federal Police. The venue will be Waterline at Shingly Beach. Together with a fashion parade, silent auction and the popular rolling raffles it promises to be a fun and informative morning.

See you all at the Christmas Party,
Kerrie Adam, Director





Another Successful Birthing Kits Assembly Day:

On Wednesday 29th October 600 Birthing Kits were assembled at Proserpine State High School. We have lost count of the number of years we have been doing this but it is more than eight! Every year we have a different set of students, but always with a group from the Proserpine HS Year 11 "Early Childhood" class. This activity has been added to the school curriculum and they are, therefore, very supportive of this event. In 2013, we also included senior students from new St Catherine's senior campus, although at year eight they were perhaps a little young. Being a year older in 2014 showed a better maturity and understanding.



With most of the pre-preparation carried out in advance every year by Zonta members (and my dear husband) – cutting of soap, folding of plastic sheets and cutting of cord – the actual setting up and assembly process runs very smoothly and this year ran a lot faster than in previous years due to the maturity of the students. 17 students from Proserpine SHS, 8 students from St Catherine's and 9 Zonta members worked well together through 2 shifts, and this is the format that we will endeavour to follow every year. All of the students receive a Certificate of Appreciation from us to include in their portfolios to show their commitment to community and international aid.

This activity is carried out through the Birthing Kit Foundation (Australia), an organisation dedicated to improving the conditions for women who give birth at home in developing countries.

"Every 90 seconds, a woman dies of complications related to pregnancy and childbirth", with an estimated 385,000 women dying annually in childbirth, from infections acquired during childbirth. Most women assisted are for reasons of isolation, cultural choice or poor transport, who have little or no assistance during childbirth. Many mothers and babies die from preventable infections. By providing a clean birthing kit and training in how to use it, these mothers will have the resources to reduce infection.

The kits are basic with 6 items: A plastic sheet, soap, 2 rubber gloves, sterile scalpel blade, 3 cords and 5 gauze squares. These items are placed in a small zip lock plastic bag at an Assembly Day and cost \$3 to produce. The funds are raised via the Zonta Clubs who assemble the kits (paying the \$3 per kit) plus other independent donors and attached is a link on how you can personally help. Please pass this on to your friends.

Once the kits have been shipped off to the relevant destination we will be advised. In the past our kits have been shipped to countries such as PNG, Afghanistan, Niger, etc.

Thank you to all those involved in 2014,

Wendy Downes, Chair

"No woman should die in childbirth"





ADVOCACY

November sees the International Day for the Elimination of Violence against Women and the 16 days of activism beginning on Nov. 25th.

"Australia struggles with high rate of sexual violence against women"

This was the headline in SBS news, Feb 2014. The article went on to state that 16.4% of women in Australia (& New Zealand) over the age of 15 yrs had been a victim of sexual assault by a perpetrator other than their intimate partner. We were second only to the Sub-Saharan region (21%). The global percentage is 7.2%. Could this be true? The figures come from a study published in the Lancet-- a well-known Medical Journal.

Heather Nancarrow, the Director of the Qld Centre for Domestic and Family Violence Research at CQU, suggests that this figure might not be accurate (in either direction-- but it does support the instances of reported cases in Qld)-- what about those who don't report such an assault? Or just don't want to talk about it? They just want to put it behind them-- to often suffer in silence. Most men have evolved quite nicely-- they are kind, gentle, strong and loving but unfortunately, some haven't evolved past the "hit them on the head and drag them home" cave man days, it seems. What makes a man want to sexually assault a woman? Is it a feeling of inadequacy on his part? Does he see women as commodities for him to take whenever he feels the urge? Is it in the DNA? What part do drugs and alcohol have in this? Ms. Nancarrow suggests that the main issue behind this kind of assault is that of men exerting power over women.

Kevin & I watched a documentary some time back dealing with the prostitution of boys and young men in Pakistan. It was a very sad and confronting program. However, the interviewer noticed that there were very few woman on the streets and he mentioned this to one of the young men. "They are just something we keep at home" was his answer. "Just something we keep at home"-- just like the kitchen table or the water jug! But we are talking about sexual assault in Australia-- not Pakistan. But I ask the question--- do men who inflict these assaults on women think of them in the same way? They are "something" --- a possession. Have we become too used to violence of all kinds? It is on our TV screens constantly-- just watch the evening news! Computer games that youngsters play, bullying in the school yard, at work, online. It seems that violence is part of our every day. Maybe this is something that we should all be concerned about. But then, I believe a lot of us are-- otherwise we wouldn't be having this conversation.





ADVOCACY

How do we solve the problem? Education. It has been stated by many people many times and was mentioned by our Area Director Marie Cameron in her address to us last meeting. Education. And it must start in schools and it must involve both sexes. But how do we do that? We could write to the Education minister-- both State and Federal, to our sitting members, State & Federal. The local Police Officer who spoke at "Reclaim the Night" stated that in South Australian schools students are being taught relationship issues as part of sex education. Well done SA! It needs to be in every school across the land.

How can we as a community make a difference? Personally, I don't think walking anywhere, street/market stalls, sitting in the shopping centres with literature make a lot of difference. Most times it is the converted who listen. So, how do we make a difference? Have an idea? I would love to hear about it. You never know-- Zonta Whitsundays might have the answer!

One way that we might make a difference is with ZClubs. Connie and Sandii, in their roles as Director and Chair respectively of the Membership Committee, are initiating the first steps to a ZClub in our area. This will get underway in the New Year. A ZClub will provide girls and young women with the information that they need to be informed about women's issues and to deal with them if they need to. But it still doesn't address the education of boys and young men-- a crucial step in eliminating sexual (or any other violence) against women.

On the evening of Friday, Oct. 31st, Lauren, Lesley and I attended the "Reclaim the Night" ceremony-- representing Zonta Whitsundays and in support of WCCS. It was a small gathering-- smaller than other years but hopefully the impact was felt. I believe this march has been happening around the country for the past 35 years.

Sexual assault is getting worse-----

Maxine Thiele, Director





United Nations: International Day of the Girl Child



Girl Guides and Girl Scouts, UN Women and Zonta International accelerate efforts towards ending violence against girls and young women; Date: 08 October 2014 (New York/London) — Ahead of the International Day of the Girl, marked globally on 11 October, the World Association of Girl Guides and Girl Scouts (WAGGGS) and UN Women, in partnership with Zonta International, today announced the further roll out of the “Voices against Violence” programme in the coming months.

Through the next phase, the “Voices against Violence” curriculum, developed under the framework of WAGGGS’ global advocacy campaign “Stop the Violence: speak out for girls’ rights”, will reach approximately 800,000 young people, boys and girls aged five to 25 years. The programme will be implemented through peer educators and leaders within the Girl Guide and Girl Scout movement in more than 12 countries.

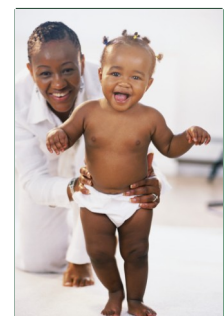
With one in three women and girls experiencing abuse in their lifetime, gender-based violence is the most pervasive violation of the human rights of girls and women. By challenging gender stereotypes and reaching out to the next generation, the programme aims to address the root causes of violence and empower young people to make changes both within their local communities and globally.

“Eradicating all forms of violence against girls is a critical area of the Beijing Declaration and Platform for Action, the most comprehensive international agreement for the promotion of women and girls’ rights. Youth are critical to this effort to build a zero tolerance to violence environment, with education and early prevention as the catalysts. UN Women is proud to partner with the World Association of Girl Guides and Girl Scouts and Zonta International to implement this programme that will empower young people to challenge gender stereotypes and prevent violence against women and girls in their communities. This is where change starts,” said UN Women Executive Director, Phumzile Mlambo-Ngcuka.

Speaking about the importance of working in partnership to eradicate violence against girls and young women Chief Executive of WAGGGS, Mary McPhail, said: “Thanks to the investment by UN Women and Zonta International, we will reach an estimated 800,000 young people through this ground-breaking educational programme over the next two years. We are grasping this once-in-a-lifetime opportunity to end violence against girls and women, and empower an entire generation. Girl Guides and Girl Scouts from all around the world are uniting to make this a reality.”

President of Zonta International, Maria Jose Landeira Ostergaard, said, “I am convinced that sustainable change can be achieved by addressing the root causes of inequality and violence against women through education. Zonta International is proud to partner with UN Women and WAGGGS at the international and local levels to support the Voices against Violence curriculum in engaging and empowering youth leaders to end violence against women and girls. Together, we can engaging and empowering youth leaders to end violence against women and girls. Together, we can build a better world for women and girls.”

Christina della Valle, U.N. Chair





BOOK CLUB SETS

Kerry, Cath & Catherine with councillor Andrew Willcox and Sharon Lam at the launch of new book club sets at Cannonvale Library.



ZONTA THUMBS UP

Renee Martin was presented with the Zonta Thumbs Up award for her commitment to the community. Renee runs a support group for Survivors of Suicide Bereavement Support Association (SOSBSA)

Renee is a community focused lady who is involved in leadership within the Whitsundays, contributing to the Million Paws Walk and acting as Press President for the Outriggers Club in 2014





Motion in a Nutshell

- * If you have a motion to present make sure you do so in a clear and precise manner.
- * It is good practice to have a seconder prior to putting the motion if possible.
- * Chairperson will then call for speakers for and against the motions respectively.
- * You may only speak once to a motion so make sure you know what you want to say before taking the floor.
- * Remember all discussions through the Chair only – no (“any trains going east today.....”)
- * Motion will then be put to membership for a vote.
- * If an amendment to the motion is put forward during the discussion it must have a seconder to proceed.
- * If this occurs the amendment become the motion and the same process occurs; speakers for; speakers against; motion put.
- * If a seconder to the new Amended motion is not gained amendment is lost and the original motion is then put to the membership for a vote.

Sandii Hansen, Membership Chair





Member News:



Back at Shute Harbour at last.

Thank you for helping me, especially over the last two months of treatment. A bit worse for wear but you helped keep me on track to better health.

Jessie is the white and black dog who was fed walked and shampooed by Rosa, Derek and Carol. Another Carol trimmed her. Sharing my leg is Derek and Deborah's dog Opal who is also another walking friend.

Graeme took this photo the day after I arrived back from Melbourne. What good friends I have. Nephew Rob and wife Leigh filled the freezer with home cooked meals plus my favourite spread for lighter meals. Local friends let me walk with them each day until Jessie is taken on a longer walk to the jetty via 97 steps while I talk to tourists at that lovely lookout scene. Sometimes I go back to chase the turkeys off my garden or wander into a kind neighbour's house for a welcome cuppa. It's good to be alive. Thanks so much.

Love Joan



MEMBERSHIP

The following says it all. The Membership Committee have done a great job this year. Who knows what surprises they will have for us in 2015.

**The Membership Committee
Wishes you all a
Merry Christmas and a Happy New
Year!**

Our year that was included:

- Knock Knock who is there?
- Thumbs Up Awards
- Members Birthdays
- Members Anniversaries
- Member Badge Draw
- Revamp Induction package
- Follow up with prospective members
- Mentoring Moments
- New Members information evening
- Puppet Dance
- Motions in a Nutshell

**We hope you have enjoyed your year as
much as we have and looking forward to
more fun in 2015!**



MEMBER PROFILE

Donna Martin



Regardless of where I worked I was always involved in change management and improvements within the workplace. I have always had a focus on staff development and the development of a positive workplace culture, because I believe people are in the workforce too long to be going to work feeling miserable.

I was instrumental in the revamping of the modern antenatal education classes as well as successfully (after several years of pushing – pardon the pun) leading our local hospital to receive the ongoing Baby Friendly Hospital Initiative accreditation. This is a world-wide recognition for the hospital.

Over the years I worked in many positions from cold-face to management and later into nurse and generic education. It was during my years in education that I developed a specific interest in human behavior, and went on to study the same. Two years into my studies, I resigned from nursing and started my own business Defining Moves. I still do the odd causal shift in the maternity unit at Proserpine Hospital – for now anyway.

I continue to study and believe learning is for life. I ensure I learn something new every single day. I now run a business where I work with people from all walks of life, from children to the elderly. I believe that every person has the ability to be and do whatever they choose – so long as they have the self-belief that they are whole, worthy, lovable and capable. And THAT is where a lot of my work starts – assisting people who become the best version of themselves.

Very recently I have started a new business with our fellow member, Tanya Stewart, to develop The Business Environmentalists in which we work with business and organizations to create the changes needed internally to ensure external success in their business.

Through all of this I have become a qualified Life Coach and Practitioner of Advanced Skills, Master Practitioner and Trainer of Neuro Linguistic Programming and Hypnosis, an Accredited Consultant of EDSIC (Human Behaviour Profiling), Trainer and a mindset and communication specialist.

So that's the worky side ... the personal side... I have been married to Ross, the love of my life for 32 years, and we have two children. Hayley is 27years old, and is following her childhood dream, performing around the world in Musical Theatre. She has always worked hard and we had many, many years of dancing, singing, and acting classes, travelling around the countryside to workshops, performances and competitions. During this time we had countless wonderful experiences, fun times and made many life-long friends. On my recent trip abroad I was excited to be able to see her in the opening night of the UK Tour of 'Copacabana'. She also did the Monty Python's final show tour in London which was recorded and shown in movie theatres around the world. We are very proud of Hayley's achievements with all the shows she has been in as well as TV work, modelling, film-clips etc. It's exciting seeing her go from strength to strength – not as easy and glamorous as it always looks, but rewarding just the same.

Our son Todd (25), is also living his dream. Todd is a Fitter and Turner and two years ago relocated to the other side of the country and now resides in Perth. He works in the mines in WA, and loves what he does as well. Todd is a gorgeous young man who still has the old-fashion values of opening the car door and pulling out the chair for a lady. And I think in this day and age that's pretty special. He absolutely loves Perth, so I figure we will be having many visits there in the years to come.



He is currently planning a European trip with friends next year, so that will be very exciting. As a little tacker (up until 17) Todd was into Motocross and in his early teens sat in top three in the state for his age division. So there again was much travelling around the countryside and developing fond memories and friendships. These days he is into swimming and gym work – so still keeping fit.

We are very proud of both our children in that they are well-mannered, honest, have extremely good work ethics, love life, are confident and totally living their dreams.

So for me, I also love life. I love gardening, keeping fit, cooking, reading, dancing around the house like a lunatic singing at the top of my lungs with the music blaring. I did a variety of crafts over the years and ran classes teaching many a local lady to develop their inner creative goddess as well as sell my own products through shops and markets for quite a number of years. I love to travel and could go on and on about my most recent trip to the UK and Tuscany, but I won't... I will say though it was absolutely brilliant! Everyone would go to Tuscany I reckon! I am passionate about helping other people, I love to talk and spend time with family and good friends. And I especially love, love, love to smile and laugh. Should be more of that laughter in the world you know so many benefits!

One of the things that drew me to Zonta was the philosophy around women and children. I have worked with many families and believe if we are able to instil confidence, self-esteem, self-love and awareness in our very young people their world is going to be a far better and less stressed place to live. And having recently been involved with the Y-Bloom program for young girls (year nine) it has been a pride-filled privilege to see these young women blossom into confident individuals. And this is why I have continued to work with parents and children of all ages to teach them good resourceful strategies that will put them in good stead for their future.

And so that's a little about me! I love the welcoming atmosphere of Zonta, I love the work that they do, and I look forward to sharing & having fun in the future.



Date Claimers

4th November: Board Meeting – 5 PM

15 November: Christmas Party

20 November: General Meeting – Reef Gateway – 6.15 for 6.30 start

26 November: Book Club – 5 PM – Lyndy's – 25 Warrain St. Shute Harbour

AFADU: Finished for the year



Zonta Club of the Whitsundays Contact Details

President: Noelene Helman: helmans@bigpond.com

President Elect: Roz Jennings: peteandroz@bigpond.com

Vice President: Pam Graham: pgraham@cannonvalecomputers.com

Secretary: Lesley Pratchett: secretaryzontawhitsundays@hotmail.com

Treasurer: Lisa Rogatski: liselott.avrin@bigpond.com

Reef Talk Editors: Laura Morrison, PJ Halter

zontaclub7@hotmail.com Address - PO BOX 427, Cannonvale, Queensland. 4802