



## DIARY DATES

### DINNER MEETING

Thursday 19<sup>th</sup> OCTOBER  
On the Jetty at Coral Seas

BREAKFAST Get-together  
Monday 30<sup>th</sup> OCTOBER  
7am to 8am Capers

UN & ADVOCACY Meeting  
Tuesday 31<sup>st</sup> OCTOBER  
4pm Capers

### OCTOBER BREAST CANCER

AWARENESS MONTH  
MONDAY 23<sup>rd</sup> OCTOBER  
'PINK RIBBON DAY'

### BOARD MEETING

Thursday 2<sup>nd</sup> NOVEMBER  
6pm Hostess Connie

### ZONTA Melbourne CUP

Tuesday 7<sup>th</sup> NOVEMBER  
12.30pm at Anchorage

### REEF FESTIVAL STREET

PARADE Saturday 11 Nov

### 25 NOVEMBER

White Ribbon Day

### CHRISTMAS PARTY

Thursday 30 NOVEMBER  
6.30pm on board  
'Whitsunday Magic'

### WORLD NEWS

16th OCTOBER  
UN WORLD FOOD DAY

24th OCTOBER  
UNITED NATIONS DAY

NOVEMBER 8th  
ZONTA'S 86<sup>th</sup> BIRTHDAY

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Official Newsletter of the  
**Zonta Club of the Whitsundays Inc.**

PO Box 427 Cannonvale Qld 4802  
Club 1633, Area 7, District 24  
Chartered 16<sup>th</sup> April 1999

*Advancing the Status of Women Worldwide*



## From the President's desk

Hello Girls,

As you know, we are a great club with wonderful members but I have a few concerns. Unfortunately there is some apathy in the club and the board has had to make the sad decision to forego the Reef Festival Parade as there are not enough members showing enthusiasm in taking part. I know we have 'been there and done that' but we do need to continually project ourselves in the community in order to be known for what we are... fun loving women making money for **very important issues**.

Sue is desperately trying to get answers on the Melbourne Cup and it's the same story. We have paid a deposit at The Anchorage and need 70 people to attend on the day. This deposit will be lost if we have to cancel! With 30 members in the club asking friends, colleagues and associates, we shouldn't have any trouble in reaching this target. We're looking to make some money whilst having fun, instead of the ongoing selling of raffle tickets. I realize that many of you have to work on that day and some will be away, but if we are to be real Zontians helping internationally and domestically we need to make money. We have the possibility of doing this with the new recipe book but can't rely solely on those sales.

A reminder that Volunteers are needed to sell meal tickets at The Foreshore Fiesta/ Seafood Sunday 5<sup>th</sup> November.. maybe we can sell some of the old recipe books at the same time.

Come on girls!! I know that the different committee's are working very hard so let's help them get their projects up and running and fill those much depleted coffers. We can do it if we ALL pull together and not expect the same people to do the hard yakka. Let's rally Zontians.....

See you all on the 19<sup>th</sup> October. Love, Carole



**THE ZONTA MELBOURNE CUP Tuesday 7<sup>th</sup> November**  
12.30pm at the Anchorage Restaurant  
**Fun and Fabulous Fashions – see Sue for Tickets \$35pp**

## Happy Birthday Zonta



Let's celebrate 86 years of **Zonta** service, diversity, professional excellent and the advancement of women this November. More than eight decades ago, delegates from the first clubs met in Buffalo, New York USA on 8<sup>th</sup> November 1919 to found the confederation of Zonta Clubs.

**How can we celebrate Zonta's birthday... proudly wear a Zonta yellow rose on November 8... and tell everyone you meet what it represents.**

**Don't miss the Zonta Breakfast Get-together Monday 30<sup>th</sup> October**  
**The Presenter is Zontian Augusta (Guus) Hermans**

## ADVOCACY WORKSHOP 2



Co-ordinators Leigh and Robyn

### Workshop on Advocacy identifies issues for Whitsunday Women

The jetty was buzzing at our September meeting with three groups brainstorming the main issues of concern for local women. Everyone joined in with ideas, including our visitors on the night. Despite the limited time available, a wealth of important concerns was identified. These issues were verbally reported by each group and then recorded on the whiteboard. In total, seven groups of issues were identified and members were asked to select their 3 top priorities by voting.

The 3 main groups of issues were:

**Women's health** (29 votes) – including access to specialist services, public health, high cost of health care in low-income environment

**Education and training** (24 votes), - including child care for women continuing their studies, training at tertiary level, managing job, home and study.

**Violence against women** (20 votes) – including sexual harassment, bullying, conflict in the workplace, and physical and psychological abuse.

The issue of **Equity** was seen as an overarching concern which covered each of the priorities.

These priorities will then be worked on at the next meeting to develop advocacy action plans for the Club.

Our thanks especially to Leigh and the Advocacy Committee for their work in making this workshop such a success.

Robyn Mitchell



Zontian Annie with guests



Zontians Joanne & Wendy with guests



Zontians Sandii, Noelene & Linda

Special thanks to guests **Dee Norman, Catherine Moscato, Kylie Cooper, Kerry Chlo, Merri Mack, Sheryn Blundstone, Margaret Barnett, Talia Vennard, Janine Bennier and Rhonda Johnson** for joining in the spirit of the Workshop

### UNITED NATIONS CALENDAR OF EVENTS

for the month of **OCTOBER 2006**

|                   |   |
|-------------------|---|
| <b>1 October</b>  | International Day of Ageing                                 |
| <b>2 October</b>  | World Habitat Day   |
| <b>11 October</b> | International Day for Natural Disaster Reduction            |
| <b>15 October</b> | World rural Women's Day                                     |
| <b>16 October</b> | World Food Day  |
| <b>17 October</b> | International Day for the Eradication of Poverty            |
| <b>24 October</b> | <b>UNITED NATIONS DAY</b>                                   |
| <b>24-30 Oct</b>  | Disarmament Week  |
| <b>31 October</b> | Anniversary of Resolution 1325 on Women, Peace and Security |

### HISTORY OF UNITED NATIONS DAY

The anniversary of the entry of the United Nation's Charter – **24 October 1945** – has been celebrated as United Nations Day since 1948. It has traditionally been marked throughout the world by meetings, discussions and exhibits on the achievements and goals of the Organisation.

In 1971 the General Assembly recommended that Member States observe it as a public holiday (Resolution 2782 (XXVI)).

See more on [www.un.org/events/unday/](http://www.un.org/events/unday/)



Happy October birthday..

Joan Watson 6<sup>th</sup> Sharon Rudinski 12<sup>th</sup>



A touch of elegance!!



### Host a 'Girls Night In'

**Girls Night In** is the Queensland Cancer Fund's exciting new event. 'Girls Night In' is a great opportunity to celebrate valued friendships by spending quality time in a comfortable environment - home. Whether you prefer to relax or party, a Girls Night In is a chance to talk, laugh and enjoy the company of your guest.

**What do I need to do?** 'Girls Night In' is simple and fun - all that's required is to set aside some quality time to share with your girlfriends at home during breast cancer awareness month - **October, 2006**. Guests make a donation equivalent to what they might have spent on a night out, for example on food and drink. We'll channel the funds you raised into vital research on women's cancers, our essential support services for cancer patients, their families and carers, and education and prevention programs to lessen women's cancer risk.

**Register your event with us** and we'll send you a free 'Girls Night In' kit that has everything you need to hold a successful evening including invitations, host ideas and guest donation envelopes. To register, phone 1300 656586 or visit [www.girlsnightin.com.au](http://www.girlsnightin.com.au)

**October is 'Breast Cancer Awareness Month'**  
Message: *'Any change is worth talking about'*

**Monday 23rd October is 'Pink Ribbon Day'**  
Time to think about supporting the health status of ALL women.



**OCTOBER**

### This month's HIGHLIGHT?

**2000-2002 District UN Chairman & Committee – CEDAW**  
Author Wendy Eggleton



### **CEDAW (often called "The Bill of Rights for Women")**

On the 18 December 1979, the Convention on the Elimination of All Forms of Discrimination against Women (CEDAW) was adopted by the United Nations General Assembly, and became an international treaty 3 September 1981. By 1989 almost 100 nations agreed to be bound by its provisions (the United States has not ratified CEDAW). The Convention was the result of more than 30 years work by the United Nations Commission on the Status of Women established in 1946 to monitor the situation of women and to promote women's rights. CEDAW is important to a worldwide advocacy campaign for women's rights.

Each Zontian should know about and participate in achieving its goals. The importance of ratification of the Optional Protocol to CEDAW. "Many nation States that are signatories of CEDAW will already have established domestic mechanisms to create and enforce the rights within CEDAW." However, the Optional Protocol remains important for such nations as well as those who still have some way to go with implementing the rights of CEDAW domestically.

#### THIS IS BECAUSE:

\*The Optional Protocol provides a 'backup' for domestic mechanisms to ensure that they are adequate and effective.  
\*Domestic Mechanisms often have gaps so that some women are not able to access them - the Optional Protocol ensure that an enforcement mechanism is available to them.  
\*In nation States in a federalist system regional and federal governments may have separate and independent legislative power. Therefore the actions of one level of government may be contrary to CEDAW while the other is not.

An Optional Protocol would help to ensure that all levels of government find domestic methods to set uniform standards in accordance with CEDAW.

\*Governments change, as do systems of power and cultural studies. Even though one government may seem supportive of women's rights now, they may not be in the future.

\*It is important for nations with good domestic protection for women to become a party to the Optional Protocol to demonstrate leadership for other women in the region from nations with less effective mechanisms." (p5 HREOC Human Rights & Equal Opportunity Commission).

The Optional Protocol to the Convention on the Elimination of All forms of Discrimination Against Women comes in to force on December 22, 2000.

Taken from Zonta International website:

[www.zonta.org](http://www.zonta.org) and [www.zontadistrict24.org](http://www.zontadistrict24.org)

# Member Profile

## Joan Watson nee Harris

**Birthday:** 6<sup>th</sup> October in Melbourne

**Joined Zonta:** April 1998 when it first began as a fledgling club at the community Health Centre in Altman Street, Cannonvale. In order to form our club, Zonta International required us to attract at least 20 members. It took a year to do this. One daring Townsville Zontian thought that she was safe offering to parachute from an aircraft if we ever made the numbers! Finally recruited 25 and true to her promise, May McPhail raised hundreds of dollars for her club from sky diving in public. The first official date for our Club meeting was 18<sup>th</sup> February 1999. The Charter Dinner was held on 16<sup>th</sup> April that year.

**How I heard about Zonta:** Serving on a community committee that wanted to establish something to attract "the thinking women" to reside longer than the normal 2 years in the Whitsundays. We tried a breakfast and a lunch group but these fizzled out possibly because they were purely social. One of our group Lineke Hudson, an educator at the newly established Women's Refuge Centre, suggested we speak to an impressive person she met when guest speaker at a meeting held by the Zonta Club of Townsville. As a consequence, Townsville Club's May McPhail and Ann Lethwick generously drove down the Coast to begin the series of Information days.

**Positions held in Zonta:** A Charter member 1999 and Chair of Young women in Public Affairs, Chair of Membership 2001/03, Director 2003/04 and 2005/06.

**Resources and skills available to Zonta:** Human Resource Management. Organization of events to honour people. Initiator of local community groups. Tenacious educator through the media to help eliminate unfair council practices. A dedicated friend to children, people of conscience and little dogs!

**Why are you living in the Whitsundays?**

My husband gave me three choices (a) to live in a lighthouse on Thursday Island (b) to live by Sheep-wash Bay on South Brunni Island Tasmania or (c) to build on the block of land which we fell over at Shute Harbour just after cyclone Ada nearly blew it away!

**Tell us something about your family:** Both parents came from a long line of teachers and ministers of the Methodist church. Cornish, Welsh and French ancestry led to lots of singing, piano playing and talking in the home. Books, flowers and family photos decorated the walls and there were chairs everywhere! My mother was dedicated to her husband and her family, and never developed many of her talents. My father was a successful Chartered Accountant with a very strong and practical social conscience. He was not afraid to speak his mind and hounded to stand for parliament several times. Steady streams of relatives and struggling neighbours, particularly women in trouble, visited the family home, and were welcomed, advised, financed and enjoyed meals with us. Church activities were paramount. Scratch me and I might burst forth with a hymn! I was the second daughter with two boys to follow. The last was 13 years younger than me. I was too busy helping my parents to have time for a wicked teenagehood for myself. We weren't meant to ballroom dance or drink beer anyway so square dancing became my favourite Saturday night pastime. I went to an all girl Methodist College where I discovered many teachers had a false belief in the virtue of misery. This matched the often negative behaviour that I sometimes found in many church goers. However, education sharpened my mind, threw up new ideas and gave me the confidence to pull at the strings binding me to the normal path followed by females in that era. Motherhood dreams and the statutory "long overseas trip by sea to London" were thrown aside as I set upon an interesting alternative. Heavy duty work aside, I noticed that men chose the more interesting duties both in the home and at work. They seemed to expect women to take up their

discarded tasks. In the days before 'equal pay for equal work' I studied to be a teacher but after completing four years decided to use my skills in psychology in the very male dominated Airline Industry which was emerging in 1961. I vowed to avoid typing as I noticed men took no notice of typist's intellect!

**Share some of your life and/or career highlights:** The friends I have made would have to be my greatest treasure. Hitch hiking at 19 and holidaying in New Zealand with both male and female friends were tests for existing outside the female square. I wanted to gain approval outside the tight family and religious control. Parental faith in my judgment never wavered after these successful forays. My parents never travelled overseas but invested everything in the greater family at large. They became important recipients of my correspondence and photography as I journeyed through many countries at discounted airline fares. My 22-year career in Human Resources with Ansett Airlines and marriage to the highly talented and highflying Richard, continued the adventures. Dick and I enjoyed good food, wine and music. Our 32ft yacht was fitted out with good speakers. I was grateful that Dick took responsibility for planning all other menus. Dick was a commissioner handling Industrial Relations cases for the building and construction industry in the Arbitration Commission before retiring as The Public Service Arbitrator for the Commonwealth. He was my knight in shining armour.

My love for beaches sun and sea were realised during weekends at our Somers beach house on the wild coast of Westernport Bay. Gardening gave me the release from work related tension. Cooking, writing and wining did this for Dick. We sailed a 16ft Sundowner yacht called 'Joanne' and many happy hours were spent in her if the weather was fine. During our last two years of Melbourne based life, we planned our retirement home and sold the Somers weekender. Flying into Proserpine to meet the builder or arrange the site of the hot spa and pool were fitted into our schedule. Sometimes I arrived on a grassy airstrip which is now The Whitsunday Airport. There would be no one about so the pilot would guide me to the local bar! The joy of reaching warm air without the hot water bottle gave me a new life. We made sailing friends quickly and enjoyed the days of sailing in company when three yachts in Macona Inlet constituted a crowd.

**Favourite activities outside of Zonta:** Well, there is not much time! Talking with and emailing friends. Classical music daily. Dining outdoors in the new deck room by the pool, attending musicals, theatre and art galleries, painting landscapes in oils, reading especially biographies, cuddling little dogs, growing spectacular tropical flowers and fruits. Maintaining a friendly open house for my friends to enjoy.





## United Nations

As you read this, I will still be away in India working on the Tibetan refugee children's teeth with a team of two other young dentists and two nurses. We will be visiting five "Tibetan Children's Villages" (some of you may like to Google this) and working and living under fairly primitive conditions. Some of the materials are donated, but most are supplied by us or friends in Australia. So every little bit helps, and I would like to thank the members of the club who have supported me in many ways, and for the collection given to Carole. **Joanne**

## Status of Women Committee

Ladies: We have several opportunities to add to our coffers this month and next.. if you can't see your way clear to assist and support all of them, please don't expect the funds to be available when you'd like to support a Young Woman with her education, either here or abroad, or implement any of the programs regarding the health, education or welfare of women that we are developing through the wonderful Advocacy evenings we've been privileged to participate in recently. It's time to commit to Zonta.....



**Melbourne Cup:** You have all received, via email or hard copies, the flyers promoting this event. Please print & cut the two per page and give to your friends. Also place single page flyers in prominent places. Tickets are available at the October meeting or from Sue (0415 311 199) \$35 each: **Anchorage Restaurant 7<sup>th</sup> November 12:30-4:30pm.** [This is an important fundraiser for us!](#)



**Perfume Sales:** Order forms and full payment will be collected 19 October for Christmas delivery. **NO LATE ORDERS ACCEPTED.** You will be expected to pick up your order and those of your friends for you to deliver if they are local (others will be posted) – place and time to be advised but should be mid-November.



**Recipe Book Sales:** We have 3 or 4 chances to sell heaps of the first edition of this fabulous souvenir to tourists before Edition 2 hits the stands.. **The Beachside Markets** on Sunday 5 November plus Lions Markets on the 4th and 11th. There's also the **Foreshore Fiesta** on **Sunday 12<sup>th</sup>** (used to be called Seafood Sunday). All are connected to the Reef Festival. We only need one thing...YOU!!! Please contact Eunice – 0403 448 248 – as we desperately need someone to organize us on shifts for these days. All that is needed is a schedule to be made up, with most of us able to work a couple of hours.

**Local Service - What are we to do?** (From this month's International SOW and Service Committee Chair)... perhaps this will remind us what we work for! *'Local service is the heart of Zonta. All the action is at the club level. Keeping ourselves focused on our goals will ensure we achieve them and make our world a better place for women, one club at a time.'*

## What is the focus of the Local Service Sub Committee?

- Select projects that support Zonta's mission.
- Inform members about our international projects and support those projects by giving one third (1/3) of local funds raised to Zonta International Foundation Service Programs.
- Track the efforts of the club's service hours and service dollars. This will allow us to reflect the impact Zonta has in local communities as well as globally.

Please put your hand up to assist this month...

Christmas holidays will soon be upon us when we can all rest and relax. I'm sorry that I will be out of town for the next month, hugging the elephants and stalking the cheetahs in Africa. PJ

## GRANT APPLICATION SUCCESS

Thanks to Zontian Wendy, the Grant application she prepared and submitted to the Gambling Community Benefit fund has been **SUCCESSFUL**.

**Wendy – you are a champion!** Those valuable \$\$'s will enable Zonta to pay the balance of funds for our very own laptop and PA system.

## WHAT IS THIS COMMITTEE ALL ABOUT??

### THE STATUS OF WOMEN SERVICE COMMITTEE

It is the responsibility of the Status of Women Service Committee to recommend action to support Zonta's Objects and its mission to advance the status of women. Also, to make appropriate studies and recommendations for club service projects.

### The Goals:

- \*To improve the legal, political, economic, educational, health and professional status of women.
- \*To provide service at the local and global level
- \*To increase our commitment to service by the wise use of time, talent and money
- \*To empower women to make life changing choices

### Organising an effective SERVICE Project:

- \* Motivate and involve the personal support of the membership, in terms of time, energy and finances
- \* Appeal to the media and general public through the Public Relations Committee
- \* Raise funds from the general public, as well as the members
- \* Enable easy planning, NOT too time consuming
- \* Plan well in advance with clear delegation of duties
- \* Reach a target that is totally realistic
- \* Communicate with the area, district and Zonta International Service Committees to inform them of the club's Service activities
- \* Maintain detailed records of all service projects, and place all media coverage in Archives

## September Inductions



**Jan McKinnon and Catherine Moscato...** welcome to our club. Two lovely ladies with heaps of knowledge and expertise to share with us.

### Director's Report: Eunice

**Advocacy:** What a wonderful Advocacy Workshop took place at our last General Meeting. Seated in groups at our tables, Leigh Robinson led the lively discussion about local issues in advocacy. Congratulations to Robyn, Leigh and the Advocacy Committee for such a success.

Kimberley McClean will facilitate the next and final workshop of this series.

The next Breakfast Get-together will be led by Guus, on Monday 30<sup>th</sup> October.

**International Women's Day Brunch:** Joan has some exciting news to report about this in this issue. It will be a three-course Brunch held at Coral Sea Resort's Nautilus Room, on Sunday 11<sup>th</sup> March at 11am. Don't miss it, and bring your friends as well.

Eunice Shearer

### Director's Report: Joan

#### **Membership Report:**

We all enjoyed welcoming Jan McKinnon, Co-Manager of the popular Adventure Whitsunday Caravan Park, and Catherine Moscato, partner in Airlie Magpie Pty. Ltd., during their Sept Induction. The wonderful Coral Seas Resort 'On the Jetty' was such a lovely setting, and we are so lucky to use it for our monthly Club meetings. Ten guests and visitors joined with our established club members making a grand total of 33 women working together on this night.

We have more members to be inducted this month. Sheryn Blundstone, presently Director /Secretary of Portside Whitsunday Luxury Apartments, will be bringing her knowledge and talents in accounting, teaching in speech and drama, as well as her Board member experience in Grammar schools and work with Apex, Lions and Scout groups.

These new members are most welcome as they all want to take part in growing the status of women and help raise funds with us.

Roz, Chair and Joan with her Directors hat on.

#### **Social, Promotional Activities Report:**

The positive events such as the **Zonta Christmas Party** may already be mentioned in 'ReefTalk', but the date to remember is **Thursday 30th November**. Part payments for the night are being handled by Sue Hansen while Connie is on leave. As you know, THE PARTY will be on board 'WHITSUNDAY MAGIC'.

**International Womens Day Brunch** is well on track, and we will be selling tickets ahead of the date, Sunday 11th March 2007. Robyn and President Carole have negotiated a very generous sponsorship with Coral Seas Resort, with Brunch costing Zonta only \$20 per head. A delicious three-course menu has been designed together with free use of the Nautilus Room. We also look forward to a complimentary glass of champagne on arrival, courtesy of a wine sponsor. This will be a fundraising function with money going to Whitsunday Women's Services as well as our various programs eg YWPA prize money. Tickets will be \$35.00pp for an informative lively FUN function. Start talking to your neighbours and friends now .. and mark 11<sup>th</sup> March in your diaries. Brunch will start at 11am and finish around 1.30pm. There will be an afternoon of jazz to follow so you may want to make a day of it!

Joan Watson, Co-chair with Luella Mackay



### The Power of the Mind

Our **MIND** influences the functions of our body, and our body acts as we feel according to our emotions. **DEPRESSION**

upsets the functions of our digestive system, causing dyspepsia, indigestion, a lethargic feeling and constipation.

**SORROW** affects our Nervous System, lessening the flow of nervous energy, causing organic diseases. **ANGER** affects

our Circulatory system, constricting the flow of blood throughout our body. **FEAR** affects our Muscular system, lessening the flow of blood due to lack of muscular movement.

**STRESS** affects our Respiratory system, thus our entire body. Breath is life! Positive emotions such as **JOY**,

beautifies the whole body, mind and spirit. It acts as a powerful stimulant, brings a glow to our skin, brightness to our eyes and spring to our feet! **CONFIDENCE** affects

our whole outlook on life. It straightens the frame of the body.

### Some interesting Websites

[www.women.qld.gov.au](http://www.women.qld.gov.au)      [www.abn.org.au](http://www.abn.org.au)

[www.un.org/womenwatch/asp/user/list.asp?](http://www.un.org/womenwatch/asp/user/list.asp?)

[www.un.org/events/unday/](http://www.un.org/events/unday/)

[www.projectrespect.org.au](http://www.projectrespect.org.au)



### From the Editor

Many of our members are traveling during Sept/Oct/Nov...

Guus is working in Laos and Joanne in India, Sharon has gone to Europe, Robyn and Louise touring India, PJ on safari in Africa, and Joan off to Melbourne shortly. Watch this space for some fascinating stories in the next few editions!

Thought for the month: **Mutual respect is what sustains extraordinary group efforts.**

Regards, Luella [ima00845@bigpond.net.au](mailto:ima00845@bigpond.net.au)



