



The Zonta Club of Mackay

NEWSLETTER

September 2012



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President's Report

August was another very busy month, which also hailed an important milestone for our Zonta Club of Mackay as well as our District 22. With the recent registration of the Z Club of North Mackay High School, the 'HOWWZ' or Helping Others World Wide Z Club, three Z Clubs are now successfully operating under the support of our Mackay Zonta Club. This significant achievement has been recognised at District level and according to our District Governor Judith Anderson, our Mackay Club has single-handedly ensured that District 22 has already met one of its objectives for the biennium! Congratulations ladies! Recognition must be given to Gail Clark and Leanne Shepherd for their assistance and ongoing commitment with ensuring that we are effectively supporting each of these Clubs.

It is appropriate to also recognise the support of the schools and in particular the Co-ordinators of the Z Clubs within each school. Our long standing relationship with Whitsunday Anglican School which continues to flourish, would not have done so without the support of Jessica Vigliante and Janine Larsen. Tania Kelly, from North Mackay State High School has been the driver of getting the re-established HOWW Z Club back up and running. Likewise Jennifer Pel from Mirani State High School has had the passion and drive to have the MEGz Club redeveloped and new Club members recently inducted.

Finally congratulations and thank you to all of our Z Club members for their interest in being involved with our organisation and our Zonta projects, and for being of service within their schools and communities. As Anne Frank so aptly stated, 'How wonderful it is that nobody need wait a single moment before starting to improve the world'. It is our hope that becoming a member of one of our Z Clubs is another step towards that improvement.

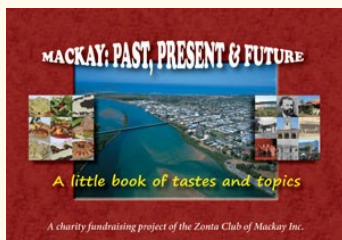
Yours in service

Marie Cameron (President)



We published a book!

The Zonta Club of Mackay cookbook, 'Mackay: Past, Present and Future - a little book of tastes and topics' has finally been printed and is ready for sale! It looks great and should sell 'like hot cakes', if you'll excuse the pun. More news about it on Page 2.



We published a book!

Now that the cookbook has been printed and is ready for sale, we need to sell it!

Sponsors, Mackay Zonta Club members and the World Café will be given first preference for buying the books, with an initial limit of 10 books per sponsor/member/organisation.

Please contact Gemma Clark

Gemma.Clark@riotinto.com for information about ordering books for yourself or for resale to others.

The cost of each book will be \$10 - cash or cheque only, no discounts and no IOU's.



An important additional outlet for selling the books will be the upcoming **River 2 Reef Festival**, on **Saturday, 6th October**, where we have booked a stall from 8am until 7pm. We would like all Mackay Club members, if at all possible, to do a slot on our stall that day, 2 members

dedicated to our stall per 2-hour slot. A roster has been circulated though our email system. Please add your name to it (or contact Marie directly, Marie.Cameron@riotinto.com) with your preferred time.

Eunice Shearer (Chair, Cookbook Sub-Committee)

Service Committee news

Our next project is assembly of Breast Cushions. We will be meeting at Marvic, 17A Evans Ave Nth Mackay, at 2pm **Sunday, 16th Sept**. Bring yourself and any friends, no experience necessary.

Gail Clark (Chair, Service Committee)

Mackay Women in Business Network news



The theme of our MWIB Monthly Luncheon being held on Sept 14th is Speed Networking and Beyond. Launch yourself into a new circle of people waiting to talk to you. This should be a fun experience and will be held at Reef Resort Motel. Please register with Nicole Butler at nicolebutler@westpac.com.au Booking is essential and the deadline for booking is **Wednesday, 12th September**.

Gail Clark (MWIB Committee)

Birthing Kit Assembly Day a great success!

A very successful birthing kit assembly day was held on Sunday, 26th August in the decommissioned kitchen of the Central Queensland TAFE College. There was a fantastic community response with over fifty women and girls of all ages attending on the day. Eight hundred kits were packed in record time, which definitely confirmed the saying 'Many hands make light work'. Many thanks to our Zonta members, our WAS Z Club members and their Coordinator Jessica Vigilante, the Mirani MEGz Club members and their Coordinator Jennifer Pel, CQUniversity representatives, including Professor Ysanne Chapman, Dean, School of Nursing and Midwifery at the Mackay campus. It was wonderful also to have members of the Bahai community return once again to help this year. Thank you to the other many members of the Mackay community for their support. A special thanks to Zontian, Gail Clark, for her coordination of supplies for the packing, and the tutoring of our helpers on the day. (Photos, Page 8)

Marie Cameron

20th Anniversary Celebrations

We hope you all have the 29th September from 6pm onwards marked off in your calendar for our 20th Anniversary Celebrations. You should have received your invitations by now, so let me know if you haven't. RSVPs have been filtering through from past members and invited guests, although the RSVP due date is still the 14th September.



electronic visual display of the Zonta Club of Mackay through the years.

Looking forward to a lovely evening catching up with old friends and meeting some new ones - for those of us newer to the club anyway - and sampling some of the foods from our cookbook as well.

The celebrations are being held on Saturday 29th September, in the foyer of the Conservatorium of Music, CQUniversity, Mackay campus, from 6.00pm to 8.00pm. During the evening our three Charter members, Vassie Comino, Judy Spannagle and Lynette Dupuy, will be recognised with the cutting of our anniversary cake which is being beautifully made and decorated by our long time supporter Roz Mahy.

Our Honourable Mayor, Deirdre Comerford, will be attending and will launch the release of our cookbook. We also hope to have an

Lynne Baillie is coordinating invitations and replies, and Leanne Shepherd is coordinating catering for the event. The Friends of the CON have kindly agreed to assist with looking after the drinks for the evening.

It will also be an opportunity for those who wish to make a night of it to head across to The Coffee Club Riverside Restaurant, Caneland Central, for the after party. The Cocktail Party will run from 6pm to 8pm.

Marie Cameron/Lynne Baillie

Information Session

The Membership Committee will be conducting an information session on **Tuesday, 9th October**, at 6pm. This will be held in the Rio Tinto Board Room, Evans Avenue.

Please advise Vassie (vassie@pcominoandsons.com.au) or Judy (ronsid@mackay.net.au) if you know of any prospective members whom we may invite.

Vassie Comino
Chair, Membership

DATE CLAIMERS

- * Friday 14th September: MWiB Luncheon at Reef Resort Motel, 166-170 Nebo Rd. (12 noon)
- * Sunday 16th September: Stuff'n'Sew at Marvic, 17A Evans Ave. (2pm)
- * Tuesday 18th September: Dinner Meeting at Reef Resort Motel, 166-170 Nebo Rd. (6.30-7pm start)
- * Saturday 29th September: Zonta 20th Anniversary celebrations at CQUniversity Conservatorium of Music (6-8pm) and afterwards at the Coffee Club Riverside Restaurant, Caneland Central.
- * Saturday 6th October: River 2 Reef Festival at Bluewater Quay, River St. (8am - 6pm)
- * Tuesday 9th October: Information Session for prospective new members at Rio Tinto Board Room, 21 Evans Ave. (6pm)
- * Sunday 28th October: Global Grooves Multicultural Festival, Mackay
- * Sunday 25th November: White Ribbon Day
- * Saturday 1st December: Zonta 'Round the World' Christmas party at Peter and Marie Cameron's house



Z Club news: HOWW Z Club

August was a busy month for the HOWW Z Club, meeting almost every week to finish past projects and organise new ones.

On August 1, our meeting was attended by Astrid from YIRS (Youth Information Referral Scheme) One Stop Youth Shop and Miranda and Gil from Kalyan House.

They spoke of the need for these community service groups and the work they do with young people at risk, to give them not just shelter and services, but also skills and training so they can continue to grow and achieve.

Both groups were very appreciative of the 'personal hygiene packs' the Z Club had donated.



Above: Students learning about meeting procedure and committee roles

Right: Miranda and Gil from Kalyan House speaking about the services they provide to disadvantaged Mackay youth.



Our exciting new project for Term 3 is Operation Christmas Child, where we will be encouraging students and their families from MNSHS to wrap and fill a shoebox with items such as clothing, a toy, a game, some stationary or shoes to donate to a child in a disadvantaged country, who may never have had a Christmas gift before. We hope to have a great response to this project so there will be lots of children somewhere else in the world, very excited on Christmas morning.

Leanne Shepherd



Above & below: Z club director Madi Green presenting packs to Astrid from YIRS.



Mirani High School Z Club MEGz induction

The Mirani State High School Z Club or MEGz Club is back up and running after an official induction of members took place at the school in August. The MEGz members are already actively involved with community projects, with quite a number attending our recent Zonta birthing kit packing day. The girls have been steadily raising funds through having 'Milo' drink days at the school, and they are currently planning to use the funds to support a member from the George Street Neighbourhood Centre World Café. The woman who arrived in

Mackay from overseas, has, through unfortunate personal circumstances, no family support to assist with the impending birth of her second child. The girls are hoping to put a package together to assist with the care of the new baby.



Marie Cameron

Photo (left to right): Mari Simmonds (Deputy Principal), Brittanie Ness-Wilson (Secretary), Tayla Hooker (President), Chloe Badger (Vice President), Ella-Marie Cameron (Treasurer), Jennifer Pel (Co-ordinator) Marie Cameron (Zonta) Absent – Baylee Hardwick (Vice President)

Katie Piper: Acid attack survivor

Kate Elizabeth "Katie" Piper (born 12 October 1983) is a former model and television presenter from Andover, Hampshire in England, UK.

Piper had hoped to have a full-time career in the media, but in March 2008 sulphuric acid was thrown in her face. The attack, which blinded Piper in one eye, was arranged by Piper's ex-boyfriend, Daniel Lynch, and carried out by an accomplice, Stefan Sylvestre. Lynch and Sylvestre were arrested and are serving life sentences in prison for their crimes.

The attack took place in North London and Piper was treated in Chelsea and Westminster Hospital, where the surgeons removed all the skin from her face before rebuilding it with a skin substitute and then a skin graft. The procedure was the first of its kind to be completed in a single operation.

In 2009, Piper chose to give up her anonymity and increase awareness about burn victims. The Channel 4

'Katie inspires other burns and acid attack survivors ... to think positively about themselves and their future, and countless others who might otherwise judge by looks alone.'

documentary 'Katie: My Beautiful Face' was first aired on 29 October 2009 as part of the Cutting Edge series; it has subsequently been repeated on several occasions, made available for online on-demand access, and sold internationally.

More recently, Piper has appeared in a follow-up series for Channel 4, released a best-selling autobiography, and had a regular column in the weekly magazine Reveal; however, she primarily works for her charitable organisation, the Katie Piper Foundation. Within this unique organisation and because of her determination and positive outlook, Katie inspires other burns and acid attack survivors, and the disfigured, to think positively about themselves and their future, and countless others who might otherwise judge by looks alone.

Further reading:

<http://www.katiepiperfoundation.org.uk/>

Eunice Shearer
(Advocacy & Awareness Committee)

Photo (right): Katie's treatments



Older Women's Network

Marie Cameron recently attended the August meeting of the Mackay Older Women's Network as guest speaker to talk about the Zonta Club and its projects both locally and internationally. About forty women attended the meeting and despite technical glitches, the ladies were very interested to hear about Zonta and what we do, particularly in the local community.

The aim of the network is to empower older women to participate in the decision-making arenas which affect their lives. The objectives of the network are to provide a forum for older women suffering disadvantage or discrimination, to work for equity and to promote policies and other reforms on issues which impact the quality of life of older women. The network also works to achieve recognition of

the work and contribution of older women in our society.

Wouldn't it be wonderful if we could find some links with our Z Clubs and the Older Women's Network!

For more information about the network please contact Helen Stanton on email helenstanton@optusnet.com.au



Photo (right): Jenny Oesterlin (left) and Helen Stanton (right) of the Mackay Older Women's Network, and Marie Cameron, Zonta (middle)

September: Gemma Clark

Birthday: 14th January 1981.

When I joined Zonta Mackay:

February 2012.

How I heard about Zonta: The Zonta information evening held in September 2011.

Positions held in the club: Member of the Cookbook sub-Committee.

Family: I live in Slade Point with my partner, Robert, and our two wayward puppies, Winston John and Missy Roo. Rob is a Fitter who loves tinkering around on engines and spending the weekend doing DIY and putting crab pots in at the local creek. Missy is a 2.5 year old stray Staffy X Kelpie we got in August 2011, and in November that year we rescued Winnie from the local pound aged 8 weeks. According to his DNA results he is a bizarre mixture of Cavalier King Charles Spaniel, Boxer, Dalmatian and Bull Arab! My mum and dad (Julie and Alan) still live in Bristol, UK, with my younger brother Tristan, in the house that I grew up in. My mum and brother made their first trip over to visit Mackay at Easter this year and were blown away by the beautiful tropical climate, stunning beaches and the hospitality and friendliness of all they met while they were here.

My story: I grew up in Bristol. At 19 I went to Uni in Aberdeen in Scotland, where I studied Management and Psychology for four years. After this I secured a graduate traineeship in Buying which took me to the capital. London was an amazing city to live and work in. At 26 I decided I wanted a change, so two years later I took the plunge and embarked on a career break to give me some time to think about what I wanted to do in the future and to go travelling for the first time. The next 16 months I spent backpacking. First in the USA and Canada, then over to Kenya where I did a camping tour down to South Africa. Along the way I met Rob. We clicked straight away and decided we would travel together around Asia. (See my photos on p8) Rob eventually had to fly back to Mackay for work while I went over to Perth and spent a few months travelling Australia. When I finally reached Mackay, Christmas 2010, it was like arriving in a little part of paradise. I am so thankful for being fortunate enough to live in Mackay. That was one of my reasons for joining Zonta; to be able to give a little back to the local community as well as helping support the projects which reach some of those less fortunate than us in the world.



Career highlights: These were some of the roles I had while I was working as Buyer for the Sainsbury's supermarket chain in the UK. I worked at the head office in London for six years. I spent two years as the Seasonal Events, House Plants and Horticulture Buyer. Highlights were going over to the Netherlands several times a year to meet suppliers and getting to spend days walking around giant glasshouses full of orchids

and other beautiful plants. My final role was Seasonal Confectionary Buyer. This involved planning and purchasing all of the Christmas and Easter confectionary. However, it wasn't all fun. The stressful side in particular was the Easter sales curve. When you order 30 million Easter eggs, and 60% of this volume only sells in the last seven days of the four-month season, it teaches you the importance of forward planning as well as how to hold your nerve!

Hobbies and interests: Dogs. Travelling! Since starting on the Cookbook project a few months ago I have newly found interest in cooking. I recently baked my first ever cake and since then have purchased cake tins, a rolling pin, cookie cutters, almost two dozen pots of herbs and spices and other random culinary implements. The previously rarely used kitchen at home is now experiencing a flurry of cooking experiments much to the delight of Robert (and our two furry garbage disposal units).

Philosophy of life:

- What doesn't kill you only makes you stronger.
- If you have nothing nice to say – say nothing.
- You get back what you give out – so smile!
- 'Until one has loved an animal a part of one's soul remains unawakened' (Anatole France)

The next chapter: In short – I have no idea. I like to think I am open to any new opportunity that may present itself. However, travel and animals are what I hope to see in the future. Robert and I both have a strong urge to return to Africa one day. We are also both keen to pack our bags and spend a few months in Central and South America. After going through another bout of the 'travel bug', I'd love to rescue more animals, which makes Robert very nervous! I want my own pack of dogs, at least five. And a cat (for rodent control) and a few chickens (for eggs). And a goat too (milk and cheese perhaps?).

Gemma Clark

10 Days in China: Gail Clark

Shanghai was our first city to visit - 22 million people, this thought had me visualising the streets being so crowded you would have to push your way into the crowded streets but we were pleasantly surprised as it was just like a big city in Australia.

Howard Johnson Plaza Hotel was 1 street away from the pedestrian mall, great position. Start of the day brings local residents out to the streets and parks for exercise including ballroom dancing, fan dancing, sword dancing and Tai Chi.

Day One included a visit to the tallest tower in the city, Pearl TV Tower, 468 metres tall and 68 floors to the observation deck. This was an amazing sight, skyscrapers as far as the eye could see. Museum including the history of Shanghai, one of the oldest sea ports in the world.

Old Chinatown for lunch, steamed buns (famous local dish) and the Yu gardens. We always get out and about for meals so local restaurants are usually selected if they have English in the menu, but what you see in the photo isn't always what you get.

Next day sightseeing on the big red double-decker bus, this was a guided tour with English-speaking audio tape. What a beautiful city and such an amazing history, with the Bunds along the river and it has amazing buildings with architecture from all around the world, a remnant of world trade. Until Day 3 both Jenny and myself had no suitcase, lost in transit. We had to survive with 1 spare set of clothes. Luggage arrived just in time for our trip to Beijing.

For our trip to Beijing (33 million people) we choose the fast train which travels at an amazing 300kph. What a great experience, very relaxing and lots of countryside to see on our 5 hour journey, this trip takes 2 hours by plane. Railway station was huge, same as all airports, there seems to be so much forward planning. Marriott City Hotel was our home for the next 3 days. Everything is big in China - breakfast at Marriott caters for 1,000 people. With an English-speaking guide we visited the Summer Palace, Temple of Heaven,



Forbidden City, Tiananmen Square, Sacred Way, Exhibition Hall of the Ming Tombs, and Beijing Zoo - with pandas. The Silk Market was a highlight with a demonstration how silk is woven and silk doonas are made. Jade factory visit was a bit of

shopping - jade bracelet. Cloisonne factory - this is a very intricate process used to decorate copper pots. A traditional tea-making ceremony, a Peking

duck dinner and of course the trip to the Great Wall - what an amazing sight. A rickshaw ride to a local family home for a lovely meal and also a show of the Legend of Kung Fu. Golden Mask Dynasty another show with truly amazing dance and a storm created on stage with lots of water.



Next day we were off to our last city, Xian.

Xian (smaller city only 7.5 million) is the home of the Terra Cotta Warriors. This would have to be the highlight of our tour. The

scale of this site is huge and in the 50 years since they were discovered by a farmer digging a well, hundreds of warriors, chariots & horses have been uncovered and as most were broken they have been rebuilt. Each warrior has individual features, it is believed that each craftsman

moulded the face in their own likeness. The city wall built in 14th century is right in the middle of the city. To preserve this wall, any building inside the walled area has to be built in traditional style, and all the skyscrapers are built outside this area.

Tang Dynasty Theatre was a dinner show we attended. It was my birthday and much to my surprise everybody sang happy

birthday and I was presented with a cake which was decorated with a singing lotus flower candle and I had to cut the cake with a very large traditional sword. What a lovely surprise!

Doug, Jenny (Doug's sister) and I all thoroughly enjoyed our visit to China, we saw some amazing things and we were blown away by the history.

Gail Clark



Birthing Kit Assembly Day photos



Photo (above, from left): Bridget Mather (Zonta), Lorraine Mather, Viv Hanranhan (Zonta) and Professor Ysanne Chapman CQUniversity. Behind are students from WAS Z Club assisting with making the packs air-tight.



Photo (above, from left): Ysanne Chapman, Rebecca Meakins, Liz Tait.



Photo (right, from left): Zontians Bridget Mather, Vassie Comino and Judy Spannagle.

Gemma's travel photos



China



Laos



Vietnam

Newsletter Banner (from the Editor)

This month's newsletter banner shows Gemma Clark's photo of Komino Toera Wetland Trail in the Slade Point area over which I have superimposed the newsletter title. Thank you for allowing us to use it, Gemma. So I thought it might be fun if the background photo were to change each month, showing different scenes of Mackay. I therefore invite you to email me high resolution photos you may have of Mackay and I will choose a different one each month to replace this month's picture.

Happy Birthday

- Eunice Shearer
(2nd October)
- Trish Gibbins (14th October)
- Leanne Shepherd
(15th October)



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