



JULY 2015

## PRESIDENT'S REPORT

The last month has been busy, as always, for our Zonta club.

Our club's social connectedness is in great shape. As well as water gym, book club and AFADU, this month we enjoyed a Knock Knock dinner at Ann's house with 2 hostesses, Ann and PJ. Such a fantastic night enjoyed by all. We also had a very interesting film night at Cath's house showing 2 BBC documentaries "India A Dangerous Place to be a Woman" and "India's daughters ". Thanks to Cath for offering her beautiful, spacious "cinema" for the occasion.

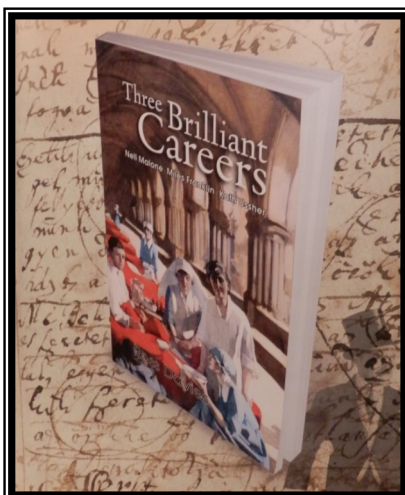
The Trivia night held at the Bowls club was well attended and very successful. Kerrie was a fabulous MC, the questions were very well researched and varied and the supper afterwards, prepared by our accomplished Zonta cooks, was superb as always. The Trivia Team raised approx \$1300.00 which will go towards our education and special assistance awards. A wonderful result and congratulations to our very well organized Trivia committee.

Having a different venue, Lovely India, for our June meeting was an enjoyable change. We all enjoyed the talk given by Ross Davies on 3 Brilliant Careers and, of course, we loved eating the selection of delicious curries. Wine flowed. It was an absolute pleasure to induct Athena as a new member of our club. She is now part of our Zonta family with over 1200 Zonta clubs in 67 countries and more than 30,000 members all committed to improving the lives of women all over the planet.

We have received our Call to Conference and I know we all feel very honoured and privileged to be hosting this very important event. As Zontians, we can show

- \* Our conviction towards Zonta's mission
- \* Our commitment to Zonta's projects
- \* Our courage when taking up new challenges and handling difficult or unpleasant topics
- \* Our pride in belonging to Zonta.

Early bird payments for conference are due by the end of July. Please see ATTACHED DOCUMENT for more specific information about fees and payment arrangements. Roz Jennings, President





## ADVOCACY

**Equal pay for women:** Zonta fights for equality between men and women, better health and education for women and trying to end domestic and sexual violence. One point that often gets overlooked is the gender gap in pay. We don't need to go to developing nations or faraway places to encounter it, but stay home! An article in "Zonta International" made me aware again that not much has changed in the 21st century.

**Zontians in the USA Advocate for Equal Pay On 14 April 2015:** Zonta clubs and members in the United States advocated for equal pay at the local, state and national levels to commemorate Equal Pay Day. The date symbolizes how far into 2015 women in the U.S. must work to earn what men earned in 2014.

Zonta is proud to report that all districts in the United States participated in Equal Pay Day either by writing letters to their elected representative, visiting with their mayor to garner support, writing a letter to the editor, engaging on social media, wearing red or advocating at their local government.



◇ Ogdensburg-area Zontians spoke with Mayor Bill Nelson about Equal Pay Day

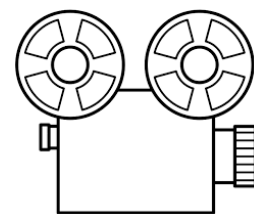
◇ The Zonta Club of Fenton participated in an Equal Pay Day rally at their capitol in Michigan. More than 150 people, including many legislators, were in attendance.



◇ The Zonta Club of Cortland stood out in red in front of their city hall in support of National Equal Pay Day

Submitted by Christina della Valle, Chair

## AUGUST FILM NIGHT



**WHEN:** Tuesday 11TH August 2015— 6.30 FOR A 7PM FILM START

**WHERE:** Laura's house—188 Mandalay Road Mandalay

**WHAT TO BRING:** Finger food or wine. Roz will send out reminder and list closer to the **time**.

**FILM:** THE LADY. DIRECTOR LUC BESSON. RATED MA LENGTH 159 MINS

**LANGUAGE:** English

The Lady is the epic story of the peaceful quest of Aung San Suu Kyi, the woman at the centre of Burma's democracy movement. It is also the extraordinary story of Suu Kyi and her husband, Michael Aris. Despite distance, long separations and a dangerously hostile regime, their love endures until the very end. A story of devotion and human understanding set against the continuing backdrop of political turmoil even after the Nobel Peace Prize recipient's release from house arrest, election to the parliament and being granted a passport after 23 years of denial.

If you were to list the top 50 most influential women of the 20th century, Aung San Suu Kyi would surely be on the list. See you at Laura's on the 11th August. Roz



June Film night



We had a very memorable June film night at Cath's. After viewing "India A Dangerous Place to be a Woman" and "India's Daughters", we were all feeling stunned and shocked. Hardly a word was spoken. It was not just the viciousness of the crime that shocked us, but also the disturbing reaction of the perpetrators and of the legal profession. Luckily the sumptuous supper of cake and coffee helped lift our spirits out of the gloom and then Athena's friends from Tassie entertained us with a mini concert of original songs and sea shanties. Such talent!! The glorious singing really made our spirits soar. Christine served us with delicious mussels during the films, mussels supplied by Athena and cooked to perfection by Christine. Thanks Cath for being the perfect hostess for the evening.

Guest Speakers July meeting.

**Sue Tuck** will be addressing our general meeting in July. She will be talking specifically about the POP program that Himalayan Health and Hearing is assisting in Nepal. In 2015, HH&H has partnered with Shechen Clinic & Hospice & the Community Family Welfare Assoc. to relieve the silent suffering of 10,000 women in Dhanusha District, Nepal. Sue is so inspirational. She really exemplifies the Zonta ideals of courage, commitment and conviction. She has already made a difference to the hearing of so many villagers in Nepal and now her organization is helping women who suffer from POP (pelvic organ prolapse). Sue will have a stall selling some gorgeous Nepali Product to sell if members desire to purchase some "early " Xmas presents and know that the money will go to a very worthy cause.

**Mel Brand** will be talking to our club at the July general meeting about Proserpine Youth Services. Mel is the latest recipient of the Zonta "Thumbs Up award". She is dedicated to helping young people partly because she herself is currently raising two beautiful daughters. She is now president of Proserpine Youth Space and feels this really gives her a platform to assist local youth and help with the issues facing them. Having overcome some tough times in her life, Mel will inspire you with her positivity and passionate desire to help others.



**SERVICE**

**Trivia Night**

Another successful Trivia Night was held at the Airlie Beach Bowling Club on Saturday 20<sup>th</sup> June. Everybody I spoke to said they had a good time and when was the next one going to be? Good to see some people outside Zonta who have been coming since the very first one, we must be doing something right.

Funds raised were approx \$1250 and our homemade, homegrown and homebaked raffle prizes went down well, thank you to all members who made biscuits, jam, pickles, chutney and muesli.

**Entertainment Books** Total Sold.....15

Total Profit to Date....\$180

Books still Available...26

Potential Profit.....\$312

Books are available to purchase from Lauren or Connie

**Knitting Group**

The Ladies of the knitting group are busy every last Monday of the month making sure we have beautiful blankets for raffles prizes and to donate to worthy causes such as AFADU and Adopt a Family at Christmas. Cheers, Kerrie, Director



## MEMBERSHIP



We are glad to welcome Lady Athena Murray to our marvellous Zonta club

### Knock Knock Mystery Dinner...

Where is the best place to celebrate the 4<sup>th</sup> of July? The Knock Knock Mystery Dinner of course.

This wonderful night was hosted by Ann Cleghorn and PJ Halter with 14 attending in total.

The evening began with array of nibbles and, of course, a glass of wine or two. This was followed by courses of an American Theme. Hostesses provided all the essentials for a 4<sup>th</sup> of July BBQ. Hamburgers, Hot Dogs, Baked Beans, Potato Salad and all of the accompaniments were enjoyed by all.

Throw in sparklers, good conversation and more wine and you have a brilliant night.

Congratulations to the Hostesses – a night to remember.



### APOLOGIES FOR MEETINGS:

Please remember that you **MUST** apologise to Carole by Tuesday arvo before our dinner meetings on Thursday. If you do not, you **WILL BE** charged for your meal. The venues charge us and the Finance Committee met recently and found that many are not either apologising on time nor offering to pay. Our lovely Treasurer doesn't like to have to bill members so **PLEASE** fulfil your obligation and apologise timely.

(Emergencies are always given consideration!)



JULY

(MUST BE THE BEST BIRTHDAY MONTH!)

Angela Spicer—15th

Christina della Valle- 16th

Kerrie Adam— 17th

Dawn Green— 18th

Pam Harrison- 18th

Joanne Richardson - 23rd

Ann Cleghorn - 25th

PJ Halter -31st

Have you ever wondered: “Where do those beautiful blankets go?” that you hear so much about? Pam Harrison hand delivered some recently on a trip to Lirhanzo Children’s Village in Zimbabwe. They brighten our local women’s refuge and aboriginal communities too.





## Date Claimers

**9 -11 October 2015: We host the District Conference – all of us will need to be in attendance so mark your calendars! This is an honour that seldom comes our way.**

### JULY

7th: Board Meeting  
16th: : General Meeting—Reef Gateway—6.15 for 6.30 start  
27th: Knitting Group—10 am—contact Carole Brauner  
29th: Last Wednesday Book Club—5pm—Contact Kerry Kenyon

### AUGUST

4th - Board meeting  
11th Film Evening— 6.30 FOR A 7.00 FILM START  
20th: : General Meeting—Reef Gateway—6.15 for 6.30 start  
24th: Knitting Group—10 am—contact Carole Brauner  
26th: Last Wednesday Book Club—5pm—Contact Kerry Kenyon

### Zonta Club of the Whitsundays Contact Details

**President: Roz Jennings: [peteandroz@bigpond.com](mailto:peteandroz@bigpond.com)**  
**President Elect: Connie Riley: [lesterandconnie@bigpond.com](mailto:lesterandconnie@bigpond.com)**  
**Vice President: Pam Graham: [pgraham9@bigpond.net.au](mailto:pgraham9@bigpond.net.au)**  
**Past President: Noelene Helman: [helmans@bigpond.com](mailto:helmans@bigpond.com)**  
**Secretary: Lesley Pratchett: [secretaryzontawhitsundays@hotmail.com](mailto:secretaryzontawhitsundays@hotmail.com)**  
**Treasurer: Catherine Moscato: [catherinemoscato@hotmail.com](mailto:catherinemoscato@hotmail.com)**  
**ReefTalk Editors: Laura Morrison, PJ Halter**

**[www.facebook.com/WhitsundayZonta](http://www.facebook.com/WhitsundayZonta)  
[zontaclub7@hotmail.com](mailto:zontaclub7@hotmail.com)**

**Address - PO BOX 427, Cannonvale, Queensland 4802**

## PROFILE

**Christine Garabedian**

This Chef has now “landed” in our Zonta club and is a much appreciated member.

# Chef has landed

**Angelique Patterson**

angelique.patterson@news.com.au

SEA Cookie Catering has launched in Port Douglas, offering in-house catering, platters or feasts for intimate gatherings or a special occasion.

After cooking professionally on boats and yachts for 15 years, owner Christine Garabedian decided to launch her own boutique catering company, finding a niche in the market for in-home chef services.

Sea Cookie Catering offers in-home chef services for locals and visitors, for dinner parties or extended stays, barbecue platters, holiday feasts both traditional and tropical, cocktail parties and more, while still continuing to offer her services as a yacht chef, for day, overnight and extended charters.

Having spent the first 11 years of her life in Alexandria Egypt, before moving to Australia, Christine has a love for spices and incorporates her culinary adventures throughout Italy, Spain, Greece and France with modern cuisine, sourcing local produce for her dishes.

“I have lived here (Port Douglas) for 15 years now. The whole place is an amazing canvas of wonderful flavours with exotic tropical fruits and great spices – it is oozing with culinary feel,” she said.

“It seems we are short for caterers in home and I have spoken with several accommodation houses who say it’s a great idea and have had people ask for the service, especially now with people coming for Christmas.

“We cater for both visitors and locals. If you want we can cater an event and kick people out of the kitchen and do the cleaning up, or we can bring the food and they can serve it themselves.”



**COOKING:** Christine Garabedian in the outdoor kitchen

Picture: ANTHONY CAPOGRECO

Ms Garabedian always discusses the menu with her customers and can cater for traditional, middle-eastern inspired and tropical menus. “I developed a wonderful taste for combining flavours together without changing the main objective of the dish,” she said. “I’m bit of a perfectionist when it comes to detail, so I love presenting my food in a

way that feeds your eyes and teases the senses.”

Sea Cookie Catering can cater for intimate occasions to special events, with sit-down options for up to 12 people and canapes for up to 30 people.

For more information contact Sea Cookie Catering on 0413 155 791 or find them on Facebook.

As mentioned above, I moved from Egypt to Sydney with my family at age 11. At 18, I returned to Europe for a year and practiced the four languages I speak. Upon my return, I started a career in hair dressing but food was always a big part of my life, having been exposed to a family that were all “foodies”. Sundays were always a culinary experience with all the family gathering.

After many years in Port Douglas, I thought it was time to move on but I wanted to stay in the tropics. I knew Ann Cleghorn well and believed yacht chef possibilities would be greater here. This has already proven to be true and, on top of that, I was immediately asked to join Zonta and now have the support and friendship of many.