



**Zonta Club of
The Whitsundays, Inc.**

Member of Zonta International

*Reef
Talk*

April 2009

The Zonta Club of the Whitsundays celebrates 10th Birthday!

At the club's last meeting, in March, a last-minute agenda item meant the night ended in birthday cake.

The Zonta Club of the Whitsundays officially turned 10 years old and a surprise announcement left everyone munching on cake and reminiscing on 'times gone by'.

Three of the charter members were there - Sue Hansen, Pam Graham and Wendy Downes - and posed for an historic photo (fourth charter member Joan Watson was absent).

Many, many service projects and fun social events have gone on since March 1999 - see Photo Gallery at the end of this newsletter for just a taste of what the club has got up to in the past 10 years.

On the following page is a colourful account of the birth of the club from past president Pam Graham.



Pictured are four of the Club's Presidents, Carole Brauner, Wendy Downes, Annie Lloyd-Lewis, and Pam Graham with the photo taken by the current President, Robyn Mitchell.

New meeting venue

From April onwards, we will have a new home for our meetings.

The Zonta Club of the Whitsundays will be dining at Airlie's newest restaurant, Waterline, at Shingley Beach. Part of Shingley Resort, it used to be known as Outrigger.

The new owner/manager has offered Zonta the sole use of the conference room, which is attached to the restaurant and near the pool. The restaurant will provide a two-course meal for \$25 and there will be no room hire fee. Drinks are available from the bar.

"This is a comfortable and refurbished area, which is set up for conferences, so has good meeting and dining facilities," said club president Robyn Mitchell.

"Roadside parking is easy too. So we'll see you and your guests at Waterline on Thursday, April 16."

In this issue

- P 1 > The Zonta Club of the Whitsundays celebrates 10th Birthday!
New meeting venue
- P 2 > The Birth of the Zonta Club of the Whitsundays
NEWS
- P 3 > President's Report
Relay for Life 2009
Oceanic Whitsunday Boat Show on again!
- P 4 > CLUB UPDATES
Happy Students // Grow, cook and eat it!
Education Bursary // Library project
- P 5 > Community Notice Board
The club gets healthy
- P 6 > Walkers and Talkers // Who will you relay for?
Celebrating 10 years of Zonta - just some of the magic moments!
- P 7 > Celebrating 10 years of Zonta - just some of the magic moments! // Photo Gallery

The Birth of the Zonta Club of the Whitsundays (by Pam Graham)

During our lives most of us have belonged to some or many clubs and community organisations for sport, schools, church, community service or whatever.

We seldom stop to think of how any one of these clubs actually started in the community particularly after some time has elapsed since the club's inception.

I have been fortunate to be able to browse through some records given to me by Ann Leathwick, a member of the Zonta Club of Townsville who was the Zontian who coordinated all correspondence between the District Governor and Zonta International in the establishment of our club.

The two-ring binder she gave me was a treasure chest of memories. As I flipped through the binder with its correspondence and documents I realised how grateful we must be to Ann and her good friend May McPhail and members of the Townsville, Mackay, Burdekin and Bowen Clubs, who came to a number of information meetings in the Whitsundays to support us in the club's formation.

The ball started rolling when former Zontian Janelle Casey, from the Flower Hut and then living on Hamilton Island, arrived in the Whitsundays to find no Zonta club. She rang a lady called Jane O'Brien, in Brisbane, who rang May McPhail, who rang Ann Leathwick!

As Joan has related in earlier reports, there were women in the Whitsundays looking for an organisation with a charter such as that of Zonta.

Information Meetings were held throughout 1998, a steering committee was formed and commitments to be in the club were made by women attending those meetings.

Ann Leathwick travelled from Townsville for all these meetings after work and returned either late that night or the following morning. What an effort!

Finally on Friday evening 29 January 1999, there was a great roll-up of women from our community and from the Zonta clubs named above who attended the 'Organisation Meeting' for the Club.

It was sheer joy to be there and to realise our dream was close to becoming a reality!

We firstly supported the motion moved by Ann Leathwick and seconded by Wendy Downs "that the Zonta Club of Whitsunday be established." We elected our Club Officers, determined our fees and meeting times, clarified our roles and planned a date and venue for our Charter Dinner - 16 April at Palmer's Restaurant (TAFE).

In her speech on that night Ann acknowledged Lineke Hudson who attended every information evening held. Current members who were active supporters of the information evenings and part of both the steering committee to form the club, accepting roles on the first board, are Joan Watson, Sue Hansen, Wendy Downes and myself, Pam Graham. Twenty-six members were inducted at the Charter Dinner.

The Zonta Club of the Whitsundays was born!

NEWS

On Wednesday, March 25, the Zonta Club of the Whitsundays hosted the Combined Services Dinner for 80 members of 15 different community organisations, at Cannonvale Reef Gateway. Each club spoke about their current or planned projects and raised issues relevant to them. It was a night with lots

of shared information and discussion and a genuine spirit of goodwill between groups. Zonta won the club raffle and donated the prize of \$330 to the Whitsunday Crisis



Zonta members and their partners celebrate a successful night.

and Counselling Service to buy a washing machine. Everyone congratulated Zonta on a well organised and interesting evening.

President's Report

Happy Birthday to us - yes it's 10 years since our charter date of 15th March 1999.

And we still have four active members from that time, Joan, Wendy, Sue and Pam. Since inception, five of our six club presidents are still members - Pam, Annie, Wendy, Carole and myself, with only Vernice Irvine, our founding president, having moved away.

Our club seems to be growing from strength to strength with a strong commitment to our current projects and to community involvement. We had 17 members attend the Combined Services Dinner, which Zonta hosted for 15 service organisations this month, followed by seven of us heading to Cairns for the Area Conference. These are always wonderful opportunities to share information, fellowship and of course fun.

We are also looking forward to the next few months when we have a new venue for our meetings, our AGM in May followed by our 'dress up' Changeover Dinner at the fantastic Villa Botanica, in June. We have also made a commitment to assist in providing the catering for the Oceanic Whitsunday Boat Show over the June long weekend which will be a major fundraiser for us.

On a sadder note, we said goodbye this month to Libby as she headed back to Kempsey to be with her family, and to Linda who will be stepping down as Treasurer to head off to Tasmania in the near future. We thank them both for all their efforts.

Robyn Mitchell
President Zonta Club of the Whitsundays

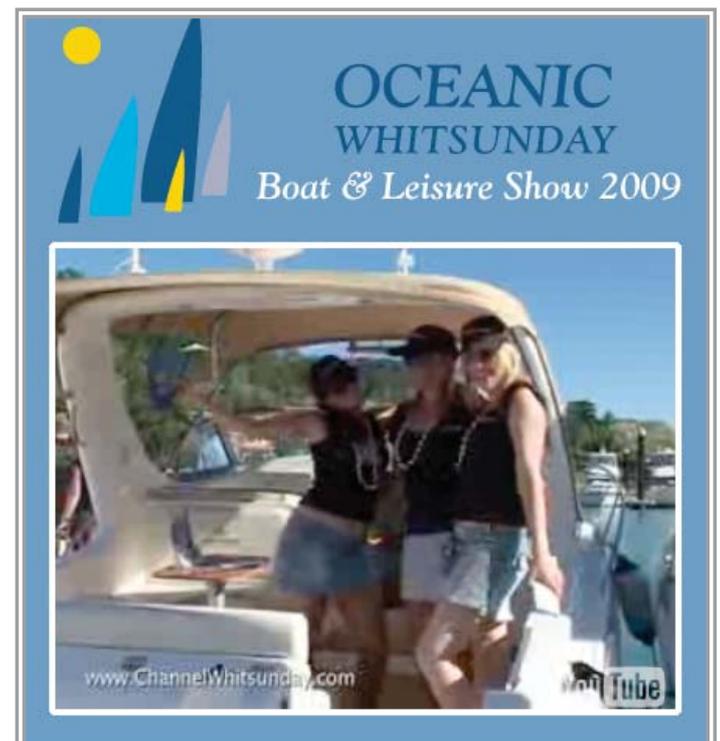
Oceanic Whitsunday Boat Show on again!

After the unanimous acceptance of the concept put forward by Rotary for the club's involvement in this year's Oceanic Boat Show, it will be 'all hands on deck' for the June long weekend.

Separate stalls are planned, similar to a food court, operated by an apprentice chef from TAFE and staffed by Zontians, who would assist with food preparation and service.

"There is still a lot of the detail to be worked through with TAFE and Rotary but this partnership is a good joint community initiative," said club president Robyn Mitchell.

"But it also means a three day commitment from everyone to achieve our fundraising goals. PJ is willing to organise rosters as before. One big effort then we can relax for the rest of the year and concentrate on having fun."



Relay for Life 2009

Participation in Relay for Life is an amazing experience and 2009 is the 5th anniversary of the event in the Whitsundays. In the past four years the Whitsunday community has contributed almost \$120,000 to Cancer Council Queensland and this money is used for cancer research, early detection programs, awareness campaigns and patient care.

CLUB UPDATES

Happy Students

The club made three students very happy this month. After unanimous votes at the March meeting, Nina and Naomi Wilson were each awarded \$125 for their workshop attendance in Townsville. Both girls have excelled in their creative endeavours and this new experience will extend their skills and confidence. As well, Kirby Amos, a Proserpine student now doing Business Studies at university, was awarded \$400 to assist with expenses for her scholarship to the US, where she will participate in a 10-day workshop with other selected students from all over the world. The club also approved an amount of \$500 as the annual prize for the club winner of the Jane M. Klausman Award.

Grow, cook and eat it! (by Angela Spicer)

Since our last update in the March Newsletter, our garden project is moving along and we are installing our two garden beds on Thursday 26 March at 9am at the Whitsunday Crisis & Counseling Service Refuge.....this is very exciting!

Our beds are being delivered to the centre and all hands will be on deck to position the beds, then the mulch and topsoil will be filled to the top of the beds and left to settle.

Then the seedlings will be planted following our vegetable crop rotating plan. Also at this time our starter kits will be handed over which includes buckets, gloves and trowels etc plus a maintenance manual to ensure the project will be an on-going success for the adults and children in the

So our project is really starting to grow!

Education Bursary

A selection panel of Joan, Kerry, Angela and Noelene will interview the applicants for the club's Education Bursary at the beginning of April.

The Bursary was advertised in the local press, along with an editorial in both the Guardian and the Times, at the beginning of March.

Kerry visited the local TAFE and Sharon discussed the bursary with students and staff at the Whitsunday Christian College and Proserpine High School.

The bursary offers \$500 for financially disadvantaged students to put towards study costs and other related expenses.

So stay tuned as the successful applicant will be announced at the April meeting.

Library project (by Cath Fernbach)

Stage 1 Library project will be completed with the purchase of \$1000 worth of reference books on the theme "Empowering Women" and presented to Anna Derham Coordinator of Whitsunday Libraries.

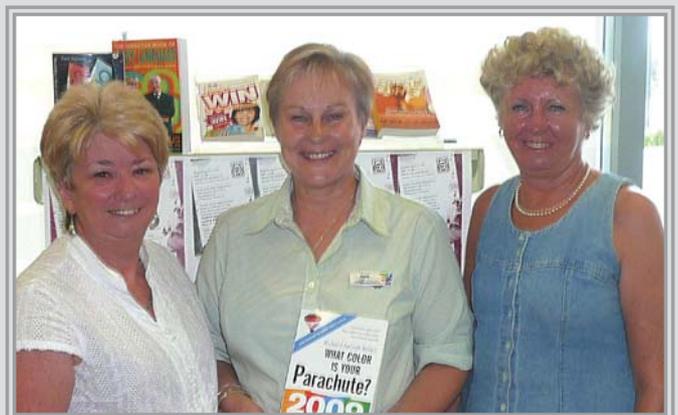
The official presentation will take place on Thursday April 16th at 10.30 at Cannonvale Library. Guest speaker will be Gloria Burley, a local author ("Blood and Guts").

Representatives from Whitsunday Regional Shire Council will be invited along with community members.

Stage 2 of the project will then spend \$1000 allocated from Zonta 2009 budget with the theme: "Active Lifestyle, Healthy Lives" which will be managed by Kerry Kenyon, it is anticipated that the launch for this stage will be on July 15th 2009.

Stage 3 Rotary money \$2,200 will be used to purchase multimedia on a variety of subjects useful to the theme of personal development. We expect that another member of the project group will liaise and manage the purchasing together with Anna Derham.

If there are members who would be interested in joining the group, please let Connie or Cath know and we will include you in the 'notice of meeting' list.



From left: Robyn Mitchell, Anna Derham, manager of Library Services, and Gloria Burley, journalist and author, who will be guest speaker at the Library Project launch on Thursday, April 16

Community Notice Board

Thank you

“A big thank you to Sharon who spoke so graphically at our last meeting about the work being done in Rwanda to prevent the transmission of HIV/Aids from mother to child. When she spoke about the atrocities which were committed on women in the recent tribal war we were all stunned into horrified silence. Sharon

spoke so well on the constructive work now being done by Zonta International in co-operation with UNICEF. She showed how our contribution is going towards health education, reproductive health programs, nutritional support, psychological services and income-generating activities for HIV positive mothers. This is what makes ZI such an important organisation.” *Robyn Mitchell*



Goodbye

Last month we said goodbye to Libby Hickson, who has been such a valuable club member. She worked hard as a great team member for the IWD Brunch event and also gave us inspiration through her talk on

the Rock and Water training program she undertook. Her talk on domestic violence in our community made us all realise its harsh reality and complexity. We wish her well in her new ventures.

Zonta Club of the Whitsundays

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Happy Birthday to...

Robyn Mitchell April 4

The club gets healthy (by Roz Jennings)

As a club, we want to be involved with the Get Healthy Queensland State Awards so what better place to start a get healthy campaign but within the club itself!! So for the next month (and longer we hope) Whitsunday Zontians are making healthy lifestyle choices, and to monitor our success we are filling out our very own exclusive Get Healthy Tracking Chart!

Health Experts say that eating at least two pieces of fruit and five serves of vegies a day can reduce cancer risk and other chronic diseases by more than 20%. So we are now starting our day with luscious fresh fruit, grabbing an apple for an afternoon snack and popping an extra strawberry in our champagne. We are loving our crispy salads for lunch, dipping carrot sticks instead of bickies at happy hour and cooking up magical vegetable stir fries for dinner.

When it comes to beverages, we are now drinking the eight glasses (1.5 litres) of plain water a day and ditching the “glugging” habit and delicately sipping two or less standard drinks of alcohol a day with some alcohol-free days a week.

Of course, we have all known for a long time that cigarettes are a complete ‘no, no’.

Thirty minutes of moderate exercise a day (at least) can more than half the risk of heart disease. So from now on, we are off to the gym, joining the walking group, cycling to and from work, taking up line dancing, heading off to aqua aerobics, scheduling in a game of tennis in the evening or doing a couple of laps of the lagoon before work.

Your skin will love the extra hydration, your body will be stunning with all those low-calorie, no-fat vegies and all that exercise will most definitely reduce any stress. We are going to feel soooooo healthy!

At the April meeting we are going to assess the results. No, we don’t have to don swimsuits! Just bring along the score on your tracking chart averaged out over the month (it can remain anonymous) and we will give the club a healthy lifestyle rating.

Walkers and Talkers

(by Carole Brauner)

The group was due to take off on Monday 23rd March from Cannonvale foreshore at 06.15am for a 6.30am start.

Following the article in The Whitsunday Times we have generated a bit of interest and hope to have more members of the public joining us. All are welcome to come along with husbands, dogs, babies in pushers etc.

The objective is up to the individual and this could be fitness, health, companionship etc. but for Zonta members it is a tick on Roz's Health Tracking Chart.

Remember, the aim is 6-7 ticks per day and we could pass this on to all participants of the Walkers and Talkers Club.

Who will you relay for?

(by Wendy Downes)

Team numbers in this year's Relay for Life are continuing to rise and, at the time of writing, we have around 30 teams all out there raising funds for Cancer Council Queensland to help the fight against cancer.

There are still spots left in the Zonta team so contact Suzie without delay to make sure you are part of this amazing 18 hours of fun and remembrance.

Relay for Life is an overnight event - 18 hours from 3pm Saturday 18 April to 9am Sunday 19th. Teams of 10-15 walk in relay style around the track at Cannonvale School, with a trackside tent for relaxing.

Remember, there is an expectation to raise \$100 per team member, which can be individually, as a team or both, so get your thoughts working on ways to do this. Suzie will have a team booklet which will give heaps of ideas - or call me.

With a theme of "Flavours of the Orient" I just know the costumes and tents around the track will be varied and colourful. The food also will be varied, inexpensive and plentiful, with an Asian/Australian theme (some food available all night plus free breakfast) so no need to bring heaps of food with you. All the food stall profits go towards fundraising.

You will also need to select a song and practise your singing for the annual karaoke competition - this books out really fast, so you need to get in early.

Combine all this with an excellent cast of local entertainers, and you won't be disappointed. The 18 hours will simply fly by! More information at www.relayforlife.org.au



Celebrating 10 years of Zonta - just some of the magic moments!



Cath Fernbach cuts a dash as a pink fairy (TAFE Open Day 2007).



The team selling water at the Reef Festival Parade 2006.

Celebrating 10 years of Zonta - just some of the magic moments! Continued



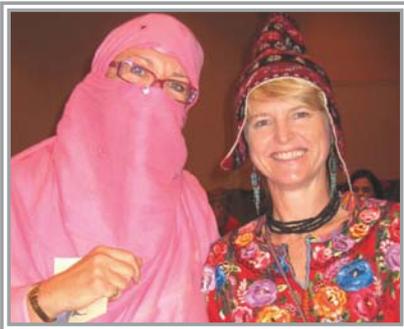
PJ Halter (left) and Wendy Downes (right) farewell three Proserpine High School students on a sail training program on South Passage, sponsored by Zonta.



IWD Breakfast 2006, from left, Luella Mackay, Noelene Helman and Tiina Randmae.



Joan Watson (left) and Marie Abrahams looking pretty in saris at the IWD Breakfast 2006, which had an international theme.



Annie Lloyd-Lewis (left) and her guest get into the 'international' theme at the 2006 International Women's Day Breakfast.



Kay Harris and Carole Brauner show off their cooking skills at the TAFE Open Day Cook-Off (2007).



Kimberley McClean and Joanne Richardson at the Western-themed Changeover Dinner in 2005.



Marie Abrahams dressed as a 'biker chic' during the 2005 Reef Festival Parade, when the theme was 'The Bold and the Beautiful'.



Carole Brauner struts her stuff as Wonder Woman at the Area Conference in Mackay in August 2007.



Eunice Shearer at the IWD Breakfast 2006.



Former Zontian Ailsa and husband Rob, who provided the music at the 2006 International Women's Day Breakfast.

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