

Coral Coast Chat

September 2007

Address PO Box 916 Bowen Queensland 4805 www.bowen.zontadistrict24.org

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Diary Dates

*Club meets every 2nd Wed
of the month at 6:45 pm
Castle Motor Lodge*

Sept 12 General meeting 6:45
Sept 15 Strategic Planning 9:00 am
Sept 20 Committee meeting 5:15
Sept 25 Committee meeting 3:15
Oct 3 Board meeting 5:15
Oct 10 General meeting 6:45
Oct 24 Osteoporosis Project 11:30

Contacts

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Board Meeting 4785 0000 (h)
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Attendance for month of October
Monthly Meeting
Rhonda Nilsson 4786 5687 (h)
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Newsletter Hortense Ingram
Editor 4786 4606

For Oct/Nov send submissions to
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From the President's Pen

August could be called "Bowen Zonta Community Month" as although we didn't have any of our own functions, we had members all over the town helping out, participating or attending various events:

- Pet Parade for Lions and Community Charity Festival
- Festival Ball
- Cocktail Party for Lions Festival
- Qld Cancer Charity Bike Ride from Collinsville to Bowen
- Women's Health Forum.

Thank you to all concerned.

Unfortunately, we were unable to have a representative attend the district conference this month at Tweed Heads.

Kudos to our active committees that we are on our way with our Strategic Plan and have scheduled a "Planning Day" for this on Saturday 15 September 9am to 12.30pm at CHR.

We have a guest speaker planned for this month's dinner meeting.

*Cheers
Rhonda Nilsson*

DID YOU KNOW?

ZISVAW stands for Zonta International Strategies to Eradicate Violence Against Women and Children. It is a violence prevention program.

Zontians Lending a Hand

Children's Cancer Institute of Australia



Three day Big W Townsville to Cairns Bike Ride
Aug 24 2007 Nan Hansen far right

Queensland Cancer Council



Rhonda Nilsson and Nan Hansen raised money for the Cancer Council during the Ian Krause Memorial Bike Ride from Bowen to Collinsville in Aug

Lions and Community Charity Festival



Kerry Picknell with daughter Angela and Lynette Klukas giving a helping hand at the fence painting Bowen Lions Charity Festival Aug 26



The Wharley's supported the riders en route
Rhonda and Bon above
Bon and husband below



Committee Clippings

Board Meeting Sept 4

Guest from Commonwealth Bank

Andrea Price, Customer Service Specialist, was invited to inform the Board regarding greater interest bearing options for Club funds.

District 24 Conference

Unfortunately there will be no Club representation at this year's conference. A poster of one of our significant projects, "Outreaching to Collinsville" has been submitted for display.

Blue Card Applications

Members are reminded to bring Blue Card applications with proof of ID such as driver's licence or passport and one other identification such as a credit card or rates notice to the dinner meeting. Julie Jurgens, Commissioner of Declarations, will be able to certify the original documents and sign the forms. The President will also need to sign the form. Blue Cards are required for volunteer work which involves children such as the Osteoporosis Project at the high school.

Strategic Planning Session

Sat September 15th (9:00 am -12:30 pm at the CHR Training Room

To enable the Club to establish its goals for 2007-2008, all members are requested to participate in the strategic planning session. By setting specific goals, the Club and its Committees are able to focus their efforts more effectively. If you cannot attend the session on Saturday, please forward your thoughts and ideas to the Secretary, as your input is valued.

Vacant Positions

Archives Person and Program Chair

The Board is requesting members to come forward to help fill these important positions. Both positions meet with the Finance and Fundraising, Communications and PR and Program Committee so there will be assistance available.

Finance and Fundraising

Financial Aim for 2007-2008

The committee's aim is to raise sufficient funds to cover the club's anticipated committed expenditure in a way that is not too labour intensive for our member numbers. As our budget commitments total over \$4,300 a minimum target of \$5,000 has been set.

Proposed Fundraising Activities

- The fundraising chocolates have been successful and we will continue with these.
- A Movie Premier -we're on the list.
- Christmas Raffle in the form of a wheelbarrow or large esky filled with Christmas supplies. We can get the wheelbarrow/esky donated. Members could donate an item for the raffle. Ticket selling will start in November.
- Mothers Day Raffle - May 2008.

It was decided that functions such as the cent sale and bush dance, although good fundraisers, take a considerable amount of 'man hours' to achieve the results. With this in mind and given our present membership numbers we've opted to keep fundraising on a more simple level.

Therese Mayhew

Status of Women

Osteoporosis Project and Luncheon

**Wednesday 24th October 2007 11:30-1:30
McKenna Hall Bowen State High School**

Material from 2005 osteoporosis function can be utilised again. Application for funding from the Healthier Bowen Shire Partnership has been submitted. We propose to outsource catering on the strength of receiving funding. We have requested a suitable menu from Kylie Coleman, a dietician who will also be one of our guest speakers. Two other speakers are proposed - one for fitness and exercise and the other, possibly a chiropractor for looking after your body.

Bowen Women's Health Forum

Bon, Kerry and Veronica attended the Health Forum and agreed it was so beneficial to all who attended. Dr Rane and his team are to be highly commended for bringing this health forum to Bowen. There were 25 all up including three speakers. The three hours were well spent. Thank you Bon and Kerry for your support.

Veronica Hickmott



Guest speaker Professor Rane is a consultant urogynaecologist from James Cook University in Townsville. Dr Rane has pioneered a non invasive procedure to cure incontinence.

Committee Clippings

Communications & PR

Newsletter Editor's Absence

Lynette Klukas will be the newsletter editor during Hortense's absence for October and November.

Please submit articles to her email address lynette.klukas@bigpond.com

Display for District 24 Conference

An A4 poster of our recent project "Outreach to Collinsville" has been submitted.

Focus for 2007-2008

1. Uplifting Club's profile within the community (banner, public displays, media)
2. Utilising website
3. Producing Zonta Club of Bowen display book, special placemats for functions and Club brochure

Hortense Ingram

United Nations

25th Anniversary of the Committee on the Elimination of Discrimination Against Women (CEDAW)

Jackie Shapiro, our Zonta International UN Committee Chairman and Immediate Past Chair of the NGO Committee on the Status of Women, delivered an address to celebrate the 25th Anniversary of the Committee on the Elimination of Discrimination Against Women (CEDAW) on 23 July 2007. Jackie's full address can be read on http://www.un.org/womenwatch/daw/cedaw/cedar25anniversary/Jackie_Shapiro.pdf

UN Day October 24th

The committee is planning a community display of the Zonta Club of Bowen's participation in International Projects on UN Day.

Hortense Ingram

New Member

WELCOME
Kerry Picknell



Kerry Picknell was welcomed to the membership of the Club when President Rhonda inducted Kerry as a member of Zonta International

Photo Nan Hansen

Strategic Planning Session

Saturday September 15th
9:00 am - 12:30 pm
at the CHR Employment Services
Training Room

Member's Moments

Veronica Hickmott and Kerry Picknell

On Monday 10th July, our family gathered at the Centenary Gymnasium at the Townsville Grammar School, to witness the presentations of Awards.

The awards are:

Cum Laude (with praise)

Magna Cum Laude (with high praise)

Maxima Cum Laude (with highest praise) which is the highest academic award presented.



Kerry's son Shannon was the recipient of a year 10 Maxima Cum Laude.

The formal ceremony certainly held the attention of all who attended and was followed by a morning tea at the boarder's dining room, where recipients and their families mingled.



On September 4th Veronica became a great grandmother to Matilda Jane daughter born to Angela Stevens (Kerry's daughter and Veronica's grand daughter).

Senior's Moment

Don't Mess With Grandma

An elderly Florida lady did her shopping and upon returning to her car, found four males in the act of leaving with her vehicle. She dropped her shopping bags and drew her handgun, proceeding to scream at the top of her voice. "I have a gun, and I know how to use it! Get out of the car!!"



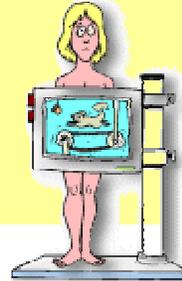
The four men didn't wait for a second invitation. They got out and ran like mad. The lady, somewhat shaken, then proceeded to load her bags into the back of the car and got into the driver's seat. She was so shaken that she could not get her key into the ignition. She tried and tried, and then it dawned on her why. A few minutes later, she found her own car parked four or five spaces farther down. She loaded her bags into the car and drove to the police station.

The sergeant to whom she told the story couldn't stop laughing. He pointed to the other end of the counter, where four pale men were reporting a car jacking by a mad, elderly woman described as white, less than five feet tall, glasses, curly white hair, and carrying a handgun.

If you are going to have a Senior Moment, make it a memorable one!

Happy Birthday
Julie Jurgens
October 1st

Get Well Soon
Cheryl



**Do for others with no
desire of returned favours.
We all should plant some
trees we'll never sit under.**

Inspiring Women



Nan Hansen has a knack of combing her love of sports with her charity work.

For the past few years Nan has been bike riding to raise funds for the Children's Cancer Institute of Australia and the Queensland Cancer Council.

Nan, along with eight other Bowen cyclists, participated in the 350 km Big W Townsville to Cairns Bike Ride 2007 to raise money for Children's Cancer. With her husband Kris leading the group of riders, Nan brought up the rear by offering support and encouragement to novices of the sport. The cyclists endured aching muscles and physical exhaustion in their endeavour to raise \$335,000 for cancer research.

At the August dinner meeting Nan, gave a very interesting impromptu talk about the Townsville to Cairns bike ride. She described her training around Bowen. "Although some of the route may be the same, each ride is different at different times of the day or season", Nan said. While cycling up Flagstaff Hill, she pinches herself to be able to experience such great scenery in paradise.

Nan also participated in the 2007 Ian Krause Memorial Bike Ride from Collinsville to Bowen in August. The riders raised \$18,500 for the Queensland Cancer Council.

On the road between Collinsville and Bowen fellow Zontian Bon Wharley and husband provided refreshments and a rest station.



Nan Hansen and Bon Wharley at the Wharley rest station between Collinsville and Bowen

From the Hen's Hutch

You snooze, you lose



Zontians are busy people and sometimes do not get enough sleep. Sleeping is the easiest way to restore your energy and help your body heal.

A survey showed the first things women cut in a time bind were sleep and exercise. Yet sleep is crucial for maintaining and losing weight. Lack of sleep, in menopausal women plays havoc with hormones that regulate appetite control. You eat more and gain weight. Exercise improves sleep by helping the body's internal clock.

For people who have trouble falling asleep, exercise seems to have an effect similar to sleeping pills. Moderate morning exercise for at least 30 minutes is the most beneficial in inducing sleep at night. If you exercise in the evening, give your body at least three hours before bedtime to feel sleepy.



Tips for Falling Asleep

- Invest in a comfortable mattress, pillow with neck support and linens that feel good
- Facilitate rest and relaxation with candles, a bubble bath, relaxation exercises, light reading, a quiet environment, soothing music
- Keep TV and computers out of the bedroom which stimulate the mind and keep you from retiring
- Turn the clock to the wall
- Herb teas, milk and a light protein snack prepares the body for sleep - alcohol and caffeine causes you to toss and turn
- Sunlight resets the internal clock, a dark cool room induces sleep
- Keep yourself cool - light pj's and blankets, use fan
- Say good night to worries - write them down and flush them away
- Get into a sleep mind set by going through the motions of your bedtime routine

Adapted from Ladies Home Journal, The Sleep Solution and Better Homes and Gardens website

Quality of sleep, determines
the quality of your day