



SEPTEMBER - OCTOBER 2009

## *Our Healthy Lifestyle Expo is now over*

I think everyone agrees that it was a huge success! We have had all positive feedback from the stallholders who of course were the lifeblood of the expo and many of them are expressing interest in coming back next year. In fact many of them who had participated in other health expos in other places say this one is the best they had ever been to. As one stallholder said, it just felt like a big party – everyone was so happy and smiling and thoroughly enjoying themselves.

A big thankyou to wonderful Annie and her smiling support, Sandii, for running the programme so smoothly. The lectures were all interesting and informative and I think everyone fell in love with Cyndi and the Thermomix machine. Thanks to Carole, too, for running the PCYC programmes so well. Who could forget those cute little jazz ballerinas including one little girl who got total stage fright and the one little boy who lost interest halfway through the performance and started gazing out to sea, probably wishing he was with his Dad fishing!! The boxercise, Tai Kwon Do and gymnastics were just sheer entertainment. Kylie, PCYC activities coordinator, thanked us warmly for giving the PCYC the opportunity to showcase their activities to the public. What about those wonderful kids paintings in the “healthy lifestyle” school art competition too – such a great standard!!

Most of all, the committee wants to thank all the Zontians who gave up their precious Saturday to work hard for Zonta and the community. It is not all about fundraising either. The opportunity for us to send out such a positive message to such a large and diverse section of the community has been just fantastic. Thanks one and all for your contribution.

*The Expo Team, Connie, Sue and Roz*



Connie and Roz (left) with Nicole Watson and Greg Waites, conference organiser and General Manager of Coral Sea Resort



Cyndi O'Meara (foreground) addresses the crowd gathered in the Library to hear her.

## LIBRARY PROJECT LAUNCHES STAGE 2

More than 30 people attended the morning tea at the Cannonvale Library to be part of the launch of Stage 2 of the Library Project.

It was a very successful morning with the celebrated Cyndi O'Meara giving a stimulating talk on the way modern commercial foods are affecting our health and our lives. Her book, 'Changing Habits, Changing Lives' is part of this new Zonta collection which has the theme of “Healthy Lifestyles.” In total we now have 154 titles in the Zonta-badged collections.

(cont'd p2)



### New Members Information Night this month

Our meeting this month is expected to draw a good crowd given our increasing public profile. Kay is organizing our catering roster, while Sharon and Wendy are inviting our young Award recipients so we will be able to meet them and hear more about how Zonta has helped them achieve their goals.

The venue is Marina Shores and the cost to members is \$5.00 with visitors free.

### Kirby comes to breakfast



Kirby with Pam, Wendy and Sharon who headed the Jane M. Klausman Committee

going to a Broadway show. We then heard about Boston University and the experiences she had mixing with other students from all over the world. Her task of preparing a final paper on the impact of the global financial crisis sounded daunting.

Everyone who attended was impressed with Kirby's accomplishments and felt sure that she would continue to achieve her high ideals. Whilst she was not the winner of the District JMK Award this year, she will still qualify to apply again next year. By then she will have even more credentials to add to her already impressive list. **Robyn**

Last month the UN Committee hosted another breakfast session with our Jane M. Klausman Award winner, Kirby Amos, as the guest speaker. Sharon Rudinski, who had played a large part in supporting Kirby during her studies at Proserpine High, introduced Kirby who came along with her mother, Christine.

Kirby spoke about her study scholarship to the United States and the personal value of the experience. She spoke about visiting the NY Stock Exchange, Columbia University and



Kirby with her mother, Christine (right)



### LIBRARY LAUNCH STAGE 2 (cont'd from P1)

Morning tea was a healthy and delicious array of sandwiches, cakes, veggies and nibbles which showed the usual Zonta flair. Anna Derham, the Librarian, expressed her thanks and gratitude to Zonta for the very successful partnership. The Library Project Committee, chaired by Kerry Kenyon for Stage 2, is to be congratulated for all their efforts in successfully bringing this stage of the Project to fruition. **Robyn**

Photo: Sue Hansen (back) with Cyndi O'Meara (left) and Grace Mazur (right)



### **YWPA introduced to the Whitsunday Christian College**

This year Wendy and Pam have been visiting both Proserpine High School and the Whitsunday Christian College to introduce the YWPA program to year 11 students. At this stage, there are 3 or 4 young women from the Christian College who are interested in following through on the Award. Despite four Zonta visits to Proserpine High School, only 2 students have expressed a firm interest in applying for YWPA from this school. Students in Year 11 seem to have a lot of competing commitments. However, the total number of interested students from both schools represents a positive response to the program for 2010.

*Wendy*

### **Rock & Water Program**

The Rock & Water Program aims to apply a physical/social approach to assist boys and girls in their development to adulthood by increasing their self-realization, self-confidence, self-respect, boundary awareness, self-awareness and intuition. A specific goal for the course is teaching boys and girls to deal with power, strength and powerlessness. The program originally designed for boys has proved to be also very beneficial for girls. The

ultimate goal is to teach skills to deal with self-defence, bullying and the prevention of domestic violence in later life for these children.

Many of you will remember that the Rock & Water program that has been part of our advocacy for several years now. For others, this is your first time to hear of it. If you are interested & would like to know more, see: <http://www.newcastle.edu.au/centre/fac/rock-and-water/index.html>

In the beginning, Sharon Rudinski brought the idea to us, as it is a program taught at Proserpine School & we were looking to expand it into the greater community. Finally after a long search--- a candidate: Our own Libby Hickman took the course but soon after completion decided to return south where her family resides. Jill Harland, who also works at the Whitsunday Crisis & Counselling Service, has now put her hand up to take the course. We should be most pleased with this outcome as it has been a long time coming to get these much needed skills taught to our young people. We are happy to support Jill financially so she can take the 3 day course and to expand the good work she is doing at the Whitsunday Crisis & Counselling Service.

*P.J.*

## **PRESIDENT'S REPORT**

What an amazing month we had in August!

The Healthy Lifestyle Expo was a huge success at many levels and a credit to the hard work of Connie, Sue and Roz. We also had the well-attended and interesting Library launch of Stage 2, which set the stage for Cyndi O'Meara's message at the Expo's opening dinner. Thanks to all the Library Committee and especially Kerry for all their hard work. And speaking of hard work, Zontians got stuck in again at these events and showed what a committed and lively bunch we are. Also we shouldn't forget the stimulating breakfast talk from Kirby Amos and the success of the Garden group in securing a grant for \$1,000.00.

This month we have another function to showcase our Club in the September New Members Information Night. This is both an affirmation of our goals and a promotion to potential members. We are hoping for a good roll up and interesting young speakers.

In the last week our IWD Committee has commenced it's planning for March 2010 and our Christmas party is already booked for 5<sup>th</sup> December.

With all this activity and excitement I'm looking forward to a month off. I will be travelling with Marie and handing over to Sandii in October, but back on deck for our Sunset Cruise, now scheduled for 1<sup>st</sup> November.

*Robyn Mitchell*



#### 4 Zonta Club of the Whitsundays - member of Zonta International

##### It's on

Eight delegates, (Jan, Pam G, Pam H, Connie, Sandii, Noelene, Wendy and Judy), will be representing our Club at the District Conference this month in Townsville. They will be supporting the motions to be put to the Conference, as well as holding a market stall to sell our cook books and water bottles. Our Club will also be displaying our Garden and Library projects as part of the Conference Club displays. We look forward to lots of information about Zonta District activities and the usual Whitsunday team good times.

##### Congrats

The Garden Project's success in winning \$1,000.00 grant from their Australian Open Garden Grant application now provides for Stage 3 of this successful project. Congratulations to all team members - Judy, Angela, Noelene, Suzie and Jan.

In addition we have just been advised that the grant from the Rotary phone book of \$2,200.00 will be awarded to the Library project on 14<sup>th</sup> September. More congrats to Kerry, Cath, Sue, Connie and Angela.

##### Jan celebrates 70 with 60's party

Caftans, afros, beads, headbands and dark glasses were all signs that we'd been there – in the 60's, that is. Jan celebrated her birthday last month with about 100 family and friends in a truly hospitable 1960's style. She fully deserves her 'Wonder Woman' T-shirt.



##### Flying Visit

Last month Ann Cleghorn and Linda Wilkinson paid flying visits to the Whitsundays and caught up with friends at the Sailing Club. Linda and husband Peter are happily settling into their new life in Tasmania and even seem to like the cold. Both Ann and Linda are keen to keep in touch.



##### News from AFADU

All the blankets prepared last year by the AFADU group have been taken out of storage ready for shipping in the next container heading south, along with a shipment of linens donated from Hamilton Island. The group is still meeting on the last Monday of the month to do the blanket sewing and has just been supplied with enough beautiful squares to make more whole blankets.



## 5 Zonta Club of the Whitsundays - member of Zonta International

### They're off!

Next month Marie and Robyn are heading off to South America, following in Carole's footsteps. This is also a long-awaited trip with highlights such as Machu Picchu, Lake Titicaca and Iguazu Falls.  
Lots of future photos.



### Trivia – Did you know?

Women use, on average, 20,000 words a day. Men use 7,000.

In the UK women make 80% of the purchasing decisions, but 83% of the marketing 'creatives' are men.

Women do two thirds of the world's work but receive only 10% of the world's income.



### Display stand on its way

Now that we have an 8 panel display stand we can look at creative uses for it. Already suggested are displays to promote our Club's activities (eg at IWD), displays of products such as breast care cushions and turbans as part of Pink Ribbon Week and displays of photos on Women's Work as part of our Advocacy projects. We can also hire it out to other clubs.



## World Wide Women

### ZONTA CLUB OF KALININGRAD, RUSSIA

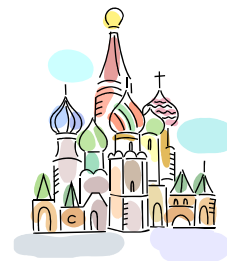
During a lunch in the Park at the Rotterdam Convention, I shared a table with 3 young women from Russia. My first feeling brought me back to the years when I worked in many countries behind the iron curtain. I could not take one step without two men shadowing me and. I was not allowed to speak to civilian people. And now, I faced young, happy Russians (yuppies?) full of spirit about their obligations for Zonta.

President Ludmila said that the Zonta Club of Kaliningrad was founded on October 5<sup>th</sup> 2004, being the third in Russia after Moscow and St. Petersburg. The approx. 35 members are active Kaliningraders: a business lady, senior and middle class managers, professionals in different fields (doctors, university lecturers, lawyers, psychologists, artists) with an average age of 38 years.

The club is energetically implementing projects aimed at raising the status of women by protecting the family and promoting friendship between Russian women with women in other countries. They also participate in Zonta's International Scholarship programs. They render assistance to the Kaliningrad Regional Women's Crisis Centre by supporting a number of women with disabled children.

I asked Ludmila about fundraising - she smiled brightly, "We have a good name, organize parties and have good friends".

**Guus**



### Zonta Club of the Whitsundays: Contact Details

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# Photo Gallery

## More from the Healthy Lifestyle Expo



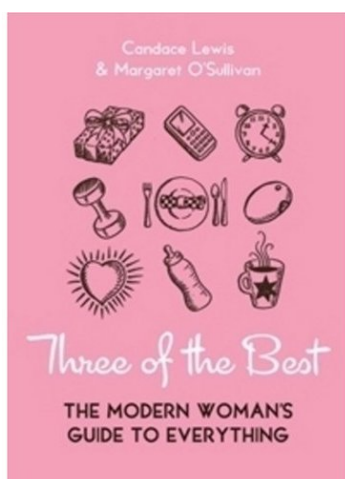
**BOOK OF THE MONTH**  
**"Three of the Best"**

**by Candace Lewis & Margaret O'Sullivan**

This book presents 3 top choices in most areas of life where choices have to be made ... from beating the blues, to firming those upper arms! ... you worry about what you may have missed out on rather than enjoying the decision you made. **Decluttering** your life.....Oh I love that word!!!

One of our many books available on the Zonta stand at the Whitsunday Library, "Just on the RH side of the entry door"

Happy Reading. **Angela**



## DATE CLAIMERS

17<sup>th</sup> September – New Members Information Night

September – Birthing Kits packing (date TBA)

25<sup>th</sup> –27<sup>th</sup> September – District Conference

10<sup>th</sup> October - Bowen Race Day

26<sup>th</sup> October – UN Day

**1<sup>st</sup> November – Sunset Cruise, revised date**

5<sup>th</sup> December – Christmas party (no December meeting)



### Key to Photo Gallery photos (pp. 6-7)

1. A table centrepiece from the Expo dinner demonstrating the healthy theme.
2. Sue and Robyn thanking Cyndi after her presentation at the Expo dinner.
3. Angela Janicki and her daughter Suzi Hancock looking at the Children's Artwork. Suzi's daughter Porsha won first prize.
4. Connie helping an exhibitor set up at the beginning of the Expo.
5. Annie, our MC, and Roz drawing the hourly raffles.
6. Jill and her daughter in their role as kids' face-painters.
7. Guus selling Zonta water bottles.
8. Lester helping out selling raffles tickets for major prizes.
9. Some cute ballerinas. (Photo by Ben Lloyd-Lewis)
10. PCYC Tae Kwon Do demonstration. (Photo by Ben Lloyd-Lewis)