



PRESIDENT'S REPORT

JULY 2014

We are off to a wonderful start for the year—three new members and a couple more on the way. Enthusiasm is high among members and our board. A couple of our sub-committees have met and started working on their projects: a sewing bee for breast cushions and bags, Books from Birth packaging, and our next film evening on the story of Amelia Earhart.

Some of our travelling members have returned in the last couple of weeks and we welcome Catherine, Connie, Sandii and Sue home. A few members are doing “grandma duties” during the school holidays, either here or away - so by the end of this month they should all be rested and ready to go.

Joanne Richardson has represented us at the International Convention in Orlando and from all reports is thoroughly enjoying the business sessions, the social networking with other Zontians from all over the world, and renewing old friendships from previous conventions. She has been reporting back to the club and there will a short presentation at the next meeting so you can all see what happens and hear her news.



You should also have been receiving the daily newsletters from the convention which make very interesting reading and will give you an idea of the amount of business discussed.

The three Zonta International service projects for this bi-ennium are: Eliminating obstetric fistula in Liberia/ HIV-free generation in Rwanda/Gender responsive schools in Vietnam.

There are also two ZISVAW projects: Delaying early marriage in Niger/Voices against violence in 12 countries (ZISVAW = Zonta International Strategies for Violence Against Women and at present our Zonta International Foundation donation each year goes towards this).

I am sure our advocacy committee will keep us informed on these projects. A busy year ahead but I am sure we can handle it.

Latest news on Pam Graham following her fall last week – she has some broken bones in her foot and will need surgery on her foot Monday. She has two cuts above her eye (8 stitches in all) but has good high spirits and is being well looked after by her sisters.

Noelene Helman, President



Breakfast Session Tuesday 12th August

Where: Coffee Club Port of Airlie

Time: 7.00 am for a 7.30 am start

Speaker: Tanya Stewart

Subject: The Happiness Puzzle

I would be happy if only..... (You fill in the gaps). Let me tell you right now, that elusive thing you think will make you happy won't make you any happier than you are today.

Many people see happiness as one big entity, when in reality it's a puzzle, a puzzle with three pieces.

Your Body

Your Mind and

Your Soul

In the Happiness Puzzle we take a look at how we can nourish each of these elements so they can support encourage and rejuvenate each other. We look at how the imbalance of just one of the pieces affects your whole being. Finally we look at how to open your heart and head to receive happiness.

How interesting will this talk be!! Tanya will be doing a power point presentation on a subject that all of us are interested in!! Can't wait to hear it and I am sure it will lead to some lively discussion afterwards.

Look forward to seeing everyone at the August breakfast session. **Roz Jennings, President-Elect**

SERVICE



A sewing Bee was held on Thursday 26th June. We had a good response from members, 7 eager sewers, cutters and stuffers showed up it was a beautiful day lots of laughing and eating and we even managed to make some breast cushions and drip bags. I will hold another one next month , 7 August at 10 AM , so that we have a good supply of both to deliver to Mackay Hospital.

A big thank you from Judy Brett to the 10 people who went to her Books from Birth workshop, seven boxes were stickered and boxed and most were personally delivered, only one box had to be posted.

Judy will be back in town at the end of July and the next workshop will be Wednesday 6th August, 3pm to 5pm at Judy's place. Kerrie Adam, Director





Amelia Earhart – Follow up from Film Night – submitted by Roz

An article about Amelia Earhart – by Denise Aiani

"A woman of courage, character and culture, Amelia Earhart is remembered as the first woman to fly solo across the Atlantic, the first woman to make a transcontinental flight and the first woman to be awarded the US Distinguished flying Cross. "Women must try to do things as men have tried." Amelia stated in a letter to her husband in 1937. "When they fail, their failure must be a challenge to others."

Zonta members remember Amelia fondly, as Zonta was the only organization to which she belonged which did not relate directly to her profession. In 1928, Amelia accepted an invitation to become a member of the Zonta Club of Boston, transferring her membership to the Zonta Club of New York after a subsequent move. She remained active in Zonta until her disappearance.

A year after Amelia's disappearance, in 1938, Zonta International established the Amelia Earhart Fellowship Awards for women pursuing graduate degrees in aerospace-related sciences and engineering. More than US \$4 million has been invested in this program to date, awarding 808 Fellowships to 522 women from 51 countries!

Zonta International Amelia Earhart Fellows have helped prevent spacecraft fires, made commercial air flights safer, manufactured materials now on the moon and participated in NASA space shuttle crews. Through their achievements, these women have shared Amelia's legacy by widening the boundaries of scientific knowledge on every continent."

AMELIA EARHART DAY IS CELEBRATED ON 24TH JULY SO JULY IS A FITTING MONTH TO HONOUR HER. SHE WAS BORN ON 24TH JULY 1897 AND DISAPPEARED 2ND JULY 1937. THERE ARE PHOTOGRAPHS OF HER ON THE NET. YES, SHE DOES LOOK A BIT LIKE HILARY SWANK!!!



Doing what we do best:

Enjoying each others company with good food, good drink and a good film to honour a famous Zontian.



MEMBERSHIP

KNOCK KNOCK?

Be at the meeting 17th July All will be revealed



Media:

We are looking for one or two members that use Facebook well and enjoy doing so.

We have a very unloved (WhitsundayZonta) page that needs a couple of people to get together and, using Zonta International guidelines, update our sad little page and keep it up to date.

Please contact P.J. or Wendy if you think this is something you could be keen to do.

We can provide the links to many other Zonta Facebook pages and guidelines:

www.Facebook.com/WhitsundayZonta

look at International

www.facebook.com/ZontaInternational

Date Claimers

9 July: Board Meeting – 5.30

8 July: Film Evening – Laura's – 5.30 for 6.30 –
"AMELIA" to celebrate Amelia Earhart Day

17 July: General Meeting 6.15 PM – Reef Gateway

20 July – Zonta Zorro's & Zonta water station participate
in 5K Run/Walk Festival

28 July: AFADU Carole 4946 6538 for time/place

30 July: Book Club – contact Kerry K. 4946 1460 for time/place

2 August: Knock Knock – all will be revealed at July meeting!

5 August: Board Meeting – 5.30

6 August: Books from Birth – 3 – 5 -Judy Brett's

7 August: Breast cushion sewing—10 AM - Kerrie Adam's

12 August: Breakfast Meeting – 7 AM—Coffee Club—Tanya Stewart

21 August: General Meeting 6.15 PM – Reef Gateway

25 August: AFADU Carole 4946 6538 for time/place

27 August: Book Club – contact Kerry K. 4946 1460 for time/place

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.



Community:

Some of you may have read in the local newspaper about Y Bloom programme being conducted at Proserpine High School in Term 3. The co-ordinator Phoebe Tucker contacted the club to see if we were interested. It sounds very interesting.

It is a mentoring programme for year 9 girls and was developed by the YWCA Qld. Mentors are partnered with the students and they work through a personal development workbook each session, as well as a challenge project which is determined by the girls. The aim of Y Bloom is to give the girls the tools, knowledge and experience in self development in areas such as self esteem, confidence, building resilience, leadership and also practical skills such as problem solving, researching, project planning etc.

By partnering with positive women from the local community, the girls are guided through a developmental process which increases their capacity to learn about themselves and their interactions with others, and how to maximise their strengths in a positive way. It also engages the girls outside of the schooling environment and allows them visit real workplaces of their mentors which may aid their career pathway decisions down the track.

At this stage the co-ordinator Phoebe Tucker has enough mentors – however, throughout the programme there may be opportunities to have guest speakers from positive women to talk about their career pathways and personal and professional successes etc.

If anyone is interested in becoming more involved please let Phoebe know (phone 0417751836). She is finalising the sessions now and could allocate time if need be. Thank you – Noelene.



PROFILE: ROSA WORT

I was born the middle child in a family of nine children in 1938 in Melbourne Victoria . We were a poor family, the only thing we had plenty of was love , our wonderful mother scrimped and saved and instilled in us all love and respect for each other, consequently we had a very happy childhood.

I married when I was 17 and had my 3 daughters in very quick succession. Three children before my 21st birthday kept me very busy. I lived with my mother in law (a real story book grandmother) and my sisters used to have a roster for when they got home from school as to who came to play with my babies. I was a very happy, very young, stay at home housewife and mum.

In 1965, I enrolled in a diploma of pottery course at R M I T and completed my degree. My marriage to my architect husband ended in divorce and in later years Paul and I would laugh at his theory that I went back to school and grew up about then so he wasn't the boss anymore.

Some years later I met and married John Aitchison and then the adventure in my life began. We came from Brisbane to Bowen and built six houses on perfect beachfront land at Rose Bay in Bowen. During the time John was building the houses I owned and operated the "Horseshoe Bay" kiosk. When we were finished this project, we went cruising down the coast and ended up working at Heron Island for two years, myself as the passenger launch hostess and John as the head boatman.

We left Heron and were on our way to Townsville to deliver the boat to the person who had brought it. On arrival in Townsville, John found a 63 foot Fairmile boat on the slips and bought it. We worked the boat for charter out of Townsville Harbour doing charters for the army dive club and several fishing clubs. We made many friends whom I see regularly to this day. Unlike the Whitsundays when the winds blow too hard in Townsville the boats have to stay in port as there is no shelter to get to the reef. So, we came to Shute Harbour and operated the first daily cruise to the Great Barrier Reef. We lived aboard the "M.V.Mizama" and departed 6am and arrived back at 6pm carrying 30 passengers. It was an incredibly busy life, the passengers had breakfast

aboard and I cooked a hot lunch. I also cooked a huge fruit cake for afternoon tea every day.

In 1978 we accepted a charter from BHP to take 16 scientists from all over the world to do a survey in the Fly River in PNG as the Octedi Mine was just starting operation and they wanted to ascertain how much pollution was going to affect the natives that lived on the river. We were in the river for 8 months and went 500 miles up the river. All sorts of incredible discoveries were made.

We sold the "Mizama" and I gained a private employment agency. In those days there was no C E S or Centrelink. I mainly supplied staff for the resort islands and as I constantly had call for cleaning staff as the islands did their refurbishing and rebuilding I started a Contract Cleaning business called "Whitsunday Care". It was a very successful business with contracts on most of the resorts, including Hamilton Island, where we ran the housekeeping department and Hayman Island, where we were in charge of the public area cleaning.

Never afraid of hard work, I also owned what is now known as "Banjos". It was called "The Hot Pot" in those days. The interstate busses all came there for their meal stops.

I worked in Whitsunday Travel Centre and, after John's death, became the chairman of the Whitsunday Tourist Association in 1990. Tourism was at its peak for the Whitsundays and I represented the Whitsundays in several countries. I then started my own independent travel agency.

I studied and gained my airline ticketing accreditation. I decided to join a franchise company and opened Harvey World Travel in Cannonvale and Proserpine. I then met Jim Wort and some years later we married. Unfortunately, Jim died in February this year.

My life has had many ups and downs. Some sadness but I am happy and get heaps of satisfaction being a Zontian and having the connection I have with so many great friends.



NOTE: NEW ADDRESS FOR SECRETARY LESLEY-PLEASE USE FOR ZONTA BUSINESS

Zonta Club of the Whitsundays Contact Details

President: Noeline Helman: helmans@bigpond.com

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zontclub7@hotmail.com

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Member News:

Zontians Bridesmaids AGAIN:

Joan and Cath really made this couple's day when they so graciously took on the dual roles of bridesmaids and witnesses when Despoina and Chris married on Boathaven Beach in May.



Joan added that little bit of Zonta sparkle with several colourful, plate-sized hibiscus for their table.

Annie Lloyd-Lewis,
Celebrant



BREAKING NEWS: Angela is in Brisbane minding grandchildren and had a fall –breaking her left wrist very badly. Apparently, it was at an angle to the rest of her arm and she had to have it “re-aligned”. The sedative didn’t work as well as it should and the screams were quite loud!! She is back to the hospital on Monday for more X-rays and plans to come home on Wednesday.

Some notes from Joanne at International in Orlando:

Joanne will be submitting a full report as soon as she is able but sent a few teasers:

The full report will be sent via email so you may savour it!

The **international service committee** chose six winners out of 76 club **service** projects. Thirty districts participated. Reverse order:(

6 "Expect Respect" program from D 23 Adelaide Hills

5 "Zonta says No" walk from D 23 Brisbane Metro club

4. "Behind closed doors" from club Hornberg Orchard Park

3. SAGIP crisis response centre D17 Muntlupa

2. Victims of domestic violence centre Punta del Este Maldonado Uruguay (the lovely Lucy who gave me a traditional sweet all the way from Uruguay !)

1. Medical outreach in three communities Ibadhan II Nigeria (well deserving project!)

As you can see Australia did well! (Cont. next page)



Then we had the **District projects awards**...only three and two were the birthing kits! What a fantastic idea from district 23 and it won top spot. District 4 also won an award for the birthing kit idea which they, of course, acknowledged was an Australian initiative.

So in order:

1. Birthing kits D 23 (WELL DONE!!!)
2. Educational strategy for gender equality D 17
3. Birthing kits D 4

Because two of the three awards were birthing kits they created an extra "4 th place" special mentions to two clubs:

4. Prevention of sexual abuse D 25
5. Zonta says No D21



Jo with Uganda women

The largest Assembly Day
with over 300 volunteers and
10,000 kits made



The largest Assembly Day
with over 300 volunteers and
10,000 kits made



GETTING FIT AND HAVING FUN!

COME JOIN US

You've all heard lots about our Zonta Aqua classes, held twice a week, that have been going on for quite some time. We're still lovin' it and enjoy getting wet (yes, even in winter!), staying fit **AND ADDING TO OUR CLUBS COFFERS.** (This initiative, supplies and pool supplied by Laura.)



For a couple of years or more, Laura and I have been going to 'Over-50's' classes at the PCYC (actually, it is where we met!). Only \$6 each class: Circuit training and/or Pilates., plus morning tea. Other Zontians have joined us this year and our numbers are growing, as our own Shirley is now the trainer! Her classes have proven very popular, with numbers much increased.

There are two Pilates instructors. (See schedule below)

Wendy has, as always, encouraged us to participate in a 5K Fun Run and our team numbers are six at present—the Zonta Zorro's would welcome you to participate. Team Captain Shirley has us in 'training' every Monday and Thursday at 4.00 PM, meeting at the Boardwalk carpark. All are welcome to join in the lovely foreshore walk. P.J. Halter

Over 50's Circuit.

The over 50's circuit is a moderate intensity strength and cardio based program designed to work the whole body. Incorporating strength and cardio work into your exercise routine is essential as we age to help offset osteoporosis, arthritis, low bone density, depression, weight gain or loss, heart disease and diabetes to name a few.

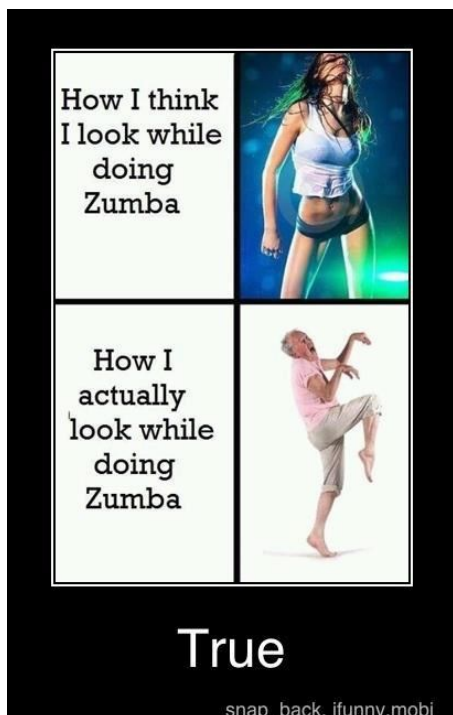
This is all done in a fun and friendly atmosphere at the PCYC where you can make new friends and relax afterwards with a complimentary morning tea.

Shirley Wodson, Trainer



PCYC Over 50's SCHEDULE:

- Monday: Pilates with Nadia—10.15 AM
- Wednesday: Circuit with Shirley—9.00 AM
Morning Tea
Pilates with Janey or Nadia—10.15 AM
- Friday: Pilates with Nadia—10.15 AM
Morning Tea
Circuit with Shirley—11.15 AM



The Heart Foundation "Heartmoves" is a low intensity exercise program designed to be fun, friendly, social and safe for people with stable long term health conditions such as cardiovascular disease, diabetes, arthritis, osteoporosis and obesity.

Heartmoves is also ideal for people who haven't exercised in a while and has a falls prevention program. Individuals in wheelchairs or with mobility problems can also attend as chair-based options are always provided. Classes at the Neighbourhood Centre Cannonvale and Prosperpine

