



Zonta Club of
The Whitsundays, Inc.
Member of Zonta International

Reef
Talk

May 2009

Boat show bonanza bigger and better than ever....we hope!

It's all hands on deck as the Zonta Club of the Whitsundays gears up for another Oceanic Boat & Leisure Show.

The club's single biggest fundraiser for the year, the boat show really is a team effort when all those who are available help out with catering for the crowds that flock to Abel Point Marina.

The annual boat show is organised by the Rotary Club of Airlie Beach and has grown into one of the biggest draw-cards the town has.

Veteran boat show helper and organiser PJ Halter has taken the helm when it comes to rosters and will be chasing members down if they haven't already signed up for the weekend of June 6 and June 7, as well as the preparation and pack-up days before and afterwards.

"By now, all of you have been contacted to book your place for the fun, frolic and hard work weekend of June 6 and 7," said PJ.

"This extends from June 4 - 8 for food preparation, set-up and pack up. The committee has been hard at work putting this all together in a very short time...Suzie, Carole, Wendy and myself.

"If anything prevents you from fulfilling your obligation, would you please contact me or your Team Captain. We can still use more hands and brawn - mates,



partners and friends are encouraged to take part. Of course, they'll get free admission to the show and our ever lovin' gratitude!"

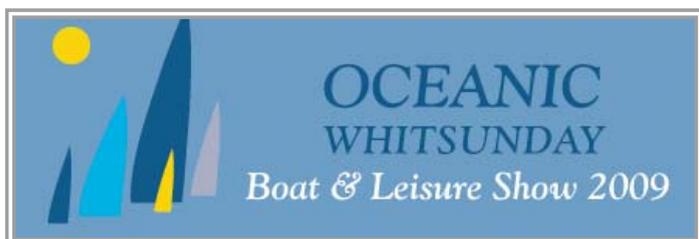
PJ said things would be working a lot differently this year.

"Rotary has hired a business manager and she has hired a chef - they are planning the menu, ordering the food and are very much in charge. We are the worker bees - we've been ordering equipment (nearly a full-time job for Suzie!), organising our roster, ordering paper goods, placing advertisements and a million other bits and pieces."

Helpers are to wear white shirts and pants, substantial footwear (no toes peeking out) and no rings or jewellery. The club will provide aprons and hair bands.

PJ will email the roster to everyone and please also watch out for the food handling summary that will be emailed to everyone and please take time to read it and refresh your memory on hygiene and food safety legal requirements.

If you know anyone who can help out at the boat show, please call PJ on 4946 4363.



NEWS

We meet the Judges!

On Thursday 28th May our submission to the Queensland Healthy State Awards will be judged. Our application was based on our three-fold approach to promoting healthy and active lifestyles.

This included growing, cooking and eating fresh and healthy food (the Garden Project), learning about successful living habits and nutrition (the Library Project) and being active (the Walking Project).

We have also developed a measure of our success through the Health Tracking Chart. This started within our club and is now being distributed to doctors surgeries and other health outlets in town eg the Fitness Centre, so that community members can also assess their progress.

The chairs of each of the projects have met to ensure we have the documentation ready to present, and so we have a coherent approach to our projects. This is an exciting time for our club and a fitting recognition of all the work that has gone into the projects and the impact they are having. So judges - here we come!

Robyn Mitchell

Breakfast talk a success

The breakfast talk on April 29 proved fascinating as local school teacher Denise Veenstra spoke of her quest to adopt an Ethiopian child.

Denise and her husband Derrick, who is also very involved in the community, discovered they were infertile after years trying to get pregnant, so decided to try foster care and then finally to adopt.

“In Australia the waiting time for adoption is 10 years and parents must be under 40 when they receive the child,” explained Zontian Noelene Helman, who organised the breakfast.

“So in 2004 they began overseas adoption procedures choosing Ethiopia.”

The process was massive - personal stories, relationships with their own families, medical assessments, financial investigations, house inspection and so on.

Finally, on May 22, 2006, they received a letter of approval as adoptive parents for up to three children!

They have visited Ethiopia to see the country and the people and they are now waiting for “the phone call”.

“How lucky those children will be to have such dedicated parents,” said Noelene.



NEWS cont'd

Recognition for YWPA winner

Zonta's Young Women in Public Affairs winner, Alexandra Davey, has been awarded a Certificate of Merit at the district level.

The certificate will be presented to her by the Zonta Club of the Whitsundays, on behalf of District 22.

The winner of the 2009 YWPA Award for the District was Emma Batten, sponsored by the Zonta Club of Warwick.

"This is another wonderful outcome for the Whitsundays," said club president Robyn Mitchell.

"Congrats to Alexandra and congrats to Wendy also for her work in coordinating this program and supporting the young women through the YWPA application process."



President's Report

This last month has been so active and exciting, so there is much to recognise and many people to thank.

Firstly, congratulations to Cath and her committee for the launch of Stage 1 of the library project. About 20 people attended the morning tea and saw the magnificent range of materials now available on topics ranging from financial management to clever makeup. Another big accolade this month is given to the selection panel of the Education Bursary, Kerry, Joan and Noelene, who had the unenviable job of choosing between two equally qualified and amazing young women. Their recommendation to

offer a bursary and a half bursary was supported after some debate. This is what makes our club so dynamic.

Of course, a big congrats to those involved in the Relay for Life - Suzie, Jill, her daughter Anastasia and Angela, who made sure we had a presence at the event. This is such an important cause for women and I think we all support the fight against cancer in different ways. And while on the Relay for Life, I must congratulate Wendy on her huge job of organising the event. These things don't just 'happen'. They take months of planning and weeks of hard work closer to the time. Well done, Wendy.

Thanks this month also to Noelene and the UN Committee for organising

the informative and stirring breakfast talk by Denise Veenstra on her experience of adoption in Ethiopia. These sessions are so inspiring.

Our market stall in April has also resulted in more cookbook sales - thanks to Sue and Marie. To top it off, we had advice that our club was short-listed for the Queensland Healthy State Awards, with judging on 28th May. Whatever the outcome we are all winners from this exercise of promoting active lifestyles and healthy lives.

And my final congratulations and big hugs must go to Melody for her new and wonderful creation - how exciting for both Melody and Tony.

Robyn Mitchell

Library project update

Stage one of the library project has now been launched and following is an update from stage one coordinator Cath Fernbach.

“Whitsunday Library is now monitoring the borrowing of the Zonta collection of books to determine the success of the project,” said Cath.

“It is also monitoring the type and topics of the books that are most borrowed.

“At this stage, success has not only been measured by the encouraging number of community members attending the opening of the collection at the Whitsunday Library but also the first report provided by the library on Zonta books borrowed during the previous three weeks.

“This will be done on a monthly basis. We plan to use data collected from the type of topics and materials borrowed to plan further purchases.”

Cath said the purchase of library books for stage two of the project had already begun.

“The theme of stage two is ‘Healthy



Mind, Healthy Body’,” she said.

“We are fortunate to have Cindy O’Meara to launch this part of the project and Kerry Kenyon will be heading the team.

“It’s been a great success so far and we’ve had terrific support from the library staff for the project.”

Around the world with Zonta....

Dentist Joanne Richardson has recently returned from India and her work with Tibetan refugee children. Here, she gives us a bit of an insight into how it’s going.

“All of these children have left their parents behind in Tibet, and are likely to never see them again,” said Joanne.

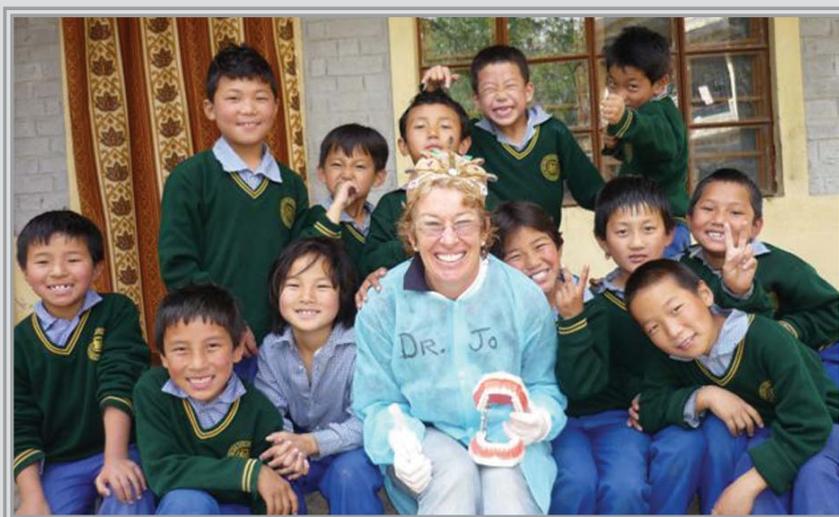
“They are very worthy recipients of any aid. It’s hard to study at school with a toothache. Most of them have never seen a dentist before.”

This time Joanne was able to take one of her dental assistants, Robyn Carter, and together with two other volunteers they treated over a thousand patients.

They also implemented some preventive strategies ie tooth

brushing sessions and dietary monitoring, as well as teaching a local Tibetan dental therapist.

Robyn and Joanne are trying to raise money for another visit in November. They are selling some Indian silver jewelry as a fund raiser. The rings and earrings are from \$20-\$40 and all the profits will go towards the next trip. Please help!



Community Notice Board

Date Claimers

AGM meeting at Waterline. 21/5/09
(followed by a general meeting)

Boat Show 6/6/09 and 7/6/09
(preparation time prior to these dates for 2 days
for 2-3 people)

Changeover dinner 19/6/09
(deadline for booking tickets TBA by Carole)

There will be no general meeting in June

Menopause - the Musical 8/8/09

District 22 Conference. 25/9/09 to 27/9/09
(in Townsville and Jan will be taking names)

Free DVD from Video Ezy

Video Ezy currently has a DVD for free overnight hire. Called "The Oasis - A feature Documentary about Australia's Homeless Youth" the documentary centres on a youth hostel in Sydney run by Salvation Army Captain Paul Moulds. The work Paul does with the youths is amazing - he is a very compassionate, patient and tireless man, who is prepared to help these children through thick and thin. This is very interesting to watch as it not only illustrates the kinds of problems faced by some of our youth, it also illustrates the hope generated by people like Paul, who still believe that the kids he works with can overcome the circumstances that have led to their homelessness.

It's free, so why not grab a copy and watch this very interesting film. Jill Harland.

Thought for the month.....

"There is overwhelming evidence of a caring community in the Whitsundays. The schools, the club and the individual members of it, are making that difference we dreamed about in the 1990's. Joan Watson after being on the Education Bursary Selection Panel.

Health Tracking Chart

The results of our Health Tracking exercise showed:
The average score on the 8 criteria was 5.3
The 3 areas people found most difficult were
having alcohol-free days
doing regular exercise
having less than two standard drinks of alcohol per day (surprise, surprise!!)

Congratulations to....

Melody Cross, who announced recently she is going to be a mum - this is Mel's first baby - congratulations Mel!

Catherine Moscato, who has now become a grandmother of a bouncing boy.

And congratulations to Jan McKinnon and Noelene Helman who were 'media stars' in the paper on April 30 when they were pictured planting vegetable seedlings in the Zonta garden at the Whitsunday Crisis & Counselling Refuge - go girls!

Happy Birthday to...

Augusta'Guus' Hermans May 16

Welcome back....

Annie Lloyd-Lewis, who has been on a year's sabbatical.

PJ Halter, who has been sailing around the coast of Australia for the past six months.

Augusta 'Guus' Hermans, who has been living and working in Holland.

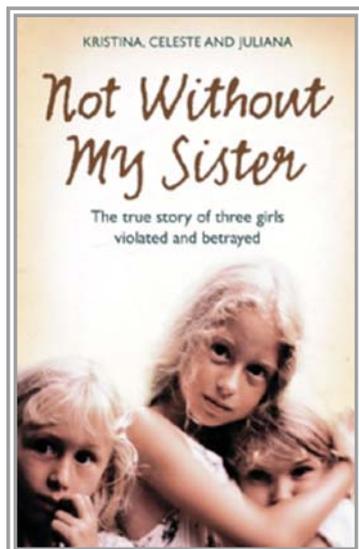
And lastly.....

I am on a night watch and the boat is bouncing around sailing along. I am on the long sail about 20 days to marquis islands Ian will turn 50. I am unable to do a big party out here but ashore I will. I have ssb radio (for weather and safety) communication everyday with other boats sailing and we have a plan to party ashore. My Aussie friend has birthday the 21st so all will be combined. I am fine but miss you girls. Wish I could help with the boat show. Hi and bye, *Ann Cleghorn*

annsail1@blaze2.amosconnect.com
00 870 764 715 668
1 425 241 8799 roaming

Book Review

Not Without My Sister
- by Juliana Buhring, Celeste Jones and Kristina Jones



This is a true story of three sisters who were brought up within the cult originally known as the “Children of God”, and now known as “The Family”. The founder of this cult- who called himself ‘Mo’ (short for Moses David) - proclaimed himself to be a prophet and he ruled his followers through a series of writings known as “Mo Letters”. The rules and prophecies of this man included such things as “free love”, corporal punishment, and “flirty fishing” (a form of prostitution used to lure new members into the cult).

The belief in “free love” included having multiple sexual partners, and the belief that children should be encouraged to have sex with each other as young as possible, and with adults as often as possible. Children were often removed from their parents and raised by “foster parents” within the organisation, and they were moved

from country to country in order to escape too much scrutiny. The children were often not educated in any formal way and were not permitted to read mainstream books or have access to music other than that which was approved as having religious content. There were specially written and illustrated story books for the children which centred around a superhero type persona with highly sexualised themes.

The three sisters all had the same father, and they were all abused, intimidated and brainwashed for most of their lives. Their father is still a member of the cult. Juliana was the first to escape from the cult, along with her mother and some other half siblings. She began to speak out about the Children of God from a very young age, and together with her sisters now runs an organisation called RISE International which assists other victims of this and other cults around the world.

This is not a nice book to read, and it is hard to believe that the events described could have happened - and are still happening (the cult is still in existence) - in the 20th century. It is a very moving tale of three women who have survived the biggest betrayal, the loss of their childhood, and the failure of their parents to protect them. They have survived and are now very strong and dedicated to the cause of assisting other victims, particularly children. There is further information on the internet which has been contributed by other past members of the cult, including the family of the founder.

Area meeting makes an impact

A team of gallant gals recently stepped out and showed everyone what the Whitsunday Club is made of at the recent Area Meeting, in Cairns.

There are some fun pics of the girls in the ‘Photo Gallery’ at the end of this newsletter but before the fun, something a little serious.

Here are some very interesting observations on the Area Meeting and what each member of the team got out of it.....

Pam Graham:

Once more I was inspired by the innovative ideas clubs have for fund-raising and of the incredible way in which the lives of women disadvantaged by poverty and/or access to education or victims of domestic violence or war, have their lives enriched by the support that our Zontians from Area 5 provide whether it be financial or through volunteer support, simple yet necessary resources, or whatever works best for their clubs!

Judy Brown:

I think the thing that stood out most to me about the Area Meeting would be the different funds Zonta International contributes to. I found it very interesting having each fund explained and it gave me a better understanding of each of them (eg.Rose Fund).

Connie Riley:

Don't be afraid to think big, cultivate sponsors and have fun while you are doing it.

Jan McKinnon:

Searching the phone book checking out businesses in the town to see where women work and whether they are interested in having a look at our Zonta Club. This could be done through a combined effort by the club as to who knows any businesswoman working in the businesses listed and going through them one by one.

Robyn Mitchell:

The benefit of clubs sharing information and ideas at grass-roots level was exciting and seems like something we could do more of and gain enormously from.

Sue Hansen:

One thing that I was interested in was the idea of using an envelope system instead of raffles and auctions. This came from Vassy in Mackay.

Janet Kepke:

I just loved Tjabuki, it was a great night and very good food and I enjoyed the weekend.

Photo Gallery



Zonta Club of the Whitsundays

Contact Details

President - Robyn Mitchell rjmitchell4@bigpond.com
(07) 4948 2445

Vice President - Sandii Hansen famhans2@bigpond.net.au

Attendance - Wendy Downes thedownes@airlie.net.au

Secretary - Suzie Beirne islandedge@maisonjardin.com.au
0418 758 389

Treasurer - Linda Wilkinson smartbiz@whitsunday.net.au

Reef Talk Editor - Deborah Friend zontanewsletter@mail.com
PO BOX 427, Cannonvale, Queensland 4802

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4946 4790
design@porcupines.com.au
visit our website
www.porcupines.com.au

