

ZONTA ON THE ROCKS

ZONTA CLUB OF ROCKHAMPTON INC.

P O Box 323 Rockhampton 4700.

Club No. 1054 - Charter 05.08.83.

Email: rockhampton@zontadistrict24.org

Rockhampton Web page: www.rockhampton.zontadistrict24.org

District 24 Website: www.zontadistrict24.org

Zonta International Website: www.zonta.org

AREA 4 - DISTRICT 24.

ABN. 51 605 623 392

Incorporation Number.

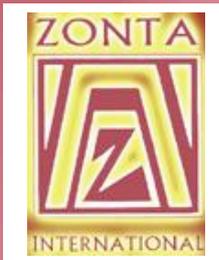
ISSUE 7 July 2008.

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NOTICES.

If you are
unable to attend
the dinner meeting,
please advise
Anna Tempest
Ph 4928 7880 (W)
Ph 4928 7125 (H)
by 10 am
on the Monday
before the meeting.

**Failure to
apologize will
incur payment
of \$25.00.**



**International
Convention:
28 June – 03 July
2008: Rotterdam**



Zonta Club of Rockhampton

Member of Zonta International

Advancing the Status of Women Worldwide

Fellow Zontians

With Jan away it is my opportunity to not only be editor of the newsletter this month but also provide an update on what has been happening over the past month.

June/July signals holiday time and travel for many of our members so no doubt our meetings this coming month may be a little light on members. If you are available please attend and enjoy the company of those "holding the fort". Hopefully we will have a quorum for our board and club meetings in order to facilitate any decisions needed.

While there is not a lot to report at this stage there are plenty of behind the scenes activities happening with the planning of various upcoming events; namely the combined luncheon with the Rockhampton Regional Council.

Can I also remind members to update any change of details on the ZI website. This can be done by clicking on 'update my profile' on the ZI website. To register on the International website please use your membership number (it appears on your Zontian magazine). As Jan noted last month "On checking the Rockhampton Club details on the website I noticed that only about half of our members had website registration. I'd urge members to register and use the website as it contains a lot of useful information."

Jan also reminded us that we are at the start of a new Zonta biennium, which means that new goals and projects will be announced at the ZI Convention. These new goals and projects will drive what our club, and other clubs, will be doing in the coming year. Once we are aware of these new goals and projects our own club planning can be aligned more effectively and strategically.

We can leave the interpretation of the conference outcomes to our five intrepid travellers - Trish, Berenice, Norma, Elizabeth and Jan who are currently enjoying the wonders of Rotterdam and other wonderful destinations in Europe and the UK. As I haven't heard from any of the travellers, I guess the shops, the conversations and the meeting up with other delegates are keeping them very busy.

'Til next time
Teresa



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0423 196 026 (M)*

Zonta on the Rocks – Advancing the Status of Women Worldwide

MEETINGS.

Board:

6.30pm:
2nd Tuesday
of the month
Venue:
Rockhampton Plaza
Hotel.

Dinner:

6.00 pm for 6.30pm
3rd Tuesday
of the month
Venue:
Rockhampton Plaza
Hotel.

Committee Meetings.

OMC/PR/UN

Program:

Venue:
Rockhampton Plaza
Hotel
5.30 pm—
2nd Tuesday
of the month.

Finance and Fundraising:

Venue:
Rockhampton Plaza
Hotel.
5.30 pm—
2nd Tuesday
of the month.

Status of Women:

Venue:
Rockhampton Plaza
Hotel.
5.30pm—
2nd Tuesday
of the month.

Calendar:



July:

14 Committee Meetings/
Board Meeting

21 Dinner Meeting

August:

12 Committee Meetings/
Board Meeting

19 At home Dinner Meeting

Special United Nations Observances and Other Significant Days.

**"Patience is the companion
of wisdom"
St. Augustine**

Dinner Raffle.

The supply of gifts for the
Dinner Raffle follows the listing
in the Members Directory.

July	Teresa M
August	Berenice P
September	Chris P
October	Anna T

Please give your
raffle prize to
Elizabeth to co-ordinate.



**If you would like to contribute to your Newsletter
please email articles to Teresa Moore
t.moore@cqu.edu.au**

Deadline: First Tuesday of the month.

**Looking through various websites I
came across the following recipe:**

**Asparagus crumbed with
parmesan on bocconcini salad**

Ingredients:

250 g fresh asparagus spears
1/2 cup flour
1 egg, lightly beaten
1/2 cup shredded Parmesan cheese
1/2 cup breadcrumbs
4 roma tomatoes, quartered
100 g bocconcini cheese (milk
cherries), halved (see Notes)
1 cup fresh basil leaves
2 tablespoons balsamic vinegar
pepper, to taste

Parmesan crumbed asparagus
on bocconcini salad

Method:

1. Coat asparagus in flour, dip in egg and coat in combined breadcrumbs and Parmesan cheese, press lightly.
2. Place asparagus on a lined oven tray and bake at 200°C for 8 to 10 minutes or until parmesan cheese is golden and crisp.
3. Combine tomatoes, bocconcini cheese and basil and drizzle with vinegar. Arrange salad onto serving plates, top with crumbed asparagus and season to taste.

Bocconcini cheese is a fresh stretched curd cheese formed into little domes referred to as cherries. The cherries are sold immersed in a mild brine solution. Bocconcini has a delicate flavour and provides an interesting texture rather similar to al dente pasta. It is used to carry other flavours such as fresh herbs and olive oil in salads. When heated, as on top of pizzas, it melts into appetising creamy-coloured pools.

Happy Birthday July

01 Anna
08 Norma
18 Glenys

August
No birthdays



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Fact Sheet: Being Violent

What is Violence?

Violence is any sort of behaviour that hurts someone or makes them feel afraid. There are different types of violence including:

- Emotional - This is often unrecognised and can be very hurtful. Some forms of emotional violence are making threats, speaking in a way that is frightening, putting you down, and emotional blackmail.
- Economic - Having money and being able to make decisions about it is one means of being independent. If someone is controlling your money, keeping you financially dependant, or making you ask for money unreasonably, then this is a form of violence.
- Social - This may happen in conjunction with other forms. If someone is insulting you or teasing you in front of other people, keeping you isolated from family and friends, controlling what you do and where you go, then they are being violent and you may need to take some action.
- Spiritual - This violence is about not allowing you to have your own opinions about religion, cultural beliefs, and values.

Violence is NOT OK and nobody should have to put up with it. Being angry, confused or frustrated are all normal emotions and there are many non-violent ways that they can be expressed. If you are having trouble managing your anger you may want to check out the anger fact sheet.

What Triggers Violence?

People may be violent for a range of reasons including:

- Being angry, frustrated, or sad.
- Enforcing control over somebody.
- Having a history of violence in the family which may lead to it being an accepted way of handling situations.
- Being short tempered which may lead to you reacting to a situation with a violent action.

Drugs, Alcohol and Violence

Using drugs and alcohol increases the likelihood of acting in a violent way. If you are finding that you are being violent while drinking or taking drugs you may want to look at ways to better manage your drug and alcohol intake. A drug and alcohol worker, a counsellor, or youth worker may be able to help you do this. Check out the Finding Help section for more information on how they can help you.

Some Ways to Stop Being Violent

Deciding to do something about violence is a big step and it takes a lot of courage to admit you have to change your behaviour. The following are some suggestions that may help.

- Look at What Makes you Violent: To stop violence it may be useful to make a list of the things that trigger your violent behaviour. It may be a person, a situation, a mood, or drugs and alcohol. By knowing what triggers your violent behaviour you may be able to start to avoid these things or try to work out ways to deal with the situation.
- Ask Yourself: Who is affected by your violent behaviour? Does it hurt anyone physically or emotionally? Do you want to have safe and secure relationships, or do you want people to be scared of you? These questions may help you see the negative effects your violent behaviour can have on yourself and those who are close to you.
- Talk to Someone: Stopping violent behaviour is not always easy and having someone to support you may be helpful. You don't have to do it by yourself. A counsellor or youth worker may be helpful in looking for ways to help with your violent behaviour.

Last Reviewed: 21st February 2008:

