



**Zonta Club  
of Ballarat Inc**

*Member of Zonta International*

**BAZ**

**ZONTA CLUB OF BALLARAT INC.  
PO Box 1223, BALLARAT, VICTORIA 3354**

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**APRIL 2010**

**Area 4 District 23**

**Ballarat Dinner Meetings**  
are held the fourth Thursday of the month 6.30pm for  
7.00pm at The Barkly Motel, Main St., Ballarat.  
~~~~ Phone Pat Fraser on 03 5332 2995 ~~~~

**PRESIDENT Lee Belcher**



**From the President's desk.....**

So the Easter eggs and hot cross buns are gone from the shops.....how long before we get the Christmas cards??

Our April dinner is of course our AGM, so we will not have a speaker but even more exciting we will be inducting 5 new members! If Val has asked you to be a mentor for one of our new inductees please make them feel very very welcome on Thursday night and all through the next months while they find their feet.

The Nominating Committee will present the slate of Candidates for Office in the new Zonta year, so it will be a packed programme. Hilary as our delegate to the ZI Convention in San Antonio will run through the issues that will be voted on to canvas our thoughts so she knows where to put our cross!!

This month I am very sad to report that Val Jamieson has chosen to resign from the club – I know you will all join me in wishing her well and what a debt of gratitude we Zontians owe her! For her commitment to our breast cushion project and her generous hospitality to visiting Zontians and guests, and providing gorgeous prizes for our raffles, and of course just for being one of us!



We are already in the planning process for next year's IWD event as it is the 100<sup>th</sup> so we need to make it a rip-snorter. It will be held on the ACTUAL date ie Tuesday 8<sup>th</sup> March 2011 so thinking caps on – do you know or have any contacts with any celebs we can ask as our main speaker? I have checked and Clint Eastwood and Barak Obama are both unavailable so cross them off your list of possible

Congratulations to Anne, Pat and Judy for organizing the Lauderdale sausage sizzle at a moment's notice, and to all who helped on the day and helped us towards a profit of over \$550 which will be sent to Debbie Rasmussen for her Haiti relief fund. The money raised from IWD will be split between our ZI projects and Unifem, and the raffle money from IWD will go to BREAZE.

I hope you have all grabbed your friends and made up a table for the Trivia night on Friday 14<sup>th</sup>, and try to make it along to the St John of God/Raphael House Fashion show/ benefit night on Wednesday 5<sup>th</sup> May – Stella has more details for Thursday.

We are giving \$500 in advance of the funds we hope to raise at our Women's Forum in October.....which we are going to call "SURVIVE THE ROARING FORTIES and beyond.....!! so watch this spot! See you all Thursday

Lee Belcher  
President,  
Zonta Club of Ballarat

**INVESTING IN WOMEN CAN LEAD TO  
PROGRESS ON ALL DEVELOPMENT GOALS**

SAYS MIGIRO  
New York, Apr 15 2010

The United Nations Deputy Secretary-General has called for greater investment to ensure the health and wellbeing of women, stressing that healthy women can lead to better families and societies, and help achieve the globally agreed development targets with a 2015 deadline.

"We need to tell people that it pays to invest in women – that investing in the health and rights of women triggers greater progress for all," Asha-Rose Migiro said last night at a working dinner on maternal health held outside of New York City that was attended by UN officials, senior government officials and policymakers.

Millennium Development Goal (MDG) 5 – just one of eight ambitious targets set by world leaders in 2000 to slash a host of social ills by 2015

- aims to reduce the maternal mortality ratio by three quarters.

"We must meet our obligations to the world's women and children. We must do so not just to achieve MDG 5," Ms. Migiro stated.

"We must do so because healthy women are the answer to solving many of the world's most complex and pressing problems: poverty, hunger, disease, and political instability. Healthy women are the foundation upon which all of the Millennium Development Goals stand."

Earlier yesterday Secretary-General Ban Ki-moon announced the development of a Joint Action Plan for accelerating progress on maternal and newborn health that will bring together governments, foundations, the corporate sector, civil society and UN agencies in a targeted effort to improve the health of women and children.

Ms. Migiro noted last night that protecting pregnant women will lead to progress beyond MDG 5.

"When women have access to family planning, they typically have smaller, healthier families. When women are healthy, and their rights are protected, they are more productive. They generate income, which helps build strong communities and societies.

"And when women have control over resources, they invest more in children's health, nutrition and education. Such investments can break the cycle of poverty," she stated.

She called for building "a global movement for maternal and child health," similar to the movement launched in response to HIV which united countries, civil society, donors and affected people.

For more details go to UN News Centre at <http://www.un.org/news>

## International Women's Day Update

Lisa has supplied the link to the 1 Million Women Campaign she spoke about at our February Dinner Meeting. The link is:

<http://www.1millionwomen.com.au/>

## Members Moments

Birthdays

May: No Birthdays this month



A Very Special Guest at our March Dinner Meeting was Area Director Jude Rothe.



Guest Speaker Gail Elsey who spoke about "A Family's Journey Through Life"

## We are indeed Amazing!

Women have strengths that amaze men.  
They bear hardships and they carry burdens,  
but they hold happiness, love and joy.

They smile when they want to scream.  
They sing when they want to cry.  
They cry when they are happy and laugh when they are nervous.  
They fight for what they believe in.  
They stand up to injustice.

They don't take "no" for an answer when they believe there is a better solution.

They go without so their family can have.  
They go to the doctor with a frightened friend.  
They love unconditionally.  
They cry when their children excel and cheer when their friends get awards.

They are happy when they hear about a birth or a wedding.

Their hearts break when a friend dies.  
They grieve at the loss of a family member,  
yet they are strong when they think there is no strength left.  
They know that a hug and a kiss can heal a broken heart.

Women come in all shapes, sizes and colours.

They'll drive, fly, walk, run or e-mail you to show how much they care about you.

The heart of a woman is what makes the world keep turning.

They bring joy, hope and love.  
They have compassion and ideas.  
They give moral support to their family and friends.

Women have vital things to say and everything to give.

HOWEVER, IF THERE IS ONE FLAW IN WOMEN,  
IT IS THAT THEY FORGET THEIR WORTH.

*Please pass this along to all your women friends and relatives to remind them just how amazing they are.*

## PRAM Report

PR - promotions and public relations  
A - Advocacy and Archive M - Membership



**Committee Chair – Val Sarah**

**Committee: Eileen Anderson, Sandy Harbison,  
Anne Smail & Carolyn McMickan.**

The focus for our committee this month is on Membership. We have enjoyed Fireside Meetings with prospective members during February and April, and are eagerly looking forward to welcoming 5 new members at the April Meeting:

**Carol-Lynn Bond** is an artist with a two-fold career, as she also works 4 days a week as receptionist for a cardiologist in Heidelberg.

**Sandra Kennedy** serves as Support Officer for Community Development with the City of Ballarat, administrating their extensive Grant Program.

**Leesa Myers'** classification is Building Design and Technology. One of her interesting claims to fame is that she has known Pat Fraser all her life!

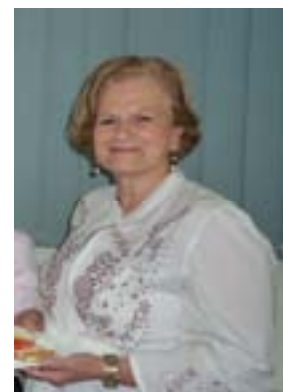
**Deborah Walker** is the Human Resource Director at the University of Ballarat, and is looking forward to daughter Grace's first birthday in May.

**Helen Weadon** lives near Carolyn McMickan, and Lectures at the University of Ballarat as Tutor-on-line for their Applied Workplace Project Unit.

Their induction brings our total number of new members to 8 for the year. They join Farmer and mine owner **Carolyn McMickan**, City of Ballarat Governance Officer **Samantha Moore** and Centrelink Customer Service Officer **Carole Norton**.

Altogether we approached over 40 prospective members, following up on excellent leads from the previous committee under Stella Coffey's leadership. We hope that several of those who were unable to join us owing to the pressure of work commitments will consider becoming members of FOZ (Friends of Zonta), joining us for social and fundraising events.

We are sad to be saying goodbye to **Margaret Knez**, who joined us in May 2007 and served as Treasurer of the Club and member of the organizing Committee for the District Conference. She leaves us only because of an important and time-consuming committee post in legal circles.



**Val Jamieson** is also leaving, for personal reasons. A long-time Zontian, she joined us in 2001, and her quiet demeanour belied her amazing efforts in maintaining our supply of breast cushions. We understand that she will continue to support this program, and we look forward to seeing her as a member of FOZ.

I believe there will be one more meeting of our committee prior to the Changeover in May, but would like to thank **Sandy Harbison** (BAZ Editor), **Anne Smail**, **Eileen Anderson** and **Carolyn McMickan** for their generous gifts of enthusiasm and good humour serving this committee throughout the year!

*Val Sarah, Chairman*

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## Most Dangerous Cake Recipe in the World

### 5 MINUTE CHOCOLATE COFFEE MUG CAKE!!

4 tablespoons self raising flour  
4 tablespoons sugar  
2 tablespoons cocoa  
1 egg  
3 tablespoons milk  
3 tablespoons oil  
3 tablespoons chocolate chips (optional)  
A small splash of vanilla essence  
1 large coffee mug

Add dry ingredients to your largest mug and mix well. Add the egg and mix thoroughly. Pour in the milk and oil and mix well. Add the chocolate chips (if using), vanilla essence, then mix again.

Put your mug in the microwave and cook for 3 minutes at 1000 watts (high). The cake will rise over the top of the mug, but don't be alarmed! Allow to cool a little, and tip out onto a plate if desired.



EAT! (this can serve 2 if you want to feel slightly more virtuous).



And why is this the most dangerous cake recipe in the world?

Because now you are only 5 minutes away from chocolate cake at any time of the day or night!

## Status of Women and Service Committee Report



**Committee Chair: Pat Fraser**

**Committee: Judith Coull, Judy Snowden, Gillian Canavan  
Carole Norton and Helen Eyres**

Money raised at the Lauderdale auction is expected to raise almost \$550.00.  
Great effort for such an impromptu fund raiser.

### **I.W.D. dinner**

General feeling was the event could have been more successful. What can we do to increase attendance next year? Could we perhaps increase publicity to make sure it reaches more people? Was it promoted through our own network contacts? What can we do to improve this important event for future years?

## Y.W.P.A

Entry form has been forwarded to president Lee Belcher. Entries to be sent out to schools by late April and due for return by July 23<sup>rd</sup>. Judith had called to confirm with Bianca that the closing date for the previous year's submission to district was 01 04 2010

## Jane M Klausman Scholarship Fund

Pat will present to the board information she has about University School Of Business Teaching awards.

## W.R.D.

Gillian will continue to attend Thursday meetings as Carole unable to attend due to work commitments. Gillian will approach Sam to ask if perhaps she can help by attending alternate meetings. Carole is happy to help for any of the on hands activities later in the year. Zonta is well placed to collaborate with W.R.D.

## Birthing kits

Judith Coull is to approach Loretta and Ballarat Grammar Schools to gauge interest in a joint venture . If the schools order the kits the cost is only \$1.00 per kit. There is however a limited number available at this lower cost so we would need to book quickly. We would recommend an amount of 1000. The publicity would be excellent for Zonta Ballarat. Judith has agreed to investigate all options and report back to the next meeting.

## Toiletries bags

We now have an insert that acknowledges Zonta and other supporters as the supplier which will be placed inside each new bag we make up. Carole to print off for Pat. A working bee to be organized soon to assemble more bags.

## Audited financial report from Zonta International

Judith Coull had asked for a full audited financial report from Zonta International and was advised by the International Treasurer that a report had indeed been sent to Hilary Pope and she expected that it would then be passed on to Judith Coull who is still waiting to receive this.

## Events happening soon

Trivia night on May 14<sup>th</sup> at the Old Colonists . Get your tables organized now.

## Toiletries bag assembly working bee, date to be advised .

# Fundraising & IWD



**Chairman Hilary Pope**

## IWD/FUNDRAISING COMMITTEE

Planning for the 2011 IWD Dinner has started and you should note Tuesday 8 March 2011 in your diary for a dinner to celebrate the centenary of International Women's Day. Suggestions of high profile women speakers who will attract a large audience will be welcomed by the Committee and we are investigating venues where we can make this a major celebration.

Our next function will be the Trivia Night on Friday 14 May at the Old Colonists Club. I know several members are working on getting table teams together, but would appreciate receiving bookings as soon as possible. Please forward the flyer to all your networks and encourage friends to join us for a fun night, which will fund a working bee to assemble birthing kits.

Following this on Saturday 22 May, Willabaa will host a fashion show and afternoon tea at St Cuthbert's Hall. This function will finance our YWPA award.

Both fundraising functions can be booked and paid for using your credit card on PayPal through the Club website. This method simplifies our record of bookings and you also immediately receive a receipt by email, so you now your payment has been received and your booking is confirmed.

We have applied to Bunnings for a date for a sausage sizzle and will be looking for volunteers when we know the date, but it is expected to be several months away at the moment.

The Ballarat National Theatre is also a possibility for a fundraising performance at their September production and we will advise details as soon as arrangements can be confirmed.

To publicise our two functions in May I shall be doing interviews with Jan Skews at Voice FM. At 9.10 am on 4 May we will talk about the Trivia Night and Birthing Kits and on 11 May we will talk about the Fashion Show and YWPA. Thanks to Val Sarah for arranging this.

### ST JOHN OF GOD OPEN GARDEN DAY

Earlier this month Stella and I attended the Open Garden Day at Buninyong organised by the St John of God Auxiliary.

As many of you will know, the Auxiliary President is Von Watson, a Past President of our Club and, most recently, one half of the dynamic MC duo at the IWD dinner.



It was a chilly, showery day, but the Auxiliary were happy with the result and did good business on their tea/coffee and sausages stall.

My bargain of the day came in the shape of an attractive framed and glazed cross-stitch sampler, though I still have to work out where to hang it.

### CONVENTION PAPERS and ZI WEBSITE

As Club delegate to the 2010 International Convention in San Antonio, I am preparing summaries of the business papers so that we can discuss them at the June dinner meeting to enable the Club to give voting instructions if they so wish.

In the meantime, the full papers and biographies of candidates for election are on the ZI website if you wish to read them.

While you are there, do have a look around the spanking new ZI website – remember you need to follow the instructions in the recent email from ZI to gain access to the Members' Resources area on the new site. If you haven't received an email you probably haven't registered an email address with ZI and will need to register for the website.

## DATES TO REMEMBER

- |              |                                                                                                                                                               |
|--------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 22 April     | Dinner meeting – AGM (Board to host)                                                                                                                          |
| 1 May        | Club Officers Report Form 2009 – 2010 due to Headquarters.                                                                                                    |
| 1 May        | 2009-2010 dues payable to District with member listing updated for ZI                                                                                         |
| 15 May       | Areas 1 and 4 Workshop (Melbourne).                                                                                                                           |
| 13 May       | Board meeting ( <i>to be attended by both outgoing and incoming Board members</i> )                                                                           |
| 14 May       | Trivia Night at the Old Colonists Club to fund birthing kit assembly project                                                                                  |
| 22 May       | Fashion Show by Willabaa and afternoon tea at St Cuthbert's                                                                                                   |
| 27 May       | Dinner meeting – Changeover (PRAM Committee to host).                                                                                                         |
| 10 June      | Board meeting                                                                                                                                                 |
| 17 June      | Dinner meeting. <i>Note: Earlier date to allow discuss of papers for consideration at Convention and a motion giving voting instructions to the Delegate.</i> |
| 25-30 June   | Zonta International Convention (San Antonio).                                                                                                                 |
| 8 July       | Board meeting                                                                                                                                                 |
| 22 July      | Club Dinner and social night                                                                                                                                  |
| 5 August     | Board meeting                                                                                                                                                 |
| 26 August    | Dinner meeting                                                                                                                                                |
| 9 September  | Board meeting                                                                                                                                                 |
| 23 September | Dinner meeting                                                                                                                                                |
| 24 September | Possible BNT Theatre evening                                                                                                                                  |
| 9 October    | Women's Health Forum                                                                                                                                          |
| 14 October   | Board meeting                                                                                                                                                 |
| 28 October   | Dinner meeting                                                                                                                                                |
| 11 November  | Board meeting                                                                                                                                                 |
| 25 November  | Dinner meeting                                                                                                                                                |
- (Christmas break-up)