

# the Zonta Club of Mackay

## Newsletter

May 2013



### Inside this issue

President's Report	1
The Mayor's Ball	2
Domestic and Family Violence Month	3
(Wo) men who inspire	4-5
Committee Reports	6-7
Congratulations	8
What's on	9
Contacts / Calendar	9

*A worldwide service organization of executives in business and the professions working to improve the legal, political, economic and professional status of women.*



## President's Report

Following our AGM last Tuesday evening, it is wonderful to be handing over the President's baton (or is it a gavel! ) to our very capable Zontian Bridget Mather. Bridget has an excellent knowledge and understanding of Zonta, having been a Zontian for over seventeen years. Under her leadership, our Club and members will continue to grow and embrace opportunities to advance the status of women both locally and internationally through service and advocacy.

Many thanks to outgoing Board members Vassie, Judy, Gail, Leanne, Lynne, Viv and more recently Bridget and Belinda for your support, commitment, and focus to ensure we continually strive to meet our Zonta objectives. Thank you to all members for bringing your skills, talents, interest and enthusiasm to supporting our Club's activities. With the increasing membership it has been wonderful to observe the positive growth and energy in our Club.

As mentioned at our AGM, for our Club to remain viable, visible and credible, we all have a role to play, so please embrace what being involved with Zonta has to offer. I am sure that it will provide opportunities for you, just as it has done for myself over the past two years to grow both personally and professionally within a group of hardworking, like minded community focused women.

Thank you all for your friendship, support and contributions. We look forward to the continued advancement of our Club with Bridget now taking over the reins.

Yours in service

**Marie Cameron**



# Fire and Ice-Mayor's Ball 2013



*What we've been doing*

## Launch of Domestic and Family Violence Protection Month

Several Zonta members attended the launch of Domestic and Family Violence Prevention Month on May 1 at Bluewater Quay. DFVPM is held during May each year to raise community awareness and promote a clear message that domestic and family violence will not be tolerated in our community. This is an initiative that Zonta supports wholeheartedly.

JOIN THE CAMPAIGN TO END VIOLENCE AGAINST WOMEN



**ZONTA SAYS NO**



What we've been doing

## *(Wo)men who Inspire*

David Adams, Ed.D., is co-founder and Co-Director of Emerge. David has 29 years experience working with men who batter and is a nationally recognized trainer and researcher. He has published numerous articles about domestic violence. David is Co-Chair of the Batterer Intervention Working Group of the Massachusetts Commission on Domestic Violence. David has done trainings in over 30 states and 5 nations. He currently co-leads the fatherhood parenting group and recently authored and directed a Danger Assessment DVD.

### **Changing abusers and their communities: Recruitment, engagement and accountability strategies**

**by Lauren Pattie, CDFVR**

In October last year Dr David Adams, co-director of Emerge, Boston, was invited by CDFVR to present a research seminar titled 'Changing abusers and their communities: Recruitment, engagement and accountability strategies'. The seminar was held at CQUniversity's Brisbane campus and video linked to 10 external sites.

Founded in 1977, Emerge was the first counselling program in the US for men who abuse women. The Emerge program, for men with abusive or controlling behaviours, or any behaviour that is harmful to relationships, has a unique self referral rate of 40 per cent, compared to the national US average of 5 per cent. These figures reflect Emerge's strategy of broadening appeal through reaching out to men in the community and victims of abuse.

In his presentation Dr Adams reflected on what his organisation considers to be the key aspects of a successful behaviour improvement program, commenting that the biggest challenge for these programs is creating accountability. Many participants, particularly those who are ordered by a court to attend, see these behaviour improvement programs as an extended form of punishment, which can lead them to take on a detached 'ride it out' attitude. Defining the role of the program and changing the program name improved the wider appeal of the program, but it didn't address the question 'how do we promote internal motivation for change among abusive men?' Emerge found that the answer was to improve their engagement strategies and reinforcing accountability.

The five philosophies of the program outlined by Dr Adams (violence is a choice; abusive behaviour is not an anger problem; abuse is not 'sick' or 'irrational' behaviour; abuse is not 'caused' by alcohol/ drugs and; partner abuse is inherently harmful to children) underpin the notion of making users of violence accountable for their actions. Dr Adams said that questioning the abusers' current understanding of their situations and moving away from blaming or self defeating behaviour are amongst the key engagement strategies used throughout the program.

The Emerge program aims to shift the user's perception that they have been provoked and/or are using violence in self defence. Dr Adams proposed that many abusers fall somewhere on the narcissism spectrum. He has found they possess common elements of selfishness and a distorted perception of what is owed to them, so that they are constantly feeling underappreciated or victimised.

## *(Wo) men who Inspire*

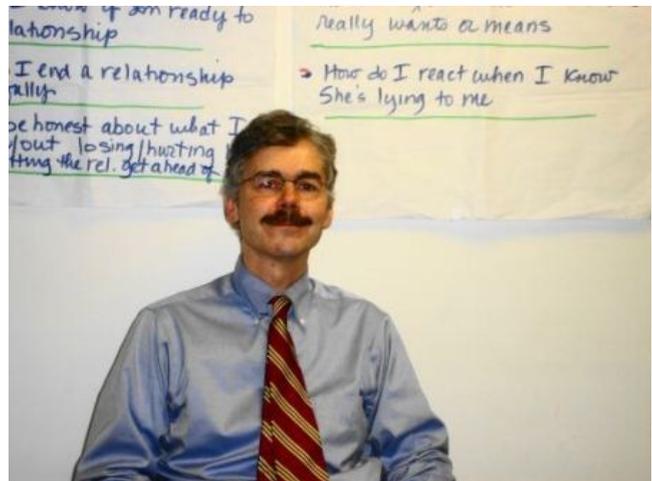
The program works with the person to see that despite feeling underappreciated or annoyed by their partner, they can choose not to use violence by redirecting their thoughts or looking at the situation in a different way.

The perception that violence is an anger problem allows the abuser to avoid responsibility. Dr Adams argues that anger problems are about losing control of emotions; however three quarters of abusers only 'lose it' towards their partner or children, which suggests they do not have a problem controlling their anger. He further argued that most abusive behaviour doesn't actually involve anger, but entails more passive methods of control such as restricting access to money or undermining family relationships. Dr Adams gave examples of men describing how they had abused their partners, highlighting that every abuser draws the line somewhere, again an indication of self control.

This apparent control over when and who they are violent or abusive towards, also supports the program's third and fourth philosophy that abuse is not 'sick' or 'irrational' behaviour, nor caused by alcohol or drugs. These perceptions allow the abuser to detach themselves from the abusive behaviour, and suggests that they have little responsibility or control over their actions. However, the program does recognise that external problems such as mental health, alcohol or substance abuse can impact on a person's ability to change and therefore aims to address any of these existing issues to engage their participants.

Dr Adams concluded by identifying that abusers are often more motivated to change by their children than their partner, especially when they are made aware of how damaging violence can be for them.

Emerge's fifth philosophy, partner abuse is inherently harmful to children, corresponds with this point of view and is reinforced through various stages in the program, where participants are asked to examine how they treat their children, how they treat their partner and how they treat themselves. Each of the methods of engagement not only enables the abuser to internalise the philosophies and attitudes Emerge aims to promote, but also emphasises accountability across the entire program.



Collaborating with participants to change the 'internal dialogue' that paves the way for their violence and redirecting negative self talk, enables them to become change agents in their own lives. This is clearly an empowering combination, as 65 per cent of Emerge's clients complete the program.

Dr David Adams 7 CDFVRe@der March 2013

<http://www.noviolence.com.au/public/reader/readermar2013.pdf> retrieved 1 June 2013

## Advocacy Committee Report

Several Zonta members attended the DFVPM launch and candle-lighting ceremony at Bluewater Quay on Wednesday 1st May. The new shirts look great (thanks Gail) and make Zonta very visible when participating in events such as this.

Other activities being held during May for DFVPM include: a Hypothetical to be held at the MECC on the 16th of May from around 9.30am (a group will talk through a story about domestic violence, and "experts" will discuss aspects of it as they go along); a youth concert being held on the 18th of May at Caneland Park from 1.00pm to 5.00pm; and a morning tea at Mackay Women's Centre on the 31st May to end the month.

An In-Kind Assistance Request has been submitted to Mackay Regional Council requesting that the fountain water be coloured orange during the last week of May in recognition of the end of DFVPM.

Bunnings has verbally confirmed our sausage sizzle date for White Ribbon Day. Viv has organised the ACF to assist with cooking sausages on the day, and will also discuss donation of the sausages. Discussion regarding other activities / items to sell at the sausage sizzle. Do the fundraising committee want to arrange a raffle? Also, we'll be able to sell drinks, cakes, etc at this event. Viv will organise registration with the White Ribbon Foundation for merchandise to sell on the day. A decision will need to be made regarding the proceeds of the sausage sizzle. Further to previous conversation about supporting prevention programs, Viv has had contact with a group that conduct education programs in schools in NSW. They are planning to expand these programs to Queensland and will contact Viv when this happens. A portion of the proceeds may also be used to support Mackay Women's Centre and Samaritan House, as per previous discussions.

Several Zonta members attended the Mothers' Day Classic on Sunday May 12th. This was a good opportunity to see how other groups organise events like this.

Viv has been in contact with George Street Neighbourhood Centre regarding the multi-cultural women participating in a United Nations Day activity (24th October). Further discussions to be held over the coming months.



Planning to commence shortly for 16 Days of Activism, which is to be held in December.

***Viv Hanrahan***

## Get Active with Zonta Walk Committee



## Membership Committee Annual Report

The club began the Zonta year with a membership of thirteen.

Our 20<sup>th</sup> Birthday Celebrations, Women in Business Lunches, and other projects, added to our public profile, and we have had a remarkable year of expansion. Information sessions were also held in October and November for prospective members.

The additional membership has allowed us to increase our Committees, and thus tackle extra projects.

Mentoring sessions have been arranged with new members, so that they have a better understanding of our club and an overview of Zonta International.

We have had three resignations this year – Lisa Davis, Eunice Shearer and Leanne Ferris.

We will be starting the new Zonta year with twenty five members – almost doubling our membership in one year.

The committee continues to liaise with prospective members.

My thanks to my committee – Judy Spannagle – for assisting in achieving this wonderful result.

*Vassie Comino*



## Service Committee Report

Z Clubs - Cards have been distributed to all Z Clubs. The cards will be sold for \$4 which is the cost of one Birthing Kit + \$1 to cover any other costs to sell the cards.

Bridget has made a presentation to students at Holy Spirit College and students will be forming the new club very soon.

Mothers Day Cards - I would like to thank Kathy from BB Print for the wonderful job they have done in printing 500 cards and at no cost to the club, Lynne Baillie for designing the cards and supplying the cellophane bags. Meagan from Barcam Electrical Commercial for donating 250 envelopes. These cards are not just for Mothers Day they are suitable for any occasion. We do need more envelopes.

Mackay Women in Business Lunch held on May 10th. 26 women attended the networking meeting 5 ladies had 3minutes each to present their businesses to the group. This is always a very successful activity and some prizes were given away by the presenters. Lunch was delicious and all enjoyed the dessert. \$91 was raised for the Z Club Raffle. The committee will hold a meeting in the near future to call for some extra volunteers to help run the lunches.

I will have to postpone the launch of the World's Greatest Bra Challenge until the end of June, also May is very busy fundraising around Mackay for Relay for Life so I feel that there will be too many things happening for this to have the right impact. Bras need to be in Brisbane for 5th October for Challenge so we have plenty of time.

*Gail Clark*

## Thank you!

*Dear all*

*Please see the email below.*

*Many thanks to you all, and in particular, Vassie and Judy for the outstanding efforts and contribution you have as our Membership Committee for our Zonta Club over the last two years.*

*Marie*

Subject: Zonta - congratulatory message from Zonta International

*Hello, everyone*

*This is just to share the lovely message below from ZI and to thank you all for helping District 22 to achieve this result through you efforts to recruit and retain members. Well done!*

*Judith*

Subject: Great Job from Zonta International!

*Dear Judith,*

*I wanted to reach out to you from Zonta International to say "Great Job" on your district's membership numbers as of the 30 April 2013 Membership Report! The goal that you indicated to HQ for the 2012-2014 biennium was 1,050 members. As of 30 April, your district had 1,082 members. At this rate, you could have many more by the end of this biennium! Excellent work and if there's anything that HQ can assist you with, please let me know.*

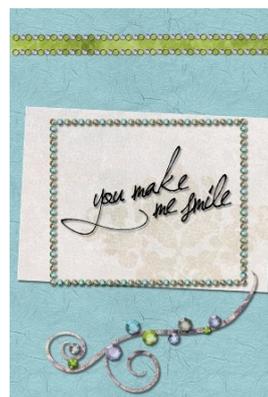
*Sincerely,  
Jill*

*Congratulations!*



*Our beautiful cards !*

*\$4 each*



**CALENDAR DATE CLAIMERS**

- \* Saturday 25—26 May                      Relay for Life
- \* Saturday 1 June                              Get Active with Zonta Walk Committee meeting
- \* Tuesday 18 June                              Zonta monthly meeting
- \* Sunday 28 July                                Get Active With Zonta Walk
- \* Saturday 27—Sunday 29 Sept              Zonta District 22 Conference, Noosa



*Our Gem Clark just  
got engaged!  
Congratulations!!*

*Happy Birthday  
Ann Dittmar-McCollim  
1 May*

**CONTACT DETAILS - NEW DETAILS IN JUNE NEWSLETTER**

<b>President</b>	Marie Cameron	<a href="mailto:peteandmars@bigpond.com">peteandmars@bigpond.com</a>
<b>Vice President</b>	Gail Clark	<a href="mailto:doug.gail@bigpond.com">doug.gail@bigpond.com</a>
<b>Secretary</b>	Leanne Shepherd	<a href="mailto:leanne_shepherd_546@hotmail.com">leanne_shepherd_546@hotmail.com</a>
<b>Secretary</b> (Correspondence)	Judy Spannagle	<a href="mailto:ronsid@mackay.net.au">ronsid@mackay.net.au</a>
<b>Treasurer</b>	Lynne Baillie	<a href="mailto:lynnebaillie@iprimus.com.au">lynnebaillie@iprimus.com.au</a>
<b>Membership</b>	Vassie Comino	<a href="mailto:vassie@pcominoandsons.com.au">vassie@pcominoandsons.com.au</a>
<b>Newsletter Editor</b>	Sue Proud	<a href="mailto:suzanne.proud@bigpond.com">suzanne.proud@bigpond.com</a>
<b>Email</b>		<a href="mailto:mackay@zontadistrict22.org">mackay@zontadistrict22.org</a>
<b>Website</b>		<a href="http://www.mackay.zontadistrict22.org">www.mackay.zontadistrict22.org</a>
<b>Address</b>		PO Box 1233 Mackay Qld 4740 Australia