

# METRO MUSE

*The Newsletter of the Zonta Club of Brisbane Metro Breakfast*

## President's Message

In May, our club elected new officers for the 2018 – 2019 year. I was elected as the new President of our club.

Joining me as Vice President is Emma Turner, Secretary Kate Green and Treasurer Michelle Baran.

Our Directors are Flora Di Lizio and Isobelle Torralba.

I have faith that our new Board will steer the Club towards a successful two years of fundraising, service and advocacy initiatives whilst not forgetting the importance of taking time out for club fellowship as that is imperative for maintaining a strong and steady membership.

I would like to thank outgoing President Leida Pirts for her dedication to our Club over the past 2 years.

Thanks also go to Kate Green in her role as nominating committee chair for finding a slate of candidates for the elections.

And I find myself as President in the 20th year of our Club's Charter as well as the 100th Anniversary of Zonta International in 2019. How exciting! There will be lots happening in 2019.

Also exciting for the Club are the three new members who have joined us in the past few months and who bring with them youth and fresh new ideas for fundraising and fellowship activities, not to mention the lowering of the average age of our club members! A very warm welcome to Melissa, Rebecca and Terri-Ellen.

I hope this is a sign that our Zonta message is out there and attracting younger members to our Clubs.

Since I took office the Club has been very busy. We held a very successful movie night fundraiser at the lovely Elizabeth Picture Theatre in the City in July, we have held two breast cushion sewing bees and a separate wrapping bee and distributed over 200 cushions to North West Private, Wesley, Holy Spirit and St Andrews

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# ZONTA

CLUB OF  
BRISBANE METRO  
BREAKFAST INC

MEMBER OF ZONTA INTERNATIONAL

EMPOWERING WOMEN  
THROUGH SERVICE & ADVOCACY

## President's Message cont

Hospitals. Thanks must go to our friends of Zonta for their support, especially “The Machine” Evelyn Brown who has given us a huge kick start to all of our sewing bees by pre-preparing the fiddly bits of the cushions so we can hit the ground running! This has enabled us to complete 50 to 80 cushions at each sewing bee compared to our previous 20 to 30 cushions. In May we took 50 pre-sewn cushions to Stockland office in South Brisbane where the staff of the “Stockland Care Foundation” dedicated their lunch hours to stuff and finish off the cushions by hand sewing. It was a delight to have two young men and a young lady who had never picked up a needle and thread before, sewing the cushions – and they loved it!

A new service project which we have recently engaged in is visiting Portofino and Casa D’Amore Aged Care Facilities to assist with exercise classes, conducting activities with the residents and generally providing company and a friend to talk to. Other service activities have included our continuous mentoring support to the girls at the Brisbane Youth Detention Centre, supporting Dress for Success with clothing, providing a large raffle hamper to Bahloo Women’s Refuge for their NAIDOC week celebrations, collecting items for Share the Dignity “In the Bag” campaign, providing Friends with Dignity furnishings and decorating items to help furnish the housing they provide to homeless people and providing used clothing to Be Uplifted Op Shop.

On the fundraising front, such was the success of our movie night in July, another movie night fundraiser has been booked for October 25th. As October is National Breast Cancer Awareness Month, funds raised on the night are being directed toward our ongoing breast cushion service project. Flora continues to raise funds in her “Op Shop” and will run a raffle again this year for a Melbourne Cup function at the Belvedere Restaurant at Portside, Entertainment Books are selling well and mobile powerbank sales are steady however we need to really promote these as ideal Christmas stocking fillers.

Recent fundraising beneficiaries have been Women’s House Shelta who received \$2,000 for their replacement ID project and Share the Dignity who received \$1,240 from our “Italian Affair” networking event in March.

Zonta advocacy has also featured high on our Clubs activity list and it also goes hand in hand with Zonta fellowship. We continue to raise Zonta awareness at our movie nights and Melbourne Cup functions, we promoted Zonta at a stand at the Be Uplifted Breast Cancer Symposium in August, and at the Commonwealth New Farm Branch earlier in the year and we are currently planning a fellowship and awareness walk on 19th November during the Zonta International 16 Days of Activism “Zonta says No to Domestic Violence Against Women” campaign. We have invited all Zontians and friends to don their orange t-shirts and join our Club on a leisurely walk around the orange lit bridges, Casino, King George Square and City Hall which Brisbane City Council and Treasury Casino have very kindly lit up orange in support of our cause. We will also be hanging our huge “Zonta Says No” banner and positioning our “Orange Ladies at South Brisbane TAFE during this time

And on the subject of Fellowship, planning is well underway for our 20th Anniversary Dinner on November 8th which will be held at the United Service Club. We will be inviting all past and present members (almost 100 on our list!) as well as Area and District representatives, and with guest speakers lined up it is sure to be a great night.

I am looking forward to a busy and rewarding three months of Zonta action by our Club before a well-earned Christmas break.

Regards  
Ruth McKeown  
President

## Welcome New Members

Welcome to our newest members; Rebecca Moy, Melissa Imsirovic and Terri-Ellen Pearce. We are very excited for you to join our club. Our club may be small but we are passionate and dedicated to the Zonta goals. We look forward to your fresh ideas and joining in the club activities.

It was with pleasure we pinned Rebecca and Melissa at our September breakfast meeting and will be pinning Terri-Ellen at our next meeting. The pinning of a new member brings about responsibilities for both the new members and existing members. We look forward to assisting you in learning more about what we do and believe you will be a great asset to our club.



## Movie Night

The Elizabeth Picture Theatre is located in the Heritage-listed Tara House, best known as the Old Irish Club in Elizabeth Street, City.

Originally built in 1879, the building was one of the very first to be erected in what is now known as the CBD.

The Theatre is a five-screen cinema complex, with two cinemas in the old function rooms known as The Tara Room and The Harp Room. The ballroom ceiling from the old ballroom has been kept intact and is the showcase piece for the Tara Room.

Our Club held a fundraising Movie night in the grand Tara Room on July 19th. It was the opening night of “Mama Mia Here We Go Again” and 90 members and friends enjoyed a fun, feelgood movie. Many of us dragged our partners into the movie kicking and screaming, especially as Mission Impossible was screening in the adjoining cinema, but they were all pleasantly surprised and enjoyed the frivolity of the movie! Our raffle prizes were exceptional and one in 10 guests won a prize. We raised a total of \$1,600 on the night.

The feedback we received from the evening was so positive that we have decided to run another movie night for “A Star is Born” on 25th October and from all reviews Lada Gaga’s performance is amazing and could be up for an Oscar, so this one is not to be missed!



## Lady Musgrave Trust

Flora attended the 10th Annual Forum of Women and Homelessness on 29 August 2018 at the Qld Multicultural Centre at Kangaroo Point. The event was attended by approximately 150 which included representatives from Government, community, university, financial literacy, hospitals and corporate organisations.

It was a very interesting forum and most informative on the issue of women's homelessness. With thousands of women experiencing homelessness in Queensland and alarming increases in the number of older women new innovative ideas are needed.

It was about 'Changing the future for young women' of today so they do not start on a journey towards homelessness. Presentations included lived experiences of homelessness and explored innovative solutions to the issue including education, employment, financial literacy, accessing housing and more.

The two lived experiences of homelessness were quite moving and I had tears rolling down my face. It concluded with a panel of five people receiving questions from the audience.

'A Handy Guide for Homeless Women in Brisbane' has been produced by the Trust and, with so much support out there available, one wonders why we do have this issue on homeless women?



## Flora's Op Shop

Op-Shop still going well with new pre-loved stock coming in regularly. A total of \$439.00 has been raised in the last month from Flora's Op-Shop which has gone into our Admin Account.

Given the huge stock and more promised, Flora has decided to take her Op-Shop into the carport on Saturday 20 October at her home at 29 Haig Street, Gordon Park. Advertising will be via facebook, locally, letter box drop and through friends - Carport Pop-Up Fashion Shop. Helpers are welcome.

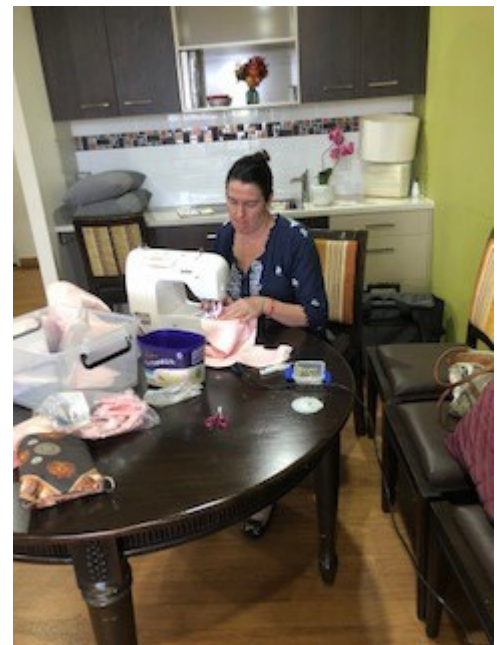


## Aged Care Visits

This quarter has seen our club start a new program at two nursing homes, Casa D'amore at Coorparoo and Potofino at Hamilton. We attend one Saturday morning a month at each facility and help with the virtual exercise classes, which i have to say are not easy, we all found it quiet challenging, we help hand out holla hoops, balloons and noodles during the class as well as do the exercises and the residents follow us, so lots of fun adapting the exercises to the residents ability. We then help with morning tea and give the ladies some grooming, massage their hands with cream and paint their nails and the most important part have a chat, which really is great, some of the stories and lives are truly amazing. I had one lady tell me she had never had her nails painted, so to not be too much of a shock we painted them in clear, she was so excited, couldn't wait to get to lunch and show off her nails.

We also go one Sunday a month to Casa D'amore and the ladies do breast cushions stuffing, this is a great afternoon as the ladies love the fact that they are doing something to help someone else and we actually gave a completed cushion to one of the ladies as her daughter was recently diagnosed with breast cancer, which she truly loved that she had been able to contribute. The hour goes quickly and we are busy keeping them busy and ensuring there is enough stuffing going in, which we have learnt we need to have some samples so they know how full they need to be, we have had a great turn out and the carers advised that some of the ladies attending don't normally get involved in activities, so we feel very honoured.

This program has been to date a great success and we have enjoyed the feeling that we are making a difference to people who love to have a chat and are spending time with them, which is something our club has been looking for to contribute something back.



## Jo's Holiday

One realises how fortunate we are firstly to have an opportunity to travel but to live in Australia the lucky country.

The holiday started with siblings gathering on Lake Maggiore Stresa Italy for family celebrations. This family time together was full of much laughter, exploring and creating happy memories.

Everything Italian is perfection - scenery, food, wine and family.

The next leg was Croatia. A country that had long been on my bucket list and did not disappoint. Started in the city of Zagreb. I did a number of walking tours on this trip. Great way to see a country. Independent tour to Ljubljana and Lake Bled in Slovenia. Stunning but very hot 38 degrees. Travelled on to Plitvice Lakes National Park truly beautiful. Walked around the most stunning lakes for hours.

On to Split Sibenik and Zadar. Ocean organ in Zadar is an amazing design as is the solar circle by the sea. Much Roman influence in Sibenik, Zadar and Split. First electric lamp in Sibenik by Nikola Tesla. Tesla didn't patent and Edison claimed.

Island and caves from Split. Bisevo, Vis, Hvar and Brac. Blue and Monk seal caves. Great day on Hydrosport speedboat.

Dubrovnik so much history. Earthquake, bombing and the rebuilding. Resilience is this country. Walked the wall around old town. You do need to be fairly fit 1000 stairs. Churches are magnificent. 90 per cent Croatians are Catholic and strong believers. So passionate about their country. For the Game Of Throne's fans much was filmed here.

Final days Montenegro and Cavtat. Loved, loved Croatia and encourage you to add to your bucket list.

Next leg of journey Portugal so excited meeting up with my son (who lives in UK) and again with sister and brother in law. Porto and Douro Valley truly beautiful scenery. Maze getting around in Porto and

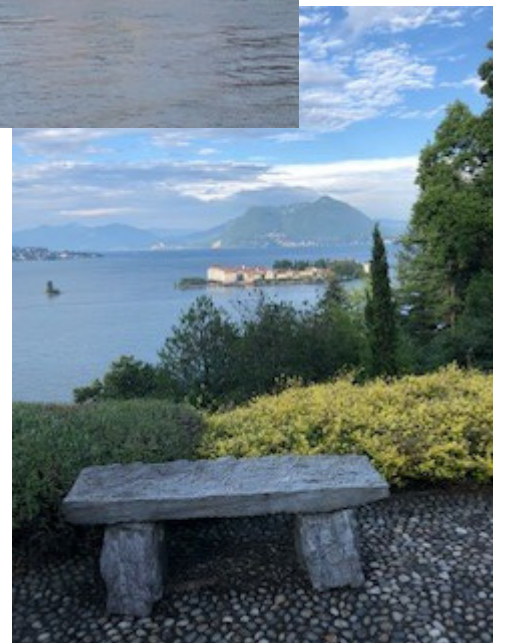
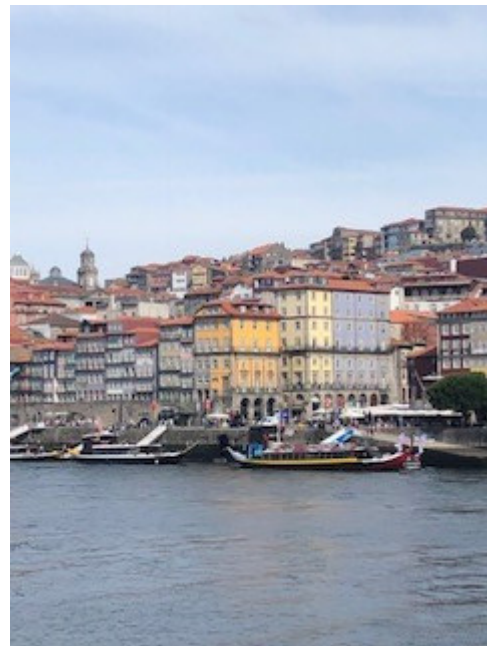
too many guides in this family. What fun we had so many laughs and creating wonderful memories.

Next Lisbon just mother and son. Special times. Lisbon one of the oldest city. Belém lovely leg of journey.

This trip has been full of history, scenery, architecture, culture. Europe has so much to offer.

Final leg to London to spend some time with son, daughter in law and their dog. More special memories to add to what has been a truly amazing holiday.

I am so privileged to travel but even more to have a strong loving family and continue to create memories.



## NAIDOC morning tea

NAIDOC (National Aboriginal and Islanders Day Observance Committee) Week is an Australian observance lasting from the first Sunday in July until the following Sunday.

NAIDOC Week celebrates the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. NAIDOC is celebrated not only in Indigenous communities, but by Australians from all walks of life.

2018 National NAIDOC Theme was - 'Because of her, we can'. NAIDOC Week 2018 celebrated the invaluable contributions that Aboriginal and Torres Strait Islander women have made – and continue to make - to our communities, our families, our rich history and to our nation.

Bahloo Women's Youth Shelter celebrates each year by inviting supporters of their organisations (as listed below) to their morning tea at their premises at Woolloongabba.

Our Club has supported Bahloo for many years financially and in kind. Our support now is mainly in a hamper for the raffle at this event and also clothing for the young girls as it becomes available in Flora's Op Shop. We provided two hampers for their raffle on the day. About 60 people attended which included government representatives, police, supporters, schools and many from other like minded organisations.

## BYDC

Visits to BYDC (Brisbane Youth Detention Centre) continue each month with the girls really appreciating the program. The most popular being facials and manicures.

The centre celebrated NAIDOC week 2018 with three celebrations of Aboriginal and Torres Strait Islander Culture with this years theme "Because of her, We Can"

The first day opening ceremony was with the Brisbane and Inala Elders. The second day opening ceremony was with Cherbourg Elders and the third day opening ceremony with the Rockhampton & Woorabinda Elders.

The ceremonies and cultural dancing is always very impressive and it is a privilege for us to be invited each year.

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