

East-Enders

October 2023

“Building a Better World for Women and Girls”



President's Patter

With recent media coverage of youth crime, it can be easy to despair about the next generation.

At the recent Zonta District 22 Conference, I listened to the YWPA winner talk about her experience as a Zonta awardee and how the trust of adults had meant so much to her. Her story was inspiring: from an eight-year-old immigrant to an honours student at Monash University who is giving back to the community by volunteering and fundraising to support causes related to women.

After the conference, I visited my family in Cairns. I went to watch my granddaughters' Surf Life Saving training session at Yorkey's Knob. Late afternoon, the group of trainee life savers (10 – 15 years old) noticed one kite surfer struggling to get back to shore. They alerted the adults, who took his kite on their paddle board and helped this very tired and very grateful surfer back to safety.

In our last Zonta Club meeting, I was so proud of our Young Professional Members. I heard about the work that Belle had done with the submission for the GOA project and the upcoming High Tea promotion; I saw Sophie our newest member engaged, participating and contributing to the meeting; I appreciated Sarah's leadership with the students from CHAC who completed the latest Birthing Kit assembly.

As Zontians, we continue to support, encourage and celebrate the achievements of the young people – and as sung by the Great Jazz player Louis Armstrong:

“I watch them grow
They'll learn much more
Than I'll ever know
And I think to myself
What a wonderful world”

Susan

Editorial



Inspired by Zonta District 22 Conference (where participants received this pin), I am pleased that this newsletter includes a summary of keynote speakers' addresses related to gender equal climate action.

Zonta International's Statement on Climate Change: A Gender Equality Issue highlights the importance of educating girls, having more women in parliament, and closing gender gaps in economic participation and responses to climate change. This biennium, ZI will work to embed climate actions into service projects; highlight how behaviour in one part of the world impacts another; and support clubs to educate and raise their voices about gender-equal climate action. Read about this important Zonta Cause: [Zonta Says NOW](#)

Jacinta



Zonta Brisbane East appreciates the significant assistance given by family and friends who are recognised as 'HonZons' - their support and practical assistance make our events and service projects successful.

HonZon Spotlight: Rob Fromm

Why am I a HonZon? I have been a willing participant in Zonta activities since my wife joined the Zonta Club of Warwick in 2009. There was always a fun atmosphere and friendship as we helped set up fundraising events – I've attended many breakfasts and movie premiers, and proud to walk in the annual Say No to Domestic Violence walks by Condamine River.

With Jacinta's transfer to Zonta Club of Brisbane East, I expected that I would still be able to assist in her club, and meet other Zontians and their partners. So, I willingly agreed to be rostered on Bunnings Sausage Sizzles – and was very surprised to receive my HonZon badge in 2021 (I was just doing my bit to support my wife!). I have attended a range of club fellowship events and fundraisers, and the ZSN walks in Brisbane City, and packed and carted Christmas Hampers for a Domestic Violence Shelter. Recently, I have been assisting with the Containers for Change fundraiser – as well as raising some dollars for Zonta, it's one way I can personally contribute to climate action by reducing landfill and promoting a circular economy.

I am keen to continue to support all the local projects in Zonta, and interested in how Say Now to Gender Equal Climate Action will be



implemented in local projects. And what's more, through Zonta, I have made some great friends!

(Ed: Thanks Rob for your support, and for sharing your story and photo – please keep depositing those containers!)

Fundraising



High Tea: 15th October 2023, 2.00 – 4.30 p.m.

This is our major fundraiser – so we hope you and your friends have purchased tickets. If not, please purchase by 4th October. Here's the link:

[Jazzy High Tea & Entertainment | Humanitix](#)

Where: Wynnum Manly Leagues Club, Wondall Road, Manly West
Cost: \$45 pp.

Expect good food, great raffle prizes, mini-market (delicious baked goods) and high quality jazz entertainment – and lots of fun and

fellowship. .

Sausage Sizzle: 4th November 2023

Thanks to the Zontians and their families, and the HonZons who volunteer their time to purchase items, to cook and serve at Rocklea Bunnings Sausage Sizzle.

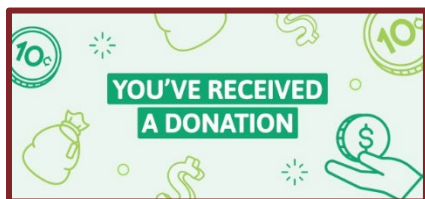
Special thanks to our coordinator Jo who liaises with Bunnings and ensures each sizzle is successful.

(Ed: Please respond to Jo's emails when she is developing the roster for this next sizzle)



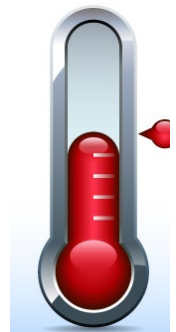
Trivia Night: 15th November 2023, 6 p.m.

Please tell your friends who enjoy a burger and brain challenge to come to Grill'd Carindale for our next Trivia Night fundraiser. You purchase a burger and chips for \$25, and Grill'd donate \$10 from each purchase to Zonta. If you don't enjoy Trivia, please still come along and enjoy the meal and a chat with Zontians and friends.



For those who are helping with our fundraising via "Containers for Change" we now have a deposit number to make it easier for you. Just drop your bag of recyclables to the drop off centre and quote the number **C10671310**. The funds raised will then go direct into our Fundraising Account.

Do we need a target? Steady growth during August – As of 31 August, \$66.40 has been raised; that's an additional 166 cans or bottles deposited during August.



September Meeting

Our Guest Speaker was Councilor Lucy Collier, Morningside Ward. We are very appreciative of \$500 donation that Lucy presented to us on the night. These funds will be allocated to printing Safety Cards – these are credit-card sized cards listing crisis and support services and the contact numbers for women escaping domestic violence.

Lucy offered our Club practical support through Morningside Ward office, and promotion through her newsletter and social media, and advice about accessing grants. She was interested in hearing about our projects, especially those within Morningside Ward, such as the Beverley Farley scholarship for a student graduating from Balmoral State High School, our partnership with Cannon Hill Anglican College to assemble Birthing Kits and Breast Cushions, our Dignity Bags Project supporting women accessing services through Open Haven, and the current project to refurbish a Soft Room at Morningside Police Station.

Lucy spoke about homelessness within the Ward, and the Brisbane City Council Homeless Initiatives: Homeless Connect event (the next is scheduled 3rd November 2023) and Public Space Liaison Officers ([Housing and homelessness | Brisbane City Council](#))

District 22 Conference: Keynote Speakers

Guest Speaker: Pip Courtney – Australian Women and Climate Change

Pip is well known agricultural journalist who joined Landline in 1993 as a reporter, and has hosted this program since 2012. She highlighted stories that have been featured on Landline, in which rural women were noted for their ‘big picture’ view, their ability to think innovatively for long-term benefits and achieve a positive impact for the next generations.

Pip challenged us to think and act within 3 P’s – what can we do Personally, Professionally, and Politically. She referred to the ‘just do it’ attitude that was adopted by the Land Care initiative when it commenced in 1986; she stated that her follow-up reports over the years have shown actual changes in ecosystems, land rehabilitation, and sustainability. Land Care acknowledges that we may not be able to plant 10000 trees, but if we can plant 1 or 10, that is better than none. So when thinking personally, persevere as little and repeated effort can lead to changes that make long-term difference. She urged Zontians as women in leadership roles to promote climate action in our families, clubs, workplaces, communities.



Guest Speaker: Jane Milburn- Build a Better Wardrobe.

Jane Milburn, agricultural scientist and communicator, is the founder of Textile Beat and author of *Slow Clothing: Finding meaning in what we wear*. Jane’s creative approach to fashion affirms her focus on upcycling for pleasure, regenerating, and living simply. Her Churchill Fellowship extended her knowledge and commitment to reducing textile waste and enhancing wellbeing.

Jane recognises that not everyone is able to sew, and therefore she has expanded the concept to include other ways to embrace slow clothing. She urged us to choose natural fibres, highlighting that two-thirds of clothing is now synthetic, shedding approximately 2000 micro-plastic particles per garment per wash. Purchase from the opportunity shops, learn to mend clothes, actually say ‘no’ to making any further purchases (say for 6 months) – these are personal challenges we can take up to make that difference.

Her slow clothing manifesto outlines some basic ways that consumers can create change by rethinking their fashion choices:

[Textile Beat](#) | [slow clothing](#) | [dress with conscience](#) | [natural fibres](#)

SLOW CLOTHING manifesto

think
natural
quality
local
few
care
make
revive
adapt
salvage

make thoughtful, ethical, informed choices
treasure fibres from nature and limit synthetics
buy well once, quality remains after price is forgotten
support local makers, those with good stories and fair trade
live with less, have a signature style, minimal wardrobe, unfollow
mend, patch, sort, sponge, wash less, use cold water, line dry
learn how to sew as a life skill, value DIY and handmade
enjoy vintage, pre-loved, exchange, rent and swap
upcycle, refashion, eco-dye, create new from old
donate, pass on, rag, weave, recycle or compost



Item of Interest

Women's Health Week (4-8 September).

The theme for this year's Women's Health Week was Grow your Knowledge. The aim was to support women to make informed decisions about their health with information that's easy to understand. If you missed the articles, you can still access at this website: [Women's Health Week | Jean Hailes](#)

Diary Dates

- 5 October 2023 – Board Meeting by TEAMS
- 15 October 2023 – High Tea, Wynnum Manly Leagues Club
- 16 October 2023 – Monthly Meeting – Hybrid – Guest Speaker Dave Buttrum, QPS
- 18 October 2023 – Presentation Beverley Farley Scholarship, Balmoral State High School

- 2 November 2023 – Board Meeting by TEAMS
- 4 November 2023 – Sausage Sizzle, Bunnings Rocklea
- 15 November 2023 – Trivia Night, Grill'd Carindale
- 16 November 2023 – Presentation of Jill Hedley Scholarship, Yeronga State High School
- 19 November 2023 – Breast Cushions Working Bee; shared lunch
- 20 November 2023 – Monthly Meeting – Hybrid
- 22 November 2023 – Zonta Says No Walk, starting at King George Square, followed by dinner at Pig and Whistle
- 25 November – 10 December 2023 – 16 Days of Activism

- 7 December 2023 – Board Meeting by TEAMS

8 December 2023 – Paint Bayside Orange Breakfast, Wynnum Manly Leagues Club

16 March 2024 – Combined Area 1 & 3 Meeting, Beaudesert

25-28 June 2024 – Zonta International Convention, Brisbane Convention & Exhibition Centre



Zonta
IN BRISBANE

2. Check out the New Farm Park

Check out this heritage-listed location, which is Brisbane's grandest century-old park. Smell the roses and tens of thousands of other flowers planted throughout the park.

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BRISBANE 2024



Zonta
IN BRISBANE

3. Revel in the Brisbane Powerhouse

This indie arts hub hosts eclectic exhibitions, live entertainment and film festivals. It was once the engine room that powered the largest tram network in the southern hemisphere.

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BRISBANE 2024