

# ZONTA ON THE ROCKS.



Zonta Club of Rockhampton Inc.  
Member of Zonta International  
*Advancing the Status of Women Worldwide*

Email: [rockhampton@zontadistrict22.org](mailto:rockhampton@zontadistrict22.org)

Rockhampton Webpage: [www.rockhampton.zontadistrict22.org](http://www.rockhampton.zontadistrict22.org)

District 22 Website: [www.zontadistrict22.org](http://www.zontadistrict22.org)

Zonta International Website: [www.zonta.org](http://www.zonta.org)

P O Box 323  
Rockhampton Q 4700

President: Meredith Sutherland  
[glendon@tpgi.com.au](mailto:glendon@tpgi.com.au)

Vice President: Rosalie Welburn  
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Editor: Berenice Payne  
[berenice.a.payne@bigpond.com](mailto:berenice.a.payne@bigpond.com)

## From the President:

### PLEASE NOTE!

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 \$30.00.**



**Area 2 Meeting**  
**29—30 March**  
**2014**  
**Hosted by Zonta**  
**Club of Bundaberg**



A very short epistle leading up to Christmas.

We are in the midst of the “Zonta says NO” to Domestic Violence campaign. I hope you have been reading the daily emails and forwarding them to others.

A magnificent display at the Heritage Markets. Thanks to Judi for taking on the organising role – very successful.

We have helped the Women’s Refuge financially with their Christmas celebrations.

Our next major event is IWD – still looking for a venue and a speaker.

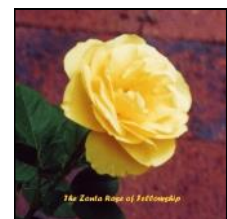
Please peruse the alterations to our Constitution before next Tuesday. Trish has put a lot of work into this and you need to be conversant with the alterations before we vote on them on Tuesday.

We want a very short meeting before our Christmas dinner.

I hope to see all of you at our Christmas meeting, but to those of you unable to attend - Happy Christmas and I look forward to seeing you at our January meeting when Denise Wilschut will be our guest.

Best wishes,

Meredith



*Wishing all  
a Very Merry Christmas  
and  
a Happy New Year.*



# Notices:

## Calendar:

### MEETINGS:

#### Board Meeting:

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

**December:**  
10 Dinner Meeting—Coffee Star

**January:**  
21 Dinner Meeting  
(Venue to be advised)

#### Club Meeting:

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

**Special United Nations Observances and Other Significant Days.:**  
**December:**  
01 World AIDS Day  
10 Human Rights Day  
**January:**  
11 Amelia Earhart Day

#### Committee Meetings.

#### MEMBERSHIP:

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

*Try to be like the turtle,  
at ease in your own shell.  
Bill Copeland*

## Dinner Raffle:

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

December; Chris P  
January; Deanne S  
February; Karen S  
March: Meredith S

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



#### December:

10 Valda Fitzgerald  
30 Rosalie Welburn



#### ADVOCACY+Program / PR & C/ United Nations/ Newsletter /Archives:

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

**The members of the Zonta Club of Bundaberg Inc. together with Area Director Denise Wilschut invite you to**

**District 22 Area 2 Meeting 2014**  
**Saturday 29 March to Sunday 30 March 2014**

**Guest Speakers:** Liz Carson - Bundaberg News-Mail Editor  
Kylie Wright - Certified Financial Planner  
Elizabeth Hawe - Physiotherapist  
Ellen Venz - Mercy Ships Volunteer Nurse



**VENUE**  
Kellys Beach Resort  
6 Trevors Rd, Bargarra  
07 4154 7200

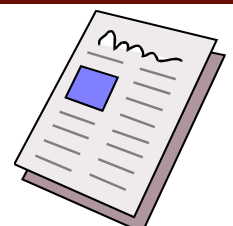
**Early Bird Special**  
Discount (Save \$10)  
if Registration Paid by  
28/02/2014



### SERVICE:

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

If you would like to contribute to your Newsletter please forward articles to Berenice Payne either by  
Fax: 4922 3315 or  
Email: [berenice.a.payne@bigpond.com](mailto:berenice.a.payne@bigpond.com)  
Deadline: First Tuesday of the month.



*“Zonta Says NO” Information Booth—24th November 2013.*



### Legal & Other Information

|   |                           |
|---|---------------------------|
| CQ Community Legal Centre                                     | 4922 1200                 |
| Legal Aid   | 1300 651 188<br>4938 4162 |
| Womens Legal Service  | 1800 677 278<br>3392 0670 |
| Queensland Indigenous Family Violence Legal Service<br>QIFVLS | 1800 087 700<br>4922 0551 |
| Public Trustee  | 1300 651 591              |
| Family Law Hotline  | 1800 050 321              |
| QLD Health Victim Support Service                             | 1800 208 005              |
| Victims Register  | 1800 098 098              |
| Multicultural Development Association                         | 4921 2222                 |
| Translation/Interpreting Service                              | 13 14 50                  |
| Parents and Friends of Lesbians and Gays                      | 0423 504 421              |
| Mental Health Line (Rockhampton)                              | 4920 6100                 |

### Tenancy & Housing Information

Emergency & Short Term Accommodation

|                              |           |
|------------------------------|-----------|
| Anglicare                    | 4922 2766 |
| Ozcare Hostel                | 4937 4282 |
| Jack's House                 | 4922 2453 |
| Roseberry Community Services | 4923 7700 |
| CWA Hostel                   | 4922 1532 |
| Pete's Place                 | 4922 5343 |
| Neville Bonner Hostel        | 4927 3656 |

Other Housing Services

Ozcare Homelessness Early Intervention Program  
4937 4219

Homeless Persons Information QLD  
1800 474 753

Aboriginal & Islander Housing Group  
4921 2200

Rockhampton Housing Service Centre  
1800 801 176

Tenant Advice & Advocacy Service of QLD  
4923 7443

### Rockhampton Region Domestic and Family Violence Community Safety Card

It's Your Right To Be Safe

If in immediate danger call :  
Police or Ambulance 000

|                             |              |
|-----------------------------|--------------|
| DV Connect-Womensline       | 1800 811 811 |
| DV Connect-Mensline         | 1800 600 636 |
| 1800 RESPECT                | 1800 737 732 |
| Kids Helpline               | 1800 551 800 |
| Elder Abuse Helpline        | 1300 651 192 |
| Sexual Assault Crisis Line  | 1800 010 120 |
| Parentline                  | 1300 301 300 |
| Child Safety Service Centre | 1800 177 135 |
| Lifeline Crisis Line        | 13 11 14     |

This safety card was produced by Rockhampton Womens Health Centre and sponsored by Zonta Club of Rockhampton Inc.

### Other Community Phone Numbers

If in immediate danger call:  
Police or Ambulance 000

Mount Morgan

|                                 |           |
|---------------------------------|-----------|
| Mount Morgan Police             | 4938 1222 |
| Hospital                        | 4912 5100 |
| The Hub (Community Help Centre) | 4938 2262 |
| Mount Morgan Community Support  | 4938 2137 |

Yeppoon

|                              |           |
|------------------------------|-----------|
| Yeppoon Police               | 4939 0000 |
| Yeppoon Hospital             | 4913 3000 |
| Community Development Centre | 4913 3840 |

Emu Park

|  |              |
|--|--------------|
| Emu Park Police                                      | 4938 7044    |
| GP After Hours Helpline                              | 1800 022 222 |
| Domestic Violence & Sexual Assault National Helpline | 1800 200 526 |

### Domestic and Family Violence

It occurs when one person in a relationship uses their power to control the other person in any way.  
Some of the actions are:

- Physical Abuse
- Emotional & Verbal Abuse
- Sexual Abuse
- Financial Abuse
- Social Abuse
- Stalking
- Spiritual & Cultural Abuse

**Children**  
Children can also be affected by violence in the home, they can also be the target of violence too. Children need to know that the violence in the home is not their fault!

For further information, please visit the Department of Communities website at:  
[www.communities.qld.gov.au/violenceprevention](http://www.communities.qld.gov.au/violenceprevention)

### Domestic Violence Protection Order (DVO)

- A DVO is a legal step to keep yourself safe.
- It is a preventative measure, not a punishment.
- It is your right to be safe from violence and abuse.
- Breaching a DVO can result in a criminal record.

The Rockhampton Womens Health Centre provides a domestic and family violence court assistance service. We are a free service, which promotes the safety of individuals and families first. We are available to discuss your situation and assist with the clients decision on whether a Protection Order is an appropriate option for you.  
Contact: 4927 0302 Or 4922 6585

The Rockhampton Womens Health Centre also provides community counselling programs, our Sexual Assault Service and our Womens Health Service for general counselling. For more information please contact the centre on 4922 6585

In partnership with the Women's Health Centre, Rockhampton Zonta Club has made available to the Rockhampton community, a Domestic and Family Violence Safety Card.

The cards have been produced by the Women's Health Centre in Rockhampton and sponsored by the Rockhampton Zonta Club. The card outlines valuable information which will help victims of abuse to seek assistance. The card was launched at the "Zonta Says NO" Information Booth, which was held at the Rockhampton Heritage Markets on 24th November, to coincide with the 16 days of activism commencing on the 25th November.

This will be an ongoing project for the club.

**Club News—**Judie meets up with Singapore Zontians.



*Cheong Swee Ying (Project Pari Coordinator), Jane Chan, Judie Pettitt, Cecilia Pang (President), Esther Seet, Mina Chan (World Fellowship Chair) who organised the meet.*

Judie explains—

When I visited Singapore on my way to London, I emailed the Singapore Club through their website contact, to see if I could meet up with a member/s on my return trip via Singapore.

I was delighted with the response that led to me being taken out to dinner by five members including the President and sharing information especially about their Club's Project Pari (see outline below) and joie de vivre at a restaurant overlooking the Singapore River.

I was presented with the gifts (a Zonta luggage tag & a pretty table handbag holder) one for me & one for our President.

**Project Pari :**

The Project initiated in 2008 is our on-going service project.

It is a programme to help secondary schoolgirls during their years of their secondary school education. Under this programme each student will receive a monthly pocket allowance to enable them to have proper meals and for transportation. Life skill programmes are conducted to help instil in the teenagers a sense of self-worth and to learn skills such as personal hygiene and financial management.

Zonta Singapore believes that education should prepare people not just to earn a living but to live a worthwhile life where young people can grow up to become responsible contributors to society.

Hence Life skill programs are conducted for the girls by skilled professionals who are members or friends of the Zonta Club who are motivated to contribute back to society. *(From their website)*



*President Meredith receives the gift from the Singapore Zonta Club from Judie.*



Members of the Zonta Club of Rockhampton show their support for the "Zonta Says NO" campaign by wearing orange to the November club meeting.

**DAY 10 – “ZONTA SAYS NO” HALFWAY UPDATE** *(From Zonta International)*

We are now halfway through the 16 Days of Activism, and we have already had great success with the campaign. The activity among clubs has been staggering, and “Zonta Says NO” is receiving internal and external attention worldwide. This info graphic details our progress so far.

Be sure to visit <http://zontasaysno.com> and our social media pages to follow the conversation.

**ZONTA SAYS NO** Halfway through the #16Days of Activism

**2285 LIKES**  
**1306 FOLLOWERS**

**ZONTSAYSNO.COM ACTIVITY**

More than **120 stories** of how you have said NO have been shared. This is what you have done to raise awareness on violence against women:

- VIDEO**: testimonials, community events & how to say NO
- SPEAKERS**: at local events, forums, club meetings, rallies & conferences
- WALK/RUN**: in “her shoes”, at a Zonta race or participated in a partnered event
- COMMUNITY SUPPORT**: from authorities, partnering groups, men & teams

More than **90%** of Districts have **SHARED THEIR STORY** of how they are saying NO

Just over **19,000** people have visited ZontaSaysNO.com

**WHILE THERE, THEY HAVE ACCOUNTED FOR**

Nearly **68,000** views of the videos, events and activities that Zontians have done

**ZONTA SAYS NO FACEBOOK ACTIVITY**

**I PLEDGE TO SAY NO TO VIOLENCE AGAINST WOMEN**

**MORE THAN 18.4K** people worldwide have shared, liked, commented on this image or made it their profile picture

**LIKES grew 53%** during the first 8 days of the 16 Days of Activism

To read the 120 stories of how Zonta clubs have said NO to violence and raise awareness of violence against women go to this webpage (*Rockhampton’s Information Booth is listed among the 120 stories*)

<http://zontasaysno.com/zontians-say-no/>

To read about what District 22 clubs are doing to raise awareness of violence against women go to this webpage

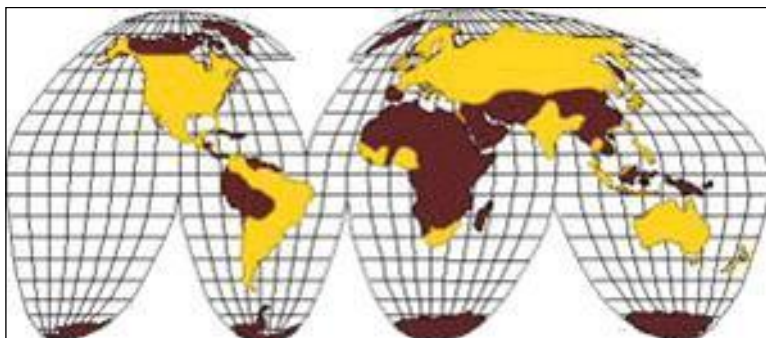
<http://zontasaysno.com.au/say-no/>



**62nd  
Zonta International  
Convention  
27 June–01 July  
2014**



Zonta maintains a presence in countries marked in Gold.



**District 22**

- A Queensland Australia
- B Northern Rivers Inc. New South Wales Australia

