

ZONTA ON THE ROCKS

ZONTA CLUB OF ROCKHAMPTON INC.

P O Box 323 Rockhampton 4700.

Club No. 1054 - Charter 05.08.83.

Email: rockhampton@zontadistrict24.org

Rockhampton Web page: www.rockhampton.zontadistrict24.org

District 24 Website: www.zontadistrict24.org

Zonta International Website: www.zonta.org

ABN. 51 605 623 392

AREA 4 - DISTRICT 24.

ISSUE 8 - AUGUST 2005.

NOTICES.

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 \$25.00.**



**District 24
Conference:
07 - 09 Oct. 2005
Gold Coast**



President's Message:

Dear Fellow Zontians

Our last dinner meeting was held at Margaret Olive's home and was enjoyed by all who attended. The food was excellent, and the jokes generally good. Thank you Margaret, Elizabeth, Chieko and Berenice for preparing that lovely food.

Just a brief reminder for those who missed the last meeting - our next meeting is to be held at the Rockhampton Plaza Hotel. We can look forward to having at least a couple of new members joining with us.

Please invite all your friends to join us at the Leichhardt Hotel (cnr Denham & Bolsover Sts), on **Monday, 22 August 2005** (1200 to 1400 – cost \$20) when Her Excellency the Governor of Queensland Ms Quentin Bryce AC will

speak on "Women Making a Difference in Regional Queensland". With the Australian Institute of Management, Zonta will be making this a Rockhampton event to remember.

Looking forward to seeing you all at our committee meetings (Rockhampton Plaza Hotel) on 9 August 2005.

Yours in Zonta,

Glenys



President: Glenys Conrade
glenysconrade@optusnet.com.au

Phone: 07 4928 0807 (H)
07 4920 6914 (W)

The International Service projects for the 2004-2006 Biennium focus on urgent issues in three parts of the world: Niger, Bosnia and Herzegovina and Afghanistan.

- Women now account for almost half of all cases of HIV/AIDS in the world. The impact of HIV/AIDS is so devastating in the Bouza District of the Tahoua Department (state) in Southern Niger, that the district is known as "the Valley of the Widows" because of the high number of young married men who have died in recent years.
- In late 2000, the International Police Task Force of Bosnia estimated that over 10,000 victims of trafficking are in the country at any one time. Local women's groups estimate that more than 95 percent of these are women.
- Only 3 percent of Afghan women are literate; and the majority of women have no access to clean water, energy or sanitation. For almost six years, Afghan women were completely removed from social, economic and political life, And virtually all of their human rights have been violated.

Zonta on the Rocks – Advancing the Status of Women Worldwide

MEETINGS.

Board:

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

Dinner:

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

Committee Meetings.

OMC/PR/UN

Program:

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

Finance and Fundraising:

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

Status of Women:

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

Calendar:



AUGUST:

- 09 Committee Meetings/
Board Meeting
16 Dinner Meeting
22 Zonta/AIM Function

SEPTEMBER:

- 13 Committee Meetings/
Board meeting
20 Dinner Meeting

Special United Nations Observances and Other Significant Days. September:

- 08 International Literacy Day
20 International Day of Peace

Never let flowers or friendship die for lack of attention

Dinner Raffle.

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

| | |
|-----------|----------|
| August | Trish C |
| September | Glenys C |
| October | Norma D |
| November | Robyn D |

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



If you would like to contribute to your Newsletter
please forward articles to Berenice Payne
either by
Fax: 4921 3441 or Email to
berenice.a.payne@bigpond.com

Deadline: First Tuesday of the month.

HIV/AIDS and Poverty

CARE International Mata Masu Dubara
(Women on the Move):
Microcredit and Health Education for
HIV/AIDS -Affected Women in Niger

HIV/AIDS is a disease that affects the health,
social, and economic status of women.
Women now account for almost half of all
cases of HIV/AIDS. In countries with high
prevalence rates, young women are at higher
risk of contracting HIV than young men.

Research shows that limited access to
information and low income levels
dramatically increase the risk of HIV
infection, particularly among women.

The West African nation of Niger is the
second poorest country in the world,
according to UN Human Development
Indicators. More than 50 percent of the
population lives in absolute poverty, on less
than 40 cents US per day.

In the Bouza District of the Tahoua
Department (state) in Southern Niger more
than 80 percent of households take part in
this massive migration. Here, the impact of
HIV/AIDS is so devastating, the district is
known as "the Valley of the Widows"
because of the high number
of young married men
who have died in recent years.

To counter the devastating effects of
HIV/AIDS in the Bouza District of Niger,
the CARE project will focus on reducing the
risk of HIV/AIDS and its physical, social, and
economic consequences for at least 3,600
women and their families in the Bouza
District of Niger by the year 2006. The
project will provide HIV/AIDS education,
self-esteem and negotiation skills training,
and support networks of female peers,
centered on the establishment
of all-female savings groups.

From the Zonta International Website

Happy Birthday and Best Wishes

*Our own
Rockhampton
Club celebrates its
twenty-second
birthday
on the 5th August.*



Mark Your Calendar.

2005 District 24 Conference
07 – 09 October: Gold Coast

2006 International Convention.
24 – 29 June: Melbourne.

From the District 24 Website.

District 24 Zontians recently **welcomed our International President, Mary Ellen Bittner to the District.** Mary Ellen, who lives in Washington spent only 4 days in the District visiting both Sydney and Brisbane but **her full itinerary allowed her to meet many Zontians some of whom had travelled long distances to attend the functions arranged for her visit.**

Mary Ellen met Sydney Zontians at two functions specifically arranged for her – a High Tea at the University Services Club and a Dinner at Womens' College. At both functions she spoke on Zonta International, our International Service Projects and of the 2006 Convention which will be held in Melbourne next June.

In Brisbane Mary Ellen was invited to call on Her Excellency the Governor of Queensland Quentin Bryce AC for High Tea, attended a dinner at the Parliamentary Annex hosted by the Honourable Desley Boyle MP, Minister for the Environment, Local Government, Planning and Women and enjoyed an informal dinner with members of the District 24 Board based in Brisbane..

Mary Ellen was also a guest of Steve Austin on ABC Radio "The Conversation Hour"
(<http://abc.net.au/queensland/conversations/default.htm>)

The text of Mary Ellen's speech at the functions follows:

**Australia/New Zealand
July 2005**

Past International President, International Director, International Foundation President, Past International Director, Governor, Past Governor, International Committee Chairmen and members, honored guests, fellow Zontians. I am just delighted to be able to be with you tonight, and I am honored to be asked to talk a little bit about Zonta International.

I'd like to tell you about what Zontians, through Zonta International and the Zonta International Foundation, are doing to make the world a better place for women. More specifically, I want to talk a little bit about our International service projects. We are continuing two projects in Afghanistan and one in Bosnia-Herzegovina, and we have started a new project in the sub-Saharan country of Niger.

In Afghanistan, we support the Afghan Institute of Learning in the rural area of Mir Bacha Kot. Through its Women's Learning Center, the Institute:

- Offers various kinds of classes for 500 females every month.
- Conducts human rights or leadership workshops for 240 women.
- Trains teachers.
- Is opening at least one additional Women's Learning Center.
- Provides basic health services and health education to at least 1,000 women and children each month.
- Provides training to at least 20 traditional birth attendants to upgrade their skills and improve the health and safety of mothers and babies during birth.

At the end of February I had the terrific opportunity to meet the founder of the Afghan Institute of Learning, Sakena Yacoobi. She is an extraordinary woman: she was born in Herat, came to the United States at the age of eighteen to learn English, eventually received a master's degree in public health, brought her family here, and was teaching at a university in Michigan when she decided in 1991 that she needed to see what the situation was in Afghanistan. She went to the camps in Pakistan where 3 million Afghan refugees were living (1/7 of the Afghan population), persuaded an 80-year old mullah to start a school, and the Afghan Institute of Learning was born. She eventually returned to Herat, and kept her schools going during the Taliban regime. AIL has grown – it now serves 350,000 women and children annually, is run entirely by women, and employs 400 Afghans, 70% of whom are women. I am proud that Zonta International is associated with it.

Our other Afghan project is in partnership with UNICEF to address maternal and neonatal tetanus. Zonta began supporting UNICEF's efforts to reduce MNT in 2000-2002 in Nepal and continued with support for tetanus immunization in Afghanistan last biennium. Our continued support for this effort in this biennium will immunize more than 41,000 women and will provide education on safe birthing practices.

The other continuing project is our effort to address trafficking in Bosnia and Herzegovina. Every year an estimated 4 million women and girls are bought and sold worldwide. Girls as young as 13 (mainly from Asia and Eastern Europe) are trafficked as "mail-order brides." From Himalayan villages to Eastern European cities, women and girls are lured by false advertisements for well-paid jobs as domestic servants, waitresses, or factory workers. Traffickers also recruit victims through mail-order bride catalogues and casual acquaintances.

Once they arrive at their destination, the victims are completely controlled by the traffickers - physically confined, deprived of travel and identity documents, and told that their families will suffer if they do not cooperate.

Our project:

- Expands public awareness of Bosnia as a country of origin for trafficking, as well as a country of transit.
- Advocates before the Bosnian government and international bodies to make prevention of trafficking a priority.
- Develops economic and education programs for young rural women at risk for trafficking.
- And, expands communication among anti-trafficking organizations in the region.

In March I met the director of our project, Selma Hadzihalilovic. She spoke eloquently about the project at a roundtable discussion sponsored by Johns Hopkins University, and enthusiastically thanked Zonta International and the Foundation for their support.

We also started a new project this biennium. As you probably know, HIV/AIDS is the most deadly epidemic since the bubonic plague killed one quarter of the Europeans in the 14th century. And AIDS is catching up to the plague.

In the mid-1980s, the face of AIDS was that of a middle-aged, middle-class, homosexual male of European descent. Today, the face of AIDS is a young, poor, heterosexual, African woman. Today, 40 million people worldwide are HIV positive; more than 28 million of those people live in sub-Saharan Africa.

AIDS primarily infects those in the middle of their lives – teenagers and younger adults - leaving businesses without employees, schools without teachers, and children without parents.

Although AIDS has no cure, there are excellent HIV treatments available; antiretroviral drugs allow infected people in rich countries to live productively for decades. However, the high cost of these drugs and inadequate health care systems combine to put these treatments beyond the reach of most in the developing world. Poverty exacerbates the situation. Indeed, in the long term, beating AIDS means beating poverty.

The stigma surrounding the virus is also deadly. Myths about transmission, derogatory attitudes towards women, taboos that prevent sex education for children – each helps AIDS infect the next generation. These are social hurdles that Africans can and must overcome in their own way. Until there is a cure, education is the most powerful weapon against AIDS.

Empowering women is key to the fight against AIDS and poverty. CARE International recognizes this, and has developed a program in Niger that we are supporting. CARE is building on its successful Mata Masu Dubara – Women on the Move – program, a simple but highly effective model of helping women form savings and loans groups, as a key strategy in the prevention of HIV/AIDS.

Niger is the second poorest country in the world. More than 50 percent of the population lives in absolute poverty, on less than 40 cents US per day. Only 4 percent of Niger's land is arable, so men seek work in neighboring countries for a portion of each year. Too often, when they return home they bring AIDS with them. In the area where our project is located, the impact of HIV/AIDS is so devastating that the district is known as "the Valley of the Widows."

We are doing something about it. Our project will reduce the risk of HIV/AIDS and its physical, social and economic consequences for at least 3,600 women and their families by providing HIV/AIDS education, self-esteem and negotiation skills training, and support networks of female peers, all centered on the establishment of all-female microcredit groups.

Very poor people can obtain credit from lending institutions only at exorbitant interest rates, and generally have no access to savings systems at all. Microcredit is simply the extension of very small loans to these people to enable them to start businesses that generate income. Since the 1970s, microcredit has become an important poverty reduction tool.

When I was in New York in February for the UN Commission on the Status of Women meeting, I met Moira Eknes, of CARE Norway. About fifteen years ago, Moira went to Niger to start a reforestation project for CARE. But when she got there and met with local women, they didn't want to plant trees, they wanted to start businesses. So Moira developed the Mata Masu Dubara project. Now, in Niger alone, more than 200,000 women in six of the country's seven departments (states) have been reached by this microcredit program. Together these women – most of whom are illiterate – have mobilized more than US\$2 million every year, a sum that rivals many formal banks in Niger. The benefits are both social and economic:

- Women who participate in Mata Masu Dubara groups have larger and more reliable incomes
- They have an improved social status within their family
- They invest in their family's better nutrition and their children's education
- They enjoy a higher social status in their communities.

Of the groups CARE has helped organize, 95 percent are still active.

By implementing this already-successful program specifically for women who are affected by HIV/AIDS, this project:

- Provides HIV/AIDS education and training materials to the 25 participating villages with an estimated population of 79,000 people.
- Creates, trains and follows-up on 120 savings and loans groups for 3,600 women affected by HIV/AIDS.
- Develops a network that strengthens the collective voice of women in the region to advocate for improved

HIV/AIDS services and a better social status; and

- Strengthens the long-term sustainability of local HIV/AIDS services.

By providing access to income, education, training in self-esteem and negotiation skills, and a support network of female peers, we are offering women some of the most powerful weapons in the fight against HIV/AIDS.

I would like to take just a minute to talk about our convention next year. I'm pretty sure all the Zontians here know that the convention will be in Melbourne next June. It will be only the second time that the convention has been held in the Southern Hemisphere – the first time was in Sydney in 1984. That was my first convention and my first trip Down Under (and I met Heather Waldron). When I was thinking about going, my husband said, "I really think you should go. After all, you'll probably never have another chance to go to Australia." Little did he know.

That 1984 convention was a defining moment in my Zonta life – I really got a sense of what Zonta is, what being international means, and what a difference we make in the lives of women around the world. So I invite you to come to Melbourne, to join fellow Zontians from around the world working to achieve international understanding, justice and peace. I can guarantee you'll have a wonderful time.

I am so proud of our organization. Our founders were women who achieved personal success despite tremendous obstacles, and who worked to remove those obstacles for other women. Zonta International and its clubs have helped women all over the world attain economic self-sufficiency, educate themselves and their children, and live healthier and more productive lives. But we can and must do more to help all women achieve their full potential, because the world is still a very difficult place for far too many women. A disproportionate number of the poor people in the world, the one and a half billion who live on less than one US dollar per day, are women. Two-thirds of all the illiterate adults in the world are women, and two-thirds of the 130 million children who do not have access to primary school are girls.

We Zontians, by contrast, are incredibly fortunate - and we believe that we have an obligation to those who are much less fortunate than we. We enjoy professional success – and we have an obligation to those for whom such success is still only a dream. Consequently, we are the organization for women who want to give back – because we realize the importance of a helping hand, a listening ear, a thoughtful mind, and a caring heart.

I'd like to close with a story. Three guys are out hiking, and they come to a river that they have to cross. It is wide and deep, and they don't know how to cross it. It's raining, the river is rising, and they're pretty miserable. The first man says, "I wish I were strong enough to swim across this river." Well, God hears his wish, and gives him strong shoulders and arms, so the man jumps into the river and manages to swim across, just barely reaching the other side, totally exhausted. The second man says, "I wish I had the strength and a little bit better way to get across this river." Well, again God hears his prayer, and gives him not only strong arms and shoulders but also a log raft and a pole. So the man gets on the raft, pushes off, and manages to get across the river, but along the way he crashes against some rocks and by the time he gets to the other side he's pretty banged up. The third man says, "I wish I had the intelligence to figure out how to get across this river in better shape." Well, God hears this prayer, too. The man turns into a woman; she looks at the map in her hand, hikes up stream a hundred yards around the bend, and walks across the bridge.

I suggest that we have an opportunity and an obligation to give something back for those less fortunate than we, and when we can, to help them find the bridges.

I'd like to close with some comments on

WHY I AM A ZONTIAN

The kids are all screaming, the cat's not been fed;
The dog was just sick all over my bed.
The bathtub won't drain, I've got to find a new plumber;
And my computer just crashed – good grief, what a bummer!

Still, my home life is great compared to my work;
My assistant can't spell and my boss is a jerk.
And to make matters worse, on Thursday at two
I have to leave on a business trip to West Timbuktu!

All of this stress is one of the reasons I want
Belong to the service club that's known as Zonta.
It's a fellowship of executives who aren't made nervous
At the thought of commitment to community service.

From Baltimore to Bangladesh and Reykjavik to Rome
There are thousands of cities that Zontians call home.
And I can take comfort from the fact that I see
That there are Zontians worldwide who are all just like me

Thank you

***Thank you to Glenys for providing our first interesting profile in what I hope will be a regular section in our Newsletter each month.
I have forwarded the template for a profile to all our members
so I look forward to receiving and publishing many interesting articles. - Berenice.***



Profile of Club Member: Glenys Mary Conrade **Classification:** 2514.....

Personal History: Born in Bundaberg in 1946 to farming parents. My mother used to tell the story of the family making \$50 for the sugarcane in the year of my birth.

By the time I was 8 years of age, I had survived a trailer coming free from a car and running over me (permanently damaging my nose), polio, and the death of my father (from anthrax).

Attended school in Bundaberg and began working as a legal secretary at the age of 15. Was able to take the opportunity to have a world trip at the time of my first marriage (1968), after working with Ansett Airlines for four years. Purchased the Moggill Road Newsagency and lived in Brisbane for the next two years. Sue was born in Brisbane. Then returned to Bundaberg where we owned and operated a number of small businesses. By 1980, had two sons (Ian and Jim) and another daughter (Fleur), and had become a single parent.

Moved to Gladstone to escape the Bundaberg scene, and met John. When Fleur started school in Gladstone, I began to study at TAFE. Moved to Rockhampton in 1986 to attend university. Moved to Brisbane in early 1990, so that Sue and I could complete our psychology registration requirements. After 11 years of full time study, I have taken a break from formal study and am writing up a STRESS BUSTERS program (for children) for publication.

Work History: Since graduating as a psychologist, have worked at the Rockhampton Women's Shelter (1994), Royal Queensland Bush Children's Health Scheme in Longreach (1995), and Child and Youth Mental Health in Rockhampton (1995/1998), prior to taking up the Women's Equal Opportunity Postgraduate Research Award to complete my PhD. Have always wondered why some women do well despite adversity, and this was the focus for my PhD. Have been working for Queensland Health for four years. The plan is to work until I am 70, depending on my health. Currently, I have an interest in anxiety and depression. I enjoy working with parents and children. Does teaching skills in anxious children spare them from depression later in life?? My work with the Mental Health Review Tribunal still provides a few challenges.

Family History: Now have three grandchildren. John has five grandchildren.

Why Central Queensland: I am happy to be able to live in Central Queensland. My bones seem to ache when the weather is cold. Fleur and her husband live near John and I, and I enjoy watching my youngest grandchild Holly develop. One of my brothers also lives in Rockhampton.

Personal Talents: Attracting stray cats seems to be my specialty.

Personal passionate hobbies: Was a member of the QCWA Younger Set for ten years and used to enjoy sewing and cooking. Now I focus on caring for cats. I also have an interest in real estate.

Why Zonta: Zonta members have accepted me. There are many good Zonta role models in our Club. Zontians seem to welcome others, despite certain eccentricities. Zontians work towards advancing the status of women and children, and this continues to be one of my lifetime goals.