

# East-Enders

August 2023

*“Building a Better World for Women and Girls”*



## *President's Patter*



I recently had time to reflect on what friendship means with the loss of two very dear family friends. My thoughts turned to whether they knew how valued they were; did they know how much we cared and how much their friendship meant to us? Did we ever say thank you for being my friend; thank you for making a difference?

With that in mind, I would really like to take this early opportunity to say thank you to our members who continue to make a difference.

Thank you for your support of each other and for putting up your hands to keep our small group so productive and relevant.

So often, saying thanks is left until the end of the year when it's kind of expected in reports. As we read, we skim over that bit. But that bit is important! The great work that our members continue to do, and the success of our club is because of the support and assistance we give each other and our willingness to participate in whatever capacity we can. Well done Zonta Brisbane East and Thank You!

*Susan*

## *Editorial*

For more years than I know, East Enders has been written, collated, edited and distributed by our member, Ros. For her initiative, talent, persistence and passion – our sincere 'Thank You'. I have offered to take on this task for our next year – so 'thank you' to the Board for trusting me, and I say 'thank you' in advance to members who will provide interesting snippets and articles for each monthly edition. I will value your input and feedback.

Continuing Susan's 'Thank You', I am excited to publicly acknowledge and thank our HonZons, beginning this edition.

*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: Michael Langford***

Why am I an HonZon? I was introduced to the members of the Zonta Club of Brisbane East Inc through my wife, Sandra who was a member for a considerable period of time. Sandra and I are now retired and we keep ourselves busy on many trips caravanning across Australia.

I have always believed that community service should be a part of one's life and as such I have been a long-standing member of Rotary. As a Rotarian I have enjoyed the fellowship with my colleagues and found through Rotary a way of giving back to the community.

Being an HonZon with Zonta Brisbane East also provides me an avenue to help raise funds through activities such as sausage sizzles and cash for cans. I thoroughly enjoy the fellowship this also brings and have enjoyed attending the many events organised through the Zonta Brisbane East Club. Together with Sandra, I strongly support the work of Zonta in empowering women and girls, particularly supporting women survivors of domestic and family violence.

*(Ed: Thanks Michael for your support, and for sharing your story, and photo taken with our member, Jo, at a recent fellowship event)*



### ***Vale Patricia Nemeth***

It is with great sadness that our members heard of Pat's passing in April, following a quick lung infection. Our member Lynn introduced her best friend from primary school to Zonta, and Pat quickly became involved in assisting with projects, so much so that she was acknowledged as a Club HonZon in 2004-2005 for her significant contribution. For over 20 years, Pat helped with our Breast Cancer Cushion Project – she has cut out thousands of cushions and sewn hundreds, and helped us access the cheapest price for our material. As well as her work behind the scenes, Pat attended many events sharing fellowship with members.

Our very sincere thanks to Pat for her generosity in sharing her talent and passion - she has helped make a real difference to those who receive our Breast Care cushions.

## ***New Member: Sophie Papa***



Sophie was inducted as a Young Professional member of our Club at our July meeting. It is always rewarding to induct a new member, but even more so, when that new member is a daughter of a current member.

Left: Member Lyn, presented Yellow Rose Pin and Member Certificate to Sophie.

A proud mum and daughter moment!

Sophie shares her story:

I am excited to become a member of the Zonta Club of Brisbane East and join this amazing group of women and their mission to better the lives of women and girls. I was inspired to become a member from my mum, Lyn, who has been a member for over 30 years. I have seen and participated in some of the service projects and fundraising events over the years, as advocated by my mum, which sparked my interest, particularly the impact the club has had in the community.

I have been working as a paediatric Speech Pathologist for the past 3 years, providing communication support to children with developmental disorders. I work for a mobile private practice and travel to the child, whether that be home, school or kindy. I provide services in speech, language and literacy development covering ages between 12 months -12 years. It gives me great joy to see children achieving their goals through play and targeted intervention.

I enjoy all things sport, particularly tennis, AFL and dancing. You'll always find me cooking or at the beach on the weekends or during holidays.

Thank you for the warm welcome into the club and I look forward to what's to come.

*(Ed: If Sophie has inspired you to find out more about Zonta and/or to consider membership of our club, or any club in Queensland and Northern Rivers NSW, please contact us: [Zonta International District 22](https://www.zontadistrict22.org) | » [Contact Us \(zontadistrict22.org\)](https://www.zontadistrict22.org)*

## July Meeting

Our Guest Speaker was Carolyn Robinson, Founder/Managing Director of Beyond DV Ltd, an Australian charity focused on prevention through supporting women and children as they rebuild their lives after domestic and family violence and by educating the community about domestic and family violence. Carolyn spoke about Beyond DV's programs including Hope Hub at Carindale Westfield (opened March 2022), and the 5 Pillars of Recovery underpinning their service: Social Connection, Legal Support, Health Support, Housing Support and Financial Rebuilding. Members were very interested in the range of support programs provided to survivors of family violence. Carolyn promoted the Love & Learn Teen Relationship App which is available through Apple and Google playstores – this is to help young people understand what healthy/unhealthy relationships look like, and how to access support if they are in an unhealthy relationship. Carolyn spoke with pride of the partnership between Beyond DV and Small Steps 4 Hannah Foundation, and the opening of Hannah's Sanctuary, a transitional housing project where families impacted by domestic violence will have the opportunity to live. "Dress to Express" is an upcoming campaign to raise community awareness of coercive control; Beyond DV in partnership with Brisbane Fashion Festival, has organised a walk in Queen Street Mall on Friday 25 August 2023.

*(Ed: For more information about Beyond DV, or to register for Dress to Express, go to their website: [Beyond DV](#))*

## Fellowship

A few members were able to attend Circus Rendezvous, hosted by Zonta Club of Brisbane North, to enjoy contemporary circus performance by students and artists at Vulcana Studios, and to hear how this transformative art project supports survivors of domestic violence. Funds are currently being raised to stage another Circus in a Teacup performance at QPAC in 2024. If you would like to make a donation, contact Zonta Brisbane North Inc:



So exciting for members to catch-up with our member Rachel just a few weeks before the expected arrival of her first baby.

A lovely afternoon of sweet treats, interesting conversation, baby gifts, and friendship.

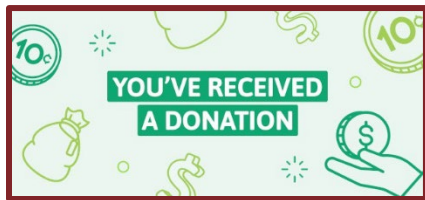
## Fundraising

### Date Claimer: 15<sup>th</sup> October 2023

Currently planning High Tea at Wynnum Manly Leagues Club. Expect good food, fellowship and, entertainment, expected cost \$45 pp. Full details to be forwarded as soon as possible – watch our social media posts. Please arrange your table of guests.

July saw many Zonta members and their friends placing a Local Matters token in the jar at Grill'd Carindale. While not the highest number of tokens, we will still be receiving \$100. Thank you to all our supporters during the month.

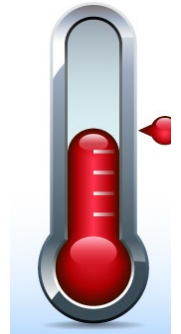
We are also planning another great Trivia Night at Grill'd Carindale during October – details will be advised as soon as possible.



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 at 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?** In the period April 2022-March 2023, \$322.30 was raised (that's 3223 bottles or cans). Given that was our inaugural year for this fundraiser, surely we can surpass that this year? Let's aim for \$500 by end of March 2024. We will need to recruit our neighbours, workmates, families and friends to be able to reach this target. So far, April 2023 – June 2023, we have raised \$17.10. **That \$482.90 to go!**

*(Ed: Please contact me if you cannot get to a depot and would like bottles/cans collected)*



Thanks to everyone who assisted at our last sausage sizzle at Bunnings Rocklea on 8 July. Our next Sausage Sizzle is on 4 November so please mark that date in your diary.

## Service

Our Birthing Kit Assembly project is being coordinated by member Sarah, and we again partner with Cannon Hill Anglican College. Assembly planned for 17 August.

Liaison is underway for our new project to furnish a room at the Morningside Police Station for use by victims of domestic and family violence when attending the station. Ideas for soft furnishings and children's play items have been discussed with the Officer in Charge. Next step is to canvass for donations and provide items within budget.

## Advocacy



The Club on behalf of the District submitted an application to GOA Billboards for a publicity campaign, sponsored by GOA, for six weeks in 2024. Unfortunately, we were not successful in this application.

Despite this disappointing outcome, we hope to be able to use the resources developed, and we sincerely thank our members Jo, Lesley, Belinda, Belle and Ros for working on this project.

## District 22 Conference

Registrations are now open for the District Conference in Mackay. The theme for the 2023 District 22 Ltd Conference is 'Build a Better World' and will focus on the effects of climate change on women and girls and gender equality. It has been shown in a number of research papers that climate driven disasters have a greater negative impact on women and girl children, and have reduced any advances in gender equality achieved prior to the disaster. The Conference will have a keynote speaker discussing the challenges of climate change and potential responses to foster advancing gender equity.

## Diary Dates

- 7 August 2023 – Board Meeting by TEAMS
- 17 August 2023 – Birthing Kit Assembly Day with CHAC Students
- 21 August 2023 – Monthly Meeting BY TEAMS
- 7 September 2023 – Board Meeting by TEAMS
- 8-10 September 2023 – District 22 Conference, Mackay Entertainment & Convention Centre
- 18 September 2023 – Monthly Meeting – Hybrid – Guest Speaker
- 15 October 2023 – High Tea, Wynnum Manly Leagues Club
- 4 November 2023 – Sausage Sizzle, Bunnings Rocklea
- 16 March 2024 – Combined Area 1 & 3 Meeting
- 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.



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.