

East-Enders

March 2023

"Building a Better World for Women and Girls"



President's Patter



This month I read an article written by Lorin Clarke and published in the January edition of *The Big Issue*. I found it thought provoking and I would like to share it with you. I hope you enjoy it. The article is attached at page 4 of this newsletter.

I am an apology for the March meeting but I am sure meeting our scholarship winners again will be most enjoyable

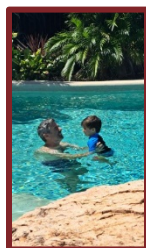
Valerie

Membership

As in previous months our members are still on the move – this time our President is off on a cruise to New Zealand and Jacinta is enjoying beautiful Tasmania. Welcome home to all those who have returned and great to see some of you at our last meeting.

In February we welcomed Joanne Lawes as a guest to our meeting. Joanne already knows a lot about Zonta as her mother is a long standing Zontian. Hope you enjoyed our meeting and getting to know members and that we see you again in March.

Fellowship



Jacinta and Rob kindly hosted a morning tea/barbque lunch at their home for members and their families. On what was a very hot day good use was made of the pool. Thank you Jacinta and Rob for a very pleasant and relaxing fellowship event.



February Meeting



At our February meeting we enjoyed a “Love Your Members” event. This involved a card for each member with other members then writing a short sentence on the card saying how they appreciated the member and the member’s contribution to the Club. The completed card was then given to the member. A great way to recognise each other!! and the value each adds to our Club. Jacinta also had a nice home baked cookie for everyone to take home and Beverley brought some lovely chocolates to share. For those not at the meeting you will receive your card at

our March meeting

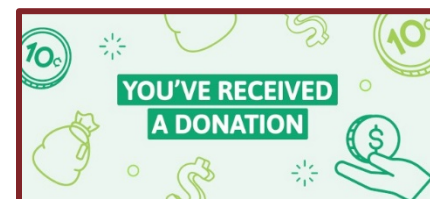


Fundraising



Our next Sausage Sizzle is 22 April at Rocklea Bunnings. Jo is drawing up the roster so if you can help for a few hours on the day please let Jo know your preferred time.

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.



We will be holding another Trivia night at Grill’d Carindale in April. Date proposed is 26th April but this is still to be confirmed. Start letting your friends know of this fundraiser now.

International Women’s Day & Zonta Rose Day

On 8 March each year Zonta celebrates International Women’s Day and Zonta Rose Day. Our District 22 Governor has issued a statement in recognition of the day. It is reprinted on page 5 of this Newsletter

Zonta International celebrates Rose Day in conjunction with International Women's Day on 8 March. Rose Day is a time to reflect and give tribute to the women in your community who have empowered you. The Zonta Foundation for Women Rose Day campaign will run during March 2023. To donate:

1. Go to zonta.org/donate
2. Select gift amount and choose a fund
3. Select honour or memorial gift
4. Enter payment details
5. Click on Submit.

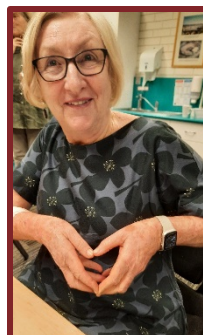


Diary Dates

6-17 March 2023 – Commission on the Status of Women, New York
8 March 2023 – International Women's Day and Zonta Rose Day
13 March 2023 - Board Meeting by ZOOM
13 March 2023 – Club's 34th Birthday
20 March 2023 – Monthly Meeting Bulimba Library and by ZOOM – Club Scholarship winners as guests
1 April 2023 – Area 3 Meeting, Club Parkwood, 76-122 Napper Road, Parkwood
10 April 2023 – Board Meeting by ZOOM
17 April 2023 – Monthly Meeting
26 April 2023 – Trivia Night, Grill'd Carindale (TBC)
22 April 2023 – Sausage Sizzle, Bunnings Rocklea
8 May 2023 – Board Meeting by ZOOM
15 May 2023 – AGM and Monthly Meeting – Bulimba Library and by ZOOM
23 May 2023 – Breast Cushion Working Bee with CHAC Students
17 August 2023 – Birthing Kit Assembly Day with CHAC Students
8-10 September 2023 – District 22 Conference, Mackay Entertainment & Convention Centre
25-28 June 2024 – Zonta International Convention – Brisbane Convention & Exhibition Centre



More Members Showing the Love in February



While You Were Stressing

I went for a walk the other day instead of doing my to-do list, and I discovered something that was helpful for me to know. I didn't know it would be helpful, but the universe showed me just when I needed to be shown.

Public Service Announcement: the following things have been happening while you were stressing...

A spider, unseen by any human, has crouched in one place, very still, for an entire afternoon, while the web it somehow knew how to make into a very pretty pattern and spread across some branches in the breeze has gradually been stacked full of food.

Butterflies chased each other. I know. But they did! It's not even made up. They've been doing that ridiculous, synchronised, diving upwards, spiral business the whole time you've been stressing.

Many people, while you were stressing, failed at things. They gave up. They walked away. Not saying that's good or bad, but that does happen, just so you know.

Someone, somewhere, while you were stressing, pushed off and drifted out into a body of water. Felt their body temperature change. Floated, maybe, for a while, hearing only distantly and looking at the clouds.

Someone read a book – learning something new, or experiencing that porridge-brained feeling of having greedily read fiction for far longer than they intended.

Those paths that go through the low-lying scrub and twisted branches between the beach and the car park. Those ones where nature has made a little tunnel with the trees. Those paths have, while you were stressing, continued to be dark and quiet. Had you been there to walk off the windy beach into one of those, instead of stressing, you would have felt the quiet and the dark close around you, and you would have realised how tired your ears were, how windswept your hair. You'll go down one of those paths again one day. Meanwhile, they still exist, even if nobody goes in them. Isn't that wild?

Somebody was born.

A bunch of ingredients were separately assembled from various places and joined in holy matrimony. They underwent a scientific process, courtesy of a human in an apron, and now a cake exists. All while you were stressing.

While you were stressing, somebody loved you.

That thing happened, while you were stressing, where a leaf flipped and backflipped and zigzagged down the air to the ground.

While you were stressing, someone leant forward, despite the hammering in their chest, and kissed someone they've had a crush on for ages.

Someone discovered something. Maybe it will help them. Maybe it will help all of us. But they didn't know it before and now they do, so how about that?

Someone sat back in a chair, sighed expansively, and walked down the hall to lean in a doorway and say the words, "It's finished!" Maybe someone else looked up at them standing there and felt their hands go to their face, tear goggles blurring their vision, relief and pride soaring up through their chest.

Someone has left a place they love. Trying to commit it to memory. Feeling how even when they were there, it already felt as if they'd gone.

A whale, whose conscious mind is unfathomable to us, who is bigger than a bus, has travelled kilometres while you were stressing.

Other people have been stressed out while you have been stressed out. We do that, us humans. That's okay. We won't always be stressed. One time soon we will be throwing our heads back and laughing at something. One day soon we will see a spider web or float in a lake or feel a beach path invite us in from the wind.

Public Service Announcement: many things have happened while you have been stressing that are not you stressing. Maybe it feels like all the things that are stressing you out are impossibly stressful. Maybe you just read that and thought, "But my stressful things are stressful". Ugh. The worst feeling.

You are right, of course.

But there are other things in the world that are not that, too. Somehow, it's nice to remember that, even if you can't imagine your way there just yet. ■

Lorin Clarke is a Melbourne-based writer. The new series of her radio and podcast series, The Fitzroy Diaries, is on ABC Radio National and the ABC Listen app now.

An IWD 2023 Statement from our District Governor, Lyn

On International Women's Day, Zontians celebrate the power and potential of women and girls. We recognize their courage, their resilience and their leadership. We mark the ways in which we are making progress towards a more gender-equal world.

At the same time, we see how that progress is being undermined by multiple crises.

Currently, we are witnessing the horrifying situation in Ukraine where the impacts on women and girls, including the hundreds of thousands displaced from their homes, remind us: all conflicts exact their highest price from women and girls.

We have seen the impact of COVID-19 in increasing inequalities, driving poverty and violence against women and girls; and rolling back their progress in employment, health and education. The accelerating crises of climate change and environmental degradation are disproportionately undermining the rights and wellbeing of women and girls. They are multiplying insecurity at all levels, from individual and household to national. Rising temperatures, extended droughts, violent storms and floods are resulting in loss of livelihoods, they are depleting resources and fueling migration and displacement.

Climate change is a threat multiplier. But women, and especially young women, are solution multipliers.

We have today the opportunity to put women and girls at the centre of our planning and action and to integrate gender perspectives into global and national laws and policies. We have the opportunity to re-think, re-frame and re-allocate resources. We have the opportunity to benefit from the leadership of women and girls who are environmental defenders and climate activists to guide our planet's conservation. We need Indigenous women's inter-generational knowledge, practices and skills.

Zonta International has embraced equity for more than 100 years as a strong advocate of gender equality at the local, national and global levels.

Each of Zonta's international service projects and education programs aim to provide life-changing opportunities for women and girls to achieve gender equity worldwide. Our members also engage at the local and national level in advocacy and awareness efforts focusing on equal pay, closing the gender gap in male-dominated fields, ending gender-based violence, and more.



On International Women's Day, the Zonta Club of Brisbane East Inc invites members of the community to join us in building a better world for women and girls.

Lyn Agnew

Governor, District 22

Acknowledgements: UN Women and Zonta International

