

East-Enders

March 2025

“Building a Better World for Women and Girls”



President's Patter

There have been some changes in our membership in 2025. We farewelled Belle Thelander as she and her husband Thomas take up the exciting challenge of living and working in United Arab Emirates. We will keep in touch and Belle has kindly offered ongoing assistance, online of course.

At the February Club meeting, it was with great pleasure that we welcomed two new members to Zonta Brisbane East; Thea Samios and Judith Edwards. It was wonderful to have Beverley Farley OAM, a charter member of the club, conduct the induction ceremony. Both Judith and Thea have already become very involved in our club, attending meetings, participating in Breast Cushion working bees and volunteering for shifts at Bunnings Sausage Sizzles. Welcome ladies, we are very pleased that you have chosen to join our Club.

2025 promises to be a busy year for our members. The Calendar is filling up fast. In March, we have a Breast Cushion working bee at Jo's place and the students at CHAC will assist with the final preparation of the cushions. Several Club members will attend the Wynnum Redlands Celebration of Women Dinner with Keynote Speaker Beth Mohle RN. The District 22 Area 3 meeting is also in March. The theme for the Area Meeting is: "Raison D'etre" (Reason for Being). Can't wait to hear this presentation.

There is so much more to come this year. I am certainly looking forward to continuing the important work we do and hoping for some new projects to assist the members of our community.

Susan

Editorial

Unfortunately, this month no member has informed me of their remarkable achievements (for the Remarkable Member Feature), so I am sharing information on Alice Stewart, a woman

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whose extraordinary contributions shaped medical practice. Appropriate as we acknowledge and celebrate women's achievements on International Women's Day, 8th March.

Alice Stewart, born in 1906 in UK, defied societal expectations of her time, pursuing a career in medicine and epidemiology when few women had the opportunity to do so. Her medical practice was committed to protecting the most vulnerable – mothers and their unborn children. She conducted pioneering research in the 1950's which revealed that X-rays during pregnancy significantly increased the risk of childhood cancer. Despite the strength of her evidence, Dr Stewart faced immense resistance – the medical establishment dismissed her findings for nearly two decades – it wasn't until the 1970's that the use of X-rays during pregnancy had declined dramatically, in no small part to her ongoing advocacy.

Later in her career, Dr Stewart turned her attention to the health effects of low-level radiation in nuclear industries, again facing pushback as she challenged powerful interests.

Dr Stewart later reflected on the gender bias she had encountered; her work highlighted the importance of listening to women's voices in science and medicine; she dared to challenge established practice; she demonstrated that women can lead and innovate in even the most challenging fields.

(Source: [Alice Stewart - Wikipedia](#) and *Women in World History*)

Hope you enjoy reading some of the articles in the Items of Interest section.

Jacinta

Zonta joins the global community of promoting gender equity. Learn more at www.zonta.org/csw

(Reminder: use the Zonta suggested line as part of your email signature; this one can be used 10-31 March 2025)

Service

Zonta Young Woman in Leadership Award

Applications for this Award from our Zonta Brisbane East Club remain open until 31st March. Information was provided in the February edition of East-Enders newsletter, and you can read more: [Zonta Young Women in Leadership Award](#) Please encourage young women (aged 16-19 years) to apply - contact brisbaneeast@zontadistrict22.org for further information, and an application form.

Breast Care Cushion Project

Two working bees this month:

- 16th March, at Jo's home – for members, HonZons, friends. Come along regardless of your sewing ability. While strengthening Zonta fellowship, you can stuff cushion shells, hand sew, assist packing drainage bags. Then stay for a shared lunch.
- 19th March. Our partnership with Cannon Hill Anglican College continues to be strong, with teachers and students keen to assist with stuffing, sewing, wrapping breast cushions.

If you would like to know more about Zonta's Breast Care Cushion project, there's a great summary on the Zonta International website (prepared for the ZI Convention in Brisbane 2024): [Zonta Breast Care Cushion District Project in Australia](#)

Membership:

Welcome to Thea and Judith – so pleased to welcome them into our club. Photo of Beverley, Charter Member, with Judith. More photos and a formal introduction to our new members in the next edition.



Fundraising:



Sausage Sizzle: 5th April 2025

Our next Sausage Sizzle will be Saturday 5th April, at Rocklea Bunnings. Many thanks to Jo for coordinating this fundraiser, and to all the volunteers each session – so much work behind the scenes and on the day!

If you are able to work a shift on 5th April – please contact Jo as soon as possible.

Containers for Change

For those who are helping with our fundraising via “Containers for Change”, please collect cans and bottles (with 10c return label) and wine and spirit bottles (these do not have to have the 10c return label). Over the summer, you have probably collected more than usual! Please either:

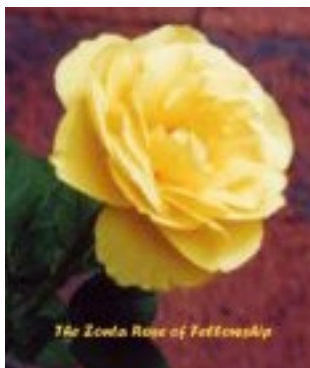
- Drop your bag of recyclable bottles and cans to a Containers for Change depot and quote the number **C10671310**.
- Bring your bottles and cans to the next Zonta Club meeting, and Jacinta will ensure that they are deposited.



The funds raised go direct into our Fundraising Account.

We are aiming to have raised \$300 by the end of this Zonta year- we need your help!

Items of Interest:



Zonta Rose Day: 8 March

This Rose Day, recognize a person who has made a difference in your life with a gift that will benefit women and girls worldwide. More at www.zonta.org/roseday.

Do you know about the Zonta Rose?

In 1983, then Lieutenant Governor of District 16 (New Zealand), Valerie Webster, proposed that a breed of rose be developed as a living symbol of Zonta International. England- based nursery Harkness Roses worked to cultivate the flower, while Zontian Maureen Ross of

Ross Roses in Adelaide Australia enabled it to be introduced at the Zonta International Convention in Sydney in 1984.

Each feature of the Zonta Rose has special significance – read more: [Zonta International District 22 | » The Zonta Rose Story](#)

Since 1999, the Zonta Rose has served as the symbol of Zonta Rose Day, which falls on 8 March and coincides with International Women’s Day. On this day, Zontians worldwide are encouraged to publicly distribute yellow roses or items bearing the image of yellow roses, accompanied by information about Zonta International and issues relating to improving the lives of women.

Zonta District 22 Area 3 Meeting: 30 March 2025



*RAISON D'ÊTRE -
REASON FOR BEING.*
Leadership- Inspire & Support
District 22 Area 3 Meeting
30 March 2025

When: Sunday 30th March, Registration at 8.30 a.m.; Closing at 4.00 p.m.

Where: St Lucia Bowls Club

Cost: \$65

Registration and Payment due: 24th March

Book tickets here: [Zonta International District 22 Area 3 Meeting 30 March 2025 Tickets, St Lucia Bowls Club, St Lucia | TryBooking Australia](#)

Contact: Janet Hayward, President Zonta Club of Brisbane River. Email: khayward@powerup.com.au

International Women’s Day (IWD): 8 March

What will you do on IWD 2025?

- Attend an event (there are many Zonta events to attend)
- Champion equality at work
- Wear a symbol of solidarity, and raise awareness of IWD, and gender equality

[About International Women’s Day | UN Women Australia](#)



30 Years of the Beijing Declaration: Celebrating Progress, Pushing for Change

This International Women’s Day, it is 30 years since the Beijing Declaration and Platform for Action set a bold agenda for achieving gender equality worldwide. This Declaration remains one of the most ambitious global commitments to advancing women’s rights. To read the progress made since the Platform for Action was adopted, and the challenges still to be overcome: [Explainer: The Beijing Declaration and Platform for Action at 30, and why that matters for gender equality - UN Women Australia](#)

DV Safe Phone

Joe Kelly, MP Greenslopes, advises that his electorate office (3/358 Old Cleveland Rd, Coorparoo) is now an authorised DV Safe Phone drop location.

You can donate your old phones (including ones that don't work) to this DV Safe Phone – by collecting, repairing and distributing free mobile phones for those surviving and escaping

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domestic violence, this organisation works towards empowerment through sustainable technology solutions.

Spread the word about DV Safe Phone: [DV Safe Phone - Donate Phones, Donate Funds](#) and that one of the local drop locations is Joe Kelly's Electoral office at Coorparoo.

Challenge DV

Challenge DV is focusing on building safer spaces for everyone at home, in the workplace, and across our communities, so that individuals will feel supported, respected and free from domestic and family violence. Strengthening these 'away from home' environments and ensuring they are inclusive, will make a difference. This article addresses how we can all contribute to building safer environments. [Why safe, inclusive environments matter in addressing DFV | Challenge DV](#)

Diary Dates

- 06 March 2025 – Board Meeting – ZOOM
- 08 March 2025 - International Women's Day
- 10-21 March 2025 – 69th Session of Commission on Status of Women, New York
- 16 March 2025 - Sewing Bee, Jo's Place 10 a.m. – 2 p.m.
- 17 March 2025 - Club Meeting (attend at library or ZOOM) – 7 p.m. start
- 19 March 2025 - Breast Cushions Project, CHAC, 3.30 – 5.00 p.m.
- 30 March 2025 – Area 3 Meeting, St Lucia Bowls Club, 8.30 a.m. – 4 p.m.

- 03 April 2025 – Board Meeting – ZOOM
- 05 April 2025 – Bunnings Sausage Sizzle, Rocklea
- 14 April 2025 – Club Meeting (attend at library or ZOOM) – note change of date – 7 p.m. start

- 08 May 2025 - Board Meeting – ZOOM
- 19 May 2025 - AGM and Monthly Club Meeting, Bulimba Library – 7 p.m. start
 - Dr Petra Ladwig, D22 Governor will attend and install the Board
- 28 May 2025 - Birthing Kits Project, CHAC, 3.30 – 5.00 p.m.