

East-Enders

November 2023

"Building a Better World for Women and Girls"



President's Patter



November is perhaps the most important month of the year for Zonta. The annual Zonta says No campaign runs for 16 days from 25 November until 10 December and aims to raise public awareness of gender-based violence and mobilise people everywhere to bring about change. The start of the campaign coincides with the UN designated International Day for the Elimination of Violence Against Women.

The statistics around domestic and family violence remain alarming. In Australia, 1 in 3 women has experienced physical or sexual assault in her lifetime. While campaigns across the world have led to awareness and increased reporting, some statistics still show that only half the assaults are reported to police.

The guest speaker at our October meeting, Senior Sergeant Dave Buttrum, spoke of increased awareness and training for staff working in this difficult area. A Senior Detective to whom I spoke recently reported that a victim/survivor that she has been working with for 2 years finally gained the strength and trust to fully report her experiences. We as Zontians should be proud of the contribution that our efforts make to support victim/survivors.

On another note, it was with absolute pleasure that Kirsten and I attended the Balmoral High School Awards Night mid-October. Akasha Newport Kaur is a very worthy winner of the Beverley Farley Scholarship for 2023. Following on from last month's newsletter, it was once again uplifting to hear about the achievements and goals of the students receiving their awards.

Susan



Editorial

During October, as Australia's Breast Cancer Awareness Month, we have the opportunity to focus on the incidence of breast cancer and the importance of early detection and treatment. The month also draws attention to the ongoing impact of breast cancer on those diagnosed and their supporters. While breast cancer remains the most common cancer among Australian women (excluding non-melanoma skin cancer), it is pleasing to see survival rates continue to improve - in Australia with 89 out of every 100 women diagnosed with invasive breast cancer now surviving five or more years beyond diagnosis.



Most of our Zonta members have stuffed, sewn, packed and delivered Breast Cushions to hospitals and Breast Care Nurses for many years. Some members have also had the personal experience of using a Breast Care Cushion – we know the practical benefits of these cushions, but equally important, we have felt the support of women we do not know who care enough to produce these cushions of comfort.

To acknowledge the Breast Cushion Service Project of Zonta Club of Brisbane East, our member Jo has provided the following article.

Jacinta

Breast cushions have been an ongoing service project for our Club for over 20 years. In 2002 members of the Club met one Sunday at an embroidery factory in South Brisbane, owned by one of our members Theresa. Members cut a sample cushion based on a pattern developed by the Zonta Club of Botany Bay NSW.

Tweaking the shape and size members cut, sewed, ironed, stuffed and wrapped cushions. Members resolved to meet monthly to make breast cushions for the Mater Private Hospitals at South Brisbane and Redlands. Our partnership with the breast care nurses at the Mater and Chicks In Pink thus began and continues today. Over time we have supplemented supplies to other hospitals including the PA, Mater Public and St Andrews.

From the very beginning we were joined by Hanson's, Michele Sanderson and Pat Nemeth. Our member Lyn Callander introduced a school mate of hers, Pat Nemeth to our sewing bees. Pat was a dressmaker by trade and very creative in her work making quilts and high fashion outfits. Pat would cut out a significant number of cushions which was an enormous help to us. Pat also came along to many of our sewing bee days. Our member, Beulah, enlisted the help of a fellow guidance counsellor, Kay Francis who also joined our band.

The Club met at a range of venues from office board rooms to members' houses. Friends and family members were enlisted in our endeavors. Over the years we have recognized the work of our Hanson's and their ongoing support to not only our breast cushions project but our high teas and other fundraising events.



We affectionately refer to our cushion makers as 'The sisters'. They are in fact a band of sisters-in-law to Michele and her sister Pat (both of whom are sisters to our member, Jo). 'The sisters' include Maine, Judy, Jan, Margaret and special friend Shirley. Maureen O'Connor, mother of Peter (partner of Jo's niece Cindy and a regular helper

at our sausage sizzles) as well as Lola Bates, the mother-in-law of another of Jo's nieces have also been a part of our sewing bees. It really is a family affair!

Photo L-R Shirley, Jan, Margaret, a recruit from the next generation, and Maine.

'The sisters', coordinated by Michele, continue to sew, stuff and wrap cushions at their homes. Michele organises materials, sewing bees and the packing of the breast cushions. In more recent years we have added drainage bags to our project at the request from Sally and Ash, the Breast Care Nurses from the Mater Private Hospital breast clinic.

Our newest enlistee Gwen introduced by one of our HonZons Karen Porter now busily sews drainage bags and breast cushions for us. Gwen's skills and interest in quilting turns out some stunning drainage bags.

A few of our HonZons have passed away and some left due to family commitments however we still have a strong band of women helping our cause. We recognise all of them - Their generosity, commitment and determination to support women at a critical time in their life is to be commended with a huge THANK YOU. We could not do it without them.



Photo L-R Jo, Judy, Michele

(Ed: Our sincere thanks to this very committed and hard-working group – we certainly appreciate their dedication, talent and time. I look forward to acknowledging these HonZons more fully in future editions).

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: Lesley Solar



Why am I an HonZon? Many of you will know me as the "Trivia Lady"!

Helping the Zonta team over the years has been very worthwhile and terrific fun for a number of reasons, mostly because I interact with like-minded people, but also because I know that I am helping Zonta to make a difference

in some way.



Volunteering for a worthy cause is a way of giving back to others and sharing the opportunities that each person should be able to have in their lives. Being part of a team has always been part of my life, whether it has been through sport, work, mothers' groups, schools or charities. Coming up with new ideas by working with others, is very rewarding and seeing the results at the end gives me a sense of belonging to something worthwhile and a connection to a community that genuinely wants to help.

I have always tried to demonstrate my beliefs through actions rather than words in the hopes that others can see that each one of us, participating in any small way, does have a ripple effect and can cause real change where it is needed. I encourage everyone to try and be a glimmer in someone's day.... you have no idea what that may lead to!

(Ed: Thanks Lesley for your support, and for sharing your story and photo – we look forward to your ongoing contribution as an HonZon to Zonta Brisbane East – perhaps another gig as 'Trivia Lady'?)



Two long-standing supporters of the Zonta Club of Brisbane East were acknowledged at our recent High Tea.

Joan Peace, MP Lytton, (left) and Gwen McEwan (right) received HonZon pins and Certificates of Appreciation.

Their contributions will be detailed in future HonZon Spotlights.



Fundraising

Sausage Sizzle: 4th November 2023

The roster has been circulated, and we expect a busy day. Thanks to everyone who volunteers their time to purchase items, to cook and serve at Rocklea Bunnings Sausage Sizzle.



Trivia Night: 15th November 2023, 6 p.m.

Please tell your friends who enjoy a burger and brain challenge to come to Grill'd Carindale for our next Trivia Night fundraiser. You purchase a burger and chips for \$25, and Grill'd donate \$10 from each purchase to Zonta. If you don't enjoy Trivia, please still come along and enjoy the meal and a chat with Zontians and friends.

Paint the Bayside Orange Breakfast: 8th December 2023, 6.45 a.m.

If you have been before, you will be keen to attend again to hear an interesting guest speaker, enjoy a satisfying breakfast, and meet like-minded people passionate about eliminating domestic violence. If you haven't been before, come along this year. It's only \$25 per person – all details on the flyer on page 7. Tickets must be purchased by 10th November – on this link: <https://events.humanitix.com/paint-the-bayside-orange-breakfast>

High Tea: 15th October 2023.

The feedback has been very positive: 'relaxing way to spend a Sunday afternoon', 'talented musicians', 'the room looked beautiful', 'great idea to have a bake sale – love those homemade cakes and biscuits', 'great raffle prizes'.

Sincere thanks to our organising committee, headed up by Ros Kinder, and to all members, HonZons and friends who attended, generously bought raffle tickets, and contributed to the fellowship and financial success of the day. To those who donated prizes, and their creative and organisational talents – thank you!



As well as raffle prizes at our High Tea, guests were able to purchase tickets in this painting by the late Jean Gariola.

Tickets are only \$5, and you will have 1 in 100 chance of winning!

Guests at our Paint the Bayside Orange Breakfast will also have the chance to buy tickers. We hope to draw before Christmas, so please get in quickly – this could be the ideal gift for someone special!

If interested, please contact us via our email address: brisbaneeast@zontadistrict22.org and you will be advised of bank details.



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.

Please remember to save your cans and bottles, and canvas your friends/family/neighbours/organisations for additional deposits. From 1st November, you can deposit wine and spirit bottles [Wine and spirit bottles | Containers for Change](#)

Service

Dignity Bags: Twenty handbags have been delivered to Open Haven, which is a registered charity that provides a safe and confidential place for women who are survivors of domestic violence abuse. This service provides emotional and practical support, and assists women to access all available professional services.

An additional 12 bags and products have been donated to our Dignity Bags project by Senior Sergeant Dave Buttrum from Morningside Police Station.

Students at Queensland Academy for Science, Mathematics and Technology are holding an ‘It’s in the Bag’ service project on 13th November, and have offered these dignity bags to Zonta Club of Brisbane East for distribution to the domestic violence services we support.

October Meeting

Our Guest Speaker was Senior Sergeant Dave Buttrum, Officer in Charge at Morningside Police Station. As well as an overview about policing in Morningside area, and crime statistics, OIC Buttrum focused his presentation on domestic violence. He reported that there is increased reporting of domestic violence, and significant change in reporting of coercive control. Currently domestic violence is constituting 35% of their work: police officers may spend approximately 4 hours on each case, with an average of 3 cases presenting each day.

Zonta Club of Brisbane East has been working with OIC Buttrum on our ‘Soft Room’ project, which involves refurbishing an interview room at Morningside Police Station to make it more comfortable and less confronting. Over the past months, we have purchased lounge chairs, playmat, children’s toys and activity items, and restructured the desk to allow more space. Members have sewn curtains and cushion covers, and donated plants and artwork. Although the room has not yet been officially opened, OIC Buttrum provided very positive feedback from his staff, and noted that it was a comfortable space for women reporting domestic and family violence.

(Ed: This has been a very satisfying project, achieving these outcomes in such a short timeframe. Once officially opened, we will publish some photos – on our social media platforms, and in the newsletter. Sincere thanks to the lead project managers, President Susan and Treasurer Ros – job well done!)



ZONTA

CLUB OF
BRISBANE EAST INC

LET'S CELEBRATE OUR 8TH

PAINT THE BAYSIDE ORANGE BREAKFAST



**GUEST SPEAKER
DAVID KRAMER**

8 DECEMBER 2023

6.45AM - 8.30AM

Sunset Room, Wynnum
Manly Leagues Club

COST \$25 PER PERSON

RSVP 10 November 2023

DIETARY Send to: roskind@bigpond.net.au

RSVP via: www.events.humanitix.com/paint-the-bayside-orange-breakfast

**BUILD A BETTER WORLD
FOR WOMEN AND GIRLS**

Item of Interest ***Diary Dates***

2 November 2023 – Board Meeting by TEAMS

4 November 2023 – Sausage Sizzle, Bunnings Rocklea

15 November 2023 – Trivia Night, Grill'd Carindale

16 November 2023 – Presentation of Jill Hedley Scholarship, Yeronga State High School

19 November 2023 – Breast Cushions and Orange Ladies Working Bee; shared lunch

20 November 2023 – Monthly Meeting – Hybrid

22 November 2023 – Zonta Says No Walk, starting at King George Square.

Gather from 6 p.m., to walk off approximately 6.30.

Drinks and dinner at Pig and Whistle following the walk.

HonZons, friends, family, community members welcome to join the walk through the city streets.

25 November – 10 December 2023 – 16 Days of Activism

7 December 2023 – Board Meeting by TEAMS

8 December 2023 – Paint Bayside Orange Breakfast, Wynnum Manly Leagues Club

18 December 2023 – End of Year dinner, The Colmslie Hotel

13 March 2024 – Zonta Brisbane East 35th Birthday

16 March 2024 – Combined Area 1 & 3 Meeting, Beaudesert

25-28 June 2024 – Zonta International Convention, Brisbane Convention & Exhibition Centre

