

East-Enders

November 2024

“Building a Better World for Women and Girls”



President's Patter

Last month, Kirsten and I attended the Balmoral State High School 2024 Academic Awards Night to present our Club's Beverly Farley Scholarship to support a girl student in tertiary studies.

I must admit when I told family or friends I was heading to a “Speech Night” the response was a somewhat sardonic, “Lucky You”. I just smiled and thought ‘actually, I am lucky’.

The theme of the night at Balmoral SHS was SHINE. Through their consistent message about being CAPABLE CURIOUS AND COURAGEOUS the teachers and school leaders encourage the students to simply SHINE.

That's why I believe I am lucky and that it is a privilege to attend school Awards Nights. Meeting the inspiring students and their teachers, listening to their amazing achievements and hearing about their plans for future study and careers, I come away with a feeling of great hope and joy.

Kirsten and I met Mona Adams the 2024 Scholarship winner and look forward to engaging with her in the next couple of months with more information about our Zonta Scholarship and Mona's plans to follow in Beverley's footsteps as an educator.

Susan



Editorial

Zonta Says No to Violence Against Women. There are so many ways for all of us to take action. This edition features local Zonta events to support: our Club's Paint the Bayside Orange breakfast on 29th; Walk with Zontians through city on 25th; Vulcana's Circus in a Teacup performance at QPAC. Read about our club funding Love Bites facilitator training. Access facts, post your commitment to the pledge on your social media platforms, or make a donation

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via our Zonta International website. Or perhaps you would like to attend the Virtual Summit on 10th December (US time). Lots of information and opportunities: [Join us in saying NO](#)
To augment our knowledge through Zonta, I have also included information about current initiatives from UN Women Australia, and DV-Alert.

On 8th November, we acknowledge Zonta International's anniversary – 105 years. Members, and those who support Zonta service and advocacy projects, are encouraged to donate to the Zonta Foundation for Women. These donations support service projects that improve women's lives and the communities in which they live – helping Zonta's cause to achieve gender equality and empower all women and girls. [Make A Gift - Zonta Foundation for Women](#)



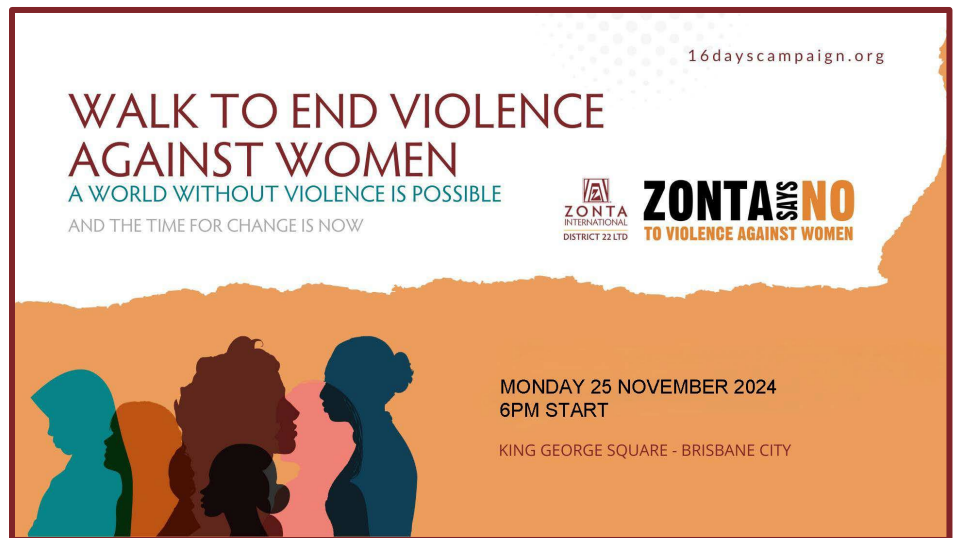
Jacinta

More than 1 in 3 women have experienced gender-based violence. Join us in saying NO and learning how to end violence against women and girls at www.zontasaysno.com
(Reminder: use the Zonta suggested line as part of your email signature; this one can be used 1 November – 31 December 2024)

Advocacy

Members, families and friends, and all who support Zonta are invited to attend this walk on 25th November. We meet at King George Square at 6.00 p.m. with walk commencing at 6.30 p.m.

Wear orange – Zonta t-shirts, caps, scarves.
(Ed's note: The map is on the last page of this newsletter – note a shorter route than in previous years)



Paint the Bayside Orange Breakfast:

When: 29th November 2024, starting at 6.45 a.m.

Where: Wynnum Manly Leagues Club

Cost: \$30

Invite your friends, and purchase tickets by 13th November (available at this site: [9th Annual Paint the Bayside Orange Breakfast](#)). If you have attended before, you know it is well worth coming again. If you are considering attending for the first time, definitely get a ticket – the information about programs targeting domestic violence are always inspiring; have generous breakfast in good company; and try your luck in winning lots of raffle prizes.

As well as taking action to learn more about ending violence against women, the funds raised are used for other Zonta Brisbane East advocacy and service projects that address violence prevention and support for those who are survivors of domestic violence.

STOP PRESS: The special Guest Speaker in 2024 is the Queensland Manager, NAPCAN and experienced trainer and facilitator of LOVEBiTES, Ms Sarnia Ralston.

Love Bites

Zonta Brisbane East submitted a grant application through NAPCAN to the Lord Mayors Charitable Trust for funding Love Bites facilitator training. The application was successful!

As soon as we heard of this success, with the grant covering training costs, Zonta Brisbane East has organised facilitator training for 26-28 November. Two programs are fully booked (25 registrants) – Senior Program (for 15-17 year olds; Years 10-12), and Junior Program (for 11-14 year olds; Year 7-9).

Love Bites is a primary prevention education program that focuses on the development of respectful relationships and violence prevention. [Love Bites - NAPCAN](#)

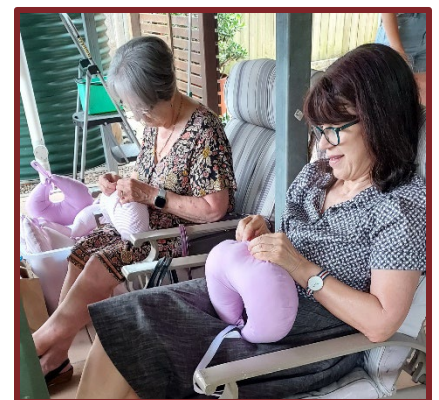
Service

DV Shelter Hampers.

Currently working on assembling food hampers and mothers' gifts to be delivered to women in Madonna House prior to Christmas. Our thanks to members who are promoting this service project, and seeking donations through workplaces, and family.

Breast Care Cushions.

Thanks to members and friends who attended our recent sewing bee to stuff, sew, and wrap breast care cushions. We were able to wrap a small supply for immediate delivery to the Breast Care nurses at Mater Private hospital. As usual, the sewing bee is a great fellowship activity.



There is always opportunity for members and friends of Zonta to handsew the stuffed cushions, so that we have an ongoing supply. Please contact if you are able to assist.

Fellowship:

During the 16 Days of Activism, we have three opportunities for fellowship: attending our **Paint the Bayside Orange Breakfast** on 29th; **Walk to End Violence Against Women** on 25th (with dinner and drinks following) and attending **Circus in a Teacup**.

Some Zonta Brisbane East members enjoyed the inaugural performance of Circus in a Teacup in 2021, and we are keen to support again this year.

When: Friday 6th December. The performance starts at 7.30 p.m.

Where: Cremorne Theatre, QPAC

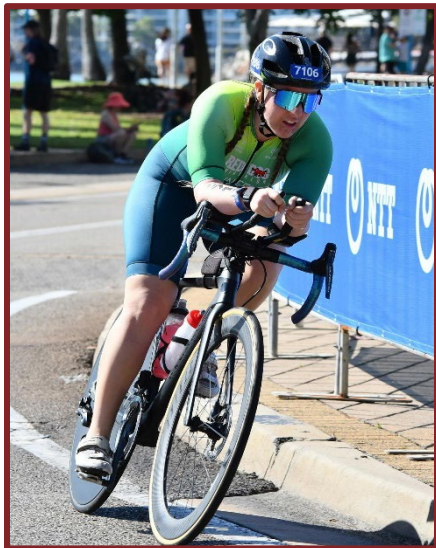
Cost: \$30

Book directly: [Circus in a Tea Cup - Queensland Performing Arts Centre \(QPAC\)](#)

Vulcana ensemble members collaborate with survivors of domestic violence, in partnership with QPAC and MICAH projects, to perform this contemporary circus act. You will be in awe of their creative physical feats, as you witness a real example of empowerment. If you book tickets, please advise Jacinta.

Remarkable Zonta Members

Zontians are regularly exposed to remarkable women, whether they are the women who share their powerful stories ([Remarkable Women Powerful Stories](#)), winners of Zonta Awards, or guest speakers at meetings and conferences. Of course, there are remarkable women in every Zonta Club – this month, I acknowledge the amazing talent of one of our members. So proud Belle is a Young Professional Zontian in our Club.



In mid August, Belle showcased her athletic prowess at the **2024 World Triathlon Multisport Championships** in Townsville, where she joined over 3,000 athletes from 38 National Federations competing across 19 events. She participated in the **Aquabike (Swim and Ride)** event, marking one of the toughest races she's ever faced. Belle expressed her honor in being part of the team, highlighting that these championships represent more than just competition—they embody camaraderie, cultural exchange, and the joy of pushing limits together.

In addition to her athletic achievements, Belle was named a finalist in two prestigious industry awards. She earned recognition from **AWIC (Awesome Women in Construction)** as a finalist in the **2024 AWIC Awards** for the 25-29 age group. Furthermore, she was a finalist for the **NAWIC (National Association of Women**



in Construction) Award for a Young Achiever, celebrating young women under 27 in the construction and related industries. Belle recently attended the awards and whilst didn't win, had a great time celebrating diversity and inclusion and women in construction!

Fundraising:

Sausage Sizzle: 23rd November

Our next Sausage Sizzle will be Saturday 23rd November, at Rocklea Bunnings. Please check your diaries, and let Jo know if you will be available for a shift. We will need many workers, so ask your family and friends if they would like to work with us!

(Date claimer for future sizzles: 1st February, and 5th April 2025)

Items of Interest:

UN Women Safe. Everywhere, Always. Challenge. [Safe Everywhere Always : Home](#)

If you would like to participate in this challenge, you can register as an individual, team or team.

You set your fitness goal (to walk, run, swim 30/60/100 kms) and fundraising goals (you ask friends, workmates to join you or send them the donation link). The challenge takes place from 25 November – 10 December, the 16 Days of Activism. Registration is open.

Your donations will directly contribute to UN Women Australia initiatives to prevent and respond to gender based violence.

DV-Alert

As you will be aware, DV Alert offers a range of training programs from public awareness to specific programs for front line workers. The aim is to increase our ability to Recognise, Respond, Refer. [DV-alert Homepage](#)

You may be interested in their **Voices of DV-Alert** series, in which individuals who have been involved in a training program report the lasting impact on their life and community. I read their first feature – Buffy Lefroy, who attended training 17 years ago, who has advocated for change and supporting men to recognize and alter abusive behaviour. Buffy is a facilitator of the *Change Em Ways (CEW) Men's Behaviour Program*. The CEW program is designed for Aboriginal men who wish to stop using violence, using a trauma-informed cultural framework to face consequences of actions and the impact on family.

[Change Em Ways Men's Behavioural Change Program – MOSAC](#)

Diary Dates

06 November 2024 – Board Meeting – ZOOM

18 November 2024 – Club Meeting (attend at library or ZOOM)

23 November 2024 – Bunnings Sausage Sizzle, Rocklea

25 November 2024 – Zonta Says No to Violence – City Walk

25 November 2024 – International Day for the Elimination of Violence Against Women

29 November 2024 – Paint the Bayside Orange Breakfast, Wynnum Manly Leagues Club



05 December 2024 – Board Meeting – ZOOM
 08 December 2024 – Barefoot Bowls Pizza Night, Carina Bowls Club
 10 December 2024 – Human Rights Day

01 February 2025 – Bunnings Sausage Sizzle, Rocklea
 06 February 2025 – Board Meeting – ZOOM
 17 February 2025 = Club Meeting (attend at library or ZOOM)

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
 17 March 2025 - Club Meeting (attend at library or ZOOM)
 30 March 2025 – Area 3 Meeting, hosted by Zonta Club of Brisbane River Inc

ZONTA SAYS NO TO VIOLENCE AGAINST WOMEN

Legend
 Photo Stop
 Walk

WHEN: Monday 25 November. 6.00pm assembly for 6:15pm walk
WHERE: King George Square
WEAR: Your orange ZSN Shirts or anything orange
DURATION: Walk 2.4km *Allow 30 - 45mins.
FINISH: Pig & Whistle, King George Square for refreshments

ZONTA INTERNATIONAL DISTRICT 22 LTD

Zontians and friends are invited to join in the "Zonta Says No" Advocacy / Fellowship Walk in support of the Zonta International 16 Days of Activism campaign to End Violence against Women

Register your interest with your Zonta Club Walk Coordinator

More information go to: <https://zontadistrict22.org/what-we-do/zonta-says-no-to-violence-against-women-campaign/>

LET'S CELEBRATE OUR 9TH

PAINT THE BAYSIDE ORANGE BREAKFAST



GUEST SPEAKER
REVEALED SOON!

29 NOVEMBER 2024

6.45AM - 8.30AM

Sunset Room, Wynnum
Manly Leagues Club

COST

\$30 PER PERSON

RSVP

13 NOVEMBER 2024

RSVP via: <https://events.humanitix.com/9th-annual-paint-the-bayside-orange-breakfast>



ZONTA
CLUB OF
BRISBANE EAST INC

**OUR SPECIAL GUEST SPEAKER FOR 2024 IS THE QUEENSLAND MANAGER,
NAPCAN, MS SARNIA RALSTON. SARNIA IS ALSO A VERY EXPERIENCED TRAINER
AND FACILITATOR OF THE LOVEBITES PROGRAM**