

# East-Enders

September 2022

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



## Presidents Patter



Whilst any day can be RUOK? Day, the formal day when it is highlighted is 8 September 2022.



Before asking a colleague “RUOK?”, ask yourself:

- Are you in a good headspace?
- Are you willing to genuinely listen?
- Can you give as much time as needed?
- Are you the best person to have the conversation? It can be difficult for some people to reveal to their line manager that they are struggling. If you are not the right person for them to feel comfortable with, is there someone else in their support network that you can encourage to reach out to them?

## Be Prepared

Realise you won't have all of the answers, that's okay. Listening is one of the most important things that you can do. It is important to understand that talking about personal challenges can be difficult. Some people become emotional, defensive, embarrassed or upset.

Research what appropriate supports may be available to support people if they need additional support within your school, system or wider community

## Pick Your Moment

Timing and location should be carefully considered. Choose somewhere private and informal so that they feel safe. Make sure you both have enough time. If they can't talk then and there, suggest another time. They may feel more comfortable if you sit or walk side-by-side rather than directly facing each other.

Source RUOK? Workplace Champions Guide <https://www.ruok.org.au>

## Valerie

### August Meeting

We again welcomed Kirsten Besemer as a guest to our August Meeting.

Bronwyn Campbell gave a fascinating Member Talk. Bronwyn spoke about her family's movements from first arriving in the 1850's as part of the "gold rush" and her history growing up and her extensive career in Education as a teacher, Guidance Officer, Principal and senior public servant spanning 50 years. She referred to a number of Policies she drafted including the Behaviour Management Policy and Cultural and Linguistic Diversity Policy both of which had a major impact in schools.



### Advocacy



The Combined Club Committee has met and confirmed a number of events – light-ups walk etc for our Zonta Says NO to Violence Against Women campaign commencing on 25 November and running through 10 December. The District website is being updated <https://zontadistrict22.org/what-we-do/zonta-says-no-to-violence-against-women-campaign/>

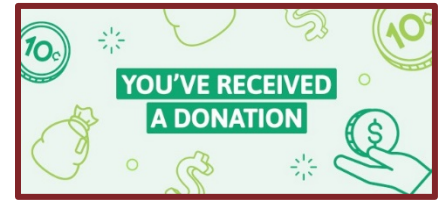
As Clubs throughout the District advise of their plans for the campaign. If you have any suggestions please let Jo or Ros know – all suggestions are welcome.

### Fundraising



Many thanks to members and HonZons who helped with a very busy Sausage Sizzle at Bunnings. Our next sausage sizzle is Saturday 26 November so if you are out Rocklea way call in and see us at our Sausage Sizzle and of course purchase a sausage to assist in our fundraising .

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. The funds raised will then go into our Fundraising Account.



## ***Service***



As in previous years we enjoyed working with the staff and students at CHAC to assemble 200 Birthing Kits. Many thanks to Alex, Jo, Lyn, Kersten and Ros who assisted/supervised on the day. It is always a pleasure to work with the enthusiastic staff and students at CHAC.



In 18 September the Club will staff a stall at the Wynnum Manly Rotary Family Fun Day. As the name implies this is a family day with food and activities for families and a great opportunity for the Club to promote its activities. It runs from 10am to 2pm at the George Clayton Park, The Esplanade. If you can help on the day please let Ros know.

Don't forget that following our October meeting we will be filling dignity bags with personal items to distribute to women in need so pop an item in your basket on your next shopping trip and bring to the meeting. Jacinta has already forwarded a lits of items we are needing as well as suggestions re suitably sized bags.

## ***Diary Dates***

- 10 Zonta District 22 Ltd AGM 9.00am by ZOOM (Details on D22 website)
- 12 September 2022 – Board Meeting by ZOOM
- 18 September 2022 – Rotary Family Fun Day, George Clayton Park, Manly
- 19 September 2022 – Monthly meeting – face-to-face and ZOOM – Guest Speaker
- 10 October 2022 – Board Meeting by ZOOM
- 17 October 2022 – Mothly meeting – hands on service activity
- 14 November 2022 – Board meeting by ZOOM
- 21 November 2022 – Monthly Meeting
- 25 November – 10 December 2022 – ZSN Campaign
- 26 November 2022 – Sausage Sizzle, Bunnings Rocklea
- 2024 – Zonta International Convention - Brisbane