

Next Dinner Meeting

Monday

10 December

Pre-Dinner nibbles 6pm
 Committee Meetings 6.15pm
 Dinner 7.30pm –9.30pm
 At

Terraces Hotel

Wickham Tce
 (Ground Floor)

Cost \$32.00 each

\$5 Meeting only
 (This includes one raffle ticket)

**Apologies by Sunday
 9 December**

Margaret Casey

Phone 3907 0845

After hours

*In absence on an apology
 an invoice for \$27.50 will be
 sent to all non-attending
 members.*

PRESIDENT'S PATTTER

Our Board meeting was duly held Monday 22 October and at the meeting Bronwyn was really focused on making sure we attended to all business and all loose ends were tied up.

On the other hand it began to dawn on me that as she and Greg enjoy the sites of the world I had agreed to take on her role. This thought continued to grow in my mind particularly as Bronwyn forwarded on a number of emails and messages to us and Lynn Callander then sent a gentle reminder that I had to do the *Presidents Patter*.

So in sheer panic I have put these few paragraphs together and hope all Board members remembered what we had to do and you have all read your Emails!

I suggest on Monday night we all celebrate the news from Zonta International that the new District of Queensland will become District 22.

This week I attended the 2007 Balmoral State High School Awards night. When I attend such ceremonies as the Regional Executive Director of Brisbane State Schools I am always impressed by the talent, skills, commitment and sheer energy of our young people.

Representing our club on this night I was doubly proud. Our young Award winner is an outstanding young woman and well regarded by staff and students.

I have include the excerpt from the night's program as I think it provides a really good overview of our young Award winner.

Just a reminder that the next breast cushions working bee is scheduled for Sunday 25 November at Mt Gravatt. It is always a fun filled morning especially with some members of the Logan Club joining us. See you all there.

Jo Diessel

Vice- President

CLUB EXECUTIVE 2007-2008

Executives of the Zonta Club of Brisbane East Inc are:

President: Bronwyn Campbell

Vice Pres: Jo Diessel

2 Vic Pres: Jill Hedley

Secretary : Margaret Casey

Treasurer: Ros Kinder

Directors: Lyn Papa

Bev Purcell



Welcome

It was great to welcome new member, Catherine Turner to the Brisbane East Club. Catherine was inducted at the October meeting and is a very welcome addition to our club.



JMKlausman winner for District 24, Alison McIntyre (centre) was special guest at the October meeting.

Women's Mental Health: The Facts

- * Depressive disorders account for close to 41.9% of the disability from neuro-psychiatric disorders among women compared to 29.3% among men.
- * Leading mental health problems of the elderly are depression, organic brain syndromes and dementias. A majority are women.
- * An estimated 80% of 50 million people affected by violent conflicts, civil wars, disasters, and displacement are women and children.
- * Lifetime prevalence rate of violence against women ranges from 16% to 50%.
- * At least one in five women suffer rape or attempted rape in their lifetime.

Depression, anxiety, psychological distress, sexual violence, domestic violence and escalating rates of substance use affect women to a greater extent than men across different countries and different settings. Pressures created by their multiple roles, gender discrimination and associated factors of poverty, hunger, malnutrition, overwork, domestic violence and sexual abuse, combine to account for women's poor mental health. There is a positive relationship between the frequency and severity of such social factors and the frequency and severity of mental health problems in women. Severe life events that cause a sense of loss, inferiority, humiliation or entrapment can predict depression.

Up to 20% of those attending primary health care in developing countries suffer from anxiety and/or depressive disorders. In most centres, these patients are not recognized and therefore not treated. Communication between health workers and women patients is extremely authoritarian in many countries, making a woman's disclosure of psychological and emotional distress difficult, and often stigmatized. When women dare to disclose their problems, many health workers tend to have gender biases which lead them to either over-treat or under-treat women.

Research shows that there are 3 main factors which are highly protective

against the development of mental problems especially depression. These are:

- having sufficient autonomy to exercise some control in response to severe events.
- access to some material resources that allow the possibility of making choices in the face of severe events.
- psychological support from family, friends, or health providers is powerfully protective.

WHO's Focus in Women's Mental Health

- * Build evidence on the prevalence and causes of mental health problems in women as well as on the mediating and protective factors.
- * Promote the formulation and implementation of health policies that address women's needs and concerns from childhood to old age.
- * Enhance the competence of primary health care providers to recognize and treat mental health consequences of domestic violence, sexual abuse, and acute and chronic stress in women.



Important Dates

Sunday— 25 November—Breast cushions working bee 9am-9.30am start—12noon finish

Board meeting to precede

Monday 10 December—Christmas Function

Personal items for Women's Refuge

January (2nd Monday)—Fellowship Luncheon Venue to be confirmed

February 29 (Leap Day) or 1st March— Whist evening

Balmoral Scholarship Winner 2007

ROCHELLE JOHNSON has been a student of Balmoral State High School for five years and has now completed the requirements of Year Twelve. Her attendance over this time has been excellent.

During this time Rochelle has developed into a confident and mature young woman. She is a very co-operative young lady who is always polite and courteous. She has an excellent rapport with teachers and is well respected and liked by her peers. She always presents well.

Rochelle displays maturity in all aspects of school life and is considered to be a good role model. Rochelle is an independent thinker who takes responsibility for her own learning. She has made a worthwhile contribution to all her classes and has participated in all activities with commitment and enthusiasm.

Rochelle's leadership skills were recognized by her involvement in the delivery of a number of specialized programs. She worked as an excellent student mentor to Year Eight students in an Anti-Bullying Program. Rochelle was selected as a facilitator for the Shine Self Esteem Program. Her selection was based upon her well developed communication skills and the empathy that she displays to others.

Rochelle has also been involved in other extra-curricular activities. She was an integral member of the team which organized International Women's Day activities and was a performer in the school theatre production of "Common Thread". In earlier years Rochelle also represented the school in interschool sport.

Rochelle's dedication to her studies, commitment to the school and personal qualities have been recognized in the awarding of the 2007 BRISBANE EAST ZONTA AWARD. This is an ongoing scholarship to help Rochelle meet her future career goals.

With her strong sense of purpose and high level of maturity, Rochelle has bright prospects for her future. We wish her every success in her future endeavours.

Convention 2008 in Rotterdam only SIX months away