



**ZONTA**  
**CLUB OF**  
**ROCKHAMPTON INC**

MEMBER OF ZONTA INTERNATIONAL  
**EMPOWERING WOMEN**  
 THROUGH SERVICE & ADVOCACY

# ZONTA ON THE ROCKS.



**Presidents Message:**

**eNewsletter: June 2017**

Welcome to a new Zonta year.

Let this be a positive year with lots of positive members in our Club.

We are all in Zonta because we want to be – To Advance the Status of Women Worldwide - but we can enjoy ourselves whilst pursuing and achieving our goals.

I aim to have short, sharp and sweet meetings, which means the hard work will be done by the committees. If you can't make your committee meeting, please send an apology and find out the agenda so you can have your say. Remember – our Club is run by those who turn up.

I will work on the committee structures after the next Board meeting, so please let me have any preferences by then if you haven't already done so.

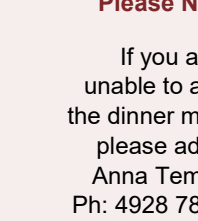
Our Club extends a huge thank you to Valda for dealing with all things financial and also for organising a very happy afternoon at Blue Illusion last Saturday.

Thanks also to all members who have filled in gaps in our executive over the last few months – a positive experience for all I hope.

Our Club is responsible for planning the Area 2 Meeting for 2018, so our immediate goal is Teamwork to plan a memorable Area Meeting for 2018 – All ideas please! The prospective date is 21-22 April, so lock that in now.

Here's to a positive Zonta year ahead and I hope to see as many of you as possible at the Committee Meetings and a full house at the June (AGM) meeting.

Meredith.



**Please Note:**

If you are unable to attend the dinner meeting, please advise Anna Tempest Ph: 4928 7880 (H)  
 Or Elizabeth Acton Ph: 4922 4944 (H) by 10am on the Monday before the meeting. Failure to apologize will incur payment of \$30.00.

## Empowering Women Through Service and Advocacy



**Meetings:**

**Board Meeting:**  
 6.30 pm: 2nd Tuesday of the month  
 Venue: The Stirling—Albert Street  
 Rockhampton.

**Club Meeting:**  
 6.00 pm: 3rd Tuesday of the month  
 Venue: The Stirling—Albert Street  
 Rockhampton.

**All Standing Committee Meetings:**  
 5.30pm: 2nd Tuesday of the month  
 Venue: The Stirling—Albert Street  
 Rockhampton.



### An Overview of the first six months of 2017:

**1. Support for the PCYC program RUBY**

**RUBY** (Rise Up, Be Yourself) is a free physical fitness program for women who are, have been, or likely to be experiencing Domestic and Family Violence (DFV). The program is designed to empower women by building physical strength and contributing to general well-being, emotional resilience, self-esteem and confidence through physical exercise in a violence free and safe environment.

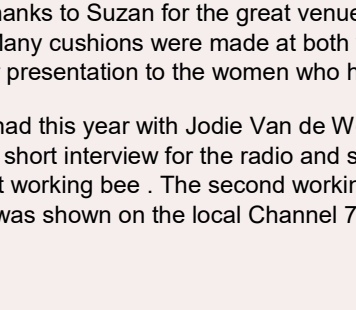
The Qld Police Service provide female police staff, one of whom will be a qualified Personal Trainer who will take the sessions, PCYC also provide a female youth worker and use of the facility. As some DV victims may require child minding while undertaking the program, **Zonta has agreed to part fund this cost of the program**, enabling the women to attend.

**2. International Women's Day Breakfast 2017**

Another very successful International Women's Day Breakfast was held on International Women's Day 08 March with 240 guests attending. Everyone was inspired by our wonderful guest speaker Inspector Virginia Nelson. Congratulations to our Young Women in Public Affairs winner Mya McDonald from Yeppoon State High School and Josie Merritt, the winner of the Living Treasure Award.

Thank you to our Breakfast sponsors Ergon and the Frenchville Sports Club and to the many local businesses for the generous raffle prize donations. Thank you to all the team who made it such a success, members of the IWD Committee, the Living Treasure Award organizers and judging panel and the Service Committee who organized the Young Women in Public Affairs Award.

Guest Speaker and Zontian, Inspector Virginia Nelson with the YWPA Award winner Mya McDonald and the Living Treasure Award winner Josie Merritt.



**3. Successful Breast Care Cushion Working Bees**

Two very successful working bees have been held in the first half of the year both at the iSew premises. Our thanks to Suzan for the great venue and for storing all our bits and pieces in between time. Many cushions were made at both working bees ready for delivery to the Breast Care Nurse for presentation to the women who have had breast surgery.

Great publicity has been had this year with Jodie Van de Wetering, who is a reporter from ABC Capricornia, doing a short interview for the ABC Radio Facebook page at the first working bee. The second working bee saw Channel 7 attend and a video was taken which was shown on the local Channel 7 news.

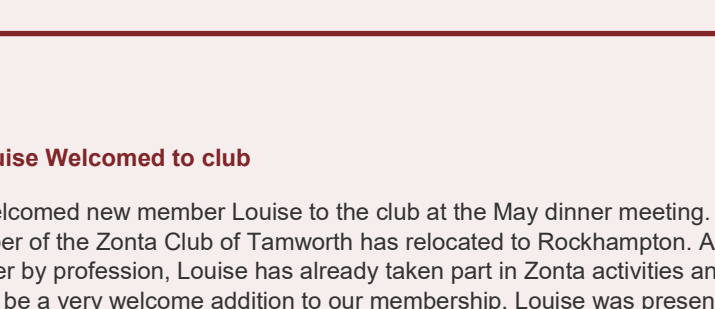


**4. Wearable Art Luncheon**

In May, a successful fundraiser, which featured a parade of wearable art, was enjoyed by the ladies who attended a luncheon hosted by the Zonta Club of Rockhampton. While enjoying a delicious luncheon menu, the ladies witnessed a very unusual parade of wearable art which was made by Julie Thornton.

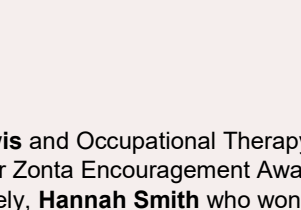
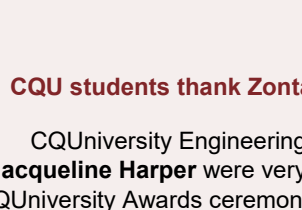
Julie is passionate about her chosen art form. The inspiration for her dresses and shoes comes from many places, legends, stories, other art works and from the pieces of fabric that she finds. Guests also enjoyed a parade of shoes, hats and handbags from Suna Shoes during the luncheon.

The multiple prize raffle was successful and added to the entertainment.



**5. Louise Welcomed to club**

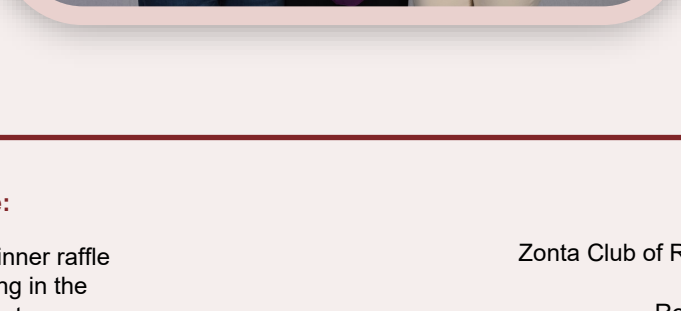
Members welcomed new member Louise to the club at the May dinner meeting. Louise, a former member of the Zonta Club of Tamworth has relocated to Rockhampton. A secondary school teacher by profession, Louise has already taken part in Zonta activities and working bees and will be a very welcome addition to our membership. Louise was presented with her Membership Certificate and Zonta Pin by Norma, a Charter member and Past President.



**6. CQU students thank Zonta**

CQUniversity Engineering student **Morgan Lewis** and Occupational Therapy student **Jacqueline Harper** were very happy to receive their Zonta Encouragement Award at the CQUniversity Awards ceremony recently. Unfortunately, **Hannah Smith** who won the Paramedic Science Award, was unable to attend the ceremony. All awards were judged on academic results.

**Morgan Lewis**, who won the Zonta Club of Rockhampton Engineering Encouragement Award, is in her second year of the Bachelor of Engineering Co-op Degree and **Jacqueline Harper** is in her first year of the Occupational Therapy Degree after winning the Zonta Club of Rockhampton STEPS Award which enabled her to pursue a career in her chosen field. **Hannah Smith**, who won the Zonta Club of Rockhampton Paramedic Science Encouragement Award, is in her second year of study for the degree.



**Dinner Raffle:**

Gifts for the dinner raffle follow the listing in the Members Directory.

June: Berenice  
 July: Elizabeth  
 August: Margaret  
 September: Karen

Please give your raffle prize to Elizabeth to co-ordinate.

**Contacts:**

Zonta Club of Rockhampton Inc.  
 P O Box 323  
 Rockhampton 4700

President: Meredith Sutherland  
[glendon@tpgi.com.au](mailto:glendon@tpgi.com.au)

Vice President: Catherine Dunbar  
[catherined@stursulas.qld.edu.au](mailto:catherined@stursulas.qld.edu.au)

Editor: Berenice Payne  
[berenice.a.payne@bigpond.com](mailto:berenice.a.payne@bigpond.com)

Email: [rockhampton@zontadistrict22.org](mailto:rockhampton@zontadistrict22.org)  
 Rockhampton webpage: [www.rockhampton.zontadistrict22.org](http://www.rockhampton.zontadistrict22.org)

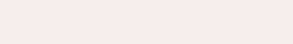
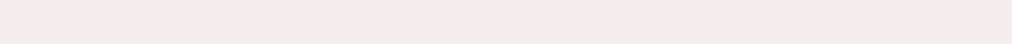
District22 Website: [www.zontadistrict22.org](http://www.zontadistrict22.org)  
 Zonta International Website: [www.zonta.org](http://www.zonta.org)

Contributions to this Newsletter are welcome. Please email to Berenice Payne. Deadline: 1st of the month.



A PDF version of this eNewsletter is available [here](#).

**Zonta clubs around the world.**  
 (Click [here](#) to find Zonta Clubs around the world).



*'Empowering women  
 Through Service and Advocacy'*