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## Newsletter October 2014

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# President's Report

**Karen Shepherd**

Hi Ladies,

Here we go again, another month has passed and time for me to put on the writer's hat and put "pen to paper" for a few words for the President's Report.

We have had a fairly quiet month, but the wonderful news is we have welcomed three new members to our Club in the last few months. Dorothy and then last month Louise and Janet have joined us and we all look forward to having them as members of our wonderful Club.

Thank you to Area 4 Director Sandra Venn-Brown for the great newsletter which will keep all Clubs in Area 4 up to date with each other, a great idea Sandra.

Regards  
Karen

[Current](#)[Self-Harm Prevention and Management](#)

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## Campaigns

These are the campaigns our district and club are currently involved with:

### Young Woman's Bursary

Each year the club invites applications for the Young Woman's Bursary from girls making the transition from Year 10 into Year 11 at a Warwick District School. The aim of the bursary is to provide financial assistance to a girl who may be considering leaving school due to financial pressures.

### Young Women in Public Affairs

The goal of Zonta International Young Women in Public Affairs is to encourage more young women to participate in public affairs by recognising a commitment to the volunteer sector, evidence of volunteer leadership achievements and a dedication to the advancement of the status of women. The program works at the club, district and international levels.

### Birthing Kit Assembly

The club continues to fundraise for and assembles 1000 Birthing Kits each

## Evening

Zontian, Valerie Rose advised that the Chaplains Committee is organising an information session for parents and educators to address self-harm, in particular cutting.

The Zonta Club of Warwick Inc supports this initiative, and will fund the cost of guest speaker Garry King. Though it is difficult to estimate the rate of self-harm as evidence suggests that only 10% of young people who self-harm will present for hospital treatment, Australian studies suggest that 6-7% of Australian youth aged 15-24 years engage in self-harm in any 12-month period. Self-harm is more common among young women, with 24% of females aged 20-24 years and 17% of females aged 15-19 years reporting self-harming at some point in their life. (Ref: [Headspace](#))

Garry King has extensive experience working with young people encountering the issues of self-harm and suicidal behaviour. He has worked as a teacher, youth worker and counsellor, and was appointed an adjunct lecturer, youth welfare at the Central Qld University and is the recipient of a Churchill Fellowship to the USA to further research youth suicide. He conducts *Working with Young People who Self-Harm* workshops, with one being held in Toowoomba on 10<sup>th</sup> November 2014 (Ref: [ACWA](#))

Garry King will present a 1-hour session covering topics including:

- Reasons for self-harm
- Risk factors
- Those most at risk
- Protective factors
- A what-to-day and what-not-to-say for

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year. These are sent by the [Birthing Kit Foundation](#) to areas of need throughout the world.

### Breast Care Cushion Project

The club works with Queensland Corrective Services, giving the materials needed for breast care cushions to women prisoners who then sew the cushions as part of their community service work. The cushions are then provided to the Toowoomba Hospital for their breast care patients and they provide immense relief to patients who have lost a breast to cancer.

### Fundraising Projects

Our club also has ongoing involvement in local projects we support via fundraising efforts including **Warwick Safe Haven, Olive McMahon Cancer Lodge**, and the **International Women's Development Agency** to promote sustainable cottage industries run by women in Timor.

### Make the Call

The *Make the Call* campaign encourages friends, family members, neighbours and colleagues of

parents

Headspace and Kathy Payne from Condamine Assist will also be in attendance.

This information session is being held on 10<sup>th</sup> November 2014, commencing at 6.30 pm in the RSL Function Room. There is no cost.

## Forthcoming Events

### The Pink Dinner - Zonta Club of Stanthorpe:

Zonta Club of Stanthorpe presents The Pink Dinner on **Thursday 9 October 2014** at the Queensland College of Wine Tourism. Guest speaker is Kelly Porter, from Kim Walters Choices Foundation. Tickets are \$55 for a 2-course meal. For more information about the event, and how to book, [visit this link](#).

### Brisbane Craft and Quilt Fair:

Zonta Club of Warwick is arranging a visit to the Brisbane Craft and Quilt Fair on **Sunday 12 October 2014**. Tickets \$50 which covers return bus trip and entrance to the fair. Tickets available from Shelley's Curtains & Craft, Grafton Street. Tickets must be purchased by Monday 6 October 2014. The bus will depart from the Lyon Street Bus Depot at 7.30am returning approximately 6.00pm. Contact Louise Cox for more info.

### Zonta Fashion Showcase:

A major fundraising event is the Zonta Fashion Showcase to be held on **Sunday 12 October 2014** in Brisbane City Hall. This event is the combined effort of eight Zonta Clubs in Brisbane and the Zonta Club of Ipswich. Tickets on sale from 1 September 2014. The

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<p>people experiencing abuse to call the DVConnect helpline for confidential advice on safety strategies and available support. Find out more information <a href="#">here</a>.</p>	<div data-bbox="268 640 368 734" data-label="Image"> </div> <p data-bbox="268 752 517 831"><b>Happenings on Facebook</b></p> <p data-bbox="268 842 528 1160">Oxfam shared the shocking statistic from our nearest neighbour that on average 50% of women in Papua New Guinea have experienced abuse. They are running a fundraising campaign <a href="#">here</a>.</p> <p data-bbox="268 1196 528 1581">On 21 September, Leslie Wright, Chairman of Zonta International's United Nations Committee joined the People's Climate March in New York City to bring attention to climate change and its effects, particularly on women.</p> <p data-bbox="268 1617 528 1809">Doing the rounds on Facebook was Emma Watson's speech to the UN on feminism. If you missed it, check it out here: <a href="#">YouTube</a></p>	<p>event supports Anglicare's home-away-from-homelessness project to raise funds for a new facility in Brisbane for women who are homeless or at risk of homelessness. For more information about the event and the cause, <a href="#">visit this page</a>.</p> <p data-bbox="676 474 951 510"><b>Area 4 Workshop:</b></p> <p data-bbox="676 555 1326 663">Area 4 Workshop will be held in Dalby 28 and 29 March, 2015. Save the date! (PLEASE NOTE CHANGE OF DATE)</p>	<p data-bbox="676 779 954 831"><b>Past Events</b></p> <p data-bbox="676 882 1286 918"><b>September Dinner Meeting - Jan Byrnes</b></p> <p data-bbox="676 925 1326 1424">Jan Byrnes was the guest speaker at our September dinner meeting. Jan has taken up the challenge to coordinate the Relay for Life event at Warwick in 2013 and 2014. She described the strengths she drew on to fight cancer not once, but twice, and now is passionate about engaging the local community in events that raise awareness and funds for cancer services, and to actively support the Warwick branch of Cancer Council Qld. The Warwick community participated in Relay for Life on 13<sup>th</sup> – 14<sup>th</sup> September 2014, and Jan reported that approximately \$106,000 will be raised from 662 sponsors – well beyond the target of \$25,000. Jan is already planning the 2015 Relay for Life.</p> <p data-bbox="676 1469 1310 1731"><i>Relay For Life began in the USA in May 1985 when colorectal surgeon, Dr. Gordy Klatt, wanted to raise awareness of cancer and boost the income of his local cancer charity. He spent a gruelling twenty-four hours circulating a track in Tacoma, Washington, and raised over US\$27,000, and showed that one person really can make a difference.</i></p> <p data-bbox="676 1742 1326 1928"><i>Since then, Relay For Life has become the largest fundraising event for cancer in the world. Celebrated by more than 4 million people in over 20 countries, this inspirational overnight event empowers and unites local communities to fight cancer.</i></p>

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## Birthdays



### October:

2 - Dee

27 - Rosa

31 - Mary Johnston

Our best wishes for a very happy day!

*Relay For Life began in Australia in 1999 when the Victorian community of Murrumbena raised over \$75,000 for Cancer Council. Relays are now held in every Australian State and Territory, with more than 134,000 participants raising over \$24 million each year. Every dollar raised goes towards funding Cancer Council's vital research, prevention and support programs, many of which help people in your community every day.*

(From Relay for Life [website](#))

## Committee Notes/Jottings

**September Raffle: won by Leanne Olsen who will donate the prize for the October dinner meeting.**

### Advocacy Committee:

Each year the club invites applications for the Young Woman's Bursary from girls making the transition from Year 10 into Year 11 at a Warwick District School. The committee has selected a winner for our current bursary and the successful applicant will be announced in a later newsletter.

We are currently turning our attention to the Young Women in Public Affairs award which is presented at International Women's Day.

The \$900 raised from the Book Fair was presented to Warwick State High by Jenny Eldridge and received a bit of a write up in the school's newsletter. You can see it [online here](#).

## Member News

Two new members have been inducted to the club:

### Janet Forbes

Janet was born and raised in the local area growing up on the family farm at Deuchar. Her working life has been spent as a teacher, teaching in schools in Stanthorpe, Collinsville, Mount Isa, and Warwick. With husband Russel, Janet rebuilt and ran the Karara Hotel for three years before moving back to Warwick, raising her three children and then heading to Mount Isa where they spent three years travelling around Western Qld as part of the School of the Air. Now back in Warwick, Janet and Russel are both teaching and looking forward to renewing friendships and

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giving back to the community.

**Louise Clarke**

Louise was also inducted into the club and is currently working as a generalist medical practitioner at the Condamine Medical Centre in Warwick part time.



## October Events

### International Day of the Girl Child - 11 October

The day promotes girls' human rights, highlights gender inequalities that remain between girls and boys and addresses the various forms of discrimination and abuse suffered by girls around the world.

- One in three women and girls experience abuse in their lifetime.
- More than half of sexual assaults are committed against girls under 16 years of age.
- Globally, more than one in three young women aged 20-24 years are married before the age of 18.

See [website](#) for more info.

### International Day of Rural Women - 15 October

The first International Day of Rural Women was observed on 15 October 2008. This international day, recognizes “the critical role and contribution of rural women, including indigenous women, in enhancing agricultural and rural development, improving food security and eradicating rural poverty.”

Rural women play a critical role in the rural economies of both developed and developing countries. In most parts of the developing world they participate in crop production and livestock care, provide food, water and fuel for their families, and engage in off-farm activities to diversify their families' livelihoods. In addition, they carry out vital functions in caring for children, older persons and the sick.

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See [website](#) for more info.

### United Nations Day - 24 October

24 October has been celebrated as United Nations Day since 1948.  
See [website](#) for more.

### Pink Ribbon Day - 27 October

27 October 2014 is Pink Ribbon Day – a day when all Australians can come together to show their support for the many thousands of women battling breast and gynaecological cancers. In Australia, it is estimated that every day, about 50 women are diagnosed with breast or a gynaecological cancer. Cancer Council's Pink Ribbon Day helps raise funds in support of the many thousands of women affected by breast and gynaecological cancers. Cancer Council aims to minimise the threat of women's cancers through successful prevention, best treatment, support and world-class cancer research.

[See more.](#)

### 103rd Annual Awards Night - Warwick State High School - 29 October

29 October 2014 Warwick State High School will be holding their awards night and a representative from our club will attend to present the Young Woman's Bursary to the winner.

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## Calendar of Events

### SEPTEMBER

- 2 Board Meeting
- 16 Dinner Meeting
- 21 International Day of Peace

### OCTOBER

- 6 Labour Day
- 7 Board Meeting
- 11 International Day of the Girl Child
- 12 Craft and Quilt Fair
- 15 International Day of Rural Women
- 21 Dinner Meeting
- 24 United Nations Day
- 27 Pink Ribbon Day

### NOVEMBER

- 4 Board Meeting
- 8 Zonta International Day
- 10 Self-Harm Prevention and Management evening
- 18 Dinner Meeting
- 23 Barbeque outside IGA to commence 16 Days of Activism for "Zonta Says No" Campaign
- 25 International Day for the Elimination of Violence Against Women
- 25 16 Days of Activism Against Gender Violence begins



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2 Board Meeting  
 10 16 Days of Activism Against Gender Violence ends  
 16 Christmas Dinner Meeting  
 25 Christmas Day  
 26 Boxing Day

**2015****JANUARY**

1 New Year's Day

**MARCH**

28-29 Area 4 Workshop, Dalby

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## Next Dinner Meeting:

(3<sup>rd</sup> Tuesday of each month)

**21<sup>st</sup> October 2014 - Cafe Jacquis, 6.15 for 6.30pm start.**

Guest speaker: Janet Forbes. Janet, with her husband Russel, were the field team with Education Qld at Mt Isa School of Distance Education for three years (2011-2013), travelling all over North and West Qld/NT going to homes of students and families who were home schooling through Mt Isa School of the Air. Janet will give some insight into the lives of these rural women rearing their families in isolation.

*Please contact Sally on [daveandsallycarr@hotmail.com](mailto:daveandsallycarr@hotmail.com) or text message to 0421 782 962 by **Sunday 19<sup>th</sup> October**, to advise if you are bringing guests OR if you **cannot attend**.*

## Next Board Meeting

(1<sup>st</sup> Tuesday of each month)

**Oct: 7<sup>th</sup> October at 5.00 pm (approx 5.00-6.30pm). Board Meetings are held at Betta Bilt Showroom (next door to Daily News in Albion Street).**

**Nov: 4<sup>th</sup> November at 5.00pm**

All members are welcome to attend Board meetings.

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### Board 2014/2015

<b>President:</b>	Karen Shepherd
<b>Vice President:</b>	Jenny Eldridge
<b>2<sup>nd</sup> Vice President:</b>	Rosa Hardy
<b>Minutes Secretary:</b>	Leanne Olsen
<b>Correspondence Secretary:</b>	Jacinta Fromm
<b>Treasurer:</b>	Louise Cox
<b>Assistant Treasurer:</b>	Rhonda Betts
<b>Directors:</b>	Dee Mayo; Nola Roach; Sally Carr



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**Archivist:** Mary Goyne  
**Newsletter:** Jacinta Fromm; Lyn Prowse-Bishop

### Committees 2014/2015

**Service:**

**Rosa Hardy (Chair)**, Jenny Loy, Faye Marley, Karen Shepherd, June Stewart, Jacinta Fromm, Dorothy Haig.

**Membership:**

**Jen-Rose Holmes (Chair)**, Nola Roach, Mary Goyne, Louise Cox, Dee Mayo, Lois James, Louise Clarke.

**Advocacy:**

**Sally Carr (Chair)**, Jenny Eldridge, Leanne Olsen, Mary Johnson, Valerie Rose, Rhonda Betts, Lyn Prowse-Bishop, Janet Forbes.

**Nominating Committee:**

Jacinta Fromm, Louise Cox

**District 22 Governor: Judith Trevan-Hawke**

**Area 4 Director: Sandra Venn-Brown**

Please send all contributions to the newsletter to:  
[robertfromm@bigpond.com](mailto:robertfromm@bigpond.com) or [lyn@execstress.com](mailto:lyn@execstress.com)

**Deadline for next edition:** 25 October  
Next issue: sent to members by first week of November



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District Site



International Site

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