

# Zonta District 22 Z Club Newsletter

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## Farewell from Outgoing Chair— Zonta District 22 Z Clubs

It is very pleasing that over the past biennium (2012– 2014) District 22 has chartered four new Z Clubs and that a fifth club, at Sarina State High School, has just been established. (See story on page 2). Sadly the Z Club at Ipswich Grammar School is being disbanded. Overall, however, it has been wonderful to see the growth of this important Zonta International program throughout our district. Supporting Z Clubs provides opportunities for our youth to develop leadership skills, to explore career alternatives, and to improve international understanding through service projects.

In this newsletter you will find some highlights and information about our current Z Clubs in District 22. All Zonta clubs are encouraged to consider being involved and supporting this program over the next biennium.

Warm regards

Judith Anderson (District Governor)

Marie Cameron (District 22 Z Club Co-ordinator)

### HOWW Z Club goes pink for cancer

The HOWW (Helping Others World Wide) Z Club at North Mackay State High School recently held a 'Pink Day' at their school in support of a male school Principal whose wife is undergoing breast cancer treatment.

The Z Club sold 160 pairs of pink socks which were worn by every staff member.

260 pink ladies were staked on a grassy hill at the school near the Senior Centre. The pink ladies all held messages of hope written by the students.



## Whitsunday Anglican School Z Club– Women in Sciences



### New Zarina 'Z' Club Chartered

Recently another District 22 Z Club, the 'Zarina' Z Club, was chartered at Sarina State High School. There are 16 charter members under the direction of the Club's President, Maddison Robinson. The Zonta Club of Mackay will act in an advisory capacity, with Zonta members Fiona Kruger and Nikki Bliss supporting the Club, and Ann Templar, the School Based Youth Health Nurse at Sarina High School, also assisting the students.

Whitsunday Anglican School Z club member Clarice Sornachalm very generously donated funds received from a scholarship to host the 'Women in Sciences' forum organised and supported by the Zonta Club of Mackay in early May .

Clarice wanted other female secondary students in the region to have the opportunity to learn about study and career options for young women in the sciences. Dr. Cathy Foley, Senior Scientist and Chief of Materials Science and Engineering with the CSIRO in Sydney, was key speaker at the breakfast.

A panel discussion facilitated by Zontian Fiona Kruger was also held with other guest speakers: Michelle Chee who works for an international bio-medical company; Sophie Gordon, a current marine science honours student with JCU; and Priyanka Shewpersad who has a dual degree in science and journalism and who works for the Cape York Aboriginal Australian Academy.

In recognition of the Z Club's support and involvement with Domestic and Family Prevention month, all students were invited to place a red rose in a 'Z' which was later incorporated into in a 'Red Rose' installation organized by the Domestic Violence Resource Service in Mackay (DVRS) . Over 100 students attended the event. (Pictured above:Clarice Sonachalm, second right, with Zonta and other Z Club members ).



## Top tips to get a Z Club started

1. A committed Z Club Co-ordinator within the school is essential - utilise existing contacts within the schools. (e.g. If your Club has a contact that you work with for the Young Women in Public Affairs Awards, start there).
2. Other good contacts within the school are the Deputy Principals, School Nurse, School Chaplain, School Guidance Officer, Service Learning Co-ordinators.
3. Zonta members **do not** have to be teachers to be involved with Z Clubs, but they do need to be committed and available to work within the school timetable, particularly lunch breaks.
4. Obtaining a Blue Card to work with children is a good idea, and meets Department of Education requirements – see link at: <http://www.ccypcg.qld.gov.au/bluecard/>
5. The level of involvement with the Z Club will depend on the Club itself. While some clubs will become quite self-sufficient, newer clubs will require more commitment and involvement by Zonta members.
6. Good communication is essential, particularly through electronic media.
7. Budget must be considered when setting up a Z Club. (e.g. costs involved with inductions, flowers, sponsorship of lunches, club registration, and badges )



## WHY Z CLUBS AND GOLDEN Z CLUBS?

Young people are given an opportunity to interact with experienced Zonta sponsors. They work together to better their society and the world by gaining an understanding of their school and community and by developing an international awareness.

Zonta members provide resources and information which encourage service to the school and community and an international awareness among Z club members.

Everyone involved in a Z club and Golden Z club benefits by working together in planning, organizing, and participating in activities.

The programs and projects created by Z club and Golden Z club members, with guidance from the adviser and the sponsoring Zonta club, should be designed to meet the needs of members, the school, and the community, and have international emphasis. This combined partnership is what makes Z club and Golden Z Clubs unique.

### St. Gabe's Z Club—Charters Towers



St Gabe's Z Club members with Katie Beveridge from the Charters Towers Neighbourhood Centre who spoke to the girls about her work. It was Katie who suggested that the club might like to assemble "goody" bags, which they have done, for children who have to leave their homes suddenly due to violent situations

## PROFILES

### Whitsunday Anglican School (WAS) Z Club Co-ordinator Matt Hodge and Z Club member—Alkira Taylor

#### 1. How long have you been involved with WAS Z club

**Matt**—I have supported our Club over the past few years in my role as Service Learning Coordinator. This year when our Z Club Mentor went on maternity leave, I offered to fill in her shoes until she returns. I see the opportunity of being the Acting Club Mentor as a chance to learn first-hand more about the vital role that service clubs can play within the School environment

**Alkira**—I have been a part of the Whitsunday Anglican Z-Club ever since I was eligible to join in year nine, so roughly 4 years.

#### 2. What do you like most about being involved with the WAS Z Club

**Matt** - the strong qualities of commitment, reliability, compassion and humility that exist within the Club.

**Alkira**—I love the fact that we, as group of women (and Mr Hodge), are able to get together and do things that seem simple to us, but are able to make such a difference for other women around the world is extremely rewarding. I also love the girls and women that I meet through the club. The WAS Z-Club is such a tight knit group of girls with similar beliefs and passions, they all have such diverse dreams and abilities and being in the environment to support and grow with them is amazing.

#### 3. What sorts of things does your Z Club get involved with

**Matt** -Our Z Club has a number of key projects that run throughout the year. For me the highlight is our Women's Health Awareness Week. This week, which has a particular focus on Breast Cancer, I believe is, our Z Club's most successful project. The aim of the week is to share awareness of women's health and to get our Senior School community together to assist. Some of the components include holding a bake sale, a pink balloon release, male staff and students wearing a pink ribbon on their shirts and female staff and students wearing pink ribbons in their hair for the week.

**Alkira** -We are big supporters of events such as the Birthing Kit Assembly, though we also hope to be part of the Breast Pillow Making day supporting those with breast cancer and who have had to undergo mastectomies because this is something that is so close to a lot of the girls' hearts. As part of the Zonta Club of Mackay we also helped with the Zonta Global Grooves stand. Internally we run campaigns and fund-raise for local charities such as the Women's Shelter. We also will be running the Women in Science Breakfast again this year thanks to the Club Treasurer, Clarise Sor-nachulem, who has donated her RSL Scholarship to funding this event,

#### 4. If you could provide another school, with one key piece of advice as to what makes a successful Z Club, what would that be?

**Matt** -As the saying goes... "From little things, big things grow." Never forget that the small projects that your Club may do will make a big difference to the people that need a hand in life.

**Alkira** -Make sure your club members have a shared understanding of what the Club is, and what you collectively want to stand for.

Matt Hodge



WAS Z Club Co-ordinator

Alkira Taylor



WAS Z Club President