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ZONTA

CLUB OF BUNDABERG INC

MEMBER OF ZONTA INTERNATIONAL
EMPOWERING WOMEN
THROUGH SERVICE & ADVOCACY

Zonta Club of Bundaberg Magazine 16 Days of Activism Campaign



ZONTA SAYS NO TO VIOLENCE AGAINST WOMEN





SHARON LANGENBECK

Zonta International President



“Through the Zonta Says NO to Violence Against Women campaign, Zonta clubs around the world are uniting to raise their voices to bring awareness to this issue and advocate on behalf of gender-based violence survivors.”



BRIDGET MATHER PSM

*Board Chair / District Governor
Zonta International District 22 Ltd.*



The Zonta Club of Bundaberg, along with the other 44 clubs in Queensland and Northern NSW, join together during the 16 Days of Activism campaign to Say NO to Violence Against women. Starting on the 25th November, the UN International Day for the Elimination of Violence Against Women, it is a time each year, marked by the colour Orange for everyone to take a leadership role and call out this violent behaviour.

As the world continues to face the COVID-19 pandemic, instances of gender-based violence are on the rise. Now, more than ever, it is essential that we work together to end violence against women and girls. Zonta clubs around the world are uniting to raise their voices to bring awareness on this issue.

The statistics speak for themselves with around 1 woman dying each month at the hands of a partner or former partner in Australia. The recent Women’s Safety Summit and the Queensland’s current Taskforce into Women’s Safety highlight the work being done but it is not enough with statistics continuing to tell a story, where domestic and family violence is still the number 1 call out reason for police across our communities.

Look for the orange cut out women across your town and take a stand by joining the Zonta Club of Bundaberg to advocate for the reduction of the violence so women and girls can live in safety.



ALEX GROVE

*Area 2 Director, District 22, Zonta International
Past president Zonta Club of Bundaberg*



For 30 years UN Women has sought the collective voice of organisations around the world to speak out against Gender-Based Violence during the 16 Days of Activism.

Zonta Says NO to Violence Against Women grew from that advocacy and became part of that collective voice not just in Bundaberg, or the broader District 22 but across the globe. It is a time that Zonta clubs worldwide conduct impactful advocacy actions to fight violence against women. For 16 Days it provides the opportunity for Zonta Clubs to keep gender-based violence at the front of people’s minds.

Orange the World: orange symbolises a brighter future, free of violence. When you see orange lights in the trees on Walker Street or the orange figures in shops around town Zonta hopes to remind you that we are all responsible for the elimination of violence against women and girls.

If Zonta’s orange presence prompts one person to speak up and tell someone it’s not OK to speak to a woman in a demeaning or offensive way, or to offer assistance to a man who needs to modify his behaviour, then that to us will be success.

Introducing **LE-ANNE ALLAN**

Zonta Bundaberg Club Member for over 15 years & current Club President



The Zonta Club of Bundaberg Inc is a not-for-profit incorporated association of local women which has been supporting local domestic and family violence services and campaigning against gender-based violence in the Bundaberg region. As President, I am immensely proud of our current and past Club Members and their community influences and role the Club and its members have played in the region since 1990, over 31 years.

Our Club Members are part of a great local team who are passionate about advocating Zonta’s vision, locally and internationally. In line with Zonta guidelines, our Club works through Committee activities focusing on Club Service, Club Advocacy, Club Membership, PR & Fundraising, Club Finances and other adhoc committees from time to time. The Club Board consists of President, Vice President, Treasurer, Secretary, and directors and has general supervision of the club, always acting in consistence with actions and decisions taken by the Club and Club Members. Each Club Member is a decision maker and is valued for their membership and participation in the ideals of Zonta.

As we end the 2021 year and head into 2022, the message for saying No to Domestic Violence and Abuse is still as present as it has ever been.

Domestic violence, coercive control, standover tactics, relationship violence, intimate partner violence, verbal abuse, psychological abuse, emotional abuse, financial abuse, physical abuse, sexual abuse, harassment, and stalking, spiritual or religious abuse, reproductive abuse, and image-based abuse - Are all terms we have heard of or are hearing more of. And whilst it is more prevalent to women, also children and men experience such violence and abuse and its impacts.

With a firm goal of supporting the solution towards eliminating domestic and family violence, the Zonta Club of Bundaberg is focusing on providing support for educational programs and pathways for our youth along with collaborative support for community and service organisations within the domestic violence circles in our community.

Let’s start at the beginning to change the ending of Domestic & Family Violence.

I look forward to meeting with the community through our 16 Days of Activism Advocacy to Eliminate Violence against Women and Girls and Campaign Events and proudly showcasing our Zonta Club of Bundaberg and its members.

Regards
LE-ANNE ALLAN
Club President

WHAT IS THE 16 DAYS OF ACTIVISM CAMPAIGN?



The 16 Days between 25 November, the International Day for the Elimination of Violence Against Women and 10 December, Human Rights Day, are known as the 16 Days of Activism against Gender-Based Violence Campaign, a time to galvanize action to end violence against women and girls around the world.

Zonta Internationally recognises violence against women and girls as a violation of their human rights. Gender-based and domestic family violence is a major health and welfare issue across the world. It occurs across all socioeconomic, demographic and age groups, but predominantly affects women and children. Zonta runs a campaign every year from the 25th of November to 10th December to highlight the issue of violence against women and advocate on the behalf of the survivors and those that have lost their lives from that violence.

It is a very complex issue with a range of social and cultural attitudes, values, beliefs, and behaviours underpinning the gender-based, family, domestic and sexual violence. It does not just happen on one day or 16 days of the year it happens every day and night of the year.

For me personally it was important to not just say we participated in this campaign but to try and add value to our community in a meaningful way, for every day of the campaign that might have some lasting impact past that day.

Every day of the campaign has been given a focus for its message and we have targeted our activities around that daily focus. Events range from a Fundraising Breakfast on the 20th of November to a ‘Day of Remembrance’ at the library, a ‘Day of Listening’ where we have organised a guest speaker, to a ‘Day of Giving’ when we make donations to the community.

We appreciate and give thanks to the individuals, community organisations and our many sponsors for their support and for adding their voice to this campaign. I would also like to especially to thank the members of the 16 Days of Activism Committee, Debra Phillips, Josephine Leveritt, Heather Torkington, Tanya McLoughlin and Le-Anne Allan for their enthusiastic combined vision, commitment and tireless efforts to plan all the activities for the 16 Days of Activism and to produce this magazine.

By **ANNETTE BALDRY**
Zonta Bundaberg Member & 16 Days of Activism Campaign Chair

**The Zonta Club of Bundaberg Says No to Violence against Women and Girls.
The Zonta Club of Bundaberg Says No to Violence against any person.**

Why Zonta?

We believe in making the world a better place by empowering women. We find joy in doing this in a supportive community of like-minded professionals from diverse countries and cultures.

Zonta's first Club was chartered in Buffalo, New York on 8 November 1919 and is a leading global organisation of professionals empowering women worldwide through service and advocacy. Zonta International's story is woven from a rich fabric of empowerment and progressive change.

Zonta envisions a world in which a women's rights are recognised as human rights and every woman is able to achieve her full potential.

Zonta is now in its second century and now has 28,000 members in 68 countries working together to make gender equality a worldwide reality for women and girls. Since 1923, ZI has provided more than \$41.2 Million US Dollars to empower women and girls, and expand their access to education, health care and economic opportunities and safer welfare conditions.

Zonta International's Global Initiatives are:



WE WILL END CHILD MARRIAGE

Almost 650 million women alive today were married before turning 18.



WE SAY NO TO VIOLENCE AGAINST WOMEN AND GIRLS

About 2 in 3 women have experienced physical and/or sexual violence from an intimate partner.



WE WILL CLOSE THE GENDER GAP IN EDUCATION

Every additional year of primary school increases girls' eventual wages by 10-20 percent.



Our Causes

Zonta stands for women's rights. We advocate for equality, education and an end to child marriage and gender-based violence.



Our Programs

Zonta expands opportunities for women and girls through our international education programs and service projects.



Our News and Events

We shall not rest until women's rights are recognized as human rights. See the actions our members and partners are taking to achieve our mission.

Enquire About Becoming a Zonta Bundaberg Member today.

Visit: <https://www.zonta.org/>
Visit or message: <https://www.facebook.com/ZontaClubBundaberg>
Email to: zontaclubbundaberg@hotmail.com



MAYORS MESSAGE

Jack Dempsey - Bundaberg Regional Council Mayor

Congratulations to the Zonta Club of Bundaberg for again leading 16 Days of Activism to help eliminate violence against women and girls. From 25 November to 10 December the campaign will raise awareness about this important issue and contribute to making our community a happier and safer place.

As a former police officer, I've seen the terrible consequences of family and domestic violence. It's reprehensible that anybody's mother, daughter or sister is abused and treated without respect. The contribution by Zonta is part of a broader global initiative to end violence against women, led by the United Nations.

Sadly, violence against women and girls dramatically escalated around the world during the COVID-19 pandemic. As many countries went into lockdown, access to services and justice for survivors of violence, as well as prevention efforts, were severely curtailed. Current estimates

indicate that for every three months the lockdown continues, an additional 15 million women around the world are expected to be affected by violence. The global cost of violence against women is estimated at equivalent to 2 per cent of global gross domestic product (GDP), or \$2 trillion.

Family, domestic and sexual violence is a major national health and welfare issue which can have lifelong impacts for victims and perpetrators. It affects people of all ages and from all backgrounds. Violence is not just physical. Psychological and emotional abuse can include intimidation, belittling, humiliation, coercive control and the effects of financial, social and other non-physical forms of abuse.

The rise of social media has seen an increase in online hate and bullying. I'm passionate about advocating for legislative reform to make the internet a safer place for everyone. Young women are particularly vulnerable. They're also subject to unrealistic expectations about appearance and body image, with nearly one third reporting they feel bad about themselves. During these 16 Days of Activism, we should also be cognisant of psychological abuse and play our part in eliminating all forms of violence.

ACKNOWLEDGEMENT OF COUNCIL GRANT

The Bundaberg Regional Council's Micro Grant Program provided the amount of \$1000 to the Zonta Club of Bundaberg towards the printing of the 16 Days of Activism Campaign Bundaberg Magazine in 2021.



Funded By

Micro Grants Program

SMALL STEPS 4 HANNAH FOUNDATION

The murder of Hannah Clarke and her children was a 'line in the sand' moment in Australia; a moment when our community came together and said that 'where domestic and family violence is concerned, enough is enough!'

Of course, for Lloyd, Sue and Nat Clarke it was much more than that. On that fateful day in February 2020, the Clarke family lost four beautiful souls in the worst of circumstances.

In their quest to honour Hannah, Aaliyah, Laianah and Trey and ensure that no family should endure this pain again, the Clarke family have started a movement for change – Small Steps 4 Hannah – to put a HALT to the incidences and severity of domestic and family violence in Australia.

Through Small Steps 4 Hannah it is the hope of the Clarke family to harness the collective desire of us all to make positive changes required to HALT domestic and family violence and take the steps required to do it; small steps that will eventually be giant leaps forward.

Together we can work to HALT domestic and family violence in Australia.



OUR PURPOSE

Hannah Clarke and her three children, Aaliyah, 6, Laianah, 4, and Trey, 3, lost their lives as a result of domestic violence on 19 February 2020.

The Clarke Family wish to honour the memories of their beloved family members by establishing Small Steps 4 Hannah to seek donations from the public and provide much needed assistance to organisations that promote the prevention or control of domestic violence and relieve the distress of those directly and indirectly affected by such violence.

By establishing Small Steps 4 Hannah, the Clarke Family wish to help others to take small, but vital, steps to prevent domestic violence and support those affected by it around Australia. Small Steps 4 Hannah will make distributions to eligible entities that provide education and intervention strategies and programs to prevent or reduce coercive control and domestic violence in Australia, as well as supporting services for persons who have experienced, or are at risk of, coercive control and domestic violence.

www.smallsteps4hannah.com.au/
www.facebook.com/Smallsteps4hannah

The Zonta Club of Bundaberg is proud to support the Small Steps 4 Hannah Foundation through the 16 Days of Activism Breakfast event to be held on Saturday 20th November, 2021.



You are invited to attend the 16 DAYS OF ACTIVISM BREAKFAST

WHERE THE ZONTA CLUB OF BUNDABERG SAYS NO TO VIOLENCE AGAINST WOMEN

The Zonta Club of Bundaberg is hosting a Breakfast Fundraiser on Saturday 20 November 2021 at Rowers on the River, Bundaberg. Money raised will go to Small Steps 4 Hannah as well as local Bundaberg domestic and family violence education programs.

This is an opportunity for Bundaberg people to 'ADD THEIR VOICE' to this Zonta Says No, 16 Days of Activism Campaign to End Domestic Violence campaign.

Tickets are \$50 per person and are available online at Humantix:
<https://events.humanitix.com/zonta-club-of-bundaberg-inc-16-days-of-activism-breakfast> and includes hearty breakfast, juices, tea & coffee and lucky door prizes.



Our Keynote Speaker is Ms. Laura Bos, a Director of the Small Steps 4 Hannah Foundation and a member of the Zonta Brisbane City Heart Club. Laura will be speaking about domestic violence and the impact it has on families and communities as well as the vision of the small steps 4 Hannah Foundation. We are proud to be supporting the Small Steps for Hannah Foundation who have a vision to "HALT the cycle of domestic violence so that everyone can feel respected, informed, confident to act, and safe."

<https://smallsteps4hannah.com.au/>

Other Speakers will be **Annette Baldry**, Zonta Bundaberg 16 Days of Activism to End Violence Against Women Campaign Committee Chair, **Danielle Loftus, Acting Sergeant** Wide Bay Burnett District for Family Violence and Vulnerable Persons Unit, Bundaberg Police Station, Welcome to Country by **Norelle Watson** and Grace recited by **The Reverend Kate Ross**, Anglican Church.

"We are delighted to be supporting Small Steps 4 Hannah," said Le-Anne Allan, President of the Zonta Club of Bundaberg. "By joining our voice with SS4H and other local community groups and businesses, we have a better chance of spreading the message that violence against women is unacceptable."

"The support from local Bundaberg businesses has been overwhelming. We have had over sixteen businesses sponsor the event plus many others lending their voice and support."

The breakfast is just one event happening as part of the Club's 16 Days of Activism Campaign from 25th November right through to 10th December. A list of the activities planned throughout the 16 days of Activism is on Pages 8 and 9. We encourage people and other community groups to 'Add Their Voice' by joining in and participating in the events and activities planned.

All the events will be posted on the Zonta Club of Bundaberg's Facebook and Instagram pages.

<https://www.facebook.com/ZontaClubBundaberg>
<https://www.instagram.com/zontaclubbundaberg>
www.zontasaysno.com



Tom Smith MP

Delivering for Bundaberg

- ✓ Investing in Health & Education
- ✓ Building Better Roads
- ✓ Backing Local Jobs

Facebook [TomSmithMemberForBundaberg](#)

Instagram [tom_smith_mp](#) Twitter [TomSmithMP](#)



Authorised by T. Smith MP, WIN Tower Cnr Quay St & Barolin St, Bundaberg Central QLD 4670

Statements of Support

RELATIONSHIPS AUSTRALIA

"Relationships Australia's Elder Abuse Prevention Support Service is excited about the work that the Zonta Club of Bundaberg is doing in the local community to raise awareness of the issue of Domestic and Family Violence. Elder Abuse is recognized as a form of Domestic and Family Violence. If you are experiencing Elder Abuse, or you have concerns that you or someone you know may be at risk, please contact our service on 1300 364 277. We provide free, confidential counselling and support to seniors affected by Elder Abuse. We can help arrange free legal advice and we are here to support you through this process."

Further information available at <https://www.relationships.org.au/>

EDON PLACE

EDON Place Domestic and Family Violence Centre is the Specialist DFV service in Bundaberg and the North Burnett region - we support the 16 Days of Activism being held around the world between 25th November and the 10th December 2021. In addition, we support the local Zonta Club of Bundaberg and the activities/events they are organising in the area during this time. During the 16 Days of Activism, people around the world will unite to raise awareness about gender-based violence, challenge discriminatory attitudes and call for improved laws and services to end violence against women for good.

For further services and support provided by the Centre contact: www.edonplace.org.au

CHURCHES OF CHRIST

We at the Churches of Christ Bundaberg are committed to promoting awareness of gender-based violence. We stand with our community to support survivors to stay safe and free from violence.

Further information available: <https://www.cofc.com.au/>

ANGLICAN MOTHERS UNION AUSTRALIA

Mothers Union is a Christian organization that has been supporting families since our found Mary Sumner called a group of young mothers together in 1876 in her local parish. It has grown to an international movement with over 4million members in 84 countries. With United Nations consultative status Mother's Union is part of the Commission dedicated to the promotion of gender equality and the empowerment of women.

Prayer is at the heart of what Mothers Union does. As a Christian movement we work towards stopping poverty, inequality, and injustice. We support families in all their forms to eliminate gender-based violence and abuse, to promote equality and build healthy relationships. Members work alongside local communities at grassroots level to bring hope and practical support. Despite the name, Mothers Union is an inclusive organization and very proud to have growing number of men joining our ranks.

Bundaberg Anglican Mothers Union are very pleased to join and work with Zonta Bundaberg and other organizations to support the 16 Days of Activism Campaign. Together we can make an impact and raise awareness as well as improving our understanding of the impact of Gender Based Violence across society. Let's stand together to say- "NO to all forms of violence and abuse".

BEV PERRY

Diocesan President Anglican Mothers Union Australia

Further information here: <https://www.muaustralia.org.au/>

Proudly Supporting our Community FOR OVER 50 YEARS SINCE 1968

The Waves real fun every day

\$248,507 Non-Affiliated Community Organisations

\$78,867 Staff Training & Development

\$44,211 Non-Affiliated Sporting Organisations

119 Locals Employed

\$754,528 Sub Clubs

Total Socio-Economic Contributions for 2020/2021 Financial Year

\$1,126,113



www.thewavesbundaberg.com

1 Miller Street, Bundaberg



The Place Hairdressing has been operating for over 16 years providing exceptional service and styling to the Bundaberg community. We are a Boutique Salon situated in Bundaberg's main Bourbong Street and we are proud to be part of the Bundaberg community. We pride ourselves on our outstanding customer service - always ensuring you receive your desired result.

We have been named in the Queensland Australian Hair Industry Awards finals for 'Salon of the Year'. We are immensely proud to be the only regional Queensland salon in these award finals.

Our staff are highly trained with the latest technics and products. We use and recommend Goldwell, Eleven, Kevin Murphy and our heat tool of choice is the GHD Brand.

Come in and experience the difference at The Place Hairdressing for yourself.

Find us at: 76 Bourbong St Bundaberg, QLD, Australia 4670
www.theplacehairdressing.com for Bookings and Our Online Store
 Call us on 07-41521800

The Place Hairdressing is all about the experience from the temple massage on arrival to the relaxing head and hand massage while sipping on boutique teas or an espresso martini. As part of your experience, we offer you a selection of complimentary beverages, including an assortment of boutique T2 teas, real plunger coffee, chilled spring water, soda water, beer, wine, or juice - all while you enjoy a piece of homemade slice with your beverage.

We understand life is busy, so we have extended opening hours, including late nights Tuesday, Wednesday and Thursday and early starts from 7am on Saturday.

Follow us on:
www.instagram.com/theplacehairdressing | www.facebook.com/theplacehairdressing

"We are proud to be supporting Zonta Bundaberg as we are a strong team of 16 women, and I believe this is such an important topic and I believe women need equal rights," says Local Business Owner, Kiralee Cramer.



Thank You to our **GOLD** Sponsor - THE PLACE HAIRDRESSING



ZONTA CLUB OF BUNDABERG'S 2021 CALENDAR OF EVENTS



16 DAYS OF ACTIVISM CAMPAIGN to Eliminate Violence Against Women

THURSDAY 25TH NOVEMBER – DAY OF ENVISIONING

- **9.30am - Christ Church Anglican Church - Anglican Mothers Union Australia** invites you to gather in Buss Park (cnr Woongarra & Maryborough St) to hear ringing of Bells in remembrance of those who have died as a result of domestic violence, to date in 2021.
- **10am** - Christ Church Anglican Church, Prayer Service and Guest Speaker Tania Felstead from Red Rose Foundation.
- **11am** - Morning tea at the Church Hall.
- **5.30 pm – Buss Park**
Zonta Club of Bundaberg - Please join us for the Official Launch event of the 16 Days of Activism Campaign Program:
- **Guest Speaker:** Acting Sergeant Danielle Loftus from Domestic Family Violence a Vulnerable Persons Unit.
- **Remembrance Prayer:** Reverend Jennifer Lynn (Coral Coast Uniting Church, SurfChurch)
- **Reading:** Philippa Williams
- **To Conclude our Launch,** join us for the 16 Days Launch Footpath Walk showing our support for Zonta Says No to Domestic Violence.
- **6pm - Lighting of the Fig Trees orange on Walker Street & Lighting of the Wide Bay Australia building in Orange.**

FRIDAY 26TH NOVEMBER - A DAY OF KNOWLEDGE

- Please contact any of the listed organisations listed on the Postcard on page 15 if you need information or assistance with domestic and family violence. Visit our Facebook page for a book list of Domestic & Violence topics supplied by the Bundaberg Library.

SATURDAY 27TH NOVEMBER - A DAY OF ORANGE

- **7am** - We invite you to dress in **Orange** and join the Zonta Club as we participate in Parkrun at Queens Park (off Hope Street).
- We invite all our sponsors and businesses in the community to dress in **Orange** today and anytime throughout the 16 Days and share photos of their staff to social media.
#zontasaysyestogenderequality #ZontaSaysNO #16daysofactivism2021 #zontaclubbundaberg

SUNDAY 28TH NOVEMBER - A DAY OF LISTENING

- Join us on our Zonta Facebook page as we listen to a presentation by **Caroline Rundle** – Domestic Violence Women's and Children's Counsellor at **EDON Place**.
- Or Visit YouTube or your podcast channel to find stories on Domestic Violence.

MONDAY 29TH - A DAY OF REMEMBRANCE

- Please visit our Remembrance display at the **Bundaberg Library** remembering the number of women and children who have died in the past 12 months due to family and domestic violence.

TUESDAY 30TH NOVEMBER - A DAY OF ALLYSHIP

- The **Zonta Club of Bundaberg** would like to acknowledge the other organisations in the Bundaberg community that are working together to say **NO** to violence to women and **YES** to gender equality. Please visit our Facebook page that highlights statements of support from ally organisations.

WEDNESDAY 1ST DECEMBER - A DAY OF GIVING

- **10am** - We would like to invite our sponsors and anyone else to join us at **Alowishus** to have a cup of coffee and "pay one forward" to someone in need.
- Let's **Orange** Bundaberg by wearing something **Orange**.

THURSDAY 2ND DECEMBER - A DAY OF ADVOCACY

- Visit our Facebook page to listen to a message from our elected members who support the Zonta 16 days campaign that says **NO to violence against women and YES to gender equality**.

FRIDAY 3RD DECEMBER - A DAY OF DISCUSSION

- **Anglican Mothers Union Australia** - Good Shepherd Anglican Church Hall (201 George Street) invites you to attend a dinner with guest speaker from **EDON place**. Cost \$15.
- Contact Christ Church Anglican Church Office on 41513128 to make a booking.

SATURDAY 4TH DECEMBER - A DAY OF AWARENESS

- **9.30 - 11.30am** - The **Zonta Club of Bundaberg** and other community-based organisations invite you to visit the Pavilion in the CBD to find out more about the issue of domestic family violence, elder abuse, gender equality and resources available.

SUNDAY 5TH DECEMBER - A DAY OF TRIBUTE

- Visit Zonta's Facebook page as today as we pay tribute to organisations in Bundaberg that provide care and services to families affected by the trauma associated with domestic family violence.

MONDAY 6TH DECEMBER - A DAY OF STUDENT ENGAGEMENT

- Join us on the Zonta Facebook page as we listen to:
- ✳ **Senior Constable Brittany Duncan Bundaberg District Crime Prevention Unit, Queensland Police** as she hosts a presentation on the 'ThinkUKnow' cyber safety program.
- ✳ Zonta International advocacy series presentation on 'Gender-based violence and cyberbullying'.

TUESDAY 7TH DECEMBER - A DAY OF OUTREACH

- Consider what you can do to reach out to someone you think might need support or perhaps write a letter to the editor of the local paper about the issue of gender-based violence and inequality.

WEDNESDAY 8TH DECEMBER – A DAY OF COMMUNITY

- Visit Zonta's Facebook page for information about support that is available in our community for survivors of domestic violence.
- Visit our Facebook page for a book list of Domestic & Violence topics supplied by the Bundaberg Library and borrow one of the many fiction and nonfiction books and videos that raises your awareness and understanding of the lived experiences of victims.

THURSDAY 9TH DECEMBER - A DAY OF SERVICE

- Join with the **Zonta Club of Bundaberg** in donating to one of the organisations that support survivors of violence.

FRIDAY 10TH DECEMBER - A DAY OF REFLECTION

- **9.30am - Christ Church Anglican Church - Anglican Mothers Union Australia** invites you to gather in Buss Park (cnr Woongarra & Maryborough St) to hear ringing of Bells in remembrance of those who have died as a result of Domestic and Family Violence, to date in 2021.
- **10am** - Christ Church Anglican Prayer Service and Guest Speaker from EDON Place
- **11am** - Morning tea at the Church Hall
- Take the time today to sit and reflect on one of the 5 Red Benches in Bundaberg provided by the Red Rose Foundation. They are located at Bundaberg Base Hospital, Bundaberg Neighbourhood Centre, Churches of Christ, Anglican Church and Alexandra Park.

Events Disclaimer:

The Zonta Club of Bundaberg Inc reserves the right to make changes to the event program. Any changes will be communicated via the Zonta Club of Bundaberg Inc Facebook page. The Zonta Club of Bundaberg Inc will not take any responsibility for any errors, omissions and/or changes to the program.

Information Content Disclaimer:

The information presented in this document has been prepared using sources understood to be reliable and accurate. However, the Zonta Club of Bundaberg Inc makes no warranty or assumes any legal liability or responsibility for the accuracy or completeness of any information presented.



The Zonta Club of Bundaberg Inc was chartered on 24 August 1990 (over 31 years) and is one of the most established charity organisations in Bundaberg.

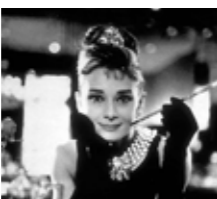
We meet on the FIRST Tuesday of the month at Rowers on the River from 6pm. The Club Members are dedicated supporters of the goals and ideals of Zonta International. The Club has been a very active force in the Bundaberg Community, contributing by way of service and advocacy projects, such as:

- A Young Women in Public Affairs award. The Award recognises young women, ages 16-19, who demonstrate superior leadership skills and a commitment to public service and civic causes and encourages them to continue their participation in public and political life.
- STEPS program in partnership with Central Queensland University - The scholarship provides recognition and financial assistance to a first year female Bachelor student residing and studying in the Bundaberg Region.
- In Bundaberg we provide financial bursaries to girls transitioning from Grade 6 in local State Primary schools (South, Walkervale, Bundaberg West, Rosedale, Gin Gin, Thabeban & Burnet Heads to Middle School Grade 7 in local High Schools.
- Co-ordinate a local 16 Days of Activism Campaign to End Violence against Women and Girls which runs from 25 November to 10 December each year.
- Financial and wellness workshops.
- The Bundaberg State High School Human Powered Vehicle for both the junior and senior girls teams.
- Support 'EDON House' a Non-government community-based organisation providing specialist domestic and family violence services in Bundaberg and North Burnett Regions.
- Support Phoenix House a counselling service for sexual assault victims.
- Production of STOP cards which has contact details for all the local community and welfare organisations.
- Ongoing Australia-wide projects include making cushions for local breast cancer patients. <https://www.bcna.org.au/>
- Assembling birthing kits to prevent the deaths of mothers and babies in developing countries. <https://www.bkfa.org.au/zonta-clubs/>
- Plus, many more adhoc activities from time to time.



Just some of our fun fundraising & social activities include:

- Yearly community breakfast to celebrate International Women's Day.
- Movie Premiere Fundraisers in 2022, " Breakfast at Tiffanys" at the Moncrief Theatre. Book your tickets here: <https://www.whatsonbundaberg.com.au/events/event/1766/breakfast-at-tiffany-s-fundraiser>
- Bunnings Sausage Sizzles.
- Trivia nights, raffles, wine & chocolate drives.
- Sales of our Zonta branded items.
- Online Raffles, Golf Days, Fundraising Walks.
- Progressive dinners & Derby Day.



Zonta Club of Bundaberg – we are group of women who encourage each other, involve each other, support each other, empower each other, educate each other, enjoy each other's company, and allow each member to do what they can when they can for the great cause of Zonta International.

We would love to see new members join us and bring to the club their thoughts, ideas, and support for the great work that Zonta Bundaberg does on a local, national, and international level!! You will be a part of one of 2800 clubs worldwide and over 28,000 members!

Come and join our Zonta Bundaberg Tribe!



Greensill Farming are proud to support the Zonta Club of Bundaberg's 16 Days of activism Breakfast and Campaign.

Our workforce includes women in a diverse range of roles - from accountants, to heavy machinery operators, agronomist, administration, and marketing to name a few.

It is important to us to show our employees that we support them through our internal programs with Health and Safety and our Employee Assistance Programs, as well as by raising awareness to other important issues.

We pride ourselves on living and breathing the Greensill Farming SPIRIT and sharing a bigger purpose, and supporting this event is a part of that.

Greensill Farming
160 Hughes Road, Bargara, Queensland, 4670
ABN: 62 527 087 175
07 4159 3137
www.greensillfarming.com.au




79b Bourbong St, Bundaberg Central QLD 4670

ivape.com.au **0427 557 608**



Priceline Pharmacy Bundaberg is the only locally owned Priceline in town. Bundaberg residents, Tarin Dobbie and Adam Harradine have co-owned the pharmacy for 5 years. Both have worked in pharmacy for over twenty years and are well experienced pharmacists.

HEALTH SERVICES AT PLP BUNDABERG INCLUDE:

- Prescriptions and medication advice
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- Vaccinations - influenza, Covid-19, whooping cough
- Blood pressure monitoring
- Diabetes supplies
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- Sick certificates for workplaces

BEAUTY AND RETAIL SERVICES AT PLP BUNDABERG INCLUDE:

- Beauty consults
- Lash consults
- Colour matching
- Cosmetics and advice
- Haircare products and advice
- Fragrances

We have recently relocated to our new premises on the corner of Bourbong and Targo Streets. We took the opportunity to have the store completely upgraded to the latest Priceline format found in capital cities across Australia.

The Priceline loyalty program - the Priceline SisterClub is one of the largest health and beauty loyalty programs in Australia with over 7 million members. And it's completely free to join!

OUR STORE IS AN ACTIVE MEMBER OF THE PRICELINE SISTERHOOD FOUNDATION, RAISING MONEY FOR FIVE CHARITIES ACROSS AUSTRALIA:

- PANDA - Perinatal Anxiety & Depression Australia
- Raise - Early intervention mentoring in high schools
- Dementia Australia
- Look Good Feel Better - Helping Australians cope with chemotherapy side effects
- Motherless Daughters - Supporting girls and women who have suffered mother loss

Your Priceline pharmacist is here to assist you by giving you advice and talking through your health concerns. From our friendly staff to our trained cosmeticians, we aim to give you the best advice and recommendations, great prices and the latest products.

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PHONE: (07) 4152 9288



"Charltons Lawyers and Edwina Rowan proudly support the Zonta Club of Bundaberg"

We are honoured to support the international campaign to collectively call out harmful attitudes and behaviours and prevent gender based violence. We also acknowledge the survivors for their strength and resilience.



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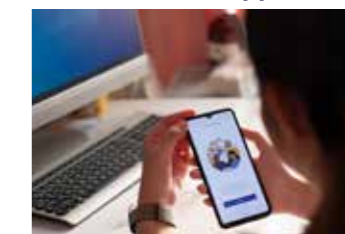
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Simpson Farms, an Australian Family Company, have been supplying the foodservice market a range of manufactured avocado and mango products. For many years supplying their famous Guacamole, Premium Chunky Avocado to name a few for the Corporate, FoodService and QSR.

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Using established national distribution networks, Simpson Farms range can be purchased Australia wide. We can also develop with you new products, supply industrial quantities, toll manufacture, and we export, please contact us via our website and we will be happy to discuss your requirements.

Contact Simpson Farms to find out more about all our products and the unique HPP process.

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DOMESTIC VIOLENCE STATISTICS

INTIMATE PARTNER VIOLENCE

is one of the most common forms of violence against women
includes physical, sexual and emotional abuse, as well as controlling behavior by an intimate partner

THESE VIOLATIONS RESULT IN SERIOUS SHORT AND LONG-TERM:

- physical problems
- reproductive problems
- sexual problems
- mental health problems
- and increased vulnerability to HIV



Gender-related killing of women and girls

More than 30,000 women per year, or 82 per day, are killed by an intimate partner. Although women and girls account for a much smaller share of total homicide than men, they bear by far the greatest burden of intimate partner/family-related homicide and intimate partner homicide.



Child marriage puts girls at risk of violence throughout their lives

Child marriage exposes girls to intimate partner violence, including sexual, physical, psychological and emotional violence.



Girls who marry before the age of 15 are almost 50% more likely to experience physical or sexual violence than girls married after 18.

44% of married girls 15-19 think a husband or partner is justified in hitting or beating his wife or partner.



Myths about child marriage

MYTH FACT

Child marriage is rare and only happens in certain countries

Child marriage is common and takes place across the globe



About 1 in 3 girls in the developing world are married before age 18.

Child marriage takes place all over the world, across continents, cultures and religions, including developed countries.



How child marriage impacts education

Education can be one of the most powerful tools to enable girls to avoid child marriage and fulfill their potential.



Girls with little to no education are three times as likely to marry by 18 as those with a secondary or higher education.



More than 60% of women (ages 20-24) with little to no education were married before 18.



Cyber violence against women and girls

Violent online behavior ranges from online harassment and public shaming to the desire to inflict physical harm including sexual assaults, murders and induced suicides. With more access than ever to the internet, cyber violence against women and girls (cyber VAWG) has taken on a global dimension.



73% of women are abused online



In Europe, 9 million women have experienced a serious form of cyber VAWG since the age of 15



Women aged 18-24 are at a heightened risk of cyber VAWG



In the U.S., women are 27 times more likely to be abused online than men



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Keith Pitt MP
Federal Member for Hinkler

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ZONTIANS MEMBER PROFILES

Written from the heart and hand of Zonta Bundaberg Member and Vice President, Debra Phillips.....

We often talk about our "Why" – Why did we join Zonta. I was introduced to Zonta in 2018 and although I was impressed with the Zonta vision and mission, I was way more impressed with the women who make up the Bundaberg club. They were a varied group – young and old, working and retired but the one thing they all had in common was their passion for supporting women and girls and their desire to make a difference.

After getting to know members of the group I wanted to be part of that "Tribe." I felt inspired by these women and wanted to learn from them. They made me feel welcome and encouraged me to be an active member of the group. I feel now that I am part of this amazing "Tribe" – not just at a local level but from an international level. Zonta works locally to impact globally.

Two of our members, Heather Torkington and Pat Palu, agreed to have their profile written for our 16 Days of Activism booklet and I feel privileged to be able to write this and get to know them a little better.

Thank you to our SILVER Sponsors & Distinguished Zonta Bundaberg Club Members

Introducing HEATHER TORKINGTON



"I have been a member of Zonta for six years and I feel it is an honour to be a part of such an amazing organisation," said Heather Torkington, member of the Zonta Club of Bundaberg.

Throughout my working life as a nurse, I have always supported gender equality and action against Domestic Violence. After completing Year 12, I commenced my General Nursing training at Royal North Shore Hospital which continued for four years. I then moved to Brisbane and completed a one-year Midwifery course at the Royal Women's Hospital.

"Following many years working as a registered nurse in different wards of the Royal Brisbane Hospital I began my education to become a teacher of nurses. This included a Diploma in Nursing Education and one in Hospital Nursing and Unit Management as well as a Degree in Educational Studies from the University of Queensland. Later I served as an Examinations Officer for the Board of Nursing Studies in Brisbane which was responsible for registration for all branches of nursing in Queensland."

"I have been fortunate to have taught many women and some men who have become excellent nurses in many different branches of the profession in Cairns, Toowoomba, Darwin and Bundaberg. "I have always taught students to question whatever appears to be wrong, incorrect, or unfair. These ideals also apply to members of Zonta, so it is very easy for me to uphold them and work towards Gender Equality and the work against Domestic Violence in our community."

Although retired from her career, Heather continues to stay active through book clubs, bridge, as well as Zonta. Heather is also an avid traveller and has spent quite some time sailing. Not just a passenger, Heather proudly sailed with her husband in the Darwin Ambon International Yacht race three times. This race is a 600nm journey from Darwin north to the finish line at the village of Amahusu in the Ambon Harbour. "We sailed from Darwin to Bundaberg when we moved here a number of years ago. It is something I miss and feel quite nostalgic when I see a yacht." Talking to Heather about her sailing adventures I learned that it wasn't always smooth sailing, particularly crossing the gulf. My vision of sunbaking on the deck sipping cocktails wasn't 100% accurate.

"There were some very hairy moments! I was at the helm, and it was rough – we were even getting wet in the cabin. The gulf can be like a millpond but not the three nights we sailed through." With Covid restrictions, Heather's travels have been stalled but is looking forward to a trip to New Zealand's South Island in February 2022. Here's hoping our international borders will have us all back travelling before too long.

Introducing PAT PALU



Pat Palu has been a member of Zonta since 2013 and is passionate about women's issues and supporting disadvantaged women in the community and overseas.

"One of the reasons I joined Zonta was because of their contribution and support at a local level as well as an international level. It is also a good social group which is important. Our Club supports young girls transitioning from primary to High School. We do this through bursaries, and I am proud to be a part of this initiative because I know that this directly helps girls. Having that extra money for uniforms, school camps and other extra-curricular activities means they don't have to miss out. We also support the STEPS program through CQU which helps young women go back to formal study. I think education is so important for women. It gives them life choices and with this comes empowerment."

Like many families in Bundaberg, Pat and her husband John come from a farming background – first sugarcane and then custard apples. Sensing problems in the sugar industry, we diversified and planted custard apples back in 1992 and, as the saying goes, the rest is history'. Pat and John's custard apple orchard became a thriving business sending quality fruit to the Sydney and Melbourne markets as well as overseas.

We both enjoyed the farming lifestyle, and, in fact, John still continues working on the farm and has become a mentor for younger people entering the industry ensuring the continued success of the Australian Custard Apple industry. Apart from being half of a very successful farming partnership, Pat also worked as a teacher aide at both North Bundaberg State High and Kepnock High School Special Education Unit. I loved helping and supporting the kids. It felt so rewarding being part of the education system. Education and learning are such crucial elements of all of our lives – no matter what you learn it is worthwhile.

Not content to retire and do nothing, Pat remains active in a number of groups including Zonta. "I am the Conductor and President of the Italian Choir and am currently learning Italian. I think it is so important to continue to learn and keep your brain active." Pat only recently stepped down from volunteering with the Playhouse Theatre having worked tirelessly both on the stage and behind the scenes since 1982. Travel is another love for Pat since enjoying a World trip back in 1973. "Covid has really put a stop to our travel over the last two years and I am looking forward to getting back on a plane once it is safe to do so and continue my adventures."

Asked what advice she would give young women today, Pat said: "Develop a strong work ethic and organisational skills. Learn as much as you can and be prepared to change your career along the way."

Debra, Heather, and Pat are just some of the valued members of the Zonta Club of Bundaberg.

We say thank you to all of our Zonta Bundaberg Club members for their enthusiasm, support, ideas, experience, personalities, generosity, individuality, diversity, creativity, presence, skills, voices, time, energy that you contribute to the Club and the greater good of Zonta international. Zonta Bundaberg appreciates, supports, and embraces each of its members.

Zonta Bundaberg – Our goal is making a difference in women and girls lives in the Bundaberg Region, Nationally and Internationally!

If now is the time for you to contribute to the greater cause of Zonta International, Zonta Bundaberg and the Bundaberg Region, we would love to hear from you to find out how Zonta Membership can enhance your life! Email to zontaclubbundaberg@hotmail.com



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WOMEN AND GIRLS WITH DISABILITY ARE MORE LIKELY TO EXPERIENCE VIOLENCE ...



1800RESPECT, Women with Disabilities Australia and an expert advisory group of women with disability teamed up to develop an app called Sunny. Sunny helps women with disability learn about different types of violence, share their experience, know their rights and reach out for support.

It is an app made by women with disability, for women with disability.

Sunny uses easy to read language to explain different forms of violence, including sexual and reproductive health violence, physical, psychological, financial, and restraint violence.

The app supports women with disability to take action by calling a 1800RESPECT counsellor directly or via the National Relay Service or National Translation and Interpretation service. Sunny can also help users to call 000 if they are in immediate danger.

WWDA is the national Disabled People's Organisation (DPO) for women and girls with disability in Australia. WWDA's key purpose is to promote and advance the human rights and freedoms of women and girls with disability.



Zonta is a diversified organisation of individuals from many different businesses and professions coming together in pursuit of common goals. Zonta's service activities are both international and local. Becoming a member of Zonta offers unlimited opportunities for personal and professional growth and an opportunity to develop relationships and friendships locally and worldwide.

Club Membership

Join the Zonta Club of Bundaberg and make a difference for women and girls in the Bundaberg community and around the world.

Young Professionals

Did you know Young Professional members under 30 years of age enjoy all the benefits of Zonta membership at a reduced rate.

If now is the time for you to contribute to the greater cause of Zonta International, Zonta Bundaberg and the Bundaberg Region, we want to hear from you to find out how Zonta Membership can enrich your life!

Enquire About Becoming a Zonta Bundaberg Member today.

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