

East-Enders

February 2022

"Transitions, Changes and Opportunities"



Presidents Patter
"Define Your Success in Life!"



"Failing to plan is planning to fail"

– Benjamin Franklin

"Shoot for the moon. Even if you miss, you'll land among the stars"

– Norman Vincent Peale

"Whether you think you can, or you think you can't – you're right"

- Henry Ford

When someone succeeds in life, people around them may say, "*it was their destiny*", as if to suggest their success was inevitable and, in turn, deny the enormous hard work, detailed planning, risk taking, setbacks and failures that all successful people must endure along the way.

Why do people say such things? Is it because they would prefer to believe in 'luck' or 'fate' instead of understanding the enormous hard work and persistence that is needed for success? Is it easier to minimize the effort required and over-emphasize the role of luck – and, in doing, so avoid a possible confrontation with their own limiting attitudes and behaviours?

You know, one of the most profoundly difficult obstacles many people face in recovery or life strategy is their refusal to set clear goals and plan when it comes to living their dreams. It never ceases to amaze me how many people won't even discuss their hopes and dreams, much less make any concrete plans to achieve them. Yet, they will regularly criticize and blame other people, circumstances and the

PO Box 1873 | Carindale , 4152 | Qld | Australia | Ph: 0419 026 756

Website: www.brisbaneeast.zontadistrict22.org Email: brisbaneeast@zontadistrict22.org

universe for why they have not got what they want. And, they will assign the factors of 'luck', 'fate, or 'destiny', as opposed to hard work and persistence, as an explanation for their success. Hmm...

Goal setting occurs at all levels but the main points to remember are summarized in the SMART process:

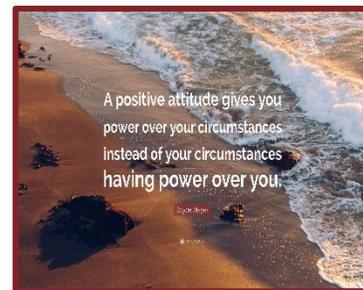
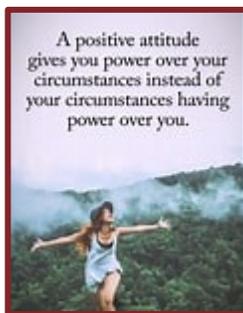
SPECIFIC – make sure you know exactly (and in simple language) what it is that you want to achieve.

MEASURABLE – “to be a better person” is just a bit vague.

ACHIEVABLE – if your goal is too far out of the ball park you may give up; there is nothing wrong with having achieved a goal early and then reset a new one!

REALISTIC – competing in the Commonwealth Games 2022 if you have never trained before may not be realistic but learning the basics skills IS REALISTIC.

TIMEFRAME – you may need to set the time frame for one week, month or 6 months depending upon the goal. Make sure you have regular reviews to see how you are progressing if it is longer than ONE MONTH. This will keep you on track and motivated.



Valerie

Advocacy

Whilst the 16 Days of Activism seems a long way off (we are still recovering from the 2021 ZSN campaign!) Jo has already been working on the 2022 campaign with the Story Bridge booked for the hanging of the ZSN banner and approvals from Brisbane city Council for the lighting of the various bridges. Jo would welcome your ideas for what the Club can do this year and also suggestions for an activity during May 2022 which is Prevention of Domestic & Family Violence month.

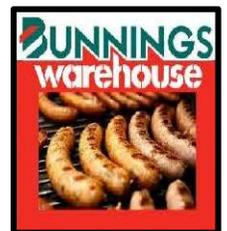
Received some good news this past week – our proposal to present a workshop at the ZI Convention in Hamburg has been accepted by Zonta International. Our submission was an outline of the workshop titled “How to harness Clubs to make an impact” using the ZSN campaign as an example. It will cover the growth of the campaign across District 22 since 2015 and the development of partnerships with like-minded organisations. The Workshop aims to share the learning of building a campaign over time with partners who will stay the course, enable reflection on what Clubs can take back to their campaign and to harness ideas from Clubs across the world on what will take us to the next level for the ZONTA Says No to Violence Against Women campaign.

2022 Area Meeting

This year the Area Meeting will be a combined meeting with Area 1 Clubs. Date is 21 May and the venue is the Wynnum Manly Leagues Club. Host Clubs are the Zonta Clubs of Wynnum Redland Inc and Northside Inc. Registration Forms will be distributed in April. Please mark the date in your diary and any suggestions for the day would be welcomed by Jo.

Fundraising

Thank you to all members and HonZons who helped with our first Bunnings Sausage Sizzle for this year. Our next one is programmed for Saturday 23 April with another for 4 June. To ease the load particularly in the heavy lunch period we need five persons per shift and again would like to shorten the shift in the middle of the day which is by far the busiest and often the hottest shift. If you can help at all for a couple of hours please let Jo know ASAP so she can draw up a roster.



Service

As we have done now for over 20 years we again delivered hampers to 6 families in a domestic violence shelter. Zonta members donated, shopped and packed a range of Christmas treats, hams, fruit and vegetables, as well as handcrafted gifts for each woman.



This cost of this project is subsidized by the generous contributions from Club members and friends. Our thanks to HonZons, Michelle and Sandra for their donations, to Member Rachel and her family for donating fresh fruit and

vegetables -we were able to pack pumpkin, beans, baby spinach, nectarines, cherries, mangoes and to the Academy of Science, Maths and Technology for donating puddings, biscuits and chocolates. Thanks to Kerstin for liaising with ASMT on our behalf. Our thanks also to an anonymous donor who provided gifts that children could select, wrap and gift to their mothers and of course thank you Divya and Jacinta for coordinating this project for the club



Fellowship

Many thanks to Jo for hosting our Club Christmas get together for members and HonZons. Twenty-five of us enjoyed great food and fellowship as we wished each other a happy Christmas.

Ros and Jacinta and former BE member Loris met Belinda at the Cremorne Theatre to enjoy Circus in a TeaCup performed by Vulcana a women's troupe in Bulimba. A great performance as a number of the performers told of their experience of D&FV whilst performing acrobatic feats.

Diary Dates

14 February 2022 – Board Meeting by ZOOM
21 February 2022 – Monthly Meeting by ZOOM
8 March 2022 – International Women's Day
13 March 2022 – Clubs 33rd Birthday
14 March 2022 – Board Meeting by ZOOM
21 March 2022 – Monthly Meeting – combined face-to-face and ZOOM
23 April 2022 – Sausage Sizzle, Bunnings Rocklea
4 June 2022 – Sausage Sizzle, Bunnings Rocklea
21 May 2022 – Combined Area 1 and Area 3 Meeting
25-28 June 2022 - 65th Zonta International Convention, Hamburg, Germany
2024 – Zonta International Convention - Brisbane

