

# Monthly Newsletter



**ZONTA**  
CLUB OF  
PARADISE POINT INC



## President's Message

September is a month with many important days that require reflection,

These include –

Indigenous Literacy Day  
International Day of Charity  
International Day of Peace  
R U OK? Day

Each of these days abide closely to the ideals of Zonta, let us as members of Paradise Point ensure we work as closely as we can to the Strategic Plan 2024-2026 set by Zonta International and District 22 Ltd. In the following month, the Board will be preparing a Strategic Plan for Zonta Club Paradise Point Inc.

I am pleased that many of you were able to donate your time for Support the Girls, if we can continue to volunteer it is a wonderful service on our part.

The Breast Cushion Stuff and Sew also was well attended, hopefully, some enquiries were made, we must continue to try to encourage new members to join us.

*"Our very survival depends on our ability to stay awake,  
To adjust to new ideas, to remain vigilant and to  
Face the challenge of change"*

*Martin Luther King jr*

*Merrilee*

### Dinner Meeting Information

#### Date

Tuesday 17 Sept 2024  
6:00pm

#### Venue

Function Room  
AFL Tigers Club  
28 Ashton St  
Labrador

#### Cost

\$30.00

#### Payment for Dinner

Zonta Club of Paradise  
Point Inc - Admin  
BSB 124-022  
Acc 1042 1645  
Reference: Your name

#### Apologies/Guests

Please notify:  
Merrilee 0402 108 406  
by 10:00am,  
Friday 13 Sept 2024

*If an emergency requires a late apology, please call Merrilee before noon on Tuesday. This is a courtesy call and may not remove the necessity for payment.*

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## August Dinner Meeting - Highlighting International Humanitarian Day and Helen Sullivan's Aid Efforts

At our August meeting, the Zonta Club commemorated International Humanitarian Day with a special focus on the courageous efforts of our member, Helen Sullivan. Helen is currently awaiting deployment as part of a humanitarian aid mission to Gaza, an area deeply affected by ongoing conflict and severe humanitarian crises. Despite the harrowing challenges ahead, Helen is determined to bring much-needed aid and hope to the people of Gaza.

In late July, Helen found herself in Ireland, waiting anxiously for confirmation from the Freedom Flotillas to depart for Gaza. This mission is not without its dangers. Earlier this year, in April, an attempt to deliver aid to Gaza was blocked. The determination of Helen and her fellow volunteers remains unwavering as they prepare for another attempt. The situation in Gaza is dire: the death toll caused by the Israel Occupation Force has reached 40,000, with an additional 186,000 lives lost due to injury, famine, and disease. Half of the population of Palestine are children, making the need for humanitarian aid more urgent than ever.

Helen shared her thoughts with the club, saying, "I know that the Freedom Flotilla's attempt to sail aid to Gaza is not only dangerous, but it is a drop in the ocean compared to what is needed. I believe strongly that we cannot and should not stand by and watch while yet another holocaust occurs".



Unfortunately, the Freedom Flotilla has faced yet another setback, being prevented from leaving Istanbul by the Turkish Government. Despite this, Helen remains committed to her mission. She is now considering Plan B, which involves undertaking humanitarian work with another organization. As she completes her initial training, we, as a club, stand in full support of her efforts.

This year's International Humanitarian Day theme, "We stand shoulder to shoulder with the communities we serve #NoMatterWhat resonates deeply with Helen's mission. Her dedication and resilience embody the spirit of this theme, and we wish her all the best as she continues this significant and life-saving work.



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# Insights from Jasmin Khan on Domestic Abuse in the South Asian Community

By Kathryn Janovsky

At our recent Zonta meeting, we were honoured to have Jasmin Khan from the Bangle Foundation as our guest speaker. Her presentation on domestic abuse within the South Asian community was both inspiring and deeply informative, shedding light on an often-overlooked issue within one of Australia's largest and oldest migrant communities.

## Understanding the Community

Jasmin began by providing context about the Indian subcontinent diaspora in Australia, which now numbers over a million people. This diverse group includes individuals from India, Pakistan, Bangladesh, Sri Lanka, Nepal, Afghanistan, and large South Asian communities in Fiji and South Africa. Despite differences in nationality and migration histories, these communities are united by strong family, religious, cultural, and traditional ties.

## The Reality of Domestic Abuse

Jasmin highlighted alarming statistics from Our Watch, underscoring the prevalence of domestic violence in Australia:

- One woman a week is murdered by her former or current partner.
- 1 in 3 women have experienced physical violence since the age of 15.
- 1 in 5 women have experienced sexual violence since the age of 15.
- Almost 10 women a day are hospitalized due to injuries inflicted by a domestic partner.
- Police are called out every 2 minutes in Australia to respond to a domestic abuse incident.

However, Jasmin emphasised a critical gap in data: there is a lack of comprehensive, population-wide statistics on the prevalence and impacts of violence against women from migrant and refugee backgrounds. Specific studies suggest high prevalence rates and unique complexities in these communities, but much more research is needed.

## Types of Abuse

Jasmin's presentation outlined the specific forms of abuse that women in the South Asian community may experience, including:

- Physical abuse: Punishment for not completing chores.
- Isolation: Forcing women to stay in their rooms.
- Deprivation of freedom and food: Controlling or hiding food.
- Strict household rules: Restricting where women can sit or what they can do.
- Lack of privacy: Intrusive control over aspects like pregnancy, sex, and abortion.
- Constant criticism: Negative comments about appearance and dress.

One particularly disturbing pattern is the involvement of mothers-in-law (MILs) in the abuse. Jasmin noted that eight of the eleven women she studied had been abused by their husbands, often with the support or encouragement of their MILs.



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## Cultural Dynamics and Challenges

Jasmin delved into the cultural dynamics that allow such abuse to persist, including:

- Constant contact: Husbands maintaining close, controlling relationships with their mothers.
- Control and honour: Families monitoring women's behaviour to preserve "honour."
- Patriarchy: Deeply ingrained beliefs in male authority, with women often perpetuating these systems to eventually gain power themselves.
- Men refusing to intervene: Fathers-in-law may be gentle but remain silent in the face of their wives' abusive behaviour.

Jasmin referenced Deniz Kandiyoti's concept of women maintaining patriarchy to enjoy its benefits later, noting that some women tolerate poor treatment from their in-laws, expecting to wield power over their sons' wives in the future.

## What Can We Do?

Jasmin challenged the audience to move beyond simplistic solutions like the "White Saviour Complex" and instead focus on meaningful actions:

- Reconsidering dowry abuse: While dowry abuse is serious, Jasmin argued that it is not the root cause of abuse in all cases. Domestic violence legislation should reflect this complexity.
- Contextualizing forced marriage: While forced and child marriages are abhorrent, she urged understanding them within a broader societal context rather than imposing judgments based on cultural differences.
- Taking action: Jasmin outlined several necessary steps:
  - Understanding that domestic abuse goes beyond intimate partner violence (IPV).
  - Listening to and supporting women's stories without preconceived notions.
  - Implementing punitive measures against overseas-based perpetrators.
  - Funding ethno-specific service providers who understand the cultural context of abuse.
  - Acknowledging barriers that migrant women face in discussing or reporting abuse.
  - Expanding the definition of domestic abuse to include multiple perpetrators in generational households.

Jasmin's presentation was a powerful call to action, urging us to deepen our understanding of domestic abuse in multicultural communities and to advocate for more inclusive, culturally aware solutions. The Zonta Club extends our gratitude to Jasmin for sharing her expertise and for her tireless work in supporting vulnerable women.



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# Unpacking the Zonta International Symbol

At our August meeting, the Zonta Club delved into the rich history and meaning behind the Zonta International symbol. Understanding the emblem is key to appreciating the values and mission that unite Zontians worldwide.

The name “Zonta” is derived from a word in Lakhota (Teton Dakota), the language of the Native American Sioux peoples, meaning honest and trustworthy. This powerful term was adopted in 1919 to reflect the core qualities that Zontians embody: honesty, trust, inspiration, and the ability to work together for service and world understanding.

The Zonta emblem is much more than just a decorative design. It is an adaptation and composite of several Sioux Indian symbols, each holding significant meaning. When these symbols are superimposed, they create a unique emblem that carries special significance for Zontians around the world.

The emblem is composed of five distinct symbols within the ‘Z,’ each representing the ideals of Zonta:

**Inspiration:** This symbol is the Sioux representation of “ray of light,” “sunshine,” “flash of radiance” - all conveying the idea of “inspiration”. The entire Zonta movement is an inspiration, and that inspiration stems from the “radiance” of each individual Zontian. Therefore, this symbol represents both “all of Zonta” and “each individual member of Zonta” making it the focal point of the emblem.

**Loyalty:** This symbol represents “shelter” in Sioux tradition. Zonta’s many service projects act as a shelter for those in need. As members, our loyalty to one another forms the backbone of our organisation, binding individuals into clubs, clubs into districts, and districts into Zonta International. This symbol surrounds the “radiance” and “inspiration” to create a familiar and powerful pattern.

**Shelter:** Like loyalty, this Sioux symbol conveys the idea of “banding together for a purpose” or “standing together” which is the essence of loyalty. In Zonta, loyalty surrounds and protects the inspiration, emphasizing our collective strength as we unite to serve the world.

**Honesty:** This symbol represents the Sioux concept of “carrying together” Carrying together is essential for Zonta’s mission: working for the advancement of women worldwide through global fellowship. This symbol overlaps with “inspiration” and “loyalty,” drawing us closer together as a unified force for good.

**Carry Together:** The symbolism of the square, while not exclusively Sioux or Native American, is ancient and represents “honesty” and “trust”. This fundamental symbol anchors the other elements of the emblem, reminding us of the importance of these qualities in all our endeavours.

As we continue our journey as Zontians, these symbols remind us of our shared heritage, collective goals, and the values that guide our actions every day.

The August meeting was a meaningful opportunity to reconnect with the deeper meaning behind the Zonta symbol and to reaffirm our commitment to the principles it represents. As we move forward, let us carry these values with us, striving to embody honesty, trust, and unity in all that we do.

Source: The Story of the Zonta Emblem. (2024). <https://zontaclubofporterville.org/wp-content/uploads/2014/08/Zonta-Logo> , accessed August 2024

Also: [www.zonta.org](http://www.zonta.org)





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# Zonta Senior Student Bursary & Merrimac State High School Community Engagement

By Kathryn Janovsky

The Zonta Club is pleased to announce that information regarding our Senior Student Bursary has been sent to eleven secondary schools across the Gold Coast. This bursary is designed to support outstanding female students in their senior years who demonstrate leadership potential, academic excellence, and a commitment to community service. The Senior Schooling Bursary specifically aims to:

- Provide encouragement to a student in Year 10/11 to continue their senior education
- Encourage young women to enter a variety of professions
- Provide support to those who require financial assistance to continue their education
- Improve the status of younger women in educational institutions and society at large
- Support the mission and vision of Zonta International

The applications are due early September.

As a result of our outreach, Merrimac State High School Principal Rachel Cutajar extended an invitation to Zonta to attend the school's Business, Alumni & Community (BAC) breakfast on August 21. This event is part of Merrimac's broader efforts to build a strong school community by fostering alliances, creating learning and sponsorship opportunities, and developing workforce pathways. Such initiatives are essential to empowering students and paving the way for a brighter future.

The BAC breakfast provided a fantastic platform for Zonta to increase its visibility within the Merrimac community. The event featured inspiring guest speakers, including Karen Phillips from Women in Business Australia, who introduced the Youth Program, IMPACT. This two-day program is designed to bring together young people from diverse cultures, identities, and abilities, offering them opportunities to connect, learn, and become inspired. IMPACT aims to build self-esteem, leadership skills, and empowerment, giving young participants a voice on issues that matter to their future.

Another speaker was Karen Walker, Director of Healthy Emporium, a business where compassion meets expertise in NDIS support coordination. Karen's dedication to this field is deeply rooted in personal experience, having witnessed the impact of disability on her nephew and family. This lived experience has fuelled her passion to make a significant difference in the lives of individuals with disabilities, a mission that aligns closely with Zonta's values of service and advocacy.

The breakfast was an excellent opportunity to network and establish connections within the Merrimac State High community. Zonta representative, Kathryn Janovsky, also engaged with members of the Aurora Training Institute, opening discussions about potential future collaborations. We are particularly excited about the prospect of participating in Merrimac's Enterprise Week in 2025, which would allow Zonta to further contribute to the development and empowerment of students at the school.

Overall, the event was a significant step in strengthening Zonta's presence and influence in the local community. We look forward to building on this foundation and continuing our work to support young women's education and leadership on the Gold Coast.



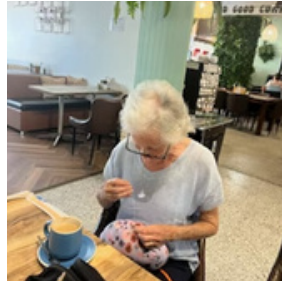
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## Breast Cushion Assembly

On Friday 23 August, 2024, 4 club members and 2 supporters attended the Breast Care Cushion Stuff and Sew Event. This was held at Cafe 7 Paradise Point.

Fifty cushions are now packed and ready for delivery to Pindara Hospital. Another 40 cushions stuffed and sewed.



## Save the Date Wine Experience

Here is a SAVE the Date card that you may wish to extend to your friends.

Tickets will be on sale shortly.

NOTE Date is now Saturday 16 November 2024



Join our sommelier, Dr Klaas Akkerman to explore the world of wine.

### SAVE THE DATE

GATHER YOUR FRIENDS FOR A  
FUN, ENTERTAINING AND  
EDUCATIONAL EXPERIENCE

**SOUTHPORT COMMUNITY CENTRE**  
**SATURDAY NOVEMBER 16 7PM**

Don't miss this opportunity  
to swirl, sniff, sip, and savour  
at Zonta Club of Paradise  
Point (Inc) Wine Event



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FOR WOMEN AND GIRLS**

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# Support The Girls

By Janet Burrage



[www.supportthegirls.com.au](http://www.supportthegirls.com.au)

Support The Girls Australia ABN 56615105096  
Charity Licence No CH3135

## To: Zonta Club of Paradise Point

Thank you for supporting us at our Gold Coast Bra Gifting Events this year. Last weekend 8 volunteers were up at Toowoomba as the Zonta Garden City Toowoomba organised an event which saw a varied demographic visit, and be pampered with hairdressers, hand massage as well as representatives from Breast Screen and Cervical Health be available for a chat. Toowoomba did turn on a wonderful day, weather wise, and the Zontians' at the event made it all very easy for our volunteers. On the day our bra fitters' measured 30 ladies and gave out 115 bras, 35 packs (2 pairs in each pack) of underwear and 39 lots of menstrual products. These products are all donated by the general public. As you have all heard me say, Support the Girls is a self funded charity – our multi- talented volunteers are rostered to attend our warehouse at one of the twice a week “working days” where we sort through donated bras, underwear and toiletries - log them into our inventory system and store them in plastic tubs and/or topup the bags you saw on Saturday. We sell raffle tickets and have a quiz night happening in October. We do apply for grants which are usually for the general running cost i.e. warehouse costs( \$1200 per month), Public Liability Insurance, vehicle maintenance, vehicle insurance etc.

In the last 3 months the charity has helped nearly 280 women locally and in NSW, as well as delivered crop tops and underwear to the social workers at Logan, Gold Coast University and Robina hospitals for use in the emergency department.

Locally our work has been with three rehabilitation facilities, Murikai, Pathways and Logan House where women of all ages have been measured and fitted with bras, given new underwear, sanitary products and toiletries. They all comment how wonderful they feel and it does lift the mood and brings smiles to their faces. We have held a Bra Gifting event at Helensvale (37 attendees) and have three more booked for the year; at Nerang; Twin Rivers and our Christmas one at Southport. We do sometimes, need to limit numbers to ensure we have the bra fitters and volunteers needed to make the event a success with no pressure on anyone – volunteers and attendees alike. The other major places we have visited are with two Aboriginal Medical Centres in NSW – in conjunction with Breast Screen NSW. The ladies come and have a breastscan (many for the first time despite ages in the 50's and 60's) and then have individual attention with the bra fittings (another first for many of them) and the supply of bras and underwear. These events take a lot of organisation by all concerned and have lifted the participation in the breast screening within a community – in some cases- by more than 100% and we have even be credited for doing our bit to “close the gap” which is extremely gratifying and makes our job so worthwhile.

Below are the three dates for our Bra Gifting Events on the Gold Coast. I do hope that some of you will be able to help with the kitchen duties.

### Thursday 26 September 2024

Twin Rivers, 104 River Hills Road

10:30am to 3:00pm - this will be a lunch.

As it is during the school holidays we hope the we will have a few teenage girls as part of our attendees.

### Tuesday 08 October 2024

Nerang Community Hall

10:00am to 2:00pm - another lunch

### Friday 29 November 2024

Southport Community Centre

9:00am to 3:00pm - lunch - Christmas Event so a bit more involved

Kind Regards  
Janet Burrage

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## Items of Interest



### Bunnings Sausage Sizzle

Next Bunnings Sausage Sizzle Fundraiser will be held on

**Saturday 12 October 2024**

Please contact Kathryn to add your name to the roster.



### Support the Girls

**Thursday 26 September 2024**

Twin Rivers, 104 River Hills Road

10:30am to 3:00pm - lunch

**Tuesday 08 October 2024**

Nerang Community Hall

10:00am to 2:00pm - lunch

**Friday 29 November 2024**

Southport Community Centre

9:00am to 3:00pm - lunch -

Christmas Event

Contact Janet Burrage if you are able to assist on any of the dates above.



### Dr Merle Thornton

The Queensland government has pledged to erect a statue in honour of activist, author and academic Merle Thornton, who died last week.

Dr Thornton and her friend Rosalie Bogner famously chained themselves to a bar at the Regatta Hotel in Brisbane in 1965 to protest against a ban on women drinking in public bars.

The protest, which came to be regarded as a seminal moment in Australia's feminist movement, led to section 59A of the Queensland Liquor Act being repealed five years later.

Dr Thornton, who died at the age of 93 on August 16, also successfully campaigned for the removal of the "marriage bar", which prevented women from working in the Commonwealth public service after marriage, in 1966.

*Photo: Courier Mail*



### Jackie Moggridge

Jackie was the youngest WW2 Air Transport Auxiliary Pilot, obtaining her license at just 15.

She was a pioneering pilot, the first woman to do a parachute jump in South Africa and the first female airline captain of scheduled passenger services.

She safely flew over 1,500 aircraft during the war and was proficient with 38 models of aircraft.

In 1953, she was one of only five women to receive full RAF Wings. She was also one of a few female pilots to break the sound barrier and flew her last spitfire at the age of 74!

Jackie passed away on January 07 2004, aged 81

*jackiemoggridgespitfiregirl.com*



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## Zonta Hi Tea and Fashion Parade at Beaudesert

Our Club is holding our usual Spring Hi Tea on Saturday 14th September. It is being held in the gardens of Erica Bates, who will have her amazing 'Just Be It' designs on show as part of the Fashion Parade.

We would love to see you there! Please see flyer attached with more information.

Apologies for the late notice.

Cheers, Ellen Logan  
President  
Zonta Club of Beaudesert Area Inc  
0408 431 223



**ZONTA**  
CLUB OF  
BEAUDESERT AREA INC

Invites you to our Hi Tea & Spring  
Fashion Parade in a Country Garden

**Tickets  
\$40PP**

**Saturday  
14th September  
36 Brolga Rd  
2pm**

Fashions by  
"Kalico Country"  
"Just Be It"  
Fashions

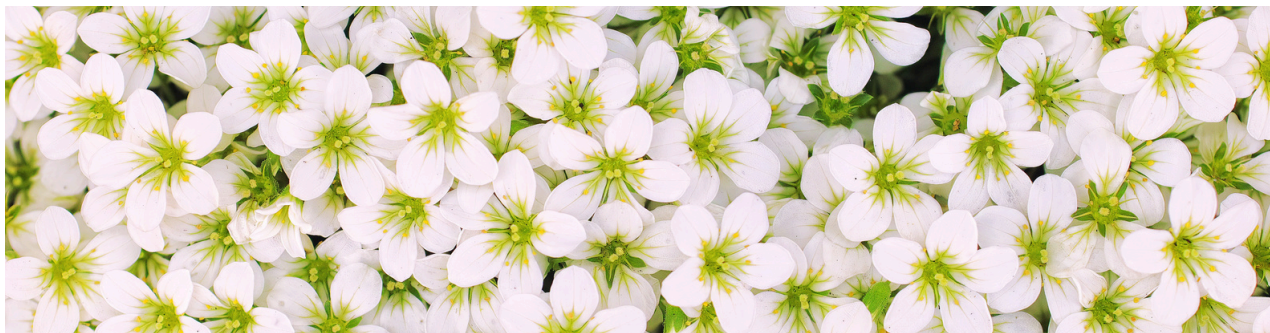
Lucky Door  
Prize & Multi  
Draw Raffle

Our tables seat 8.  
Why not make it a  
ladies day out and  
bring your friends!

Includes first glass of Bubbly or Punch  
Hi Tea supplied by Zonta Club- Gluten Free on request

Tickets available for purchase at Our Little Shop  
Or Purchase at Humanatix

Contact Ellen Logan for enquiries on 0408431223  
Please note: No ticket refunds will be given after Wednesday 11th of September  
Entry to Event will not be granted before 1:45pm



## Diary Dates

03 September 2024 - Service Committee Zoom Meeting - every 1st Tuesday of the month  
03 September 2024 - Advocacy Committee Zoom Meeting - every 1st Tuesday of the month - 6:30pm  
10 September 2024 - Board Zoom Meeting - every 2nd Tuesday of the month  
11 September 2024 - Membership Committee Meeting - every 2nd Wednesday of the month  
17 September 2024 - Monthly Club Dinner Meeting - every 3rd Tuesday of the month - 6:00pm

26 September 2024 - Support the Girls - Twin Rivers, 104 River Hills Road 10:30am to 3:00pm - this will be a lunch.

01 September 2024 - First Day of Spring  
01 September 2024 - Father's Day  
04 September 2024 - Indigenous Literacy Day  
05 September 2024 - International Day of Charity  
08 September 2024 - International Literacy Day  
12 September 2024 - R U OK? Day  
17 September 2024 - Australian Citizenship Day  
19 September 2024 - Talk Like a Pirate Day  
20 September 2024 - World Cleanup Day  
21 September 2024 - International Day of Peace  
23 September 2024 - International Day of Sign Languages



Ask R U OK? Any Day because life happens every day. A lot can happen in a year, a month, a week. Whether it's your friend, family member, colleague, partner, or teammate, the people you care about go through life's ups and downs every day. By having regular, meaningful conversations, you build trust and normalise talking about what's really going on, so when the people in your world find themselves struggling, they know you're someone they can talk to. So whilst R U OK? Day on Thursday September 12 is our National Day of Action, we encourage you to Ask R U OK? Any Day of the year because a conversation could change a life.



The 2024 Theme for the International Day of Peace is "Cultivating a Culture of Peace". This year marks the 25th anniversary of the United Nations General Assembly's adoption of the Declaration and Programme of Action on a Culture of Peace.

The International Day of Peace was established in 1981 by the United Nations General Assembly. Two decades later, in 2001, the General Assembly unanimously voted to designate the Day as a period of non-violence and cease-fire.

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