

September Newsletter

2020

President's Report

This year is quickly coming to an end and even though we have not been able to do our usual fund raising, we have been kept busy with advocacy projects.

The proposed **Golden Z Club** is slowly gaining ground and we hope to be able to establish it the beginning of the University year in 2021.

Among the emails from District 22 we have been given the opportunity for a **Leadership Development Program**. This is a great opportunity for all members as it is completely free and will help with self-development and empowering ourselves. There will be a link to some of the modules in this newsletter. The District would like each club to have at least a 20% participation rate. I would encourage members to have a look at it and see if it is for you.

With the present **Covid 19 restrictions in place** we are unable to hold our usual community breakfast nor place our "orange ladies" around the community in various businesses. We have come up with an alternate plan, and we will welcome any other suggestions.

We have an **exciting new project** the advocacy committee would like to propose. If you have any old mobile phones at home you do not use any more, you will want to hear this. We will explain at the general

meeting and welcome your thoughts and feedback.

Although we are back to holding our monthly dinner meetings, we will also offer to members who still do not feel comfortable attending meetings a chance to participate via Zoom. There will be a small cost to participate via Zoom \$5.

As stated previously we need to know numbers and special dietary requirements **by the Friday** before the meeting if you will not be attending.

Please email or text me your apology or unfortunately you will have to pay the dinner fee.

Thank you for your understanding.

Marie Stewart
President 2020 - 2022

Meetings

Dinner Meeting held on fourth Monday of the month at Seaspray Room, Belvedere Hotel, Woody Point. 6.15pm for 6.30pm start.

It will be assumed all club members will be attending all meetings unless advised otherwise.

If no apology is received the meal price of \$30 is payable.

Please advise Marie before 4pm Friday prior if not attending or if bringing a guest.

Payment by direct deposit by the Friday prior and email Sammy to confirm.

Zonta Club of Redcliffe Admin.

BSB: 633-000 Acc. No: 140820887

Birthdays for July

Pauline

Date Claimers

4th October - Jetty to Jetty

30th October - Moreton Bay Says 'No to Violence' Campaign

25th November - Start of 16 days of Activism

5th December - Christmas Party

10th December - Last day of 16 days of Activism

March 2021 - 40 + 1 Zonta Birthday Party

Jetty to Jetty

This year's Jetty to Jetty scheduled to run on Sunday 4th October, sees 11 of our Zontians and Honary Zontians helping as Traffic Marshalls on the morning. It's an early start - 3.45am, so those of you who are still snug in bed, spare us a wee thought! At least we have the weather in our favour with daylight not being quite so far away as it is in mid-winter when the Run normally takes place.

This will most likely be the last of our fund-raising activity for 2020. Let us all hope that the COVID 19 situation improves for all in the New Year!

Are you thinking about being on the Board but not sure? Leading a Committee or project committee? Want to further your knowledge and understanding of Zonta? Refresh your club knowledge and skills? Add to your existing skills in group leading, marketing, club financials? FOR FREE? No workshop to attend! Complete small modules at home 😊



Established during the 2014-2016 Biennium, the Zonta Leadership Program is designed to provide Zonta members with organisational knowledge, personal and professional development, and opportunities to expand their leadership.

We will provide the program overview in the Newsletter over the next couple of editions. Sign in to Zonta International, go to: My Zonta/Tools/Leadership.

As you can see, each unit only takes a maximum of 15minutes, so it not a huge commitment!

Governance

 <p>Zonta Essentials</p> <p>15:23</p> <p>4 MONTHS AGO</p> <p>1.1 Zonta Essentials</p>	 <p>Club Essentials</p> <p>12:42</p> <p>3 MONTHS AGO</p> <p>1.2 Club Essentials</p>	 <p>Presented by: Kathleen Douglass Zonta Club of Brampton-Caledon</p> <p>12:28</p> <p>3 MONTHS AGO</p> <p>1.3 Governance Structure</p>	 <p>Presented by: Kathleen Douglass Zonta Club of Brampton-Caledon</p> <p>14:21</p> <p>3 MONTHS AGO</p> <p>1.4 Bylaws</p>	 <p>Club and Protocol Manuals</p> <p>7:24</p> <p>3 MONTHS AGO</p> <p>1.6 Club and Protocol Manuals</p>
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Goal Inspired Leadership

 <p>Strategic Planning, Long Range Vision and Goals</p> <p>9:57</p> <p>3 MONTHS AGO</p> <p>2.1 Strategic Planning</p>	 <p>Presented by: Maureen Heine, Zonta Club of Auckland District 16, New Zealand</p> <p>11:51</p> <p>3 MONTHS AGO</p> <p>2.2 Zonta Board Orientation</p>	 <p>Presented by: Shelli Cutting Zonta Club of Anchorage</p> <p>6:29</p> <p>3 MONTHS AGO</p> <p>2.3 Effective Meetings</p>	 <p>Succession Planning The key to a successful future!</p> <p>13:07</p> <p>3 MONTHS AGO</p> <p>2.4 Succession Planning</p>	 <p>Measuring Club Performance Planning, Doing, Recognizing</p> <p>18:53</p> <p>3 MONTHS AGO</p> <p>2.5 Measuring Club Performance</p>
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Ask the question – are you OK (RU OK)? Let's check in on each other this September.'

<https://www.ruok.org.au/work>

Extract from email received from Care Army –
New mental health campaign for Queenslanders - [Dear Mind](#)

'In this edition we wanted to let you know about a new mental health campaign for Queenslanders impacted by COVID-19 – [Dear Mind](#).

It is so important for you to look after yourself, especially when you are helping others. We recommend you visit the [Dear Mind website](#) to view mental wellbeing resources and activities. If you notice someone who you are helping is struggling, we also advise you to refer them to the [Dear Mind website](#) where they can access the support services they need.

Dear Mind encourages us all to make time for ourselves. Your mental wellbeing is the unique way that you handle your emotions, respond to stress and also your general outlook on life.

Having a healthy sense of mental wellbeing has many benefits; it lifts your mood, promotes resilience in difficult situations and helps you get the most out of life. It doesn't matter who you are, where you live or how you're feeling - taking a few moments for yourself each day will help you be a happier and more resilient you.

Premier Anastacia Palaszczuk said Queenslanders should be as mindful of their mental health as they are of their physical health during the pandemic:

"People all over the world have had their lives completely turned upside down due to the COVID-19 pandemic – life as we knew it came to a standstill. It has been tough. The pandemic has placed huge pressures on families and created anxiety and stress, impacting people's mental wellbeing. Taking care of Queenslanders' mental health is as important to the unite and recover effort as the other health and economic initiatives. We won't pretend that there aren't challenges ahead."