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**District 22, Area 1**



## NEWSLETTER JUNE 2025

### Presidents Report June 2025

We still have Karen McNab and Susan Lepper to be inducted to the board. As they will still be unavailable for the June meeting, I will ask our Area Director Marie Stewart to induct them at our July meeting as Marie will be our guest.

After receiving the Governors Newsletter for June 2025 I realised that I still hadn't received our Club Affiliation Form for me to sign on behalf of our club. I notified Petra who directed me to Martina Gamboa at Zonta International. I was sent the forms to sign and send back, so that task is now completed. The completed form will be signed by our Zonta International President Salla Tuominen then sent back to me to keep for our records.

Tickets are now available on Sticky Tickets for our District Conference held in Mt Isa 12-14 September 2025. I had a quick look and the price for Early bird tickets for all three days is \$250.00. This doesn't include the functions on Friday and Saturday night. Tickets for Friday Night Welcome is \$35.00 and \$60.00 for Saturday Night Conference dinner. We will need to decide if anyone else other than Lawrence will be attending the Conference.

Our motion to change Zonta International Bylaw Object (A) Article 11 Objects to include (and Girls) has been sent to Ansmarie Van Erp, District 22 Bylaws and resolutions Chair 2024-2025 for the District board to consider. We thank Cecil Nielson for bringing this to our attention and completing the form on behalf of our club.

We have been advised by email from City of Moreton Bay that our annual fire servicing at our shed is scheduled for 23 July 2025 at approximately 8.45am. We are not required to be there for the inspection.

We thank Glenda Moor for obtaining quotes from three different Website designers. We also thank Lawrence Ezedinma for giving Glenda the name of the business we decided on using. They are Noytech and this firm has given us a very generous discount. We thank Jono the owner of Noytech for his kind offer to our club.

Please don't forget to reply to Glenda Moor or myself if you are able to attend our 32nd Birthday lunch on Sunday 3rd August at 12.00pm.

I have had a quick look on the District 22 website to check if our 2025-2026 Insurance is available. As of today, it isn't but I will let you know once it is ready.

### President Pam



**Sue Doughton inducting the new Board:** l-r Sue Doughton, Directors Meleitta Lowrey and Annette Lovering, Secretary Patricia Clunes and President Pam Berkett. Absent: Susan Lepper (vice president) and Karen McNab (treasurer).

# COMMITTEE REPORTS

## Advocacy report

### 1. Advocacy chair

Lawrence E. is acting as chairperson of the Advocacy Committee while Susan L. is away.

### 2. Gym collaboration

The collaboration with FF4F Gym was a huge success, as detailed in the report prepared by the gym (please see the attached document).

For the club, we experienced a significant surge in online traffic, with people visiting our Facebook page. One of our collaborative posts with FF4F reached over 3k views and over 1.5k people (see attached screenshot). The comment sections were filled with how novel and great the idea was. Moreover, we have had 2 to 3 people enquiring about becoming a member.

### 3. Radio podcast and Banners

As part of our May campaign to advocate against domestic violence (DFV), we displayed our Zonta Say No banners at strategic locations. Thanks to Pam T-S, Pam B. and Susan L. for helping with donning and doffing the banners. We also thank Sue D. for her radio podcast, which raised awareness about the collaboration with the gym and provided information on the STEM awards program.

### 4. Women and Girls Expo

Discussions between Pam T-S and Terry Young's office are ongoing regarding collaboration in organising another women and girls expo this year. More details will be provided soon.

### 5. Toilet signs

Lawrence E. will discuss with Marie Stewart regarding getting the right measurement and a possible sample for the toilet signs. With this, we can approach the centre management for the Morayfield Health Hub and Morayfield shopping centre to run a pilot.

Director.



## Review Report

**Fun Fitness For Females** collaboration with **Zonta Club of Caboolture**

Date: 02/06/2025

### Collaboration Purpose & objectives:

*Raise awareness of domestic and family violence in May (DV Awareness Month) by;*

1. Successfully collaborate with Zonta Club in the promotion of DV awareness Month.
2. Provide activities for the duration of May that raise awareness in support of victims and survivors of DV.
3. Provide members who are experiencing or have experienced DV with support and resources.
4. Increase member participation in community collaborations.

## Deliverables:

Obj 1: Successfully collaborate with Zonta Club in the promotion of DV awareness Month.

- Provide a proposal of ideas for collaboration for consideration and approval.

*The proposal was provided to Zonta for approval. A meeting was held shortly after with Susan and Lawrence and the proposal was approved with additional deliverables including print and radio media submissions.*

- Access funding of up to \$850 to support awareness activities, where applicable.

*Funding was accessed and used in accordance with the budget set out in the proposal.*

- Include Zonta and DV awareness in marketing strategies for the month of May.

*Marketing strategies included tags on social media (SM) with paid advertising, members sharing pictures of the themed picture frame on their personal SM accounts, posters onsite and logos on the Bingo cards.*

*A table was set up in the breakout area with Zonta promotional material that members have taken including wrist bands, pamphlets and info cards.*

*An exclusive 'Say NO to domestic and family violence' membership was set up for the duration of May that offered members access to deluxe classes outside of their current membership and prospects were offered a '3 class for \$30' membership. This membership was popular throughout May and was a contributing factor to increased visits and bookings.*

*For the month of May, our social media performance insights indicated a total 248.1K views with 61% of them being organic (from followers) with **an increase of 84.8%** on the previous month and a total reach of 80.6K for the month with an increase of 5% on April. This demonstrates that our followers were engaging more with the content (like-share-tag).*

- Provide a summary of outcomes, where applicable, for Zonta Club.

*This report provides the summary of outcomes.*

Obj 2: Provide activities for the duration of May that raise awareness in support of victims and survivors of DV.

- **Bingo Card Challenge:** Members are issued with a Bingo card with various activities on it including:
  - Class participation in a variety of classes (core classes only)
  - Min. 3 classes completed in a week
  - Refer a friend
  - Participating in recovery classes and activities (sauna, massage chair, stretching in the PT room)
  - 'tag- like-share' Zonta and FF4F on social media
  - Participate in at least one of the weekly mini challenges
  - Participate in a strength/fitness class
  - Take a picture in the social media frame (with 'Say NO to domestic and family violence' written on the top) and share
  - Nominate your favourite trainer

Members can complete as many bingo cards as they like during the month. Each card will go into a draw to win one of three grand prizes.

*Overall, the Bingo card challenge or as our members called it, the 'Zonta thing/Zonta bingo' was a success. Members and referrals were actively participating in the challenge which **ultimately increased class participation by 25% and prospects (new referrals) by 60%** by comparison to the month of April.*

*Additional activities included the Red Ride fundraiser cycle classes that were fully booked with 100% attendance. This activity was held mid-month and in conjunction with the 'Empowerment Arena' wellbeing workshop. The workshop was focused on support for*

*dysregulated nervous system, trauma and lifestyle stressors. It was well attended and feedback from members was positive.*

**Obj 3:** *Provide members who are experiencing or have experienced DV with support and resources.*

- Use the contacts and resources available from Zonta and the wider community to create social media posts and information sheets for the noticeboard in the gym to encourage safe disclosure to the appropriate supports.
- As the members unify in the cause of DV awareness in May, victims and survivors may feel supported in accessing support and receiving ongoing support regardless of their circumstances.

*Anecdotal evidence suggests that the members and prospects who have been or are affected by DV felt supported in the cause. The active display of safety and prevention campaigns enabled these members to feel seen, heard and supported. There was an increased awareness of the advocacy work that Zonta provides to the community and a few members were actively sharing their involvement and experiences with the club.*

**Obj 4:** *Increase member participation in community collaborations.*

- FF4F is a community gym that supports women directly. Our mission statement: 'Community Strong. Alone we're powerful, with a community we're unstoppable' reflects the values and beliefs we share with Zonta Club of Caboolture. Various research suggests that when women feel connected, especially to a shared purpose, they experience better health and wellbeing outcomes. Encouraging participation in the DV awareness campaign is an opportunity for our members to experience increased social and community wellbeing while raising awareness for a worthwhile cause.

*Overall, the members engaged in the campaign successfully and increased awareness of both Zonta and the DV awareness and prevention month.*

*Personally, I observed a change in the culture of the membership to become more inclusive and cohesive. Members that typically arrived alone and left alone after a class were now walking in with other members and leaving with other members, often to have a coffee together. New friendships were formed, and in one class, a member purchased matching grip socks for all the class participants as a gift. This type of inclusive action was evident throughout the challenge. When members were asked to take a picture using the social media frame, they often asked another person to be in the picture with them.*

*Conversations were had about safety, the value of spaces just for women and the importance of the gym in their personal lives.*

*NOTE: The campaign commenced with a (very) soft launch that was impacted by the federal election. At the time, it was decided that a closing event would be more appropriate, however as the time approached, the electorate was still undecided and the other MPs that had been contacted were either unavailable or had not replied. It was decided to postpone the event.*

*The State MP, The Hon. Mark Ryan Minister for Police and Community Safety replied the day before the event was to go ahead and indicated that he would like to 'pop in'. As the event was already postponed, it was decided that we would hold an event at a later date to utilise the public exposure for this cause and collaboration.*

*This is still under consideration and planning and we will advise Zonta shortly on our proposed event.*

**Estimated costs: (Revised)**

Item	Description	Quantity	Unit cost	Total Cost
Major prize party – Instructor	Instructor for 1 hr class on sat/sun	1	\$70	\$70



Major Prize party – Food	Protein smoothies, charcuterie board (cheeses, crackers, select meats, nuts, fruits, dips, tea/coffee)			<del>\$100</del> <b>\$110</b>
Major Prize party Massage (15 min pp)	15 min head and shoulder massage	6	\$37	\$220
Fitness pack – LSKD voucher	Voucher for activewear	1	\$50	\$50
Fitness pack – FF4F water bottle	Water bottle with vinyl sticker	1	\$20	<del>\$20</del> <b>\$30</b>
10x Speciality Class Package	Choice of any 10 classes on the timetable	1	\$260	\$260
Marketing – <a href="#">Bingo cards</a>	Printing of cards x Approx.100 (Vista print)	1	\$30	<del>\$30</del> <b>\$60</b>
Marketing – <a href="#">Stickers</a>	<del>Circle shaped labelled with DV awareness Month</del>	48	<del>\$14</del>	<del>\$28</del>
Marketing – <a href="#">Posters</a>	<del>Posters for reception and common areas</del>	2	<del>\$9</del>	<del>\$18</del>
				<del>\$796</del> <b>\$800</b>

*We would like to extend sincere thanks Lawrence, Susan, Pam and the entire Zonta club for their support for this successful collaboration. We appreciate the opportunity to actively demonstrate awareness and prevention measures within the community and look forward to future collaborations.*



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## Service Committee Report June 2025

Last Tuesday I met and had coffee with Sheree Hoddinett the journalist from two local publications - The Caboolture Guide and The Bribie and Surrounds local paper.

I spent an hour with Sheree being interviewed and promoting our Sandra Cooke STEM Awards. There will be articles in both editions July and August.

I also spent time talking to Rosemary from FM101.5 promoting the Award.

Thank you to Lyn & Jon Howells for delivering more seat belt buddies to Caboolture Hospital.

Last week I presented the Zonta Caboolture's Appreciation certificate to the Caboolture Bridge Club for their donation of \$1000.00 for women and girls in our Community.

The Service Committee will be meeting at my home this coming Tuesday the 24<sup>th</sup> June.

### Chair Service Committee

## EVENTS

We didn't have a meeting this month.

Annette is still looking into venues for the September Fashion Parade.

We are waiting on the Public Liability update from district 22 as a requirement for any bookings with City of Moreton Bay council.

We had a very successful BBQ once again on Friday 20<sup>th</sup> June. Thank you to everyone who chopped onions, delivered items from the shed and packed up and returned them, as well as the picking up bread, sausages and ice, and finally those who manned the stall. Well done all. Don't forget to take photos of everything we do for the newsletter and the website!

## MEMBERSHIP

We had our last membership meeting at the home of Pam Berkett. In attendance were Pam, Glenda and Cecil. And now there are 3! We were sorry to lose our member Carole Tomvald who gave many years of promoting Zonta and helping new members learn about Zonta. Thank you Carole. I am sure you will be kept busy with your other volunteering outlets for many more years to come.

I would like to suggest that everyone should think about inviting someone to a dinner meeting, who might be interested in finding out more about what we do as a member of this club and the friends that we make along the way.

Any member who would like to join the Membership committee is very welcome to come to our meetings and suggest ways that we might encourage new members. Once we have a new member, I would like to see someone take on a role of mentoring a newcomer and encouraging them to participate in meetings as well as our service and advocacy projects and events.

We are getting a new website which will look very professional and will be a place where prospective new members will use to find out more.

Also, this committee is looking at updating and reprinting business cards, bookmarks, pull up banners and the like. Watch this space!!!

**Glenda Moor**  
**Chair Membership**

