



*Zonta Area 3
Founders' Day Luncheon*

Saturday, 5th November 2022

11:00 am to 3:30 pm

PROGRAM

Drinks and Canapes served on the Balcony

WELCOME & INTRODUCTIONS MC

Sue Pertilé—President ZC Perth Northern Suburbs

ACKNOWLEDGEMENT TO COUNTRY

Sue Pertilé

HISTORY OF FOUNDERS' DAY

Rosemary Donovan—Vice-President
ZC Perth Northern Suburbs

TOASTS

Zonta International and Absent Friends

Faith O'Brien—Member of D23 Advocacy Committee

LYN FOREMAN OAM

In a break with tradition this Founders Day, our awardees will be interviewed by Lyn Foreman OAM. Lyn is a former champion hurdler, competing successfully in the Commonwealth Games and was the national 400m hurdles champion four times. She has continued her love for Athletics as a Level Five coach, training young people for International teams from junior through to Olympic level. She is the Founder of the Run Jump Throw program used in WA schools, has received the Medal of the Order of Australia and most recently, been inducted into the WA Women's Hall of Fame.

Yet another Woman of Achievement!!

WOMEN OF ACHIEVEMENT AWARDS

Penny Hooper

'Days for Girls'

Ester Italiano

'Harvey Community Dinner'

ZONTA THANKS

Judy Gorton—Chair ZI Convention Committee 2024

MAIN COURSE

Jocelyn Bradshaw

'Ukrainian Refugee Program'

Anne Mackay

'Radiance Network South West'

DESSERT

Lynn Rodgers

'WestAus Crisis & Welfare Services'

JANE M. KLAUSMAN WOMEN IN BUSINESS SCHOLARSHIP AWARD

Amy Zahra

CLOSING ADDRESS

&
THANKS

WOMEN OF ACHIEVEMENT AWARDEES



Penny



Ester



Jocelyn



Anne



Lynn

PENNY HOOPER

Penny Hooper has worked in a voluntary capacity for the Australian branch of Days for Girls since 2013. There are 500 million women and girls around the world whose wellbeing, education and livelihood are impacted by their menstrual cycle. Their lack of knowledge about how their menstrual cycle functions, the lack of availability and cost of supplies for their period, the taboos in their culture have prevented girls attending school while they are menstruating. The days of work or school lost each month have a profound impact on these women. Days for Girls addresses the problem of Period Poverty by providing women and girls with a reusable kit for their cycle and the health education they need to accompany it.

Penny, with the help of Karin Maltby, has established a Chapter of Days for Girls in Perth. Since 2013 she has established many other teams in Western Australia, mentors these teams, coordinates sewing bees around the State and as the WA Sewing Specialist, Penny constantly reviews the kit and improves its quality. Penny runs sewing days all over WA advocating to many organisations, raising money and preparing fabric for monthly sewing events.

The kit is made in top quality, brightly coloured, reusable fabric. The fabrics appeal to the girls and help disguise any staining. The outer bag is a backpack which carries everything the girls need. The kit lasts for 3-5 years, is eco-friendly and contains no plastic. It costs \$15 to make but is provided free to the recipients, on the proviso that they attend a one-off health seminar designed to educate them about their bodies. Travellers deliver kits for free to a central drop-off point or directly to the villages.

In 2019-2020, Australian Chapters distributed nearly 46,000 kits in 44 countries. Penny's team made 3500 kits. During Covid, Days for Girls Australia partnered with World Vision Canada to distribute the kits in refugee camps in Afghanistan, Somalia and Burundi.

Penny's remarkable generosity, talent and perseverance has changed the lives of numerous girls around the world. Previously they missed several days of school or work every month, shunned by male members in their culture. They lived with the embarrassment of using cornhusks, leaves or even a rock to cope each month. These girls and women can now participate fully in their schooling or work and thus achieve their potential.

ESTER ITALIANO

The Zonta Club of Bunbury is proud to select Ester Italiano as the club's 2022 Woman of Achievement. Ester's leadership, humility and tireless giving as the voluntary coordinator of Harvey Community Dinner embodies Zonta's spirit of humanitarianism through service to her local community. Her service not only provides people with meals, but improves social and emotional well-being, provides a purpose and brings the community together.

Ester insists that Father Bernard Lanarolle should be credited for the 'dream' of providing community dinners to his parish. With Ester's drive and passion however, she has fulfilled this dream as coordinator of the dinners since their inception in 2017. Ester's humility has led to increased collaboration and her compassionate leadership style, with a team of over 40 volunteers, has resulted in the successful preparation over 110-130 community dinners, now offered fortnightly. This is a huge logistical feat.

Food is sourced from the Second Bite Program and various local businesses donate fresh food. Over 40 volunteers lighten the load. In Ester's words, "*lots of hands make it work.*" Seven individual teams rotate on a roster to prepare and cook each fortnight.

Others volunteer tasks vary from cleaning up, to driving 30 or 40 minutes to pick up food donations. Volunteers come from all walks of life: those still working, pensioners and the elderly, those with disabilities some supported by carers, to high school students completing community service hours. Volunteers are rewarded with a sense of purpose and community that develops through helping others.

Meals are prepared fortnightly and served on Mondays at the Harvey Catholic Church Parish Hall. COVID has seen significant changes from weekly dine-in three-course meals with some offered as take away, to all meals takeaway. A special Christmas lunch is also provided. Meals shared develop companionship and a strong sense of community that can help overcome isolation and feelings of loneliness and depression.

This initiative is not exclusive to Catholic parishioners; it is open to everyone in the community. Meals are offered freely, without judgement. People can attend without making a reservation and transport is arranged for those who need it.

Ester said she has come to realise that it is definitely not about the food most times; it is about inclusion. Since 2017 Ester has served with compassion and plans to continue to create a sense of belonging by bringing people together for the Harvey Community Dinner.

JOCEYLN BRADSHAW

An educator with extensive professional qualifications and experience, Jocelyn currently works full-time as an Operations and Assessment Specialist at South Metro Youth Link (SMYL) Community College in Fremantle. She is a committed teacher with a strong record of embracing challenging educational settings.

Early in May 2022, Jocelyn became aware that newly arriving Ukrainian refugees in Perth, predominantly women, would benefit from a more functional approach to language learning in addition to traditional English as a Second Language (ESL) classes. She executed a twenty-week core language program for them, which is both visual and interactive.

Jocelyn's program includes practical experiences such as cooking and excursions where they apply their English in authentic, relevant situations. It also provides a platform for sharing conversation, building community and developing new friendships. With the help of many committed community volunteers, the program has evolved into a holistic language experience that offers many opportunities to build connection and belonging, while gently introducing the participants to Australian culture and society.

A wide network of volunteers, including her sister, Jody, who is the chaplain at Nollamara Primary School, assist Jocelyn in her endeavours. They pitch in to help create resources, conduct cooking classes in various cuisines, provide morning tea, partake in conversational English with participants after each voluntary three-hour lesson, and accompany them to outings to places such as Kings Park and Elizabeth Quay. The volunteers donate care packs, clothes and toys for the Ukrainian women and children. They also help connect them to accommodation options, furniture, transport and employment (where eligible).

There has been overwhelmingly positive feedback from the Ukrainian Association and the Ukrainian Orthodox Church. Students comment that they enjoy the program and that they learn easily from the visual teaching resources. Some have observed that the classes give them hope and are the highlight of their week. For some it is the only time they leave the house.

Jocelyn intends to continue the program for as long as required. In future, should resources allow, she would like to offer more than one class per week to help prepare the women to succeed at TAFE upon receipt of the relevant visa. She would also like to auspice with a Registered Training Organization to provide the group with work skills training in fields such as hospitality and community services.

ANNE MACKAY

Anne Mackay, is currently the Manager of Radiance Network South West, Coordinator of the First 1000 Days Project with Playgroup WA and employed for over 10 years at South West Women's Health as a Health Educator and Well-Being and Life Coach. Anne lives in Busselton and has dedicated her life to nurturing and caring for others as a mother, grandmother, community member, nurse, support group facilitator, health educator and well-being and life coach.

For many years at South West Women's Health, Anne initiated programs to engage women in physical, mental health and wellbeing activities including yoga and walking to complement standard medical services, often dedicating her own time.

In 2017, using a generous donation from a community member who had suffered severe post-natal depression, anxiety and psychosis, along with a small amount of funding from South West Women's Health, the Radiance Network was born. Anne was paid one day a week to create some 'magic' and it is now a professional organisation with paid staff, trained volunteers, eligible as a tax-deductible gift recipient allowing significant grants from State Government and Rio Tinto.

The Radiance Network is now a national model for comprehensive Perinatal Support, connecting parents to local services to support their emotional well-being during early parenthood via various avenues, including a comprehensive information and support website, free facilitated mother/baby support groups and a therapeutic 10-week support group called Mother, Baby, Nurture.

Her recent role with Playgroup WA is a Lotterywest initiative focused on helping parents understand the fundamental importance of a child's development in the first 1000 days.

Through her incredible energy, passion and dedication, she led an army of volunteers to build this support network for parents suffering from various forms of perinatal mental health issues, as well as simply helping new parents adjust to the trials and tribulations of parenting, expanding from Busselton to Margaret River, Collie and Bunbury and soon into the Warren Blackwood region.

Anne coordinates the Big Pram Walk in Busselton as part of the Act Belong Commit Radiance Festival. She organised the first ever Perinatal and Infant Mental Health Symposium in 2019, with another planned for September 2023.

Anne continually presents to local service providers, state government and key stakeholders, driving collaboration and ensuring long term capacity for the Radiance Initiative. Anne has gone above and beyond her role and the call of duty, contributing countless hours of her own time to build a comprehensive perinatal support network.

LYNN RODGERS

Lynn is the Founder and CEO of WestAus Crisis & Welfare Services, an organisation that provides many services to those most vulnerable in the community, especially those who are homeless or in danger of becoming homeless. What is significant about Lynn is that she provided services as a volunteer for ten years, before any funding was obtained.

Mandurah and the Peel Region at that time had very few services and a lot of inter-generational poverty, very little local employment and many people coming to the community during a time of rapid growth and with little family support. Lynn set about raising funds by various means, including her husband Albert travelling to places like Kalgoorlie to ~rattle tins~ to have the money to provide food parcels and other assistance. She has always worked very closely with agencies in the community and soon became 'the go to person' when people were desperate. To get access to food she started the Peel Foodbank, which enabled clients to purchase food more cheaply.

Lynn started the first Healthy Breakfast Club in schools, at the request of school principals as children were coming to school without breakfast and unable to concentrate. This has now been taken up as a State-wide service.

Many street present people could not get a hot shower so Lynn lobbied the Mandurah City Council and started the Refresh Showers for these people. This is run by her volunteers and accommodates 20 to 25 people a day who can get a hot or cold drink, something to eat, warm clothes and if necessary, referral to appropriate agencies.

Lynn now leads a service that deals with people with respect and provides 'wrap around support' in addition to assisting clients into secure housing. Lynn always goes the extra mile to find a solution for people in need.

Lynn has served as a Councillor at the City of Mandurah where she has been a strong voice for the rights of disadvantaged members of the community and a leader of the Reconciliation Action Plan with members of the Aboriginal Community. Her service, commitment and passion make her a worthy recipient of our award.



THE JANE M. KLAUSMAN WOMEN IN BUSINESS SCHOLARSHIP

This program was established in 1998 to encourage undergraduate women to enter careers and seek leadership positions in business. The program ultimately seeks to influence business decisions that positively affect women by increasing the number of women in executive positions in the field of business management. This program was established from a bequest by Jane M. Klausman, a member of the Zonta Club of Syracuse, New York USA, and the 1990-1995 Zonta International Parliamentarian. This program operates at the club, district and international levels of Zonta International.

Women have made great strides in the pursuit of education, careers and leadership roles they were once denied. However, they still comprise a minority of leaders in the business world.

Since the program's inception, Zonta has awarded 676 scholarships, totalling more than US\$1.6 million, to 522 women representing 66 countries.

AMY ZAHRA

Amy Zahra is the 2022 winner of the Jane M. Klausman Women in Business Scholarship, awarded to women who are studying a business-related degree or Masters and who have demonstrated outstanding potential in their field.

Amy has two young children. She has a background in education, has worked in the aged care industry and has also run her own business. With boundless energy and enthusiasm, she has also more recently embarked on studying part-time for her Masters of Business Administration. Never one to approach anything with a half-hearted attitude, Amy has made it onto the Edith Cowan University Dean's List for her Graduate Certificate in Project Management and secured an ECU Academic Excellence Scholarship to assist with her Masters studies. The Jane M. Klausman Women in Business Scholarship will also help to fund her continuing studies.

Amy's teaching background served as a strong foundation and has given her the ability to help shape young women's minds, allowing them to emerge as future leaders. Her aim is to mentor and teach the next generation of women to achieve their academic, personal and professional goals. By utilising her previous qualifications, her MBA due for completion in 2023, and her interpersonal and leadership skills, Amy is well placed to achieve her objectives. Raising two young boys as a single mum and with family living interstate, Amy has sought to be a role model to other young women who face challenges, but who also harness an unwavering determination and passion to have women equally placed within the business world. Amy believes this is achieved through service and advocacy, two prominent arms within the Zonta philosophy.

Amy's application for the Jane M. Klausman Women in Business Scholarship was strongly supported by her referees who praised her collaborative and dedicated approach to her studies and her working life. Described as a positive, confident and clever woman, Amy applies her strong work ethic, flexibility, business acumen and perseverance to her many roles and plans. Amy's growth mindset is to pay back to women in business. Her enthusiasm for learning and genuine desire to share that knowledge sits perfectly alongside her confidence in setting and achieving her goals.

Not only does Amy excel academically, she embodies the professional and entrepreneurial spirit of the Jane M. Klausman Women in Business Scholarship as well as the compassion and service enshrined within Zonta. Amy Zahra is a very worthy recipient of the scholarship.





*Area 3 Director Pauline Vukelic,
along with President Sue Pertilé and members of the
Zonta Club of Perth Northern Suburbs,
thank you for your attendance and support at this
year's Founders' Day Celebration.*

*We hope you have had an enjoyable and informative
afternoon and we look forward to meeting again in
2024.*

We trust your journey home will be a safe one.

