

A word from your President



It's certainly been a busy couple of months—so what's new for we Zontians!

I was very pleased to welcome two of our newer members in **Jan McNaught** and **Lesley Andrew** to our Club Board in July. I know they will both add further skills and experiences to our team and thank them for stepping up into these roles.

As mentioned in our last newsletter, we are concerned about the amount of violent, aggressive and pornographic material young children are being exposed to on their 'phones.

In this regard a pilot group has been formed, initially with myself, **Leanne** and **Lesley**, with others welcome to join. Our focus will be on parent awareness which will

require funding to help with advertising. We will discuss how we can advocate to Governments, as a Club or Area, to address this issue which we believe is one of children's human rights!

Having completed the awarding of the first five grants from **'Gillian's Gift'** for 2023 to student nurses experiencing family issues and financial hardship, we are now investigating how we can continue this program beyond 2024. This has been so well received by the Faculty of Nursing and Midwifery at

ECU Joondalup, not to mention the students themselves. We will be looking at a number of avenues for funding.

On a much brighter note the **Young Women in Public Affairs** and **Jane M. Klausman Women in Business Scholarship Awards** were presented at a dinner at the picturesque Lake Karrinyup Country Club on 9 August. This event is always the highlight of our calendar year; each time we are amazed and delighted to meet more inspirational young students. With 84 guests, the venue was abuzz with anticipation waiting for the winner announcements. It is such a wonderful evening of celebration. You can read more about the event in the following pages.

I am now looking forward to attending the District 23 Conference in Bunbury 1-3 September which will be the next big buzz!

Love and affection always,

Sue Perle



OUR THREE YWPA AWARD FINALISTS

YWPA Awardee Named

Firstly, let us point out that we consider all of these young women to be winners, but sadly, there can only be one Award. We would also like to point out that the winner is chosen in June after review of the applications and selection of the Finalists. The presentations given at the dinner do not therefore have any relevance to the judging.

The process is quite stringent with applicants needing to demonstrate evidence of the following—

- *Active commitment to volunteerism.*
- *Experience in local government, student government, or workplace leadership (paid or unpaid).*
- *Volunteer leadership achievements.*
- *Knowledge of Zonta International and its programs.*
- *Support in Zonta International's mission of empowering women worldwide through service and advocacy.*

Amalea Halls was declared Winner of this year's *Young Women in Public Affairs Award*. She is shown here with

Dr Demelza Ireland, the *Club's 1996 Awardee* who also emceed the event.

Amalea is a year 12 student from Woodvale Secondary College whose ambition is to complete a double degree in Psychology and Commerce (Marketing). She would like to become a Clinical Psychologist. She is involved with **Zero2Hero** where teenagers are taught self-support tools and suicide awareness. Amalea plans to raise funds for Zero2Hero by doing a Cape2Cape trek. She has also participated in the Lions Youth of the Year Competition where participants are interviewed and present on any topic, hers being mental health.

Amalea has been involved in organising events and fundraisers, a coach's assistant at her dance club, helped out at a local primary school and participated in United Nations Programs, focussing on

two of the UN 2030 goals—Health and Wellbeing and Sustainable Cities and Communities.



Based on an Australian Status of Women report that stated Australia ranked 43rd on gender equality, Amalea has identified many discrepancies between genders, particularly in the home, and the effect of earning capacities within a family.

JMK Awardee Named

As well as the *Young Women in Public Affairs Award (YWPA)* presentation, our Club also hosted awarding the **Area 3 Jane M. Klausman Women in Business Scholarship (JMK)**. This went to an amazing, hard working young woman who is pursuing a Master of Business Administration (MBA) at Edith Cowan University.

Pearl Pyae was born and raised in Myanmar and migrated to Western Australia in 2022. Since completing her Computer Science undergraduate degree from the University of Information Technology (UIT) in Yangon, Myanmar, Pearl has followed her passion for technology and entrepreneurship by building an e-commerce business.

By pursuing an MBA in Australia, Pearl hopes to build experience, knowledge, and skills to further strengthen and expand her business. Club member and **District 23 JMK Coordinator, Linda Tinning** spoke highly of Pearl, saying—

“Pearl has a strong work ethic and believes in resilience, having overcome significant hardships as a result of ongoing instability in Myanmar, studying full-time, working part-time in

Perth and also managing her e-commerce business in Myanmar.”



Pearl is shown here with Linda Tinning (l) and District 23 Area 3 Director Pauline Vukelic from the Zonta Club of Dunsborough.

Currently, Pearl serves as the Marketing Director of the Women in Business group at Edith Cowan University. She loves volunteering and engaging in various volunteer roles in both Australia and Myanmar. Making contributions to the Myanmar community is hugely important to her. Her ultimate goal is to

become a successful entrepreneur and to motivate and empower young women to pursue their dreams.

With the attributes Pearl possesses, there is no doubt she will achieve her dreams. Like our previous Area 3 JMK Awardees, she is an inspirational role model for other young women.

Pearl's application will go forward for District judging and hopefully a Zonta International Award valued at \$US5,000. Last year's winner, Amy Zahra, was one such recipient. This scholarship was established in 1998 through a generous bequest from former Zontian Jane M. Klausman. Funding continues through contributions from Zontians, Zonta clubs and friends of Zonta.

We wish Pearl all the very best for her studies and future career aspirations and look forward to keeping in touch.

Further information and details can be found on Zonta International's website [here](#).

The women who inspired them!



Our 2023 YWPA Awardee, **Amalea Halls** chose **Ashlee Harrison**, founder and CEO of Zero2Hero.

Following are some extracts from Amalea's presentation.

"I first met Ashlee while I was attending Zero2Hero's Camp Hero program and it was here that she shared her story with us. When Ashlee was just twenty, she lost her stepdad to suicide. She recounts how shocked she was that someone close to her could have been struggling on such a deep level. Suicide never just impacts the person that is lost. After seeing first-hand the massive ripple effect that suicide has on the community, Ashlee felt a deep desire to ensure that this did not happen to others. She recalls watching her brother struggle with their loss and so she set out to create a better world where people can access help and get support.

see how she has used these traits to her benefit, and it shines through her work. Because of this, Zero2Hero is able to flourish and create meaningful impacts.

Ashlee talks about having the ability to 'fail forward'. Without the ability to 'fail forward' we may become stuck and not progress. Ashlee's ability to 'fail forward' and view setbacks as opportunities for growth is a testament to her unwavering spirit. She has demonstrated that determination, passion, and empathy can be powerful tools for creating positive change and making a lasting impact on the lives of others. Her dedication to learning and self-improvement is commendable as she transformed her pain into a powerful catalyst for change.

After all the struggles Ashlee has gone through growing up, from being exposed to drugs, alcohol and tough living situations, her unwavering commitment to making a positive change in the lives of young people and the broader community has led her to become an inspiration to thousands of young people. I am inspired by Ashlee's work ethic and commit-

A year later when she was 21, Ashlee started Zero2Hero. It started with small events and fundraisers aiming to encourage people to speak up and reduce the stigma surrounding mental health. All of the fundraising went to mental health services such as Lifeline and Suicide Prevention Australia. She then decided to educate herself on mental health and suicide prevention. She completed numerous courses and learnt from mentors running successful not-for-profit organisations. It was through this that she saw there was a gap in education for people before they reached the point of crisis. This was the turning point for Zero2Hero as she realised that in order to prevent suicide, we must start by educating our entire population on the basics of mental health and mental illness.

Today Zero2Hero is a not-for-profit organisation that is working to educate, engage and empower young Western Australians on how to positively manage their own mental health and how to support others. They aim to help prevent suicide in the commu-

ment to making a change. I hope one day to be able to follow in her footsteps in order to continue working towards reducing the stigma of mental health and decreasing suicides in the community."



On the other hand, Finalist **Fatima Merchant**, chose a completely different personality as the woman who most inspires her. Here is some of what Fatima had to say.

"When I was young, my parents made the simple and unassuming decision to enrol my brother and I in Taekwondo lessons. This was a decision they quite quickly regretted after realising that they had just paid to teach competitive and chaotic siblings to be more effective fighters! However, 10 years later, TKD has not only become a defining aspect of my life, but the reason why I met the most inspiring woman—Sara El Hekma.

From being elected as a college captain and coaching TKD from the age of 16, to completing a teaching

nity and decrease the current stigma that surrounds mental illness.

To date, Zero2Hero has reached nearly 200,000 people with over one thousand young people being trained in safeTALK, a suicide prevention course. They host multiple fundraisers each year and have fifteen different programs reaching kids as young as seven through to adults. The programs are all free and created in partnership with young people.

When I attended Zero2Hero's camp one of the first things we did was find our e-colours. Our colours represented our strengths and limitations which we used in order to empower and challenge ourselves and the other people around us. Normally a person would have two colours. Their primary colour and their secondary colour.... I discovered I am a green, red. It was noted however, that Ashlee only had one colour. Red. Characteristics of someone who is a red include being decisive, efficient, strong-willed and an achiever. Knowing Ashlee, you can

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degree and representing Australia in kickboxing on the international stage, Sara's achievements are nothing short of impressive. Yet, what truly sets Sara apart is her character, the values she embodies in her daily life and the impact that she has had on others.

I met Sara early last year when I started TKD again. While I can't recall our first meeting or trace how our friendship developed so quickly, I distinctly remember Sara's supportive and welcoming energy. Anyone who has the pleasure to spend time with Sara recognises how her kind and caring nature creates a safe and empowering space. You can frequently find Sara having free-flowing conversations and sharing laughter with anyone and everyone. In our club, young students are always excited to see Ms El Hekma and her peers as well as fellow instructors engage with her with respect and admiration.

However, if you were to enter the kickboxing ring with Sara you would see a completely different side of her. Sara, as an elite athlete, competitor and fighter, to put it simply, is absolutely terrifying!

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At the age of 19, she achieved Fourth Dan Master Rank in TKD, a black belt in kickboxing. She also dabbles in Muay Thai and Boxing.

It has been so motivating to witness Sara's journey—her discipline and her determination. Sara not only sets ambitious goals and puts in the hard yards to achieve them, she is incredibly resilient and has overcome numerous challenges including injuries while relentlessly pursuing excellence. Her commitment over decades to this sport has culminated in her winning at the Oceania Championships and being selected to represent Australia at the World Kickboxing Championships later this year. The significance of this however, is about more than just securing medals and achieving her personal goals. You cannot be what you cannot see. Given that sports, especially combat fighting have been historically male-dominated, Sara's success, character and passion have inspired women of all ages and backgrounds to embrace the sport as a place where they not only belong but can achieve excellence. Similarly, Sara has also been a fantastic role model for people from diverse and

multicultural backgrounds. She proudly embraces her identity.

Whether it is sharing stories of her North African and Australian heritage or wearing her hijab as a proud Muslim woman, she is unapologetically herself and creates space for others to do the same. Sara's contributions as a coach, fighter and friend in the Martial Arts community break down barriers, inspire others and open doors for dialogue.

Sara's everyday actions—the supportive smiles she shares with peers, her dedication to her passions and her courage to embrace her stories—create ripples of impact that extend far beyond her. In the short time that we have been friends, her kindness has inspired me to strengthen my relationships with others (namely, my younger brother who is more of a 'partner in crime' than a rival now), her discipline has inspired me to dedicate myself to training and participate in the competitions, something I never thought I could do, her authenticity has inspired me to embrace and more openly share my own heritage, culture and stories.

To me, Sara highlights that inspiration is not only found in the grand stages or through grand actions, but in simple everyday moments. After listening to her story, I implore you to reflect on your own lives and identify the women, who through their everyday actions, have shaped the person that you are today, for the better."

Fatima is a student at the University of WA and the focus for her studies includes Political Science, Asian Studies and Women's health. She is a scholarship student who would like to work in the area of policy.

Fatima has a connection with a Member of the Legislative Assembly which has allowed her to refine her communication skills and witness the relationship between a Member of Parliament and their electorate. She is also involved in plans for an Intern event comprising a panel for Youth Justice Reform.

Through her studies and involvement with UNYouth, Fatima has developed knowledge of other countries. She has attended a Harvard World Model United Nations Conference where culture, food, music and stories were a feature.

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She has also been involved in UN-Youth's Aotearoa intercultural program to explore Indigenous culture and reconciliation across Australia and New Zealand.

Fatima has contributed to Raise Our Voice Australia (ROVA) through helping to create a video message exploring the impact of media on the political ambitions of young women and gender diverse people. She has an interest in mothers' healthcare and women's homelessness. Fatima has a strong belief in the importance of girl's education which will allow for them to become independent.



Interestingly, our other Finalist **Nikita van Waaijenburg** has chosen another sportsperson in **Sam Kerr, Captain of the Matildas**. How timely was this!?

"I started playing soccer at the age of 9, in 2015. Before I started playing, I knew maybe 2 or 3 other kids who played soccer and had no idea that the Matildas existed. 2015 was also the

year that the FIFA women's World Cup was held, occurring every four years. My coach mentioned it in passing and no-one else really spoke about it. At 10 I was having conversations with the boys at school, who generally didn't believe that I played soccer.

As a year 6 student, I was one of two girls to join the inter-school soccer team of 16 and had boys make fun of me. The boys on my own team told me I was their 'secret weapon' because no-one would want to take the ball off me. The boys laughed at the idea of a girl playing soccer.

At 14 I decided to coach my brother's team—even when the other dads did not take me seriously because I was a teenage girl. And now at almost 18 I have found a place where I belong—the 60 player, 3 team women's hub at my local soccer club where Sam Kerr is a common name.

Now, in 2023, we are in the middle of a FIFA Women's World Cup on home soil! It's become much more normalised for girls to play soccer. Most people know what I'm talking about when I mention the Matildas.

Sam Kerr was, and is, my role model because she was a woman I could relate to while I continued to play soccer. And now, at a time when women's soccer is more popular than ever—in the middle of a FIFA World Cup—Sam Kerr is the icon that young girls in this sport can look up to.

Samantha May Kerr OAM, better known as Sam Kerr, is an Australian professional soccer player who plays as a forward for Chelsea in the Football Association's Women's Super League in England and the Australian Women's National Team, which she has captained since 2019. In women's soccer she is widely considered as one of the best attackers of all time. She has won awards voted by fans, by journalists and by her fellow footballers. She is the first woman to grace the global cover of the famous FIFA video game and is the face of some of sport's biggest brands, such as Nike, CommBank, and Hyundai Australia. She has a medal of the Order of Australia and has been given a key to her home city of Perth.

Most notably, in January 2022, Kerr became Australia's all time

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leading goal scorer, having overtaken fellow football legend Tim Cahill, with more than 60 international goals currently in comparison to Cahill's 50 goals, considered 'unbeatable' at the time. The next day, the front page shocker on The Daily Telegraph declared her goal record 'not equal' to Tim's. The headline referred to a column written by former 'Socceroo' Robbie Slater. He argued the two players' records should be celebrated separately and not compared. In a Disney Docu-series, Kerr said—

'Imagine little girls reading that. I can't believe, in this day and age, that someone could write this and have young girls read it and that the Telegraph would actually publish such a sexist comment on the front page.'

Sam Kerr has played a big part in unpacking the gender stereotypes that have existed in broader society for decades about how women should be viewed in sport. She has become a household name in Australia, a rare achievement for a woman in sport, even in the 21st century.

Kerr has always believed that by winning many games especially the big leagues, she could empower girls to take up the game around the world.

Growing up in a male dominated sport, Sam Kerr has inspired me, both as a technically brilliant sports person and a strong WOMAN."

Nikita is a Year 12 student at Mount Lawley Senior High School. She intends to complete a Bachelor of Laws and a Bachelor of Arts, majoring in human rights. Following this she wants to become a lawyer, specialising in international humanitarian law.

Throughout university, Nikita hopes to volunteer for the university's law clinic, which provides free legal advice to those in need. She wants to pursue her passion for human rights and advocacy, by becoming involved in international humanitarian law. She would like to one day intern for the United Nations in their international humanitarian department, following the completion of her law degree.

Nikita has played a significant role in her school year book, including mentoring younger students. She has been involved in the Western Australian Law Society's Mock Trial Competition. She has played soccer for 9 years, as part of the junior girls and now senior women's teams. Within her local soccer club she has coached Minirooms teams (5 to 12 years old), and has refereed for 2 years.

Nikita has also been involved with Neerlandia, the Dutch Society of Western Australia, since 2015, organising events and being involved with younger children connecting with their Dutch culture. She has also had experience with the United Nations Youth organisation, having participated in their Model UN and Evatt Trophy competitions.

Nikita has advocated for equality in the women's soccer competition throughout Australia, through communication with Football West, and her local club. She would like to see women be able to progress in the sport on an equal footing to their male counterparts.

It was a pleasure to catch up with last year's Awardee **Jasmina Nikolovski** who enlightened us about her journey since the 2022 Presentation Dinner. She is shown here with the **Hon. Ayor Makur Chuot MLC**, Member for North Metropolitan Region who kindly represented the **Hon. Sue Ellery MLC** Minister for Finance; Commerce; Women's Interests, who was unable to attend.

Jasmina is currently undertaking a Law Degree at the University of Western Australia with the aim of becoming a human rights lawyer which is aligned with her interest in refugee rights.

She is participating in a Future Female Leaders program which includes being mentored by a woman experienced in leadership and teamwork and building connections with industry leaders. Within the program, Jasmina has developed a project 'Eats for Equality' which aims to connect members of her Macedonian community with refugees to share their life stories.

Jasmina believes transparency is necessary for there to be gender equality in Australia with companies needing to publicly have inclusion policies to benefit women. Women need to be proudly supported and uplifted.



We were thrilled to have the support of two Members of Parliament, five Local Councillors, Irene Stainton AO (at left) who kindly gave the Welcome to Country, Members from the Zonta

Club of Perth, representatives from our two sponsors—**Bespoke Wills & Estates** and **JT Metallurgical Services**, families of the students and many friends.

From all accounts it was another resounding success due in no small way to our members entrusted with the

coordination of the event, particularly **Anette** and **Kaye** who liaised with the Lake Karrinyup Country Club, **Irene** (audio/visual), **Letitia** (flowers), the 'meeters and greeters', **Rosemary** (table decorations) and others who helped with the setting up.

Thank you to everyone involved—we can be justly proud of our Club's footprint in relation to these Award nights which have become a feature of our calendar.

Of course, to bring all of this to fruition our **Service & Advocacy Committee**, chaired by Jean Wyder, start the ball rolling each year in February. They

promote the Awards, contact schools and colleges in Perth's northern suburbs, receive applications, interview applicants, select finalists, and along with the PR Committee, prepare for this night of celebration. It's a lot of work but very much a team effort. The rewards are evident from the sincere feedback the Club receives. Some of our guests have even indicated they are looking forward to next year's invitation so it looks like we'll have to do it all over again!



That's alright—it's all part of the Zonta Spirit!



Back L-R: City of Wanneroo Councillors Natalie Herridge and James Rowe, City of Stirling Councillors Teresa Olow and Lisa Thornton, and City of Joondalup Councillor Nige Jones
 Middle L-R: City of Stirling Councillor Elizabeth Re and Member for North Metropolitan Region the Hon. Ayor Makur Chuot MLC
 Bottom L-R: Zonta Area 3 Director Pauline Vukelic, YWPA Finalist Nikita van Waaienburg, YWPA Winner Amalea Halls, Finalist Fatima Merchant and Member for Vasse Libby Mettam MLA

All these young women are '*Stars of the Show*' as is our Presentation Dinner MC **Dr Demelza Ireland**. Demelza has kept in touch with our Club over the years and since 2014, has willingly agreed to MC these events, adding much warmth and pizzazz to the affair.

Demelza is an outstanding role model having developed from her Mt Lawley Senior High School days to becoming Head of Discipline (Medical Science and Genetics) at UWA, where she designed the unique and award-winning Minor in Women's Health.

Demelza has two teenage daughters, one aspiring to become a conservation biologist and the other a pilot for the Royal Flying Doctor Service. They have obviously been influenced by their Mum. We look forward to hearing more about their future careers.

When she is not teaching, Demelza co-supervises a number of PhD and Honours students on research projects related to women and infants' health. She is also an education leader serving on UWA's Education Committee and Academic Board. She is a student too, having nearly finished her Masters in Education!

We are extremely proud of all of these women. Our Club has been involved with this program since 1992, almost since its inception in 1990. We have had the privilege of connecting with 32 winners and associated finalists during this time, many of whom stay in touch. However, because of changed circumstances, e.g. marrying, moving away and new contact details, it is unfortunate that we have lost track of some—a pity as we would love to know where they



Demelza being thanked by Club member Dr Lesley Andrew

are and what they are doing. Despite this, we believe they would all have benefited from their Zonta experience.

As Demelza summed up—

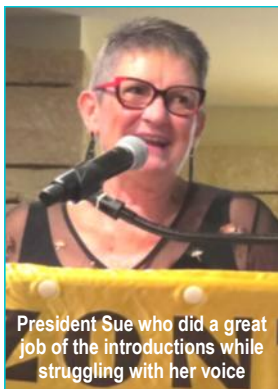
"Amalea, Fatima and Nikita—before you leave tonight, please take one very long and strategic look around the room. Eyeball the Zontians of PNS and surrounding clubs. It is not by chance that I am here MCing tonight, or that Jasmina has returned or that Bradley is here for the gazillionth time. It is very deliberate. These women have invested in us as they see something special in us.

By crossing the paths of these wonderful women you have made friends, mentors and champions for life—and I mean life—for me it is about 25 years so far (longer than you have been alive!). You are part of the family now and perhaps one day will be part of the furniture, like Bradley and me.

This is a true honour and you won't know quite how special it is until much later when you cross paths again, in a professional capacity perhaps, and the Zontian remembers you. It will happen. I promise. This award has placed you at the heart of a powerful, purposeful and passionate global network."

Demelza is a gem who has enriched the lives, not only of our Zonta members, but everyone with whom she comes in contact. She is very special!

More from the Awards



President Sue who did a great job of the introductions while struggling with her voice



L-R: Libby Mettam MLA, Pauline Vukelic, Wendy Dowling AM and granddaughter Nessa



Club member Tjipo Malaba sporting her beautiful African neck piece



Above: 'Yours Truly' with friend and PNS Supporter Judy O'Rourke

Left: Representing the Event Sponsors are Club member Chris Tapley (left) (JT Metallurgical Services) and Kim Sobey (right) (Bespoke Wills & Estates)



Above: JMK Awardee Pearl Pyae and Partner Peter Nye
Left: PNS Supporter City of Stirling Councillor Elizabeth Re

Around the Club

Over the past month or two several of our members have flitted overseas and so our 'travelogue' is back!



Here's *Jill* in Norway early July having reported—

"Enjoyed wonderful smooth sailing on a Hurtigruten cruise Bergen to Svalbard Islands 78 degrees north, and return."

She and Stewart also visited Iceland and then followed this with another cruise from Rotterdam finishing in Boston in the USA.

Marion and **John** also headed for the Arctic region. They flew into Reykjavik

via Doha, loved every bit of Iceland and experiencing a 23:57 sunset and sunrise at 03:05! First time Marion has ever slept with an eye mask.

They did three tours, two very informative scenic ones and then the most unusual to the Blue Lagoon.

"We swam in a large pool filled with geothermally-heated water (38-40deg) which is full of "rejuvenating" minerals. We each tried three different face masks, so we ended up looking gorgeous and at least 30 years younger." That's enough to create a stampede Marion!!

It was then onto Stockholm where they boarded their Viking cruise ship for the most magnificent 28-day voyage finishing in London. Major ports visited along the Baltic Sea included Gdańsk (Poland), Berlin (Germany), Copenhagen and Aalborg (Denmark). Unfortunately, St Petersburg was high on their 'to do list', but because of the current situation this was deleted from the itinerary.

After the Baltic, it was onto Oslo and a long sail right along the Norwegian coast taking in Bergen, Geirangerfjord and Eidfjord, as well as other ports, to the northern most city Honningsvåg.



Continuing from there it was a two-day voyage to the Shetland and Orkney Islands and a stop in Edinburgh before disembarking at Greenwich.

There is far too much to cover here but from all accounts the ship was fantastic, the places visited provided a plethora of history, architecture and scenery. They learnt so much, not only from the ship's guest lecturers, but also from the shore

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More from around the Club

excursions at each stop. For example, they discovered Lerwick in the Shetlands was one of the host ports for this



year's Tall Ships Race. Most are sail-trainers crewed by young people, but some also had a few older people who'd paid for a working experience! The locals were astonished at the beautiful blue skies as most every day it rains!

A myriad of pictures can be found on Marion's Facebook pages as sending them from the ship became a communications problem. Also, have a chat to Marion if you would like any further details about their trip.

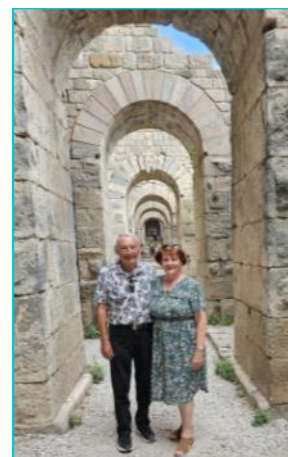
Jean and **Peter** have been exploring a completely different part of the world but also doing some boating.

"We are enjoying our Treasures of Turkey trip. A great privilege to visit Gallipoli, Troy and Ephesus and now relaxing on a gulet named Buket on the Turkish Riviera."



Ephesus is an ancient city with amazing excavated ruins. These reflect many centuries of Greek and Roman occupancy when Ephesus was a thriving commercial centre.

I know there was a travel expo over last weekend, but I think our Zonta Club could set up its own!



Some of our members have been helping the homeless during this time. **Ruth** has been involved regularly with one Perth group. In July **Leanne** and **Jan** sourced and delivered a number of food packs to the **Homelessness We Care** Organisation. Leanne reported—

"At last night's service Jan delivered meal packs, knitted finger warmers and beautiful carry bags donated by a sewing group down south to the Homelessness We Care Not for Profit Organisation. The meal packs and

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finger warmers were distributed while we were standing with Jane



Jan (left) with Jane.

(Director) and the carry bags will be kept for their

Xmas party filled with goodies. Ongoing, Jan has organised to make up some more meal packs with the members of the WA Golf Club."

PNS members, don't forget we can help Leanne and Jan by purchasing items for the meal packs. Talk to them about the contents! Well done Leanne and Jan for your involvement on behalf of PNS.

Thank you to Chris and the Fundraising Committee for arranging a wonderful tour of His Majesty's Theatre on 3 August. We were met and welcomed by none other than **Theatre Historian at Large, Ivan King OAM**. If members, who were able to participate, didn't know much about the beginnings of His Maj's before, they certainly did after Ivan's two hour discourse! His talk was amazing, not only about the structure itself, but all who graced its walls; so many anecdotes and snippets about some of the performances and the famous actors and actresses who played there. And he was one of them!



'Kit Queen' Connie is preparing for another birthing kit assembly day at the **City of Stirling's Osborne Community Hub, 11 Royal Street, Tuart Hill 1-5 pm** on **Saturday 23 September**. The City of Stirling has generously sponsored these kits. **All welcome, but please register via this link—**

<https://events.humanitix.com/bkf-sep-2023>

The last lot of kits we assembled were distributed to Field Partners in the following countries—

DR Congo, Ghana, Kiribati, Nigeria, Papua New Guinea and Uganda.

This won't cost you anything, just some of your time and you will be rewarded with a cuppa, a social afternoon and a nice warm feeling!

We'd love to see you—the more volunteers we have the less time it will take!

If you are interested in joining the **Birthing Kit Foundation Australia** it will only cost you \$30. Becoming a member is a great way to give back and support the BKFA. Click on this [link](#) for more details.



More from around the Club

Jean received some lovely feedback recently about our breast cushions when she attended a Zoom meeting with her philosophy group.

One of the participants shared her breast cancer diagnosis and treatment and showed the others her wonderful gift of a breast cushion from Zonta!



Jean said it was such a proud moment.

Our members hobby-filled some cushions in June the shells for which had been produced by the women at Bandyup Prison which group makes up around 30-40 each month.

With the District 23 Conference on our doorstep (1-3 September), preparations are being made to set up a Marketplace table where we can sell our Club's merchandise as follows—



Personal Alarm
\$20



Rose Cards pack of 6
with 2 designs \$10



Utility Bag
\$5 each or 6 for \$25



Plated Rose Pins
Gold \$20 : Silver \$15



Bumper Sticker
\$2

If any readers would like to purchase any of these items, please contact—

[Zonta Club of Perth Northern Suburbs \(secretary@zontaperthns.org.au\)](mailto:secretary@zontaperthns.org.au)

Good News for Zonta House

Some great news recently to hand regarding a new purpose-built women's refuge in Perth's east has received a boost of \$1.3 million through a Lotterywest grant to assist with its fitting out and furnishing. This facility will assist women without children in their care, who are at risk of harm from family and domestic violence.

Designed in partnership with Zonta House, this refuge will support women escaping family and domestic violence with 24/7 on-site support and wrap around services, including specialist wellbeing support.

Construction of this purpose-built complex commenced in late 2021 and is almost complete. Once finished, it will accommodate 10 women in crisis and assist another 18 victims of family and domestic violence, to transition through to independent living.

Zonta House Refuge Association will manage the refuge once operational. CEO Kelda Oppermann stated that—

"This refuge will nurture connection, dignity and provide a space where victim/survivors can start healing and move towards a life free from violence and abuse."

The opening of this facility will bring the total metropolitan refuges to twelve! A real indictment on today's society.

However, we know Kelda and her team have the knowledge and experience of delivering excellent and proven support services for such victims. She added—

"....thanks to Lotterywest for enabling us to complete this vision and fit-out of the premises. We look forward to construction completion and opening the service over the coming months."



Our Club's 'Containers for Change' kitty is gradually filling! Elaine has reported that since starting to collect bottles and cans for PNS at the end of March 2022 (not counting mind you!) she has contributed approximately \$350 to this fund! With 20/20 x-ray quality vision as we take our daily walks, peering into builders' skips, etc., we always return with a bag full. She has encouraged a number of neighbours to collect for Zonta as well, which they do! So it's not unusual to see one particular neighbour case refuse bins on pick-up days and retrieve a handy cache of throw-aways.

We can all participate to help our environment, not to mention our fund-raising initiatives. More information can be found on [this website](https://www.zontaperthns.org.au)—



The Club's Registration Number is C10359672 listed on p.9 of our current Member Directory. If you're not already helping in this way and would like to support PNS, why not start by finding out where your nearest recycling depot is situated.

BIRTHDAY WISHES FOR
AUGUST GO TO—

Shelley 9th
Anette 14th
Linda 27th



"I would like to thank you all, particularly our 'Mrs Feelgood', for spoiling me in July with this beautiful arrangement."

Dxx



ZONTA
CLUB OF
PERTH NORTHERN
SUBURBS INC
MEMBER OF ZONTA INTERNATIONAL
EMPOWERING WOMEN
THROUGH SERVICE & ADVOCACY

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