

A word from your President



"Leadership and learning are indispensable to each other!" John F. Kennedy

I have loved every moment of being your President over the last eighteen months and look forward to the challenges and successes in my last six months. I owe this goodwill to the total support of my board and Club.

The Club is thriving with a positive, inclusive and caring ambience. You can feel the love and affection in the room!

This month we had the pleasure of inducting **Shanaz Lambat** and **Christine Findlay** into our Club. We welcome you and know that you will embrace the fellowship and the service of being a Zonta member. We now have 34 members with the expectation of at least another four joining in 2024. This is indicative of the professionalism of our Membership and Greater Visibility Committees. Thank you!

Our **Lucy Bohan Bursary** dinner was once again a great success. **Dr Melanie Baker's** presentation was engaging, informative and humorous. **Amy Daniels**

this year's awardee, is young and full of enthusiasm regarding her future study and nursing journey. **Ankia Pelsner**, last year's recipient, has had an exciting year and is looking forward to 2024. We congratulate her on her engagement!

When we hear from our previous winners, not only is it a delight, it also reinforces the impact of this Bursary; that we are making a difference to the lives of some amazing women. You can read more about this later on.

Once again, a huge thank you to **Ramsay Health Care** for supporting the Lucy Bohan Bursary with a \$2000 gift each year. It is greatly appreciated by us; however, more importantly by the recipients of the Bursary. As well, it is always a pleasure to have **Karen Cunliffe** and **Fiona Legg** from Glengarry Hospital, join us for these events. Thank you both for your support!

On a different note, I would like to invite members to attend the **THRIVE GALA** on **Friday 8 December** from 6pm-10pm—an **Evening of Celebrating Resilience and Empowerment**. The cost is \$80. The aim is to unite the community in support of women who have triumphed over adversity and emerged as survivors and thrivers after experiencing violence. The event is supported

by **Zonta House** and the **Perth Foundation for Women**.

On this subject, members are reminded that the **march Against Domestic and Family Violence will be held Tuesday 5 December**. See further information on p.3. Sadly, I won't be able to come this year as it's the same day as our home inspection with the new owners.

Don't forget **Christmas gift wrapping for Zonta House will be held on 18 December**—time and place will be advised soon.

Thank you to all who remembered to bring pillows for **Starting Over Support (SOS)** as they do a wonderful job helping women who are venturing out on their own. **Thank you also to Ruth** for delivering these items to SOS.

I'm looking forward to seeing you at the Thrive Gala night on 8 December and at our Club Christmas catch up on **Wednesday 13 December** (not the 14th as some may have thought). Further details will be sent to you this week.

Wishing you all a safe and refreshing break until 7 February, 2024.

Love and affection always!

Sue Pelsner

Lucy's Legacy Lives On

Members and guests enjoyed another wonderful evening on 1 November amongst the nursing fraternity! Our Club presented its 2023 **Lucy Bohan Nursing Bursary** to mature-age student **Amy Daniels** who is working hard to become a Registered Nurse.

This year's award marked the thirtieth since 1990 when we named the Club's original book bursary after Lucy (left), our Club's President 1982-1984.



Lucy was an amazing nurse administrator who worked across Australia and

several Western Australian country centres. She initiated many changes to improve nurse education and working environments with particular emphasis on rural nursing. She eventually became Director of General Nursing Services at WA's Health Department and retired from that role in 1986.

We are indebted to **Ramsay Health Care's Glengarry Hospital** who have been sponsoring these Bursaries since 2020 and thank them for their ongoing support. This means that we can use our service funding for other projects. It also means that the Glengarry Hospital will have an important and meaningful role in assisting these student nurses to

complete their studies—and, perhaps, benefit from employing them in the future.

Unfortunately, our guest speaker, **Dr Melanie Baker** from ECU, Joondalup's School of Nursing and Midwifery, who unexpectedly had to travel to the UK, was unable to join us, but fortunately, gave her presentation, loud and clear, via a direct link. Thank you to our IT guru Irene for arranging this. Oh, the marvels of modern technology! Melanie's talk focused on her nursing career and resonated with many of our members and guests who reminisced about their own journeys. Read more about this award on the next page.

cont'd from p.1

All smiles in the middle is our Bursary recipient, **Amy Daniels**, with **President Sue** (left) and **Karen Cunliffe**, Director of Clinical Services, Ramsay Health Care.



Amy is a mature-aged student and a single Mum with two young daughters. After 22 years working as a chef, she made the step to follow a long-held dream of becoming a nurse and enrolled in a Bachelor of Nursing degree at the ECU Joondalup campus. She is the first member of her family to undertake university studies and so has a fierce determination to succeed. Needless to say, we are confident that Amy will qualify as a Registered Nurse at the end of her degree. We wish her all the best

for her journey and look forward to keeping in touch.

As mentioned, our guests included a number of nurse professionals and we were delighted to have contact with three former Bursary recipients with updates on their career paths.

Rocheal Lock (2013) (inset) was one of those. Rocheal, being an amazing entrepreneur, has moved away from hospital nursing and set up two diverse, but inter-related, entities—

- * ROC Nursing Services
- * SafeR Driving

Her son has also graduated as a nurse and works with his Mum.

Last year's Awardee, **Ankia Pelsner** was undertaking some prac work and was not able to be with us. Rocheal kindly offered to speak on her behalf. What an exciting and amazing year she's had. Her Bursary money was well used and paid for tuition fees, a full-year parking permit, her CPR and manual handling course and her respirator fit test. Anything left over was used to cover bits and pieces as they cropped up.

During February Ankia was fortunate to go to Japan on a global study tour, spending time at the Tokyo Christian University and completing the 'Cross Cultural Knowledge and Global Citizenship' unit for which she received a credit from ECU. She said—

"From the moment I stepped off the plane it's been an experience of a lifetime. These 14 days will be something I will take with me for the rest of my life!"

Back to 'normality', Ankia completed her Stage 5 placement at Oncology in Bunbury, did some work at Pathwest and sat the Graduate Medical School Admissions Test but was unsuccessful by just a short margin. She plans to re-sit this sometime.

August was a big month! Ankia turned 21, she completed her final practical class and got engaged! At the moment she's completing her final clinical placement encompassing two weeks in Community Mental Health and four weeks in a Surgical Ward. 2024 looks to be an even busier year for Ankia with a house move, graduation, a mental health course and a wedding! No doubt Ankia will take all of this in her stride and much more. We send our best wishes and will be keen to follow her career.



Updates from past LBB Awardees

Our members were so pleased to hear from three of our past Awardees, ie

1. **Lucinda Woodward**
2. **Morna Frankowiak**
3. **Olivia Wood**



Lucinda (2011) has been travelling the world and is currently in southern Africa for six weeks. When home she has been working as a travel nurse in rural communities around

Australia. She reported—

"This has given me the flexibility to travel as much as I want and earlier this year I went to South America and Antarctica! Not for work, just for fun, but was still incredible."

Lucinda is still hoping to do a Masters in Public or International Health Policy in either Norway or Germany in the coming years. She added—

"This is with the hope that I may one day work for the World Health

Organization or another large scale health organization."

Morna (2009) is still very passionate about her professional life as a Clinical Nurse where she's actively involved in teaching junior staff. However, her current priority is pursuing a future nursing career in Preventive Health after successfully graduating as a Health and Wellness coach.

Morna shared this personal note—

"I have some exciting news. I've recently become a young grandmother to my first grandchild, and her name is Lucy! It's incredible how time flies; it's already been 14 years since I was honoured to receive the Lucy Bohan award."



Congratulations Morna. How so very appropriate that your granddaughter was named Lucy! I'm sure 'our' Lucy would be chuffed.

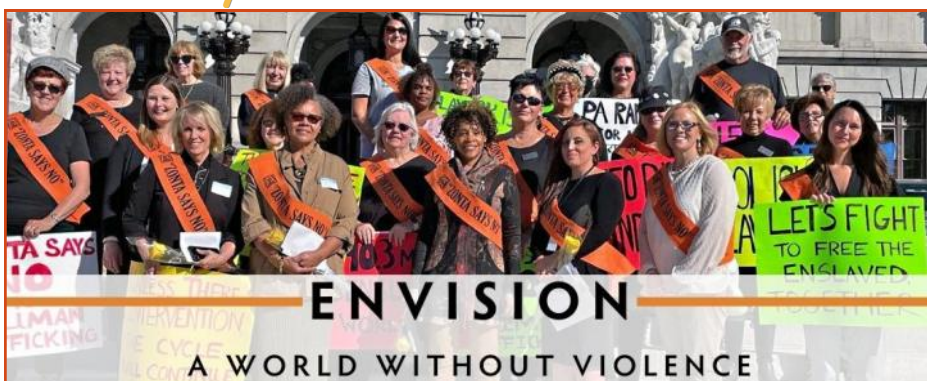
Since last year a lot has changed for **Olivia** (2020). She has moved from ward nursing as a new graduate to Haemodialysis nursing. This has been a huge transition of new learning which she has been doing for a year. She also recently tried a couple of days in the Chemotherapy section of the Northam hospital where she is based. She said—



"If I decide to take this path, there will be even more learning. I am finding that learning is continuous in Nursing and there are so many paths you can follow. It's just about finding your niche and embracing opportunities."

How wonderful it's been to hear from these 'Lucy Bohan' nurses and what fabulous role models they are. Without exception they are all planning on further studies. So it's true what Dr Melanie Baker said in her talk, that you never stop learning in this profession!

Zonta Says NO to Violence



"Zonta envisions a world where no woman lives in fear of violence. Through the Zonta Says NO to Violence Against Women campaign, our members and allies stand together, uniting our voices to advocate for all those who have suffered gender-based violence. Zonta is needed now, more than ever, to continue its work to end violence and build a better world for women and girls."

Ute Scholz

Zonta International President

Each year during the 16 Days of Activism to End Gender-Based Violence (from 25 November – 10 December), Zonta International encourages its clubs and members to join the **Zonta Says NO to Violence Against Women campaign** and take local, national and international actions to influence the making and implementation of laws, as well as changing gender-based attitudes and behaviours to end violence against women.

In Perth the 33rd march against domestic and family violence will take place at **Forrest Chase, Tuesday 5 December**. If able, members are asked to support this event and meet in Forrest Chase.

Stalls—10 to 11 am

Rally—11 to 12 pm

March—12 to 1 pm

INTERNATIONAL DAY FOR THE ELIMINATION OF VIOLENCE AGAINST WOMEN

25 NOVEMBER 2023

30%

of women worldwide have experienced either physical and/or sexual intimate partner violence or non-partner sexual violence in their lifetime.

Source: World Health Organization

30%

of women's first sexual experience was forced.

Source: UN Women

38%

of murders of women worldwide are committed by an intimate partner.

Source: World Health Organization

Less than 40%

of the women who experience violence seek help of any sort.

Source: UN DESA

73%

of women are abused online. Women aged 18-24 are at a heightened risk of cyber violence.

Source: Networked Intelligence for Development 2015

80%

of the approximately 800,000 people trafficked across borders annually are women and girls, with 79% trafficked for sexual exploitation.

Source: UN Women



This year ZI is asking each member to recognize the critical work of our organization by setting up a monthly recurring donation to the Zonta Foundation for Women in honour of Zonta's 104th Birthday.

By combining our individual financial resources in support of the women and girls who benefit from our projects and programs, we make a greater impact. Every donation to the Foundation helps to build a better world for women and girls.

The goal of this year's campaign is to increase monthly recurring donations through a friendly district competition. As part of this competition, donors in each district are encouraged to set up a monthly recurring donation of at least US\$10. Top ranking districts will be recognized for their highest percentage of active recurring donors and for the highest number of new recurring donors. However, amounts of all sizes will be celebrated and the collective efforts of Zontians will be highlighted.

2023 Campaign Criteria

There are two ways districts can win the competition—

- *District with the highest percentage of active recurring donors.*
- *District with the highest number of new recurring donors.*

To qualify

- Recurring donors must make at least seven (7) consecutive monthly donations from November 2023 through May 2024, and
- Monthly recurring donations will need to be set up by 30 November 2023.

District Competition Prizes

The winning districts will be recognized via the website, on social media and at the 2024 Zonta International Convention in Brisbane.

All active recurring donors (those who have been recurring donors prior and through the Every Member, Every November competitions) will also be recognized as individuals via the website, on social media and at the 2024 Zonta International Convention in Brisbane.

Here's how it works—



Sign up for the Zonta Foundation for Women's monthly giving program and make a lasting difference starting this November.



While we are asking each member to become a monthly donor, please consider whatever you can give to any one of our funds.



See your support build equity in the world.

Setting up a \$US10 monthly donation doesn't seem too onerous when you consider how privileged we are. You will be giving women and girls a voice, a choice, and an opportunity to live their lives to their fullest potential. If you would like to help, click on the logo below to make your donation.

BUILDING A BETTER WORLD
STARTS WITH YOUR SUPPORT



Around the Club

After attending a number of dinner meetings, we were delighted to be able to induct two new members at our November meeting.



Christine (Chris) Findlay, a New Zealander, was introduced to Zonta by friend and fellow Kiwi, Wendy.

Chris left school to become a hairdresser, eventually owning her own salon. She and husband managed a caravan park for five years after which Chris found herself in retail clothing and shoe buying. Currently she works with Chapmans Clothing where she's been for 22 years. Many of us would have met Chris during our fundraising fashion parades at Chapmans.

In 1988 Chris came to Perth with her husband and two sons. Sadly though, in 2019, she was widowed, but has since met a new partner and lives happily in Alkimos. She has two grandsons and three step-grandchildren.

Chris said she wanted to join a group of like-minded women aiming to make a difference. We believe she has made the right choice and we know she will make a wonderful Zontian.

Shanaz Lambat also comes from another country—Zimbabwe, having grown up there in a mixed heritage family. She moved to Australia with her children in 2017.

Initially, Shanaz's connection to Zonta was through a previous contact and then via the website from where her

interest was directed to our Membership Committee. She has since attended dinner meetings and, like Chris, has enjoyed the fellowship and warmth of our members.

Shanaz has worked in the Community Services sector for seven years and now runs her own Support Coordination business.

From her personal experience, as a displaced person and struggles associated with being a victim of domestic violence, Shanaz wants to help other women around the world.

With her background and desire to help, Shanaz will certainly be a valuable member of Zonta and our Club and we welcome her involvement.



We were privileged and delighted that **Zonta International Honorary Member, Professor Shirley Randell AO, PhD** who was visiting family in Perth, was able to join us on 1 November. Here she is with Sue and Alison having a chat prior to dinner over a nice glass of red.



Forever on the move, intrepid traveller, **Linda**, has been extremely busy over the last month or two. September she flew off to Paris with her early university-days friend of 50 years, Michele. In

wonderful time in France. It was always their intention to return. Even better with Michele, multi-time visitor, familiar with the streets, metro, etc, and able to speak fluent French! Linda added—

"We stayed in the vibrant Latin Quarter in the heart of the restaurant and bar area. We did a lot, but our time together was to enjoy the ambience of beautiful Paris and celebrate our long-standing and special friendship."

In 1972, the young Linda (with her limited travel experience), wrote in her travel diary that she thought Paris was 'the most beautiful city in the world'! She has written (after having seen so many more great cities), the same comments in her 2023 travel diary!

Following France, Linda and Michele spent a few days in Amsterdam and then cruised from there to Budapest.

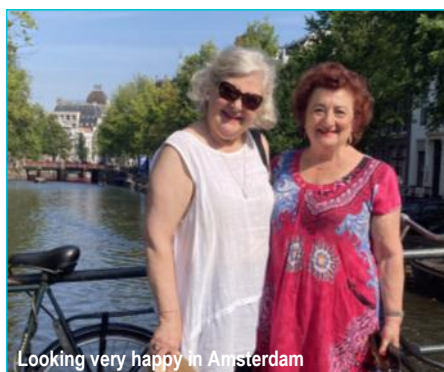
On behalf of PNS, Linda attended the **WA Women's Hall of Fame Inaugural Networking Sundowner** on November 2 at the Duxton Hotel. The event was an opportunity for **Chair, Fiona Reid**, Committee Members, Alumni and other Members to enjoy a relaxing catch-up over drinks and canapés. "Another most enjoyable event", Linda reported.

There are many remarkable Western Australian women in the WA Women's Hall of Fame as is **Kath Mazzella OAM**, shown right with Linda. Kath's work in raising the community profile of gynaecological related health issues is well known to many Zontians, the medical profession and other entities.

With all her travels, Linda is a great advocate of the United Nations. Needless to say, she and President Sue attended the **78th UN Day Anniversary Gala Award** event held by the **United Nations Association of Australia WA** on 20 October, also at the Duxton Hotel. **WA President, Randhir Amoganathan** welcomed guests and the opening remarks were made by the **Hon. Ayor Makur Chuot MLC** who, members might remember, was a guest at this year's Young Women in Public Affairs Award.

As we all know, Zonta International has a long-standing partnership with the United Nations. Zonta representatives attend UN and UN agency conferences, committee and commission sessions at sites in Geneva, New York, Paris, Vienna and Bangkok. Most all of our projects are linked with UN agencies such as UN Women, the United Nations Population Fund (UNFPA) and United Nations Children's Fund (UNICEF).

cont'd over...



Looking very happy in Amsterdam

1972 after three years of teaching they decided to see the world and had a

more from around the Club

For a number of years our Club has been associated with the WA Branch of the United Nations with members attending various of their functions and recognizing and celebrating United Nations Day in October.

Back to the recent event, apart from inspiring speakers and engaging entertainment, the highlight of the night was the presentation of three prestigious awards—

- * *Environmental Action Award*
- * *Human Rights Award, and*
- * *Gender Equality Promotion Award*



Shown here L-R: **Sue** and **Linda** in their highly visible dresses which drew much attention, **Dr Sandy Chong** (former President of UNAOWA), winner of the **Human Rights Award** **Catherine Kolomyjec** and the **Hon. Ayor Makur Chuot MLC**.

Entertainment - Club Fundraiser



Click on the above to access this offer.

- Exclusive VIP Access Black Friday Sale!
- Don't Miss Out - Limited Time Offer
- Support Our Scholarships and Service Programs

- Every purchase helps fund our scholarships and service programs, empowering women and girls to reach their educational and business goals and make a positive impact on our community.
- From 6pm AEST, Monday 6 November to 11:59am AEST, Tuesday 14 November, we're bringing you a deal you won't want to miss!
- Purchase any 12 or 24 month Membership to The Entertainment App during our VIP Access Black Friday Sale, and you'll enjoy the following incredible perks:

- Get a Bonus 3 Months for FREE! Receive a Complimentary Entertainment Membership equal to your purchase!
- It's a double win-win for you and your wallet!
- Unlock a world of entertainment and savings today, and make the most of your leisure time with this fantastic offer. Whether it's dining out, family activities, or weekend getaways, The Entertainment App has got you covered.
- Hurry, this special offer won't last long! Seize the opportunity and secure your entertainment extravaganza.



IMPORTANT DATES FOR YOUR DIARY

With Christmas fast approaching and our minds elsewhere, please make a note of the following important Club dates—

Club members' Christmas get-together will be a BBQ at the Perth Golf Centre, 60 Hayes Avenue, Yokine, on Wednesday 13 December. Further details to be emailed.

Club Planning Meeting (members only), 7 February 2024.

International Women's Day Club Breakfast, Friday 8 March at the Marmion Angling and Aquatic Club. We will need all hands on deck for this event.

Two birthdays coming up next month close to Christmas and New Year—Nola (26th) and Bev (28th). Let's hope you don't miss out on some celebrations for your special days ladies.

Sending good cheer and best wishes to you both.



'Geologist Twins', Pilar Escobar-Lopez (guest) and Nola Hackman (Club member) enjoying a wine before our November dinner meeting.



"No, I'm not telling you what's in my bag. It's a secret!"

Seen at the Bunbury Conference. Maybe it's full of goodies for when Lesley takes up the Presidency next year!

One birthday all Zontians will celebrate in November is Zonta's. This wonderful organisation of ours will turn 104 on the 8th! Just amazing.



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

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