

A (last) word from your President



"The influences in the world are such as to make one feel weak, feeble and fearful. Only good company can undo such influences so that the natural essence of truth, consciousness and bliss may prevail."

It is the good company of Zonta that can help us achieve the changes that we need to help *build a better world for women and girls*.

We need to be brave and stand for the truth and not accept the second best that is often handed out to us by the establishment.

We need to be heard and we need to be unified if we are to achieve the big changes required in family violence, homelessness and exposure of our children to social media.

There is still so much to do; however, I feel our Club is at a turning point where

we recognise the power of advocacy and the need for sponsorship from the community.

I have loved every minute of my presidency and have been so lucky to receive unwavering support from the Club—from *good company*—that has made my job so much more pleasurable and rewarding. I will never regret stepping up into this role as it has certainly enhanced my life.

It is our good company that has made my biennium a productive term. We have helped make a difference through *Birthing Kit Assembly Days*, our *Mental Health First-Aid Training*, making *Breast Cushions*, 'Gillian's Gift' program, *Yoga Classes for Trauma Victims*, the *Jane M. Klausman Women in Business Scholarship*, *Young Women in Public Affairs Award*, *Lucy Bohan Bursary*, and finally,



formation of a new initiative—YouthGuard—to advocate for the Federal Government to

commit to an Age Verification trial to prevent easy access to online pornography and social media.

Members have supported the *Bunbury Conference* with 12 attendees, *Perth and Dunsborough Workshops* with 8 attendees and the best to come, our *Zonta International Convention* in Brisbane later this month with 16 attendees (50% of membership).

I know that *Dr Lesley Andrew* will keep up the good work and maintain the Club momentum. Lesley will have the same good company supporting her on her Presidential journey.

We are a wonderful Club. I am very proud of everyone and our achievements. I'm looking forward to continuing my service into the new biennium and enjoying the camaraderie that abounds within PNS.

Love and affection always.

Sue Pertile

Club in Experienced Hands!

PNS is off to a great start for the 2024-2026 Biennium with these members stepping up to carry forward the great work of this Club. New President *Dr Lesley Andrew* will be well supported by her experienced Board which includes no less than four previous Presidents! *Alison Martin* (Club Secretary and past D23 Governor) had the pleasure of installing the Board at our June meeting. Here they are—all smiles and eager to take up their roles—L-R: *Jan McNaught* (Director), *Leanne Sultan* (Director), *Liz Wason* (Director), *Sue Pertile* (Director), *Dr Lesley Andrew* (President), *Wendy Dowling AM* (Vice-President), *Sue Sofoulis* (Treasurer) and *Letitia Depiazzi* (Secretary). *We thank them all for their loyalty and commitment to serve Zonta* and give assurances that we will work with them to maintain the wonderful Club ambience that we are so lucky to enjoy.



A little bit about our new President

Lesley was born in Lancashire. She gained a biology degree from Leeds University and went on to study nursing in Leicestershire. As a public health nurse specialist, she worked for ten years with deprived communities in West Yorkshire on issues of nutrition, domestic abuse and child protection. Following her Master's Degree



in Education, she moved to academia.

In 2009 Lesley migrated to Australia with husband Steve and children Bethany and Edward. Currently she is Senior Lecturer, Course Coordinator J88, Master of Nursing at Edith Cowan University, Joondalup.

Lesley has had a lifelong interest in justice and equity. Her PhD focused on gender equity in higher education and nursing. Her interests outside of work include Yin Yoga, up-cycling furniture and antiques, collectibles, and of course Zonta!

Judging by Lesley's involvement since joining in November 2022, her background and passion for justice and equity, we have no doubt that she will continue to broaden the Club's focus on advocacy issues. As well, she is an outgoing and fun person which augers well for the health and camaraderie of our members.

We look forward to supporting and working with you Lesley over the next two years and beyond. All the best.

Alert—Changes to YWPA Event!

For many years now we have been holding our Club's **Young Women in Public Affairs Award** Presentation Dinner in August. This has become one of our most popular signature events attracting anything up to 100 guests.

Our timeline for this award needs to change to bring it into line with dates set by Zonta International and to align with our District's application process. The 'official' Award Dinner will be held early next year so watch this space!

However, so as not to disappoint our very many loyal supporters, we are holding a special **'Tribute Dinner'** on **Thursday 8 August** at the **Marmion Angling and Aquatic Club**. This will still focus on the YWPA Awards but we will be treated to a different format in that five of our former Awardees will be



'interviewed'. Our amazing **1996 YWPA Awardee—Dr Demelza Ireland**, shown below, will undertake this role and add her special touch, as she does, to another very inspiring evening.

Where are all these young professionals now? What are they doing? How has this Award helped them to achieve their career goals?



We can't wait to listen to their stories. So don't miss out on this extraordinary occasion—mark the date in your diary NOW and look out for the flyer to be posted shortly.

We hope this event attracts as many guests as the Award itself as it will showcase some of our 'stars' from the past. We are so proud of these young women and their achievements.

SOS Buckets of Love



On 31 May a number of us made up a Zonta table to support the **'High Tea for a Cause'** fundraiser at Guildford Grammar School

hosted by the **Hon. Donna Faragher JP MLC**. This was in aid of **'Starting Over Support'** (SOS), now administered through **'People Who Care'**, but which was the brainchild of **Debbie Mason**, a past member of the ZC of Perth.



It was an amazing morning raising over \$2,200 to purchase new pillows and mattresses for families receiving SOS assistance. That was besides the many **'Buckets of Love'** that were donated which filled the SOS van to the brim!

The organisation is dedicated to donating free household goods and furniture to help vulnerable families start over in a new home. These people often must leave their home due to domestic crisis and do so with limited possessions and financial means.

As you can see from the above, it was a lovely autumn day and an ideal venue in which to hold such an event. Apart

from that, we were treated to the most yummy eats provided by Guildford Grammar's catering staff. It truly was worth attending just for the food! To top the day off for Sue (shown at left), she won the beautiful gourmet basket. Of course we did cheekily suggest she keep it for her house warming having recently moved!

If you would like to donate to this cause, click on the logo below. There are a myriad of needs, including items of furniture to make a house a home for people in crisis.



'Gillian's Gift' Update

And don't we love our nurses too?

As we know, PNS is assisting student nurses with their practicums through a most generous bequest left by a former Club President. Gillian did her training at the Fremantle Hospital and knew full well how some students struggled to meet their commitments. Today, many students cannot afford to give up work the six weeks required to undertake their practicums. Needless to say, they discontinue their studies and are lost to the profession.

Through 'Gillian's Gift' and the close liaison we have with *ECU's Faculty of*

Nursing and Midwifery, we are able to offer \$1,000 grants to those students who are struggling financially.

Last year we 'gifted' five and this year, so far, we have put smiles on the faces of another three students and given them hope to continue their courses, with funds available for a further two.

This will complete our 2-year commitment but we hope to extend this to 2025 and beyond as it has proven so worthwhile. The recipients we speak to are absolutely overwhelmed by this generosity which gives them encouragement and determination to continue their studies.

We are appealing to our readers, and anyone who might be interested in supporting this initiative, to reach out via -

[Contact Us - Zonta Club Perth Northern Suburbs \(zontaperthns.org.au\)](mailto:Contact Us - Zonta Club Perth Northern Suburbs (zontaperthns.org.au))

or donate directly via our website—

[Donate - Zonta Club Perth Northern Suburbs \(zontaperthns.org.au\)](mailto:Donate - Zonta Club Perth Northern Suburbs (zontaperthns.org.au))

We cannot over-estimate the value of these grants and the difference they make to the lives of these students.



43 Years of Volunteering!



Despite not having our full complement of members, with some on leave and others travelling, we welcomed a few of our 'blokes' - **Ambrose Depiazzi OAM, Ross Dowling AM, Barry Martin and Don Mitchell.** Sue Pertile's son **Dante**



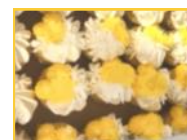
Last Wednesday our Club celebrated its 43rd year of Zonta service. We also raised our glasses and proposed a toast to the **Zonta Club of Pocatello, Idaho**, which club recently celebrated 43 years.

and June's guest **Hazel** also attended the celebration. So thank you all for joining us on this our 43rd birthday.

To add to the ambience and chatter, **Treasurer Sue** brought along special cupcakes with enough for seconds. What a treat!

National Volunteer Week (20-26 May) **Certificates of Appreciation** from **Tina Williams, Chief Executive Officer of Volunteering WA**, were handed out to members which was also a nice little touch on such an evening.

Opportunity was also taken to install the Club's new Office Bearers as mentioned on p.1, so it's onwards and upwards from here to welcome in the new biennium. We will also have a new ZI President and Board as well as changes to Committees following the Convention in Brisbane this month.



ZI's 66th Convention on our Doorstep!



It doesn't seem like two years has passed since **ZI President—Ute Scholz**, messaged—

"I am still smiling as I think back on our time together at the 64th Zonta Convention in my home

country. After four years of not being able to gather widely, it was a much needed and lovely time of connection and growth. And with more than 500 of you joining us virtually, you made our first-ever hybrid convention a remarkable success.

Zonta, with its members and partners, is a strong, committed community working

together to fight for gender equity at the local and global levels. This biennium, we will build a better world for women and girls. We will do this by standing out for gender equity, representing global citizenship, developing future leaders, celebrating ourselves and positioning Zonta for the future....

We remain focused on our important advocacy efforts, such as the Zonta Says NO to Violence Against Women campaign and our work with the United Nations, as well as strengthening our member base and chartering new clubs.

Thank you in advance for your dedication.... I am excited to see what we will achieve together over the next two years!"

We only have a little over two weeks to the start of our Brisbane Convention. For the 16 lucky PNS members going, and for those 'First Timers', it will be an experience of a lifetime. Mixing with Zontians, potentially from 64 countries, will be an absolute buzz. It will be like transporting oneself to a vibrant and eye-opening multicultural community all under the one roof! Participants will realise just how global Zonta is.

So, what have we achieved over the last two years? We will have the opportunity to meet the new International President and Board and to learn more about our achievements and their plans for the future. I can't wait!!

Around the Club

As mentioned above, many of our members have been gallivanting around the world.

Liz and *'Master of Champagne'* partner **Steve**, as well as **Chris**, have returned recently from an extended trip to France and its bubbles regions. Here's a little of what Liz reported—

"Chris and her sister Louise, as well as friends of ours from the Gold Coast, joined the 'Steve & Liz Champagne' tour in the village of Ay. We enjoyed coffee, croissants and pastries most mornings from the local Boulangerie



(bakery) and Tabac (cafe). Each day was filled with local activities—markets, driving and walking through the villages, traditional French lunches at restaurants, drinks at local bars, or on our gite's terrace in the beautiful sunny evenings.

But, of course, the highlight is always having a private visit to the Champagne houses. These included Louis Roederer, Ayala, Charles Heidsieck and Marc Chauvet.

Chris was also lucky enough to have a ride in a vintage red 2CV (Citroen) to meet a famous French photographer Michel Jolyot. Great fun and laughs were had by all.

A bientôt"



cont'd below..

On the other hand, **Anette** decided to explore the opposite side of the world. So here we go!

"In March I embarked on a solo adventure to Antarctica and South America. Feeling brave, excited and nervous I headed to Sydney, Santiago (Chile) then Buenos Aires (Argentina) to gather with the cruise passengers. We flew by charter flight to Ushuaia at the tip of South America to join our cruise ship, Hurtigruten's MS Fridtjof Nansen, which is a Norwegian explorer ship. Only 2 ½ years old with 350 passengers, I had a lovely cabin and soon immersed myself in the daily life of great food, meeting people and attending lectures about Antarctica from one of the twenty scientists on board.

A smooth Drake Crossing for two days before I saw my first iceberg. The start of six days of zodiac rides in my warm and waterproof clothing to check out the wild-life and to get us to shore. Beautiful penguins, scary seals and so many whales I lost count. Old explorer's huts and whale stations that are, thankfully, no longer in use. Hard to describe Antarctica because it is like another world, magical, awesome, but something you really need to see for yourself.



After a brief stop back in Buenos Aires I flew to Iguazu Falls on the Argentinean and Brazilian border. There are 275 individual waterfalls stretching along 2.7 km. Over two days I walked along both sides and on the Argentinian side I did a boat trip that went under the waterfalls several times, the last feeling like I was going to be washed out of the boat!

Next, I flew to Lima, Peru which is a very interesting and historical city. It was also where I arrived with no luggage. It would take four days to be reunited and only thanks to having an AirTag in my case. Lima's Incan and Spanish history is very important to their culture and there are still many examples of historical sites. I stayed in the Miraflores area on the Pacific coast which was quite beautiful.

Cusco and the Sacred Valley in the Andes Mountains was next. It was the centre of the Incan Empire which is evidenced by the stone fortresses.



cont'd over...

more from Around the Club

The later Spanish arrival resulted in beautiful cathedrals and government buildings. The bus and train trip to Machu Picchu took four hours as opposed to four days on foot. I stayed in the pretty town overnight after a perilous bus trip to the ancient citadel. The civilisation was established in the 15th century but was only rediscovered in the early 20th century and declared a UNESCO World Heritage Site in 1983. I very slowly climbed to the top area of Machu Picchu before winding my way down through the different areas of stunning architectural dry-stone buildings.



Fascinating how these people lived such a protected life.

Last stop was a long Easter weekend in Los Angeles with my aunt's family—my cousin Kristy who came to two Zonta meetings in 2022 and the children of my cousins. Very special as they travelled from various parts of the US for us all to be together.

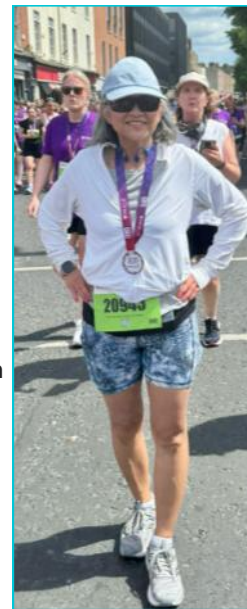
The most complex and action-packed holiday I have undertaken—every part was amazing."

What an adventurer you are Anette! Anyone planning a similar escapade would be wise to have a chat! And how smart having a *AirTag* in your bag! Goodness knows where your luggage could have ended up. The main thing is it did turn up and you returned safe and sound.

Another amazing member is **Irene** who jetted off with hubby Tony to Ireland for a very different reason. They headed to the 'green isle' to scatter some ashes of a relative, to meet more of the family and for Irene to compete in another marathon! The 19-hour delay

leaving Perth and a further 8-hour delay at Heathrow created some anxiety about arriving in time to compete. So being the experienced operator that she is, Irene changed into her running gear while waiting for their luggage. It was then a dash by taxi to their hotel and a quick walk to the start line with 30 minutes to spare! Phew!

Needless to say, having not had much sleep on the flights, the mere thought of running in this 10km Vhi Women's Mini Marathon soon got the adrenalin pumping. This run is one of the biggest community fundraisers with 25,000 women participating to raise money for their favourite charities. Here's Irene finishing.



more below..

Well done Irene—another run you can tick off your bucket list. That coaching I gave you to build up your stamina by drinking Guinness paid off!!

Kaye had a busy Greek Easter with her family on Sunday 5 May. It was a lovely sunny afternoon. Her siblings, nieces/nephews and grand-nieces/nephews had a wonderful time together sharing a



traditional celebration with the red eggs she had prepared. The day was topped off by one of her nephews and his wife announcing they were expecting their second child in November—another girl! Looks like Kaye's going to be busier than ever! Sign her up Kaye!!

Jill and **Steve** always seem to be away, this time taking a cruise from Brisbane to New Guinea visiting a few islands off the east coast where they will do some snorkelling. These two are really into

the environment so most of their travels tend to focus on this.

Following the cruise Jill will be joining the rest of us at the Convention. In fact she has already checked out transport from the airport, provided a few tips and taken a river tour.

Birthday greetings—the Membership Committee have instigated an email message, which members will receive on their actual special day, rather than sending a card. With Australia Post not so reliable these days and the cost of cards and postage, it was deemed a much more sensible way to handle these greetings. The practice of wishing members a Happy Birthday in the 'Zontapreneur' will also be discontinued from now on.



Contact List and Member Directory

Please note this will be updated in July so it would be appreciated if members could check their details and email Dawn with any changes. Thank you.

VALE

Anita Sutton
1939-2024

Our long standing members were very sorry to learn that our wonderful, compassionate and fun loving former member, Anita, passed away on 20 May. Many of us will be attending her memorial service.

She was one of our fondest and most dedicated Club members who gave so much of herself to make our Club the happy and successful place that it was. She was always cheerful and ready to give a hand to anyone and everyone.

Anita was a wonderful human being who made the world a better place.

We had a lot of laughs during her membership and those memories will be long lasting.



RIP Anita

Our Biennium at a Glance



July 2022—Sue steps up and Wendy steps down



Christmas Windup Fun

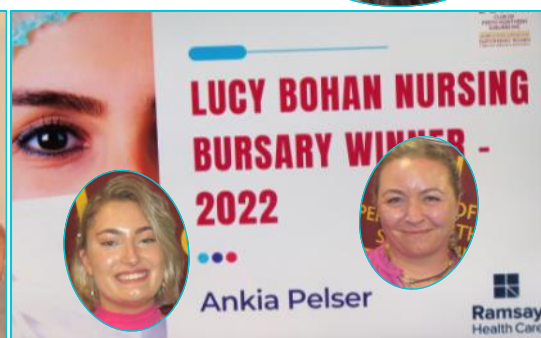
Young Women in Public Affairs & Jane M. Klausman Women in Business Awards Presentation Dinners



August
L-R: Jasmina Nikolovski
(2022 YWPA),
Amalea Halls
(2023 YWPA),
Pearl Payae
(2023 JMK) and
Linda Tinning
(D23 JMK Coordinator)



October—UN month
Dr Sandy Chong from UNAAWA



November—Nursing Bursary
Ankia (2022) & Amy (2023)



IWD/Zonta Rose Day Breakfasts—March



Mental Health First-Aider Courses run by Rosemary



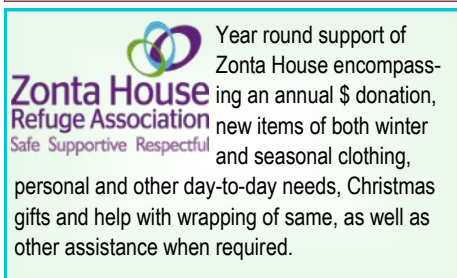
'Kit Queen' Connie



'Cushion Queens'
Kath & Elaine



Phoenix Trauma Centre Trauma Sensitive Yoga Research Project



These pics are testament to many of our achievements over the last biennium. However, it would not be so without the 'engine room'—those members who step up and keep the cogs oiled—our Board and Committee Chairs. But, they need a dedicated and happy crew to keep the 'good ship PNS' moving along. I believe that's what we have and this is what has been instrumental in attracting new members—now almost 34!

Let us think about what we have achieved as a Team and what we can contribute during 2024-2026. xxxx



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EMPOWERING WOMEN
THROUGH SERVICE & ADVOCACY

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