

A word from your President



As we come to the end of 2024 and our formal Zonta work, I would like to thank everyone for their kind support as I transitioned into the President role. There has been lots to learn but I'm enjoying the challenge! However, I'm now looking forward to the break and especially to our **Christmas party**, kindly being hosted by **Letitia and Ambrose** on December 4.

The **YouthGuard** workshop, led by **Kayelene Kerr**, was a highpoint for our Service and Advocacy Committee this year. The event, very well attended by the public and community youth workers, prompted many questions and discussions.

Thank you to past President, **Sue Pertile**, for being the inspiration and lead person in this project. It is exciting to see Government action in this and wider social media legislation—let us keep our fingers crossed that these changes progress and protect our children in the future.

Last week we held interviews with inspirational candidates for the **Zonta Young Women in Leadership Award** and have chosen a worthy recipient to be announced at the Award Presentation Dinner in February 2025.

We have also awarded our **2024 Lucy Bohan Nursing Bursary** to **Jessy Scattini**, another worthy recipient. Again, this has been sponsored by **Ramsay Health Care**. Furthermore, we have supported financially another applicant with a **'Gillian's Gift'** bursary. These two nursing students show courage and resilience in very challenging situations, and will make excellent future nurses.

It was wonderful to meet Jessy and her family at our dinner meeting on 6 November. It is so good to see our advocacy roles in action.

Of course we also enjoyed the **Zonta Club of Peel** hosted **Founder's Day Lunch** at the Sebel, Mandurah, on 10 November. It was a full and moving program, not only to celebrate **Zonta International's 105th Birthday**, but the presentation of several awards. The **Area 3 Jane M. Klausman Women in Business Scholarship** was awarded to **Norbu Sonam Lhaden** followed by four wonderful women who were recognised for their community work. You can read more about the lunch and these ladies on pages 2 & 3.

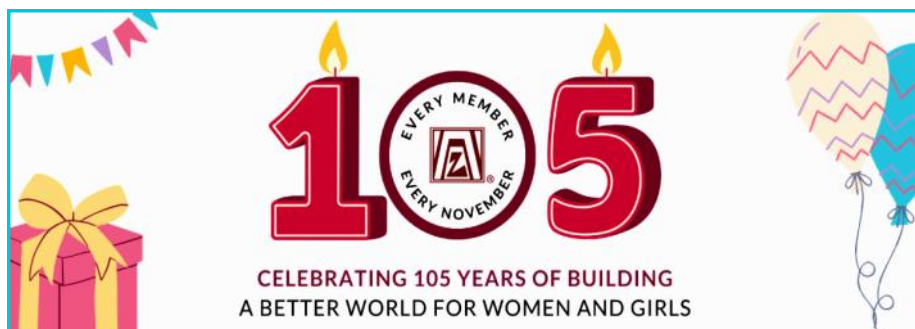
For me, it was a good opportunity to meet fellow Presidents 'in the flesh' as well as our Area 3 colleagues. It was a treat to hear from the four, very different, **Women of Achievement**, including our very own **Brooke Canham**. What a dynamo she is!

I hope to celebrate with you all at our Christmas party next month—and I will try not to pass out this year!!



During this 105th Birthday month, Zontians around the world have been invited to commit their personal support by making an individual gift directly to the **Zonta Foundation for Women**.

If you haven't already thought about making a **Gift**, consider how every dollar to the Foundation—big or small—gives a woman or girl a chance, an opportunity and a voice toward her own empowerment. Click [here](#) to make your donation.



Celebrating our Founders!

November is always the month when Zontians around the world celebrate Zonta's founding which falls on the 8th. The Zonta Club of Peel hosted this year's Area 3 event on the 10th which took the form of a lunch at the Sebel in Mandurah. Fourteen of our members along with four husbands, joined in celebrating Zonta's 105th Anniversary. Amazing to think what our Founders started back in 1919! But, sadly, we're still trying to **Build a Better World for Women and Girls**!

The occasion also recognised and celebrated four, virtually unknown women who have contributed so much to our communities. Four of the Area 3 clubs put forward nominees for the **Women of Achievement Awards**—

- * **Bunbury—Karen Jetta**
- * **Peel—Merri Harris**
- * **Perth—Sepo Young**
- * **Perth Northern Suburbs—Brooke Canham**

Read a brief synopsis of each below—

1. **Karen**

Karen is a proud Noongar woman from Korijikup (Harvey). She was inspired by the contributions of her parents and elders, committing herself to making

Corporation. With a professional background as a Mental Health Clinician, she has worked extensively with children and adults facing mental health issues and addiction. Sepo's dedication stems from her own experience of homelessness as a single mother in Zambia, inspiring her to give back to the community and embody the values of 'Ubuntu', an African philosophy of 'humanity to others' taught by her parents.

Five years ago Sepo began volunteering with Street Friends WA, a Perth-based charity that supports the homeless by providing essential items such as clothing, sleeping bags, toiletries and sanitary products. These provisions help homeless women and girls maintain hygiene and dignity, especially during menstruation, which is critical for their health and comfort. They also aid women transitioning from prison by offering new clothing to boost their self-esteem and support reintegration into society.

Sepo's compassionate leadership has positively impacted vulnerable women and girls in Zambia, Australia and the UK. Her commitment to service exem-

plifies resilience, empathy and the power of community-driven change.

Karen co-founded BILYA Moorditjabin Training Service, a consultancy aimed at building Indigenous leadership and capacity. The consultancy runs Cultural Awareness and personal empowerment courses that help both Aboriginal and non-Aboriginal people understand intergenerational trauma, using a holistic approach to healing.

Through her work in education, sports and cultural development, Karen continues to uplift and inspire, making a meaningful difference in the lives of those she supports.

2. **Merri**

Merri has dedicated her life to service, excelling both as a health professional and a community volunteer. She has managed innovative Integrated Health Care Practices in California and Western Australia, contributing to healthcare

plifies resilience, empathy and the power of community-driven change.

4. **Brooke**

Brooke is a young woman who has faced life's challenges with exceptional grit, determination and resilience. Born in 1995, she was diagnosed with Down Syndrome at one year old and doctors predicted she would not be able to talk or walk. Despite these early limitations, Brooke defied expectations. Attending the Kim Beazley Early Learning School, St Simon Peter Catholic Primary School and later, Sacred Heart College, she graduated with her peers, achieving her High School Certificate of Education.

Brooke credits being actively involved with the Down Syndrome Association for the many opportunities that have shaped her life. She has contributed to creating educational videos and speaking on how people with DS want to be treated, particularly in medical settings.

Now living independently, Brooke works with Inclusion Australia, advocating for people with disabilities and participates in a Reference Group. She

policy through her roles on government boards. In Western Australia Merri served on the Shire of Serpentine Jarrahdale during a period of rapid growth and on the Peel Development Commission, where her business acumen was invaluable.

Merri's community impact extends to establishing the Serpentine Food and Farm Alliance, advocating for local producers during challenging times. Her leadership led to the creation of the Food and Farm Fest, now under the Royal Agricultural Society's banner—a rare achievement that reintroduced an agricultural show to the district for the first time in 60 years.

From her tenure as President of the Chiropractors Society, where she increased female practitioner representation, to her role on the Byford and Districts Country Club Board, Merri's leadership and mentorship have left a lasting mark.

3. **Sepo**

Sepo is the chief Executive Officer and a Director of Street Friends WA Homeless Foundation and also serves as a Director of Integrated Care with the Voice of Hope Aboriginal

cont'd below...

travels for conferences, has an adventurous spirit, parasailed, learned stand-up paddle boarding and plays softball. One of her passions is ballroom dancing, competing in the All Abilities section with her partner James, and aspires to compete in the Special Olympics World Games one day.

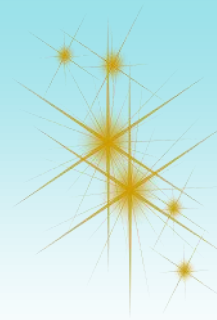
Brooke's story is one of perseverance, self-advocacy and community service, making her an inspiring role model for others.

What an amazing and wonderful group of 'unsung heroines' quietly going about their lives and respective community passions making the world a much better place. They are all winners and well-deserved recipients of our Area's **Woman of Achievement Award. They were each presented with a framed certificate by **Area 3 Director Kimberley Robbins**. More detailed information was supplied in the Founders' Day Lunch Program.**

We congratulate them all and wish them well in their future endeavours.

more over...

OUR WOMEN OF ACHIEVEMENT STARS



JMK Area Awardee honoured

The opportunity was also taken at the Lunch for **Area 3 Director Kimberley Robbins** to announce **Norbu Sonam Lhaden** as the recipient of the **2024 Area 3 Jane M. Klausman Women in Business Scholarship** (JMK).



Norbu is an inspiring young leader who combines academic excellence with a strong commitment to global sustainability and women's empowerment.

Currently pursuing a Master of Management Information Systems at Edith Cowan University, Norbu is recognized for her analytical and problem solving abilities. She received a full scholarship to attend the prestigious Lucerne Summer University: *Ethics in a Global Context*, organised under UNESCO patronage. Selected from over 200 applicants, she was one of only 20 participants chosen, reflecting her dedication to ethical transparency and sustainable business practices.

Norbu's journey began in Bhutan, where she transitioned from a four-year teaching career to business studies to gain a broader understanding of management and entrepreneurship. Her motivation stems from her desire to drive positive change, particularly for women in leadership roles. Her passion for building businesses that address real-world needs led her to submit a project on *Ethical Transparency in Corporate Communication* at Lucerne University, set to be published shortly.

Norbu actively participates in initiatives that promote social change. She is a member of the *Chithuen Phendhey Association*, working to create a drug and alcohol-free society in Bhutan, and is involved in the national *Dressung*—

Guardians of Peace program focusing on community-building through volunteer efforts and armed forces training. Despite the program being predominantly male, Norbu has taken a leadership role in encouraging more female participation.

Overcoming some personal and financial challenges have fuelled Norbu's determination to foster women's entrepreneurship and global sustainability. Her story is a testament to resilience, continuous learning and leadership by example. She aims to inspire other women to pursue their dreams and create meaningful impact in their communities and beyond.

Unfortunately, **Linda Tinning (D23 JMK Coordinator)** was unable to attend the presentation but met with Norbu some weeks prior. She found Norbu a lovely vibrant young woman who was thrilled to learn about her success. She anticipates finalising her degree next year.

We congratulate Norbu and wish her well. She certainly epitomises all that Zonta stands for and is a worthy recipient of the Area 3 JMK Scholarship. Perhaps we'll have another opportunity to meet Norbu. I'm sure we'll keep in touch.

Lucy Bohan in the Limelight

Another well deserving awardee is **Jessy Joy Scattini** who was presented with the Club's 2024 Lucy Bohan Nursing Bursary at our Dinner Meeting on 6 November.

Currently, Jessy is a dedicated enrolled nurse working full-time in a stroke/rehab ward committed to advancing her education and making a significant impact in the nursing profession. Her goal is to complete her Bachelor of Science in Nursing and continue to serve in the health arena. She is passionate about research and has a strong desire to improve care policies and advocate for vulnerable populations. She believes that through rigorous research and evidence-based practice, more effective and compassionate systems can be created.

Upon learning about her Award, she said:

"Achieving my passion and completing my University degree is a dream come true! I am determined to excel in my studies and contribute to the nursing



profession by providing high-quality care and advocating for patients' rights and wellbeing. This Scholarship will enable me to achieve my academic and professional goals."

Jessy was absolutely overwhelmed and chuffed at receiving this \$2,000 Bursary, now generously sponsored by Ramsay Health Care for which we are indebted. As you can imagine, with seven children to bring up and financial constraints, life wasn't easy, but Lucy's award will go a long way now to helping her achieve her goals. We congratulate her, wish her well in her studies, and look forward to following her progress.

As most of us know, **Lucy Bohan** was our Club's second President and one of Western Australia's top nurse educators. In 1984 she became WA's Director of Nursing Services. She was passionate about the welfare of nurses, especially those in rural areas, and advocated for better living conditions for them. When she retired in 1986 it was said— "Miss Bohan has seen significant changes in the development of not only nursing, but health services in general in WA."

Can we see another Lucy in Jessy?

Parenting in a Digital World



Our initial workshop, held in Maylands on 4 November with 70+ participants, was deemed a great success. As a result we hope to arrange more of these public forums, so watch this space!

The Presenters—**Kayelene Kerr** and **Daniel Principe**, shared much valuable information during the two-hour session. The content was extensive and provided excellent tools for the parents, grandparents, carers, school teachers and others who attended. Kayelene spoke for the most part covering the many topics listed here, supported by statistics and other clips.

Both speakers are well credentialed. Kayelene is recognised as one of Australia's most experienced specialist providers of Protective Behaviours, Body Safety, Cyber Safety, Digital Wellness and Pornography education workshops. She founded e-SafeKids and has dedicated her working life to protecting and serving the community, in government, not-for-profit and for-purpose roles. She draws on over 27 years of experience combining her Bachelor of Arts in Justice Studies (Law, Psychology

& Criminology) with over 20 years of law enforcement experience. She is endorsed by the eSafety Commissioner as a Trusted eSafety Provider.

Daniel is a passionate youth advocate and educator. He champions boys across Australia to challenge culture and aspire to live courageous, respectful and empathetic lives. By partnering with schools and communities, Daniel encourages young people to recognise

and resist distorted attitudes towards bodies, relationships and sex. He invites his audiences to instead aspire to healthy relationships built on mutual respect and empathy.

Having presented to tens of thousands of young people in every Australian state and territory, Daniel is no stranger to the complex challenges that our distracted digital world presents in adolescence—

- Toxic influencers.
- Limiting stereotypes.
- The objectification of women and girls.
- Unrealistic expectations fuelled by porn culture.

Harmful messages like these bombard today's youth through social media, advertising, online content and the culture around them.

Daniel has been nominated by NSW as 2025 Australian of the Year!

"More than ever boys need healthy male role models!"

Daniel Principe

[Homepage - Daniel Principe](#)

"Protecting children from harm is a shared responsibility. We can all play a role in the care, safety and protection of children."

Kayelene Kerr

[About | eSafeKids | Kayelene Kerr](#)

- WORKSHOP CONTENT**
- Overview of pornography in the digital age.
 - Children's access and exposure to pornography.
 - Pornography's influence and impact on children's healthy sexual development.
 - Beyond Age Verification: Creating safe and supportive spaces for education and conversation.
 - Specific education to support primary school aged children: social norms and gender stereotypes, growth, development, reproduction, critical media literacy, body autonomy, body safety, consent, online safety and more.
 - What to do if your child is exposed to pornography.
 - Trusted Adults: Reducing barriers to help seeking.
 - Parental Controls: Safer devices and homes.
 - Resources to support parents, professionals and curriculum delivery.

Membership Matters!

It was a pleasure to be able to welcome **Anne O'Shannon** into the fold on 6 November. Anne had attended several Club dinner meetings over the year but because of home, work and other time commitments, was unable to join us until now.

Anne was born in Sydney and came to Perth with her husband after travelling around Australia in 1989. They live in Ocean Reef and have two children Liam and Caitlin. Interestingly, Caitlin was a finalist in our Young Women in Public Affairs Award, became Head Girl at her school and is now in the Australian Diplomatic Service.

Going back a few years, in 1976 Anne commenced in the NSW Public Service Electricity Commission where she stayed for 7 years. She then went to England to travel in Britain and Europe. She met her husband in the UK and returned to Australia after 2.1/2 years to work in recruitment and hospitality.



After the children were born Anne went to Murdoch undertaking studies in Science (Health and Environment) and later Public Health at Curtin University. Upon graduating she worked as a Safety Manager then joined the Water Corporation in Asset

Management for 12 years. She is now transitioning to retirement in February 2025.

Being impressed with the work of Zonta long back, Anne reached out to a friend who had joined the Dunsborough Club. Her first contact was Letitia (our 'Mrs Feelgood') who made Anne feel so welcome she knew she was in the right place and had found her tribe!

By the look on Anne's face, it seems she has found her happy place and we are delighted that she has joined us. We are very happy too, and know that Anne will make a wonderful Zontian. She's had a good start with prior knowledge and involvement with Zonta and believes her first impressions have been well justified. She is enjoying everyone's company and fellowship and will join the Service & Advocacy Committee.

We look forward to working with you Anne to achieve our service goals.

16 Days of Activism Campaign



During the **16 Days of Activism, 25 November-10 December**, all Zonta clubs and districts are encouraged to take part in the **Zonta Says NO to Violence Against Women** campaign and to take actions to influence the making and implementation of laws, as well as changing gender-based attitudes and behaviours to end violence against women.

Launched in 2012, Zonta's ongoing **advocacy** impact is built around the "Zonta Says NO to Violence Against Women" campaign. This has raised awareness of the global pandemic of women's rights violations and has united Zonta clubs worldwide in conducting impactful advocacy actions to fight violence against women and gender inequality.

Violence against women and girls is one of the most pervasive human rights

violations and a global epidemic. It knows no national or cultural barriers; it takes place at home, in the workplace and in open spaces, and affects millions of women and girls in peacetime and conflict. It includes psychological, physical and sexual violence,

and harmful practices such as rape, female genital mutilation, child marriage and human trafficking. These violations threaten countries, inhibit economic progress and prevent women from contributing to their community and creating better lives for themselves and their families.



The Zonta Club of Accra II, Ghana, took action to address violence against women by engaging with women at a Night Market and nearby teenage girls. The event featured a discussion led by male facilitators and included a health screening for the women in the area. Zonta aprons were distributed to women cooks at the market, helping to raise awareness. These were later featured in a video by a popular YouTube channel which has nearly 11 million followers offering excellent exposure for the campaign.

Over the years members of PNS have joined other Zontians, staff of Zonta House and the general public in the city and to participate in the silent march. The WA Government's Department of Communities facilitates this event in Forrest Chase where many support organisations set up stalls and provide information. This year's theme is— **'Stopping Family and Domestic Violence: Play your part'**.

If possible, members are encouraged to support this event and wear **'Zonta Says NO'** orange tops for greater visibility. Liaise and make a meeting time.

Timetable

Stalls	10.00—10.45 am
Rally	10.45—12.00 pm
March	12.00—1.00 pm

more from Around the Club

If you've been wondering what PNS has been up to recently and over the years, here are a few stats that may surprise you!

Community Support & Growth



Empowering Future Leaders



Social Media Stats as at 26 October 2024



Additional Donated Funds



Thank you to **Irene** and **Kaye** for compiling these figures made possible, in part, by the excellent archives that Kaye keeps. They reflect our dedication and commitment to Zonta International's goals, local and international service and advocacy initiatives. Well done everyone!

On 28 October, **Linda Tinning** and **Alison Martin** represented our Club at the **WA Women's Hall of Fame** Annual General Meeting in the Geographe Bay Room of the State Library.

In addition to the business part of the AGM, a very interesting presentation was made by **Dr Julie Boston** (Director Partnerships & Engagement, ECU School of Education) and **Donna Galinagh**, on the very valuable work of the Children's University. This increases in a variety of ways, opportunities for children between the ages of 5 and 14 "their chances of educational achievement and rewards them for taking responsibility for their own learning".

The work that is done by Fiona and her team of women volunteer to support and acknowledge the work of women across eight categories in the following areas—

1. Arts
2. Business
3. Community
4. Culture

5. Education
6. Health
7. Sport
8. Stem

The Awards are a fine way to elevate the achievements of many "unsung women community leaders" who add great value to their communities. As **Fiona Reid** said in her 2024 Annual Report, "The 2024 WA Women Hall of Fame inductees are representative of

the diverse and far-reaching positive impact women have on Western Australian communities, history and culture".

As always, the Zonta Club of Perth Northern Suburbs values its support of the WA Women Hall of Fame.

Shown below L - R
Fiona Reid Chair of the WA Women's Hall of Fame, Alison and Linda.



more from Around the Club

It's almost 'Giving Time' which means Mrs Feelgood is seeking donations of Christmas gifts for Zonta House. You don't even have to think—all the ideas are listed below. However, please note, no gifts for children or teenagers and no everyday toiletries or sanitary products.

All items are to be unwrapped for safety and suitability reasons! We will be invited to help wrap items on Wednesday 18 December—venue TBA. Make a note if you can help.

40 Years Zonta House Christmas Gifts for Zonta House Women

We're collecting Christmas gifts and gift cards to bring joy and spread holiday cheer to women in need.

Your generosity can brighten someone's holiday.

Donations are to be delivered by Thursday 12th December

Craft Kits	Nail Care Items	Sunglasses
Watch	Beauty Gift Sets	Wallets/Purses
Beach Items	Cosmetics/Skin Care	Slippers
Hair Accessories	Stationery/Journals	Thongs
Handbags	Coffee Keep Cups	2025 Diaries
Hairdryer	Earphones	Perfume
Hair Straightener	Adult Coloring Books	Water Bottles

Also accepting **Gift Cards & Experience Vouchers**

Will you join us in making a difference this Christmas? Thank you!

All items to be new and unwrapped for safety and suitability reasons. Everyday toiletries and sanitary items **are not required** during this period



Now talking of Christmas gifts, don't forget our **Recipe Book**. This not only contains lots of 'heritage' recipes from Mothers and Grandmothers, but heaps of interesting and useful information about our organization.

Having been produced professionally, these books would make a very nice coffee table item. Besides that, your friends will be educated about Zonta as they cook!



Another nice idea would be to gift someone a pack or two of our beautiful Rose Cards, also printed professionally.



Designed by the ZC of Perth Northern Suburbs—2 different designs as shown in packs of 6 for \$10.



Join us in Devonport!

5-7 September 2025

Sustainability, Spirit and
Standing Up for Human Rights



2025 Conference Newsletter Issue 1, November 2024

If you're thinking of going to the District 23 Conference next September, now's the time to start making plans! You might wish to add some extra time to explore all that Tassie has to offer and it has much.

District Governor, Debbie Schmidt, has sent out her first Newsletter so take advantage of this early information.

- * Conference Committee and Team Members
- * Conference Speaker—Dr Kate Warner
- * Travel Options—flights and ferry services
- * Accommodation Options

16 Days of Activism Campaign Video Launch

Well done to the **Zonta Club of Bendigo** who have produced a video which focuses on expressions of respect. Each member has spoken personally about what respect means to them.

Chair of the D23 Advocacy Committee—Lesley Siegloff, has shared the link—<https://www.youtube.com/watch?>

MEMBERS—REMINDER TO RSVP for our CHRISTMAS WINDUP

Christmas 4 DECEMBER

Cost: No Charge

Bring: Husband/partner - BYO drinks & meat/fish for BBQ, ham supplied - chairs optional.

Dress: Tinsel and tutus very acceptable - whatever makes you feel Chrismassy and comfortable!

RSVP: 27 November to Kaye Metaxas - 0412 476 567 or kmetaxas@iinet.net.au with your dietary requirements

As we approach the end of 2024 and the Festive Season, we should reflect on all that we have achieved over the year—and it's been considerable! It's time to take a well-earned break, wind down and enjoy our Christmas get-together. But while we celebrate, let's not forget those around the world less fortunate.



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