

A word from your President & ZYWLA Wrap



Good day fellow Zontians!

Firstly, I would like to thank all my Zonta friends for their kindness and support during my recent health issues, particularly **Wendy**, who stepped up in her role as

Vice-President. I am back on board now and looking forward to a busy and productive year with you all. (*Do you like Lesley's new happy face? Ed*)

As you know, the first half of 2025 will be busy for us at PNS with several planned events. We started off with a fabulous and uplifting '**Zonta Young Women in Leadership Award**' evening on 20 February. I was so pleased to see all the supporting dignitaries, but more so our past winners. Their personal and professional growth over the years is evident—I feel so proud of them and of our Club for mentoring and supporting these young women.

Both **Allura** and **Claudia** presented very well; it is a shame there can only be one winner! I am confident, however, that both young women have meaningful and inspiring careers ahead of them.

You will be able to read more about the Presentation Dinner further on, the culmination of a lot of work by our **Service Committee**, ably chaired by **Jean Wyder**.

With Zonta International's re-badging of the **Young Women in Public Affairs Award** to the **Zonta Young Women in Leadership Award**, our Club changed the timeline from August to February.

The Committee started the Award process in August/ September, firstly through liaising with schools' Year 12 Coordinators/Careers Counsellors. The poster, application form and closing date were uploaded to our website and social media sites, a judging panel was established, dates set for review of applications, interviews and the award dinner. The process is quite stringent with applicants needing to demonstrate evidence of the following—

- **Commitment to volunteerism,**
- **volunteer leadership achievements and**
- **dedication to empowering women worldwide.**

By November 19 the finalists and winner were known to the panel but would not be announced until the

February Presentation Dinner—'**Logie**' style! Therefore the girls' presentations on the evening played no part in the selection criteria, but the panel, after much deliberation, adjudged **Allura** as our Club's Awardee for 2025.

The real 'stars' of the evening were, of course, these two lovely compassionate young women—**Allura Predovnik** from Duncraig Senior High School and **Claudia Gao** from Churchlands Senior High School. They each gave a short speech about the '**woman who inspires me the most**', both very different and interesting stories. We **congratulate** Allura and Claudia and look forward to keeping in touch so we can follow their careers.

I'm now focusing on the next few events—the International Women's Day Breakfast, two Club Dinner and Board Meetings, the Area 3 Workshop in April and our AGM in May. Catch you at one or all of these!

In love and fellowship... and, oh, do you like my new shoes?

Wendy



L-R: Dr Demelza Ireland (1996 Awardee), Paige May (2016 Awardee), Allura, Claudia, Amalea (2023 Awardee) & Dr Ditza Teng (2008 Awardee)

What a 'starry' Night!

It was a bit like the 'Logies' when, with bated breath, **President Lesley** opened the envelope and revealed the winner of the Club's **2025 Zonta Young Women in Leadership Award** which literally set the room abuzz!



Allura was absolutely surprised with her Award, and **Claudia**, being the other Finalist, graciously gave her a big hug as she made her way to the lectern to respond. Such is the altruism shown by these girls.

Another of 'our' stars and integral part of these dinners is **Dr Demelza Ireland** who has so professionally emceed the awards since 2014. She adds an additional dimension to them, making the finalists comfortable and at ease as they present to the audience.

At the end of 2023 I was recognised for my efforts and received the Australian Defence Force's Long Tan Youth Leadership award for a second time. The money from both this award and ZONTA has gone straight to funding my university expenses as well as provided me the opportunity to advance my mental health knowledge with training such as Youth Mental Health First Aid. It has also helped me to go on several self-development and leadership sailing voyages that have taken me to Sydney and New Zealand. This has provided me with opportunities to really hone in on my leadership skills especially during times when I had to Captain the ship at night.

I want to just finish off by thanking everyone at ZONTA, who not only made this opportunity available, but have continued to invite me and my Mum back to be part of this community. I also want to congratulate all the young women for getting to this stage tonight. You all are doing amazing things, and I can't wait to hear more about where your journey takes you and watch you become an amazing leader in your community.

Thank you."

Amalea Halls, the Club's **2023 YWPA Awardee**, another 'star', reflected on her past two years. Here's a little of what she reported—

"Kaya,

... I was fortunate enough to be awarded the ZONTA Young Women in Public Affairs award in 2023. I am a passionate and hard-working mental health advocate who is working towards becoming a clinical psychologist. I am currently in my second year at Curtin University studying a double degree of a Bachelor of Science majoring in Psychology and a Bachelor of Commerce majoring in Marketing. I am working to help empower and make a difference in the lives of young people through awareness, advocacy, education and one on one support.

Since applying for ZONTA I have continued my work with WA charity Zero2Hero. I recently got back from mentoring on one of their 5-day mental health leadership camps where I spent my time empowering forty 13–15-year-olds with the skills necessary for them to look after their own mental health and wellbeing and help their friends. I have also joined Zero2Hero's Youth Leadership Team where I help educate young people at schools and conventions about mental health as well as keep the wider Zero2hero community engaged and connected.

I also volunteer on holidays to help with their programs aimed at 7–12-year-olds.

In 2024 I joined my local Headspace's youth reference group. Through this I help organize and run events aiming to educate young people on the importance of looking after their mental health and checking in on their mates. I help run expos and community awareness activities with a focus on both education and connection to community. I provide feedback on Headspace's processes and policies as well as participate in hiring interviews to ensure that young people's interests and needs are being met.

Recently I was selected to be a part of the Embrace Collective's youth crew to help develop and promote positive body image programs and resources to parents, educators and coaches across Australia. This involves working directly with Taryn Brumfitt, the 2023 Australian of the Year on policy that will inform political decisions in this space.

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Now, to hear from our awardees and their presentations. Allura spoke about a life-changing trip to Reunion Island—

"If I asked you the same question 'who's the woman that inspires you the most', would you name a famous person? Someone so successful, so recognised, but doesn't even know you. Thinking back, I probably would have answered that way too. But now, I believe that the woman who has inspired me the most is someone I know personally, Valerie Morel, my Host Mother.

So, for me to describe to you why Valerie is so inspiring to me, I'd like to walk you through some of my experience as an exchange student in Reunion Island. (I think that going to La Reunion on a student exchange was the best decision of my life!)

I quite like this quote because I feel like it sums it up nicely.. "a mind, stretched by new ideas, may never return to its original dimensions."



In Reunion, away from my family, my culture, my language... Valerie, her husband and three daughters offered me their home. In the evenings, when the family would sit at the dinner table, the smell of Creole cuisine would be completely new to me, and, over dinner, Valerie would say things that I'd never once heard of before. She'd describe stories of Reunion Island's history, about its people, or how to make dishes I'd never heard of (like Gratin Chou Chou, or Rougai Soucis).

My favourite memory, though, was just on a drive home. Trailing the narrow windy road lined with tropical palms, *more over...*

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and sugar cane, Valerie played “La Declaration”, a French love ballad, which the entire family sung together in the car. It was through these moments that I was so grateful to be welcomed into their daily lives that were sooo different from mine.

While I was in Reunion, I came to a realisation that back in Perth, because you are surrounded by what you know, you don't think twice about life because it's always been like that ... but because all of that was gone, while I was in Reunion (and I was being showed all these amazing new things by Valerie), my thinking changed. I thought twice, thought about who I was. What has influenced me to become that?

By showing me her Island, Valerie became a new part of my life – and I learned one key thing from her. I learned to be aware of how those around me shape me. Everything—from the meaningful conversations with loved ones, to those brief moments with people on the street—I realised all of them have had an impact on me. Everyone in my life! I could learn a good lesson. Be inspired by everyone.

I realise I could have written this speech about so many other women, my mother, my grandmother, my teachers, because all of them have inspired me in a unique way.

the profound impact of health care through personal experience within her family. Claudia also intends to continue her volunteer work.

Through her involvement with the *Duke of Edinburgh Award*, being a *House Captain* and student leader for *World Challenge*, Claudia has given back to the community. Her involvement over a period of time has also included *Waste Warriors* and *Stirling Scarborough Markets rubbish recycling* initiative which have highlighted the power of leadership and teamwork. Participation in the *City to Surf 'Run-For-a-Reason'* and *Triathlon Pink* have also been initiatives raising awareness for important causes.

Internationally, Claudia volunteered in *Vietnam and Cambodia* through *World Challenge 2024* to install solar lights in communities, and donated bicycles to rural areas so students could access education. Having lived in Bandung Indonesia she has seen how limited education and poverty have contributed to forced marriages of young women which has deepened her commitment to supporting vulnerable communities.

Claudia would like to see educational programs in schools that focus on resilience and self-acceptance which could

I chose to write this about Valerie because she is the woman who made me realise that. She taught me that it's those women who touch you everyday that inspire you the most!

So, I ask you the question again—

“what women inspire you?”

and I encourage you all to take a moment in your day to appreciate them more often.”

Having digested Allura's wonderful story, we can all take away and reflect on her message—to appreciate that everyone we meet in our daily activities plays a part in our lives. The diversity and inclusiveness she has experienced will remain ever vivid over her lifetime.

But back to her school life. Allura received an early offer to study a double degree in *Business and Modern Languages at UWA*. In the future it is her desire to work in the area of business and sustainability, specifically in the field of finding a solution to textile waste. She has begun a social impact project with *Rags Renewed* which up-cycles and re-purposes clothing.

At Duncraig SHS, Allura was a very active student as a *Leader* and part of the *Student Voice Portfolio* providing

students a platform to voice their concerns on issues such as inclusivity. She was also involved in the *Student Council* and *Peer Support Program*.

By being involved in these areas, she has been able to develop communication and leadership skills. Being part of the *Future Female Leadership Alumni*, Allura offers mentoring to other young women who are launching their own social impact initiatives.

Allura's placement with the *Future Females Leadership Program* evolved into an invitation to do a *Social, Cultural and Emotional Intelligence Workshop* which further enhanced her understanding of fostering cultural diversity, especially in the workplace.

Allura believes that females are under represented on boards which are predominantly male dominated. She would like to see more women involved in leadership and therefore in policy, especially those that have a significant impact on women.

On the other hand, *Claudia* intends studying medicine as she has a deep commitment to helping others, having become acutely aware of

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lead to conversations about mental health, body positivity and the importance of supportive friendships. Her belief is that it is important to highlight the progress women have made and also the ongoing challenges that require attention.



The woman who most inspired Claudia was her great grandmother. She spoke passionately about this exceptional lady.

“.....Radeng Ajeng Kartini, was not just a leader, but a pioneer in women's education, empowerment and equality in Indonesia. Born in 1879, she stayed home and remained uneducated like many young girls, not like men who were privileged in receiving an education.

In her early teens, through her advocacy, Kartini challenged social norms and fought for girls' schooling in Indonesia.

But not just education, also dignity, equal opportunity and independence. She paved the way for future generations, my grandmother being one of those women.

Born in 1945 (the Year of Independence), my grandmother is now 80. During the period 1950-1960, transitioning as a nation, Indonesia saw an emergence of women's organisations, for rights and education.

One such group was Gerwani.org, a feminist organisation that grew to over a million members. Their aims mainly targeted rights for women and gender discrimination laws. However today, traditional roles are still deeply rooted in society with girls expected to marry at 19, bear children by 21 and be confined to domestic duties.

Kartini's dream was just not for her time. Today around 90% of girls finish basic education and just over 50% complete high school. Thanks to her courage, women in Indonesia are far better off, but the fight is far from over. There is much more to be achieved. It is up to us to change and carry her vision forward to ensure women's equality.”

Claudia has a great role model in Kartini and we wish her luck in her future endeavours to *Build a Better World for Women and Girls!*

2025 ZONTA YOUNG WOMEN IN LEADERSHIP AWARD

Recognizing young women for their commitment to volunteerism, volunteer leadership achievements and dedication to empowering women worldwide



L-R: Lindsay Santoro, Chris Tapley (ZCPNS) and Brant Tapley (Gold Sponsor—JT Metallurgical Services)



District 23 Area 3 Director
Kimberley Robbins (ZC of Bunbury)



L-R: Kim Sobey (Bespoke Wills and Estates), Wendy Dowling AM (Vice-President), Emily Nixon (Silver Sponsor—Bespoke Wills and Estates) and Dr Demelza Ireland (1996 YWPA Awardee)



L-R: Hon. Ayor Makur Chuot MLC, Hon. Lorna Harper MLC and Virginia Aden



President Dr Lesley Andrew and husband Steve



Letitia Depiazzi (Club Secretary) and Anette Ainsworth (Club ZYWLA Committee)



Councillors Teresa Olow (City of Stirling) and James Rowe (Deputy Mayor, City of Wanneroo)



L-R: Elaine Newman and Ruth Thomas (ZC PNS), Faith O'Brien (D23 Nominating & Area 3 Advocacy Committees), Shelley Williams and Kaye Metaxas (ZC PNS)



L-R: June Fowler, Marion Brown, Leanne Sultan and Rosemary Donovan (ZC PNS) and Nikita van Waaijenburg (2023 YWPA Finalist)



Carole Theobald (Chair, ZI Zonta Says NOW Working Group) and long-time supporter of these Awards, Bradley Greenslade



L-R: Allura's Mum, Natalie and Gran, Helen Ouf



L-R: Alison Martin (ZC PNS), Susan Campbell and Nerrida Porteous





L-R: Brant Tapley (JT Metallurgical Services), Allura, Claudia, Emily Nixon and Kim Sobey (Bespoke Wills and Estates Lawyers)

Of course these events don't just happen! As you will have read, a huge amount of planning goes into these, our Service Committee being at the forefront to find the applicants in the first instance. Then we are fortunate in having two major sponsors (shown above) for the staging of the evening, both of whom have supported us for a number of years—

JT Metallurgical Services (Gold)

Bespoke Wills and Estates (Silver)

Another behind-the-scenes sponsor is ***Life Less Ordinary*** (previously known as *Clementine Flowers*) and described on Facebook as—“*Homewares, Gifts, Body Products, Fashion Jewellery, Vintage Textiles and much more.*” Proprietor Anita, has been sponsoring our Club's yellow roses and other speaker gifts for over ten years and we expect will continue this support into the future.



Being a not-for-profit organisation, we are forever grateful to these people. Their support means that the funds we raise over the year can be deployed 100% to our service programs and projects. They in turn are assisting us to ***Build a Better World for Women and Girls!***

We would hope members and readers would consider these businesses if and when seeking services such as they offer. Why not check out the links in yellow provided above. May be worth your while!

Several of our Club members have also soldiered away behind the scenes—

- * **Kaye Metaxas**—Kaye spends countless hours preparing booking links, taking acceptances and enquiries, liaising with the venue Manager on all manner of things, arranging room, table and seating layouts, preparing tent cards for special diets, name tags, and alpha listing of attendees with their table number.
- * Kaye carries out these tasks for every Club meeting as well, but events are somewhat different with from 60 to 100 guests.
- * **Irene O'Leary**—Irene is our IT guru—and my mentor—who prepares those great slides that are flashed up on the screen. She is an absolute whiz with graphics and spends a lot of time working on various options, sourcing photographs and templates and then following up after events with social media posts.

- * **Alison Martin**—prepares much of the Service Committee's paperwork for the Award, liaising with schools and applicants as required and arranging interview times and place for the finalists. A further task entails sending the Awardee's application to the District ZYWLA Committee for judging at that level and possible on-forwarding to ZI to be considered for an international award.

As you can imagine during this whole process, there is much communication between everyone and one's PC runs hot with the number of emails, etc.

However, when it is all done and dusted, the result is so worthwhile. The work involved in setting up pales into insignificance when you see the outcome. It is especially gratifying to observe how well supported and successful these evenings are and the joy they bring to these young women. May they continue!

Award Background

The Award recognizes young women, ages 16-19, for demonstrating leadership skills and commitment to public service and civic causes, and encourages them to continue their participation in public and political life.

Since 1990, Zonta has given 1,128 awards, totalling US\$1,673,750 to 956 young women from 61 countries.

The program operates at the Zonta club, district and international levels. Zonta International offers 37 international awards of US\$5,000 with each district able to submit one applicant to be considered for one of these international scholarships.

Recipients of last year's award came from the USA, Pakistan, Hong Kong, Denmark, Ghana, Mexico, Thailand, Hungary, New Zealand, Afghanistan, Uruguay, Finland, Sri Lanka, Germany, Japan, France, Taiwan, Bulgaria and South Korea. Amazing, eh?

Around the Club, Some Diary Dates & Reminders!

With so much happening around the Club at the moment, members may like a gentle reminder about what's coming up.

- March** 5 Dinner Meeting—Julie Smith Guest Speaker (bookings closed)
 7 IWD/Zonta Rose Day Breakfast—Christina Matthews AM Guest Speaker (bookings closed)
 15 Board Meeting
 23 ZC Perth movie—arrive 1 pm—Bridget Jones “Mad about the Boy”. Click [here](#) to book.
 31 End of Zonta Financial Year
 Committees to prepare their reports for inclusion in the Annual Report and submitted to Kaye asap in April.
- April** 2 Dinner Meeting—Speaker TBC
 Member Annual Club fees due on receipt of invoice from the Treasurer
 6 Long lunch in Myalup —see details below. Contact Anette on 0419 911 208 or apainsworth@bigpond.com
 12 D23/Area 3 Workshop—see flyer below with booking link.
 19 Board Meeting
- May** ? Fundraiser—Champagne Tasting—details to be advised
 7 Annual General Meeting with election of Office Bearers & Club Dinner Meeting—Speaker TBC
 17 Board Meeting
- June** 4 Dinner Meeting and 44th Birthday Celebration for 21 June.
 14 Board Meeting



MYALUP LONG TABLE LUNCH

SUNDAY 6TH APRIL 11.30AM
 3/115 Rigg Rd Myalup
 (sometimes listed as 3/115 lakeside Dr Myalup)
 Turn left at Crooked Carrot from Forrest Hwy

Please bring: BYO drinks
 RSVP TO: Anette 0419911208 or apainsworth@bigpond.com
 by Wed 26th March

Anette has offered her house, a 3-course meal and some accommodation as a fundraising event.

COST: \$50 per person for lunch
 \$100 per room for Sun night. 2 queen rooms, 1 twin Room. Light dinner and continental breakfast for overnight guests.
 \$50 per caravan with power if rooms are booked.
 16-18 people only. First in best dressed.
 Payment direct to Anette ANZ 016495 535374009

ZONTA INTERNATIONAL DISTRICT 23 | AREA 3

AREA 3 WORKSHOP 2025



12 April 2025

10:00 am to 4:00 pm
 Registration: 9:30 am
 Venue: Pagoda Resort & Spa,
 112 Melville Parade, Como

Tickets: \$80 pp

Register: Click [here](#) or

Scan the QR Code →

RSVP: 28 March 2025



Hosted by:

Zonta Club of Perth Northern
 Suburbs Inc.
www.zontaperthns.org.au

REGISTER HERE → [Zonta District 23 Area 3 Workshop](#)



Join us in Devonport!

5-7 September 2025

Sustainability, Spirit and
 Standing Up for Human Rights



Time is ticking away if you're planning on attending the D23 Conference. Two newsletters have already been distributed with initial details about how to get there and accommodation suggestions.



March 8 is International Women's Day and Zonta Rose Day! Zontians around the world will reflect on our work to build a better world for women and girls, and on our friendships.



ZONTA
 CLUB OF
 PERTH NORTHERN
 SUBURBS INC

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