



ZONTA

CLUB OF
MELBOURNE'S
EAST INC

MEMBER OF ZONTA INTERNATIONAL

EMPOWERING WOMEN
THROUGH SERVICE & ADVOCACY

AREA 1, DISTRICT 23
CHARTER DATE: 10 October 1978

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ZONTA Matters

March 2016

Di's Diary

The first three months of the Zonta year have been ones of ideas, plans and celebrations. The Planning Day held in January was an opportunity for members not only to reflect on the past twelve months but also to visualize where we would like to be in the next year. Goals were set, actions were articulated and new ideas were put in place. It was a fruitful day and the fellowship enjoyed re-affirmed the strengths of our club.

Our February meeting had us all seeing the benefits of laughter - thanks to Phillipa Challis from Live Life Laughing - also a member of the Zonta Club of Geelong. The buzz around the table was indicative of the fun had by all present. It was a great way to start the year!

At our March meeting, we had the pleasure of awarding our Woman of Achievement Award to Jennifer Luu. This was the second year we have made such an award and we trust this will be an ongoing feature of ZCME. You can read more about Jennifer in the Service and Advocacy section.

Along with our regular meetings, there have been opportunities to interact with the wider Zonta circle. The most significant of such events was the launching of the FARREP (Family and Reproductive Education Rights Program) brochure at the Royal Women's Hospital (RWH) on 5th February. This brochure was made possible by financial assistance from the Zonta clubs in Areas One and Four. We heard from a young African mother-to-be of the change in her physical and mental wellbeing following treatment at the clinic at the RWH. Hers was a moving story and the thirty or so Zontians present felt great satisfaction at being part of this initiative. The RWH is the only hospital in Australia that has a De-infibulation Clinic and has now opened the African Women's Clinic. We anticipate being involved with further publications aimed at helping other women affected by Female Genital Mutilation - or cutting, as it is commonly known.

I also had the pleasure of attending the Amelia Earhart function at Mornington, a meeting held by the Past Presidents' Group, an Area One Presidents' meeting, and the combined Area One and Four workshop at Kyneton. All were great opportunities to share what has been happening in our club and hear more about the activities of other clubs.

I trust you will enjoy reading about other aspects of our club in this newsletter and I particularly draw your attention to the update on our planned Community Conversation on the Prevention of Family Violence on 26th May.

Service and Advocacy Report

January to March has been a busy and exciting time for our Club with a focus on two important scholarships. The 2016 winner of our Zonta Club of Melbourne's East Inc. Woman of Achievement Award, Jennifer Luu, was presented with \$1000 for her charity Restore One. This happened at our March meeting as part of our

The Zonta Club of Melbourne's East, in line with Zonta International, envisions a world in which women's rights are recognised as human rights and every woman is able to achieve her full potential. In such a world, women have access to all resources and are represented in decision-making positions on an equal basis with men. In such a world, no woman lives in fear of violence.

Club's celebration of International Women's Day. Jennifer, a local chiropractor, regularly takes a group of RMIT chiropractic students to a village in Cambodia where they restore the health, educational needs and general living and working conditions of all. We are very proud of Jennifer and are pleased that our Club can be instrumental in assisting such a worthy woman to improve the status of women in such a practical way.

From four amazing PLC students, we recently chose our Club winner of the Young Women in Public Affairs Award. Dorothy Jenkins and I will be delighted to introduce you to Nandini Karthikeyan at our April meeting when we will present her with \$500. Nandini is a leader at her school in the roles of Prefect and Vice House Captain. Through Rotary and Lions Clubs she has volunteered in rural India and aims to work with Doctors Without Borders after graduating as an obstetrician. PLC have a school in Malawi that they support and Nandini was selected as a school representative to visit Neno Girls School where she developed a much broader understanding of the plight of women and girls in developing countries.

Robyn Scholes
Service and Advocacy Committee

Area Workshop - Kyneton

On Saturday March 19th, Di, Robyn and Beverley attended the Area One and Four workshop at the Sacred Heart College, an excellent venue just recently completed. There were 74 Zontians in attendance.

We were welcomed by District 23 Governor, Erica Majba, who gave us a District update discussing Risk Management. Erica then introduced our Keynote Speaker, John O'Shea from 'The River Nile Learning Centre'. He was an amazing man and the RNLC is committed to supporting asylum seeker women and children - primarily from Africa and Iran - to assimilate to life in Australia following the shocking ways they have been treated in their former countries. The group does not receive government funding, so relies on donations.

During the rest of the day there were Workshops to attend, as well as District reports from various District chairpersons. Morning and afternoon tea, as well as a delicious lunch, were enjoyed by participants and the proceeds from the day's raffle were donated to 'The River Nile Learning Centre'.

In the evening, we attended the fellowship dinner at the Kyneton Hotel. It was a very enjoyable, worthwhile and informative day enjoyed by us all.

Beverley Manzie

Our Vice President, Robyn Scholes with Beryl McMillan From Melbourne on Yarra Club enjoying dinner at the Kyneton Hotel.



A GIRL'S WAY

As part of our service to improve the lives of women and young girls, we recently conducted another “A Girl’s Way” program, facilitated by Catherine Gerhardt. This took place with Grade Six girls at Parkhill Primary School over two half-days. The program covers a wide range of topics, including coping with peer pressure and bullying, the right to say “no”, using social media wisely, strangers are not always dangerous, to list but a few.

This is great preparation for all those “nasty” events that young girls may be confronted with.

The girls were very appreciative of the morning tea we provided and gave us a lovely card of thanks, on which they had all written. Thank you to Di, Sylvia, Beverley and Gina for their participation.

As much of the discussion was about self-esteem and self-value, Catherine ended the session by reading the following poem to the girls. I have included it as part of the report as we can all be Plums.

Robyn Scholes

THE PLUM

You can learn that you cannot be loved by all people

You can be the finest PLUM in the world

RIPE - JUICY - SUCCULENT

And offer yourself to all.

However, you must remember that there will always be people who do not like plums.

You can learn to understand that if you are the world’s finest plum,

And someone you like does not like plums

You have a choice of becoming a banana.

However, you need to be warned that if you choose to become a banana,

You will be a second-rate banana,

However, you can always be the best plum.

You need to understand that if you choose to be a second-rate banana,

There will always be people who do not like bananas,

Furthermore, you can spend your life trying to become the best banana,

(which is impossible if you are a plum)

Or: You can seek again to be the

BEST PLUM!!



COMING UP

April 7th

General Meeting - Share the Dignity
Presentation of YWPA award

April 16th

Bunnings Sausage Sizzle, Notting Hill

April 18th

Board Meeting

May 5th

AGM and General Meeting with Area Director Kay Stewart
Induction of new Board Members

May 14th

“Building Better Boards” at Melton Country Club

May 16th

Board Meeting

May 26th

Community Conversation on Family Violence Prevention
Hotel Bruce County

May 28th

Melbourne on Yarra 50th Birthday Lunch
at Amora Hotel Riverwalk

June 2nd

General Meeting: Convention Matters

June 16th

Birthing Kits at Avila College

June 20th

Board Meeting

ZONTA INTERNATIONAL CONVENTION

2nd -6th July Nice, France

Robyn, Glenda and Di will be attending the Convention and will return with new ideas and information. We will all miss the meeting on July 7th but leave you in good hands!



BIRTHDAYS

*We wish the following members a
Happy Birthday!*

Pam Sloss April 3rd

Olivia Wilkes April 19th

Mariolina Reale April 28th

Gina Cantarella April 28th

LOOSE CHANGE JAR

Many Thanks to Margot Davies for creating our loose change jar. We have raised the total of \$40.25 so far. Keep on saving those small coins and bring them to the monthly meetings.

Birthing Kit Vouchers

The ZCME is now selling Birthing Kit vouchers for \$3.

Our goal is to sell sufficient vouchers to assemble 1000 kits. Our thanks to Sylvia for designing our voucher and to Debbie for organizing the printing. We plan to have a Community Assembly day later in the year or early next year.

Please contact a club member for further details.