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Club Meetings

Apologies by 12 noon

Previous Monday

Second Thursday of the
month, 6.15pm for
6.45pm at The University
Club, UWA.

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InZert

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Helping to rebuild lives...

Carole Theobald

Zonta House Women's Refuge is dedicated to providing a safe and supportive environment for women in crisis. The Zonta Club of Perth is proud to support the refuge and about a dozen members and friends recently accepted an invitation to afternoon tea to find out more about this amazing organisation.

The refuge was originally set up in 1984 through the now disbanded Zonta Club of South of Perth. Zonta members originally acquired the use of a house near Heathcote Mental Hospital to provide refuge to women over the age of 25 who had no children with them—the first refuge of its type in Perth. Members manned the refuge for a year to demonstrate to Government the need for such a service. The Zonta House Refuge Association is now partly government-funded and helps about 600 women a year.

The refuge is not one building, but a number of houses, spread through the southern suburbs providing a range of care services. About 80% of women are referred to the refuge by the WA Government's Crisis Care Helpline, and about 20% are referred by hospitals or the police. Some clients may have children in foster care or in the care of relatives.

Approximately 80% of clients are victims of the many forms of domestic violence. (See What is domestic violence?). The other 20% are homeless. It is estimated that there are about 12,000 homeless people in WA and 80% of them have mental health problems.

The refuge provides support to 10 women in its crisis centre. Clients may only stay at the crisis centre for a maximum of three weeks.



Annette Chivers, Manager of the Zonta House Refuge, receives a thank you bouquet for hosting our club

What is Domestic Violence?

(Source <http://www.community.wa.gov.au>)

This is considered to be behaviour which results in physical, sexual and/or psychological damage, forced social isolation, economic deprivation, or behaviour which causes the victim to live in fear.

- **Sexual abuse**
Any unwanted sexual contact this includes rape.
- **Emotional abuse**
This includes psychological and verbal abuse. It occurs most often in the form of humiliation, threats, insults, harassment or constant criticism.
- **Physical abuse**
Punching, choking, hitting, pushing, shoving, throwing objects, smashing objects, damaging property, injuring pets and the threat of all of these.
- **Verbal abuse**
Continued verbal harassment, put downs, insults, name calling and swearing.
- **Social abuse**
Not allowing the partner to have friends, isolating partner from family, being denied access from the car or telephone.
- **Economic abuse**
One person takes total control of the family income so that the other person is either allowed no money or money only for household expenses and nothing for personal use.



Another 35 women can be accommodated in transition houses located in Cloverdale, Bateman, Mount Pleasant, Brentwood and Shelley, where they can stay between six months and a year.

In addition, there are flats and cottages for about 15 permanent residents.

Our group was privileged to visit three homes and speak to women living in them. As we drove down the street we played 'spot the refuge' but failed miserably. The homes look no different to their neighbours. They are well maintained, clean and tidy. The women were very welcoming and most appreciative of the support they received through the refuge.

Domestic violence is not limited to the poor or disadvantaged—women come to the refuge from all social backgrounds. Women come from the city or country areas.

One house accommodates clients with visa problems. Annette recalled instances of women marrying Australians overseas (e.g. Europe, Asia) and coming to Australia only to find they are literally locked away in isolated farmhouses and not allowed outside. With no family or friends these women are particularly vulnerable.

There is also a house specifically for women with mental health issues. For example, women who have been discharged from a mental hospital but who need a bit of support to gain confidence before they live on their own again in the community. These women have clinical referrals and are supervised through Fremantle Hospital.



Zontians and friends discuss some of the problems faced by women.

Outreach

The garage of the crisis centre was converted to an outreach centre and provides a range of services including:

- Domestic violence program
- Crafts
- What next? How to move on...
- Belly dancing
- Afternoon teas for Zontians!



A lovely Devonshire tea was served in the Outreach Centre

There is a small library in the outreach centre...so think about the refuge as a good place to pass on that good book you read!

Staffing

The refuge employs 13 staff including one full time social worker (who is also a JP) who helps women in court, immigration interviews etc. There are 8 support workers who work three shifts to provide the 24 hour service. After leaving the refuge, some clients still call if they have a problem at 3am...

Annette explained that staff have to keep a professional relationship with the clients—if they get too emotionally involved they would not be able to do their jobs effectively.

Sometimes the house can be volatile so people are screened carefully before admission and have to agree not to self harm, take drugs, alcohol etc and abide by the house rules. If they break the rules their 'card is marked' and they are not able to represent. If clients are asked to leave, another place is found for them to go to.

The refuge is set up to deal with the worried well, not provide psychiatric help.

Funding

The refuge receives about \$500,00 a year from the WA Department of Community Development with houses being provided through a joint venture with HomesWest. As Annette explained, HomesWest manages houses, not people! By the sounds of it the Zonta House Refuge Association is very good at managing the people part...

Clients pay rent and currently \$18 a day is deducted at source from Centrelink payments.

The refuge also receives \$11,700 a year in emergency funding, \$9,000 of which is from Lotteries and \$2,700 from Family and Children's Services in Canberra. This funding is to help women pay bills where funding that bill will prevent them going over the edge...e.g. stopping the electricity being cut off or paying for text books.

Outreach programs are not funded by the Government, so the refuge applies for grants from corporations,



Zontians and friends discuss their visit with Annette in the garden.

receives some funding from the City of Melville and has its own fundraising events such as the annual bridge day and the recent dinner at Lamont's.

Of course, the Zonta Clubs in WA also provide support to the refuge. This ranges from donations of money to furniture, clothes, new underwear, toiletries—and books!

Remember—all donations to the Zonta House Refuge Association are tax deductible.

Many thanks to Annette and the residents for making us so welcome.

Welcome Fiona

Sciona Browne introduced Fiona Crowe to the club before her induction.

Fiona Crowe was born in London of an Irish mother and an Australian father, the eldest of three redheads, but grew up in the quiet green world of the Bega Valley in NSW. Bega is the exact centre of the Universe and the producer of the best Cheddar on the planet...

After completing her undergraduate degree in Ancient History at the ANU she spent a couple of years gaining excavation experience and travelling. On her return she settled into a Master's programme at UWA but got distracted and became Dean of Residents at St Catherine's College. She also joined a start-up consultancy company, but found that assisting other people to apply for funding grants to research new and exciting things made her want to continue her own research. She finished her Masters and won a PhD scholarship to Cambridge.

She set off for Jesus College, Cambridge, where she spent a great deal of time joining and running clubs and societies, playing rugby, rowing, rambling, gardening for her College and taking ghost tours. She also worked for a fundraising consultancy in London.

Her research focuses on diet and lifestyle in the ancient world, particularly in the Roman period.

She is Head of St Catherine's College, UWA, and an honorary fellow at the National Museum of Ethnography and Prehistory, Rome. She loves travel, especially when it involves lots of walking far from the madding crowd.

What Fiona won't tell you...and what a little bird told the

- She won scholarships to attend digs in Greece
- She held a national postgraduate scholarship to Cambridge for her Masters—one of only two awarded in Australasia.
- Her PhD research brings together collaborators from universities in Canada, England, Italy, and the National Museum of Ethnography and Prehistory in Rome. (If she would only concentrate, she would finish her PhD by the end of the year, and then who knows what she might do...!)
- At the ANU she was Senior Tutor at her



Welcome to new members (L-R) Fiona Crowe and Lois Joll.

College, an invited delegate at Synod, editor of a nationally distributed Classic's magazine, a volunteer member of St John Ambulance, and was awarded the Tillyard Prize – the highest honour awarded for contribution to the community and to the University.

- She has a Full Blue from Cambridge in Women's Rugby and four caps for the University
- In Cambridge she also painted houses for the disabled and house bound
- While in Rome she volunteered at the Torre Argentina cat sanctuary and helped care for some of Rome's thousands of stray cats.
- She didn't only run round the Colosseum, she regularly ran the 20 kms to and from her museum.
- She has published on women and children in antiquity and presented papers and posters in the UK, Italy, Portugal and the

Welcome Lois

States...

'Tricia Summerfield introduced Lois Joll to members...

Lois Joll is the Director of Senior Schooling Academic Standards and Support at the Western Australian Department of Education and Training (DET).

Lois has been a teacher and educator for over 30 years; as a teacher of History, Literature, Drama and Head of Theatre Arts. In addition, Lois held the position of Head of Curriculum at Methodist Ladies College and Moderator for the Arts at the Curriculum Council.

The Directorate is charged with assisting DET schools to improve graduation and Tertiary Entrance results as well as to address the needs of schools in regard to the implementation of the proposed changes in post-compulsory education.

Lois is currently a member of the Ministerial Taskforce which is working with the Curriculum Council to progress issues and ensure the successful implementation of the changes.

Lois has a long association with the club as mother of YWIPA award winner Anastasia – about 11 years ago. Lois' other children are Madeleine and Sebastian.

Thought for the day...

A woman is like a tea bag- you never know how strong she is until she gets in hot water.

Eleanor Roosevelt
US diplomat & reformer
(1884 - 1962)



Guides and Zonta

Jacqueline Hope

Jacqueline Hope, Chair of Service Status of Women Committee recently presented the Zonta Club of Perth's Guides WA Leadership Award to Sharon O'Brien, in recognition of her many years of outstanding contribution to the Guides Organisation. This excerpt from J's speech provides a lovely comparison of Zonta to guiding...Ed.

Zonta was founded in 1919 in Buffalo New York USA by five women whose primary aim was to standardize and disseminate business principles and practices and to provide service to humanity through cooperative efforts.

The name Zonta was taken from several Sioux Indian symbols which were superimposed to make the logo we use today. As I was researching those meanings I realised the similarities with the ideals of the guide movement and Zonta.

The Z, is the Sioux symbol for "ray of light", "sunshine" or "flash of radiance" – and so by extension, "inspiration".

As you look around the women here tonight, think about the Guide members and leaders of the past whom you have known. How apt is this description of these women who guide our young girls to be become "rays of light, and inspiration" to others.

The Z is encased in the symbol for "to band together for a purpose", in a word loyalty.



L-R: Jacqueline Hope presents a cheque to Guides WA Leadership Award recipient, Sharon O'Brien and (below) joins in the juggling!



The Guide movement provides a focus for 'that banding together. This allows the opportunity to carry out 'with loyalty', the instruction by Lord Baden- Powell, that this organisation would provide

'A method of training to educate from within rather than to instruct from without; to offer games and activities which while attractive to the girl, will seriously educate her morally, mentally and physically'

In today's societies which have their focus on me! me! me! and not on working for humanity as a whole, that message was never more needed.

The rest of the symbology covers concepts such as "carry together", "shelter", and honesty; trust, all of these ideals fit in very nicely with the aims and objectives of the Guides' Organisation.

Zonta works to advance the status of women locally, nationally and internationally. I recently attended world convention of Zonta in Melbourne, and it was a huge inspiration to be part of the fellowship of about 2,000 delegates who represented 67 countries from around the world.

In the words of our outgoing International President, Mary Ellen Bitner "..... A better world for women is a better world".

We have done so much! But much more remains to be done. As the proverb says, "Women hold up half the sky".

In my professional life I am a Midwife, and Marriage Celebrant and my own favourite saying is "the hand that rocks the cradle CAN rule the world"

Let us teach young girls growing up by our example, how to live lives with integrity, honesty, fellowship and hopefully fun.

Long may the association between Zonta and Guides WA continue.

Don't forget—Birthing Kit Assembly Day 24th September—contact Deb Hegarty now if you can help out...

Inspiration



Loyalty



To carry together



Shelter



Honesty and trust



ZONTA



INTERNATIONAL

All of these Sioux Indian symbols together form the Zonta International logo

Thanks for the holiday!

This beautiful letter was received from the foster parents of four children (aged 12 to 13!) who recently benefited from a Zonta Club of Perth holiday. Names have been removed to protect privacy. Ed.

We thank you so much for giving us the most wonderful week's holiday in Albany WA in 'Friendship House'. Also for the generous \$100 which made it possible too.

This is the first holiday we have had since the foster children and we met four years ago. How exciting for us all.

Firstly, "Friendship House" was set up with everything we needed for our comfort. The kids experienced electric blankets for the first time in their lives.

Everyone fished everyday and on the last afternoon one of the boys caught 2 whiting, which he cleaned, helped cook and shared.

We went to the Whaling Station which was educational, whale watching (where we saw a mother and calf in Middleton Bay), to the valley of the trees—the kids had not seen tall trees ever!

We had a fun time there. Lots of rain, but as we had borrowed videos and DVD from our own library we were ready for the weather, whatever it decided to do.

Going along we saw the countryside lovely and green and every-



The old whaling boat Cheynes IV, WhaleWorld, Albany

where ewes and young lambs. On the green grass they looked wonderful.

The children had one meal at Hungry Jacks, milk shakes another day and we all had one take-away meal. All the rest was our own lovely cooked meals at home. Huge pot of chicken and vegetable soup which went down well on the cold days.

Thank you from us all for a magic time, really words are not enough to express our thanks.

Famous Zontian poet

How many of you learned to recite 'My Country' at school? The second verse that starts "I love a sunburnt country, a land of sweeping plains, of ragged mountain ranges, of droughts and flooding rains" has become symbolic of Australia.

Did you know that the author of this poem, Dorothea Mackellar and her friend Ruth Bedford, apparently helped to establish a Zonta Club in Sydney in the 1920s? (See <http://www.dorotheamackellar.com.au/about.asp> if you can't remember all the words to this beautiful poem...)

If you are visiting Tamworth from 20th October, perhaps you might like to see a musical about Dorothea's life. A couple of years ago, Tamworth playwright Bill Gleeson read of Mackellar's amazing life in Adrienne Howley's 1989 book, *My heart, my country* and promptly wrote the musical *Dorothea*. Gleeson regards *Dorothea* as a romantic musical with a good melodic feel and rich melodies.

"Mackellar's immortal poem *My Country* is set to music and sung by Dorothea and her friend Ruth in the show." The show will run for ten days.

These boots are made for walking...

Yes, the Club is arranging to walk the Bibbulmun Track—well part of it...!!

Imagine spending the weekend walking through the trees using all your senses: seeing the birds, listening to the rustles of animals, smelling the bush, getting in touch with nature and tasting outdoor cooking. (Sciona's pot noodles are legendary...!).

So keep 14th/15th October free!

The idea is that the group will set off from the Kalamunda Hotel and walk to the Mundaring Weir Hotel. It's about 10km from Kalamunda to Hewitt Hut where we can overnight with our camping gear and then walk the 5km to Mundaring Weir Hotel. Asher Road crosses the track only 2km from Hewitt Hut so those who don't want to walk far don't have to!



The Mundaring Weir Hotel will be the watering hole at the end of the walk!

This means you can either:

- Walk the whole way (15km)
- Walk to Hewitt's Hut from Asher Road (2km), walk out the next morning and drive to the pub for brunch
- Sleep at the pub and walk a bit to meet the rest
- Eat only ie come up on Sunday morning to Mundaring pub for local sightseeing and brunch.

Sounds great! Call Sandy McGregor, Wendy MacGibbon, Fiona Crowe or Sciona Browne to book your place.



August Club dinner meeting

This meeting was attended by approximately 40 people, including many guests who had come to hear our guest speaker, Judge French.

After the inductions of two new members, Fiona Crowe and Lois Joll, Judge French provided a fascinating account of what it is like to balance being the heroine and the wicked witch!

She explained that she is no 'princess in an ivory tower' as the justice system brings her face to face with the 'worst side of human nature'.

Judge French outlined three problems that contribute to the situation: mental health problems not addressed by our poorly funded mental health system; drug abuse, especially amphetamines that make people aggressive and domestic violence caused by welfare issues.



Sciona Browne (standing) holds the box while Judge French draws out the lucky raffle winner...

She called on the whole community to see these problems as a community responsibility and acknowledged how service groups can play a significant role.

She commended the club on the Ngarinyin friendship project and wished us every success in our endeavours with the refuge to establish a safe house for teenage girls.

Another thought from Eleanor Roosevelt...

Great minds discuss ideas; Average minds discuss events; Small minds discuss people.

WANT TO KNOW
WHAT'S HAPPENING IN OUR CLUB?
VISIT OUR WEB SITE AT
www.zontaperth.org.au

Diary Dates

10 September 2006—The Great Gynae Day Out", Hyatt Regency, Perth, 10am to 4pm

A celebration and information day with the key message 'Beyond the Research'. Will involve information sessions, dance workshops, multicultural entertainment, cooking demos, etc. Tickets are \$20, (Conc/GAIN \$15, students \$10, children under 12 free). Contact BOCS Ticketing 9484 1133 or www.bocsticketing.com.au and entry includes a light lunch and refreshments.

14 September 2006—Zonta Quiz fundraiser for Breast Cushions, Bunbury Bowling Club, 9.30 to 12.00pm.

This is an annual fundraising event held by Zonta Club of Bunbury. Morning tea is provided and there are a variety of spot prizes. The emphasis is on fun. Make up a table of 6-8 or just come yourself. Contact Name: Tickets available from Nan Martella, Phone: 9721 7067, Email: bunburyzonta1194@yahoo.com.au Website: <http://bunburyzonta.mysouthwest.com.au/>

14 September 2006—Club Dinner Meeting, UWA, 6.15 for 6.45 start.

Helen Margaria and Michelle Jennings will provide member profiles.

23 September 2006—Women Walking for Women. Soroptomists International. Departing Rottnest Ferry terminal, Beach St, East Fremantle at 10am.

24 September 2006—Birthing Kit Assembly Day FJ Clarke Building, Ground Floor, P Block, QEII Medical Centre, Caladenia Cres, off Monash Ave, Nedlands. (public parking opposite building).

This special day is in partnership with UWA Medical Students. Please let Deborah Hegarty know if you can come on 0408 891 556.

14-15 October 2006—Bibbulmen Track Walk

Walk 15km and camp overnight, or stay at a pub and have short strolls—choice is yours. Contact Sandy, Wendy, Fiona or Sciona to book your place on this fun and fellowship weekend!

11 November 2006—Founders Day Dinner, 6.30 for 7pm.

This event will be hosted by Zonta Club of Swan Hills and held at Guildford Grammar. Earlybird price \$60 if paid before 3rd October. RSVP to dee.saunders@mainroads.wa.gov.au.

14-16 September 2007—District 23 Conference, Tasmania

—make a note in your diary now! Tasmania will be beautiful at this time of year.