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Club Meetings

- o Second Thursday of the month (except January)
- o 6.15pm for 6.45pm
- o St Catherine's College, UWA

Apologies

By 12 noon previous Monday to
zontaperth@yahoo.com.au

Contact us

- o zontaperth@yahoo.com.au
- o www.zontaperth.org.au
- o PO Box 237
Nedlands WA 6909



Lennie McCall (standing) keeps volunteers stocked with gauzes to count



Over 70 people helped out at the Birthing Kit Assembly Day



Many thanks to the students from St Catherine's College, Zontians and friends for assembling the 2,000 birthing kits.

1. Birthing Kits – 2,000 assembled!

Students from St Catherine's College together with members and friends of the Zonta Club of Perth recently spent a very productive Sunday afternoon assembling 2,000 birthing kits. The birthing kits will be sent to Vietnam where they will be used by birthing assistants to provide a clean birthing environment and hopefully reduce the incidence of infection associated with giving birth on the ground or in other unhygienic conditions. It is estimated that one person dies every minute somewhere in the world from giving birth in an unclean environment, so the small birthing kits could potentially save many lives.

The kits consist of a sheet of plastic, gauze, string, soap, pair of disposable gloves and a blade for cutting the umbilical cord. The project originated as an initiative of the Zonta Club of Adelaide Hills in South Australia and went on to be adopted as a District 23 Project with funding by Clubs and Aus-AID. Recently, the Birthing Kit Foundation (Australia) was established to ensure the sustainability of the program.

Recently, Rotary International has announced that it too will be supporting the Birthing Kit Foundation. This is excellent news, as with over 2 million birthing kits having been requested for the next couple of years the more hands and donations, the better! Rotary will pay the full price for the kits they make and will not be part of the AusAID program. Rotary has allocated US\$3 per kit to cover all costs including administration processes, supplies and transport. If there are any surplus funds after the kits are made, they would go towards the funding of training programs and researching the establishing of sustainability. Please see the full letter from the Birthing Kit Foundation at the end of this newsletter for more information.

Many, many thanks go to all the volunteers for helping to get the job done so quickly (it only took about 1 ½ hours) and in such good spirit. The Zonta Club of Perth holds its monthly meetings at St Catherine's and the Assembly Day provided a wonderful opportunity for Zontians to meet students from the College.

2. Congratulations to Belinda



Belinda Hunyh (centre) was introduced by Lorraine McLean (Club YWPA co-ordinator) and presented with a certificate and cheque from Carole Theobald (President)

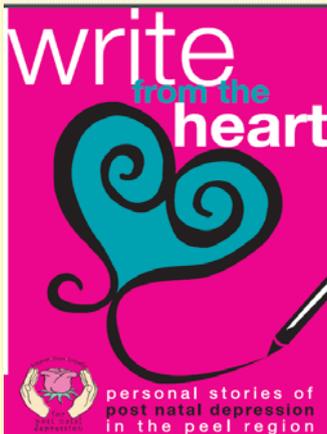
Once upon a time, on a farm in Katanning, there lived a young girl who loved to collect duck eggs. Fortunately for her, her parents owned one thousand ducks, so her bucket was always full to overflowing and the girl was always happy. In her teens, the family moved to Kardinya so, sadly, the ducks had to go. However, Belinda Hunyh's bucket was again filled on Thursday 14 August when Zonta President, Carole Theobald, presented her with a cheque for \$500 – as our Club's nominee for the Young Women in Public Affairs International Award for 2007.

Belinda gave full credit to her biology teacher at Melville Senior High School, a committed feminist, who had suggested to her that she should apply to Zonta for the award. It was easy to see why her teacher had been so impressed when Belinda spoke about her work in the community. Although never a drug user herself, she told Zontians she was passionately against drugs, as she had seen what drug abuse had done to some of her friends. As a consequence, she had joined the

Melville Local Drug Action Group in the hope that she could be an active influence on her family and friends. When the Action Group lost government funding in 2005, senior members of the unit left. As a consequence, Belinda and her friends took up the challenge, running the social group and organising fund raising on their own.

Belinda, who has recently turned 18, is now studying for a double major in Business Law and Marketing Management at Murdoch University. She hopes to complete her courses by 2010. Belinda thanked Zonta for the monetary gift and expressed her gratitude as the award recipient. She also stated how much she and her mother, Gina, had enjoyed the dinner and thanked Zontians for their hospitality.

3. SHE for PND



The first edition of 'Write from the Heart' may be downloaded from <http://www.sheforpnd.com.au/sheforpnd.pdf>

The community group SHE for PND (Support, Hope, Empathy for Post Natal Depression) was formed in late 2004 by a small group of women in the Peel Region who suffered from post natal depression (PND). The group aims to encourage women with undiagnosed PND to seek help and get the advice and support they need to recover from this mental illness. SHE for PND also endeavours to increase awareness and understanding of PND in the community and help alleviate the stigma of depression.

In 2005, SHE for PND produced a 20-page booklet on post natal depression called Write from the Heart containing personal stories of local women and detailed information on PND signs, symptoms and treatment options. With stocks of Write from the Heart running low, funds were sourced from the Department of Community Development and Lotterywest to produce 10,000 copies of Write from the Heart Edition 2 that contains 32 pages of stories, quotes and health information.

Among those who helped with the production of the second edition was the Zonta Club of Peel Region Inc who provided mentorship and support.

Write from the Heart Edition 2 will have broader outreach possibilities as the stories, information and contact numbers are useful state-wide, rather than Peel Region based as in the first booklet.

The high profile launch of the booklet takes place on 7th October at St Catherine's College and all Zontians are invited to attend the event. Please RSVP before September 29th to info@sheforpnd.com.au.

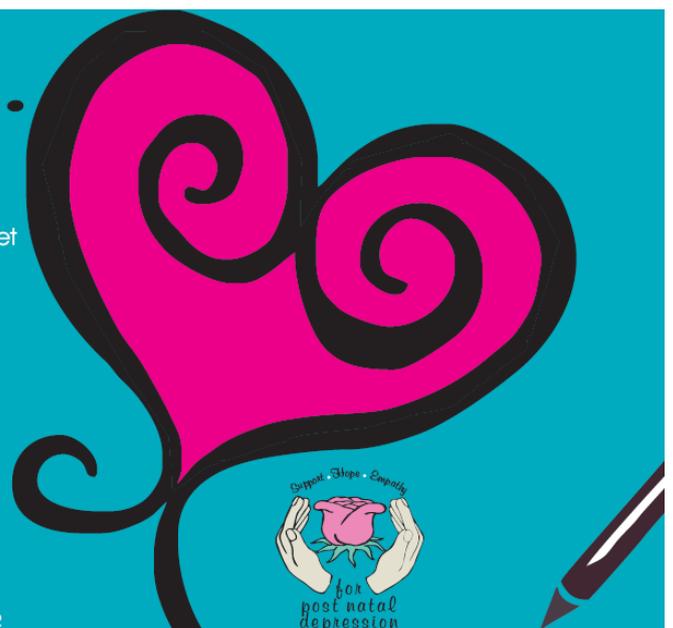
you are invited...

to attend the official launch of
"write from the heart" edition 2, Post Natal Depression booklet

on Tuesday 7th October, 2008
at St. Catherine's College
The University of Western Australia
2 Park Rd, Nedlands
in the ME Wood Theatre (upstairs)
11.30am registration with a 12 noon start to proceedings

The official unveiling of the booklet by the Hon. Sue Ellery MLC
Light lunch and champagne on arrival

RSVP Essential by Monday 29 September, 2008 to info@sheforpnd.com.au Tel: 0422 193 122





BreastScreen WA team next to one of the caravans that visits country areas every two years.



Sarah Bright, Health Promotion Officer from BreastScreen WA at the September meeting.



Marilyn Rainier shows the breast care cushion

4. Breast awareness

At the September 'Breast Night of the Year' meeting, Sarah Bright, Health Promotion Officer from BreastScreen WA, provided a colourful presentation of our State's breast screening services along with bright pink 'show bags' containing leaflets, mirrors and other useful items. She also reminded us that October is Australia's Breast Cancer (ABC) awareness month and reminded us of some breast care facts:

- Breast cancer cannot be prevented and is the most common life threatening cancer in Australian women.
- Women in Australia have a 1 in 8 risk of developing breast cancer in their lifetime.
- The best way to reduce the number of deaths from the disease is to detect and treat breast cancer early.

Australia's Breast Cancer awareness month is a reminder to **women 50 years or over to have a FREE screening mammogram at BreastScreen WA every two years.** Remember, once is not enough. BreastScreen WA delivers a high quality service where all mammograms are seen by two doctors. BreastScreen WA has eight metropolitan clinics located in Cannington, Fremantle, Joondalup, Midland, Mirrabooka, Padbury, Perth, and Rockingham and four mobile clinics servicing country areas.

So if you or your friends think it is time for a check up just phone BreastScreen WA on 13 20 50 to book a free screening mammogram appointment. For more information, visit www.breastscreen.health.wa.gov.au

At the September meeting, Marilyn Rainier also showcased and demonstrated the Zonta Breast Care Cushions. She explained that cushions are either made by members of Zonta clubs, or members of other organizations such as the Country Womens' Association or by female prisoners e.g. at Bandyup Prison. Keep up to date with breast cushion news on the ZI District 23 website at www.zontadistrict23.org.au

5. Project Uplift

Zontians and friends kindly donated 177 bras to Project Uplift at the September meeting's 'Breast Night of the Year'. What is Project Uplift?

A visit to the organisation's website at www.upliftbras.org revealed more about this fascinating project....

Disadvantaged women in the third world often live without a bra. Second hand bras are sometimes available cheaply, but are rare in larger sizes. A new bra, if available, can cost 10-30 hours wages, beyond the reach of most women.

Rashes, fungal infections and abscesses (intertrigo) may occur between the breast and the chest wall and bras help to reduce the incidence of infection.

Since 2005, Uplift, through Rotary Australia World Community Service, has sent bras through secure channels, making sure they get to the women who need them without compromising their dignity.

By June 2008, over 40,000 bras had gone to Fiji, 2,000 to Vanuatu, and 500 to Tonga. Apparently, PNG is next!



Carole Theobald and Gill Palmer figure out the sizing of the bras with the useful scale provided by a member below ...

- A Almost Boobs...
- B Barely there...
- C Can't Complain!..
- D Dang!...
- DD Double dang!...
- E Enormous!...
- F Fake...
- G Get a Reduction...
- H Help me, I've fallen and I can't get up!...

They forgot the German bra –
Holtzemfromfloppen!



6. Elizabeth Shaw in the news

Do you remember that in August our club donated \$500 to Elizabeth Shaw to help towards the costs associated with traveling to the UN as one of two Australia youth representatives? It was lovely to read a full page article about Elizabeth on page 9 of the West Weekend Magazine in the Western Australian's on 30th August.

Elizabeth had just completed a four month whirlwind 'listening' tour of Australia, speaking to the youth of many states, so that she may best represent their views. She has recently flown to Helsinki to meet with other youth ambassadors and will then go to New York to compile her research and present her findings in a speech to the UN General Assembly.

Elizabeth has promised to address our Club on her return next year – can't wait!



L-R standing: Audrey Clay (President Peel), Anastasia Masij (President Perth NS), Sciona Browne (A3 Secretary, Perth), Nan Martella (D23 Centurion), Sheila waters (President Swan hills), Penelope Northcott (President Bunbury) and jane Moulden (President Dunsborough). L-R kneeling: Carole Theobald (President Perth) and Judy Tennant (A3 Director, Perth)

7. Intercity meeting

The first intercity meeting of Area 3 was held at the end of August and provided the opportunity for the incoming Presidents of the six Zonta clubs in WA to meet and share information. The event was hosted by Area 3 Director, Judy Tennant, and the minutes were taken by Sciona Browne. Judy and Sciona are both members of our Club.

Whilst all of the Clubs in WA are part of Zonta International, it is interesting to see how each Club has developed its own character. Many Clubs participate in the International awards (e.g. Young Women in Public Affairs, Amelia Earhart and Jane M Klausman scholarships), District Projects (e.g. birthing kits, breast care cushions and Yarri Wada Puppet Project) as well as the Area 3 Woman of Achievement Award. However, on the local level, the Clubs' activities are very diverse and range from memorial walls, giving out books to new mothers to read with their children and a host of fundraising events such as golf days, Melbourne cup lunches, Spring Walks and much, much more! Members are encouraged to support the events held by other Clubs and to this end we try to advertise as many events as possible in Inzert and on our web page.

After the meeting, Nan Martella (Area 3 Centurion) facilitated a very useful training session for Presidents. A Centurion is a very experienced Zontian who appointed to the District Board to provide advice on a wide range of Zonta issues. Nan has previously been a Club President and was the Chair of the D23 PR Committee in the last biennium. Interestingly, her daughter Penelope Northcott is the current President of the Zonta Club of Bunbury – with their unique mother/daughter Zonta relationship being featured on the ZI website!.

By the way: Sciona Browne did an excellent job in taking the minutes and whilst most issues were raised at the last meeting, members may access the intercity minutes on our Yahoo repository. After the meeting, Sciona introduced us to her new puppy called "Henry" who is a lively German shorthaired pointer. Currently, Sciona works for the Wunan Foundation in Halls Creek and tries to get back to Perth as often as she can for meetings (*now that's what I call commuting – Ed!*). However, even though she is based in the Kimberley, she is still a very active member via email and telephone.



Sciona Browne holds Atlanta (Fiona Crowe's dog) while being greeted by her new 'puppy' Henry!

8. A big thank you from Gibb River

Kathy Charlesworth has recently returned from the Kimberley and reports that the community at Gibb River wants to thank the Zonta Club of Perth for its wonderful support of Maudie when she was recently in Fremantle Hospital. The large laminated photographs of the Kimberley and the branches of gum leaves were much appreciated and helped to keep Maudie linked with her land. The good news is that Maudie has recovered from her hip operation and is now back in the community and hopes to go fishing soon!" (*Maudie White is Yvonne Burgu's (artist) mother – Ed.*)



Maudie White

This is a major fundraising event.

Order your choir tickets from www.zontaperth.org.au or from Deb Mason on **0418 953 415**

Tickets may be ordered and collected at the door if required.

9. Diary

- **15-17th September 2008 – Sexual Health Conference, Perth Convention Centre.**
For more information visit: <http://www.sexualhealthconference.com.au/>
- **21st September 2008 – UNIFEM and Peace Spring Walk, Henderson Environment Centre, Groat St, North Beach, 9am**
Join members of Perth Northern Suburbs Club on a 5km (or 2.6km) spring walk. The route is suitable for wheelchairs or prams. Experience the average distance that a Third World woman needs to walk each day to collect water.... Proceeds to UNIFEM. Contact Miriam Blakemore 0413 311 473. Cost \$10 adults, children free.
- **27th September 2008 – Australian Girls Choir, Hale School 7.30pm.**
The Australian Girls Choir are kindly donated their time to perform for this unique Zonta fundraising event. Tickets are only \$20 and are available from zontaperth@yahoo.com.au or Debbie on 0418 953 415. An opportunity to relax after the excitement of the AFL Grand Final...
- **23rd October 2008 – UWA Women's Health Forum, 6.30pm to 9pm**
As part of the UWA's Extension Winter School. Tickets \$29 from www.extension.uwa.edu.au
- **9th October 2008 – Club Dinner/Committees meeting 6.15 for 6.45pm**
To give opportunity for some cross-pollination' between committees, the October committee meetings of the Club will be combined with the normal Club meeting.
- **8th November 2008 – Founder's Day Dinner.** Venue, Methodist Ladies College, Stirling Highway Claremont, 7pm. Mark the date in your diary today.
- **25-27 September 2009 – District 23 Conference, Ballarat.** Book your air tickets now as this is 2009 AFL grand final weekend!

Want to know what is happening in your club? Visit www.zontaperth.org.au

Zonta Club of Perth Presents **The Australian Girls Choir** in concert at Hale School



Proceeds from the event go to Zonta community service projects, especially those that benefit Indigenous communities in the Kimberley.

Saturday 27 September, 2008 at 7.30pm



Tickets \$20
from zontaperth@yahoo.com.au
or tel Debbie 0418 953 415



 **Zonta Club
of Perth Inc**
Member of Zonta International

John Inverarity Music &
Drama Centre
Unwin Road
Wembley Downs

Letter to Zonta International clubs in Australia

The Birthing Kit Foundation Australia wishes to share the next exciting phase of our growth on the International stage.

The Birthing Kit Foundation Australia (BKFA) was approached by Rotary International Health and Hunger Resource Group who wished to recommend that Rotary clubs work through the BKFA to supply birthing kits.

There are over 33,000 Rotary Clubs worldwide.

Our plans are evolving, but at this stage it is anticipated that Rotary Clubs would be funding the making of Birthing Kit Foundation Australia Birthing Kits.

Rotary will pay full price for the kits they make, they will not be part of the AusAID program. Rotary have allocated US\$3 per kit to cover all of our costs including administration processes, supplies and transport. If there are any surplus funds after the kits are made, they would go towards the funding of training programs and researching the establishing of sustainability.

Once we know the level of support from Rotary clubs, we will be able to set up the processes to run this arm of our project. Implementation will take months.

This is a wonderful growth opportunity for the Birthing Kit Foundation Australia to provide a basic need to many more women.

Our Zonta Clubs and members are still important to our Foundation.

We would like to especially acknowledge their valued contribution to the Birthing Kit Project. Only with their support could this wonderful project exist.

You are the “founding mothers” of this project and we would like to recognise that by keeping your Logo on our BKFA Birthing Kits being made by Rotary clubs. To use the logo we would like to have Zonta’s approval.

Be assured that the Zonta Birthing Kit Project will continue with the AusAID subsidy for Zonta Clubs with Zonta Birthing Kits being made. We have 130,000 Zonta Birthing Kits waiting to be made this contract.

We are still planning to approach Zonta International to see the Birthing Kit project expand within Zonta worldwide. It is still our dream, to see this as a Zonta International Project.

Yours in Zonta

Julie Monis-Ivett
Zonta Club Adelaide Hills
Zonta District Birthing Kit Project Coordinator
Birthing Kit Foundation Chairperson.