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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**

- o By 12 noon previous Monday to Karina Moore
- [zontaperth@yahoo.com.au](mailto:zontaperth@yahoo.com.au)

**Contact us**

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## 1. Breakfast with Western Australian of the Year 2009 Dr Penny Flett



Western Australian of the Year 2009  
Dr. Penny Flett

Over 50 Zontians and friends gathered at the historic WA Rowing Club for a special breakfast with our own Penny Flett, who is the Western Australian of the Year 2009. It was probably just as well that daylight saving finished the night before as it meant the 'SWAT' team of Zontians, who got down to the venue early clutching cutting boards and sharp knives, all had an extra hour in bed before wielding their tools in the small kitchen! The volunteers did a marvellous job and the room looked a treat when guests began to arrive.

Tables laden with 'continental breakfast fayre' including Bircher muesli, yoghurts, fresh fruit, muffins croissants and preserves, with the aroma from the plunged coffee, luring guests to their tables. The beautiful yellow floral centerpieces were donated by Corporate Arrangements and provided that elegant finishing touch.

The morning speeches included President Carole welcoming everyone and providing an overview of Zonta and a brilliant talk by Penny Flett. This talk was so good, it has been reproduced below so members can re-read the amazing figures cited.

There were loads of raffle prizes and a few quizzes that got everyone thinking as can be seen in the photos!

All in all, it was a lovely morning and a HUGE thank you to all the Zontians, friends and families for making it such a success!



Penny telling the audience about the consequences of growing old.

### Penny's talk....

Today I talk to you about getting old, ageing, old people. Oh God, I hear you mutter, oh no, I hear you say. Oh – yes!! This is a serious business – Because it's Sunday, I thought I would use a biblical reference to old age....

*"King David and King Solomon led merry merry lives,  
With many many lady friends, and many many wives.  
But when old age crept up on them, with many many qualms,  
King Solomon wrote the proverbs, and Kings David wrote the psalms." !!!*

But getting old is not all serious. It is actually fantastic, and exciting, and a lot of fun. So let me introduce you to this wonderful world of ageing.

First – a definition. Old age is 15 years older than you are – whatever your age. (Don't look in the mirror, then you know you are definitely the age you feel.) Ageing is, of course, something we tend to ignore. But there are 6 reasons by my count why we must talk about it, every now and again.

**(1) Ageing - it's a very personal issue, we will all be old one day.**

Mind you, it's not all bad – far from it. Remember how hard it was to be very young? Do you remember the cruelty of peer pressure, when your mother just didn't understand

**OLD AGE IS  
15 YEARS  
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What are the answers?



Penny and David offering their help with one of the quizzes



Glenn, Freda and guests absorbed in their quest to complete one of the quizzes



Lorraine and guests interacting trying to complete one of the quizzes

about the right sort of dress and the right sort of shoes? I bet everyone in this room can still remember embarrassing moments – excruciating teenage years. Anxieties about getting a job, or a place at uni, bad cases of nerves when you had to speak in front of people, well that's all a memory as you grow a little older.

Every decade, for me, has been better than the one before. In my teens I finished school and emigrated to Australia. In my twenties I finished University, started to learn about doctoring, got married and joined the RAAF. In my thirties I started a family, found geriatrics and came to WA. In my forties, I brought up the family, did a lot of post graduate exams, settled into my career and moved a few mountains at work. My fifties was when I was Telstra Business Women, both of my parents died, I move more mountains at work and the home became an 'empty nest' – Darby and Joan!

Now – I feel I have reached that certain age when political correctness is not necessary. People give you things you don't expect like: Pro Chancellor at University of Western Australia, President Chamber of Commerce and Industry WA, WA Australian of the Year and it is humbling and awesome at the same time.

Its marvellous – when you reach the stage when;

- the mortgage is paid off
- you stop stressing over dinner parties (you eat out instead!)
- you do what you love and you love what you do!

You accept the slightly looser skin, you acknowledge the laws of gravity. You learn to let go of difficult things and memories, you have a much better idea of what is really important in life.

And I know I am a baby boomer, grew up in the 60s and 70s. A time when 'retro' was real, there was much student activism around banning the bomb, and protesting about the Vietnam War. My generation invented the Pill, and free love, we found the magic weed, we horrified our parents; we were the first to globalise the world, with the Beatles and the Rolling Stones; we wore mini skirts and flares. We may look as if we have settled down, wear sober clothes and go to work, but just wait till we're old, we are likely to break out again!

### **(2) Ageing – it's happening to our nearest and dearest.**

Many of us know the worry of an ageing parent or grandparent, becoming frailer, or perhaps developing dementia but this is not a subject for today.

### **(3) Ageing – its happening in the whole world.**

- At the moment, 1 in 9 of the population is over the age of 65 years.
- In 25 years there will be 1 in 4...think about it, that's a massive change in society.
- The very old cohort is growing the fastest – those over 80 years old will double in numbers over the next 20 or so years;
- And as for the very very old ones, centenarians...there are about 3000 now in Australia, and by the middle of this century, there will be 78,000!

Ageing of the population is happening everywhere, in all countries around the world, even emerging countries are only 15 or so years behind us. Why is this happening?

It is the result of enormous advances in science, medicine and technology over the past hundred years. One hundred years ago, children died in epidemics, of diphtheria, polio, measles, whooping cough, women died in childbirth, infections at any age could be fatal, major trauma was a death sentence. Over that time, some crucial discoveries have made all the difference: clean water supply, immunisation, anaesthetics, antibiotics, and technology.

The average life expectancy in one hundred years has risen from 50 years, to over 80 years. Yes from 50 years to over 80 years average life expectancy.

If you add that amazing increase in longevity, to the very large numbers of baby boomers now just starting to reach retiring age, you can see why we are about to experience a huge demographic shift....the ageing of our population. Longevity plus Baby Boomers = BIG, LONG WAVE.OF OLDER PEOPLE over the next 20 to 40 years or so.

*"As I grow older  
and older,  
and totter towards  
the tomb,  
I find I care less  
and less,  
who goes to bed  
with whom!"*

*Dorothy Sayers:*

**(4) Ageing – Old people are very special to their nearest and dearest.**

- The relationship between grand parents and their grandchildren is unconditional, they teach, learn and tell each other things they may not tell the generation in between, it's very special.
- They are the keepers of family memories and stories.
- They represent the cycle and balance of life and family. They bring love and respect, values and specialness into the family, and this is so important for children to see and learn..

**(5) Ageing – contribution of old people**

Old people contribute an enormous amount to their families, the community, and society,

- through their grand parenting,
- their volunteering – this is worth \$billions a year, far more than most realise.
- their experience, wisdom and knowledge – this is largely untapped, unheeded.

**(6) Ageing – our world – our society – with many old, and very old, people, is going to be a richer, wiser, and better place...**

But only:

- if we embrace old people and their ageing
- if we celebrate our own ageing
- if we include old people in our lives and build very strong community all around all of us.
- If we pay attention to the built environment walkable community's, etc, etc. (aged care system requires attention).

In the meantime – remember that this is great fun.

- If you keep fit – your body will keep working perfectly well (modern medicine can help with replacing the bits that wear out).
- If you keep mentally fit, your mind will serve you well - you can do a PhD at any age.
- If you keep spiritually fit, you can cope with anything.
- And if you keep your sense of humour, and exercise it often, life will be wonderful.

## 2. Willetton Fair

*Dawn Newman, Carole Theobald.*

Before the Breakfast, at about 7.30am, President Carole had been setting up a joint Zonta stand at the Willetton Rotary Fair with Dawn Newman (Perth Northern Suburbs). Together they assembled a gazebo that ZC of Swan Hills had supplied which was a bit of an achievement as it was quite windy and their arms could not reach all four legs at once! Elaine Newman from Swan Hills came along just after 8am, armed with refreshments for the day and assisted in putting up the tables and displays etc. Carole had to leave at 8am to attend the Club's Breakfast Fundraiser in the city, but came back to the Fair at midday.

Thousands of people were attracted throughout the day to this community based fair and there were many attractions for children such as face painting, camel rides, baby animals etc as well as for bigger kids such as new cars, fair ground, chocolate wheels etc. There were quite a lot of food stalls, interspersed with a number of volunteer organisations and people marketing products. The Zonta stall attracted quite a lot of women (of all ages) interested in finding out who we were and what we did. Being located next to a popular coffee stall meant that many loitered around our stand while they drank their coffees. We handed out bookmarks left over from IWD, and explained about the projects and programs we undertook with special emphasis on breast cushions, birthing kits and the Yarri Wada education program.

Sales were very slow with Carole selling a couple of greeting cards and Dawn a shoe bag and a plant. However, Carole, Elaine and Dawn all felt the day was worthwhile because we'd 'exposed Zonta' and many more people now knew about us. We all enjoyed the experience, eating Dawn's lovely muffins, brainstorming Zonta ideas and watching the parade of humans and camels passing by. Luckily, dismantling the gazebo was much easier than putting it up...



*Carole at the display*



*Told you there were camels!*



*L-R Elaine Newman (Swan Hills), Dawn Newman (Northern Suburbs) and Carole Theobald dismantling the gazebo*



Mowanjum Art Business card



Katina Law with baby daughter, Michelle who can't wait to get her hands on the book!

### 3. Mowanjum's Historical Moment! – 50 years of community history

*Karen Groves, Chair, Ngarinyin Project Committee*

A wonderful event happened on 19 March 2009 at UWA at the launch of the book – “Mowanjum – 50 years community history”.

Author and friend of the Ngarinyin, Worrora and Wunambal people, Mary Anne Jebb, has worked with the people who have made Mowanjum their home to write the history of this community since its establishment 50 years ago. This was a task of great importance to these people as they are most concerned that future generations will know their stories and their history. Mary Anne said at the launch of the book that she had been careful to write the book with a “light touch”, to maintain the integrity of the stories and at the same time, to produce an accurate historical record of events.

Five members of the Mowanjum community attended the launch – there would have been five more had there not been a plane malfunction earlier in the day at Broome! This was a big disappointment for everyone. However, Noongar elder Richard Walley and members of a Noongar dance troupe, made the visitors very welcome to Noongar country with a traditional “Welcome to Country” performed in the Sunken Garden at UWA. It was quite beautiful and deeply appreciated by the members of the Mowanjum community.

The wide range of people in attendance at the Lawrence Wilson Art Gallery at UWA for the launch were given insight into the process of writing the book by the community members and Mary Anne Jebb. Much pride was taken in being able to produce the book without external funding – community artists sold their art works to provide the finance. Deputy Premier and Minister for Indigenous Affairs, Dr. Kim Hames, officially launched the book, providing him with a most poignant moment as he recalled his childhood days in Derby where his father was the GP, mixing with many of the people written about in the book.

Club member, Katina Law, was on the committee organizing the launch and she was very busy on the night selling copies of the book. It has been printed by Fremantle Press and is available for purchase for \$55 from them or selected booksellers. It is a lovely looking little book and very readable.

<http://www.fremantlepress.com.au/books/newreleases/1095>

### 4. Nominations for District 23 Officers

Zonta International is a global organisation that operates effectively at local, national and international levels through the generous efforts of Zontians who are prepared to go that extra mile by donating their time to Club, District and International committees. These people are the glue of the Zonta organisation for without them, it would be impossible to translate the policy determined at International Convention into the practice that makes the difference to women's lives around the world.

Doing 'hands on' service in Zonta is not always about assembling birthing kits or raising funds. That time donated on Zonta administration is a different form of 'hands on' activity and is just as important. Effective administration is essential to ensure two-way communication, so that ZI is aware of the needs of women via members and clubs may synergise their activities for maximum global effect.

We are only half way through the current Zonta biennium, but at a District level we plan well ahead and use the District 23 Conference to elect our office bearers for the next biennium i.e. to take office from July 2010 to June 2012.

Nominations are currently being sought for District 23 Officers including: District Governor, Lieutenant Governor, District Treasurer, Area Director and the Nominating Committee (5 members). To be a District Governor, Lieutenant Governor or Area Director, you must have served at least one year as a Club President - we have many members that fit that bill!



Nominations forms must be returned to Julie Wiltshire the Chairman of the Nominating Committee, before 31 May 2009. A Slate of Candidates will be circulated at least 60 days before the District Conference that will be held in September in Ballarat. Just let Carole know if you want a form...

**GET  
WELL  
SOON**

## 5. Thinking of You



## 6. New Zonta Country

*(From ZI newsletter)*



*The national flag of Niger has been ordered for our Club's flag display...*

On 11 April 2009, Zonta International was proud to welcome the new Zonta Club of Niamey Premier – the first Zonta Club in Niger.

Niamey Premier's 24 charter members cover a broad range of professions including civil aviation management, sociologist, dental surgeon and more!

Niamey is the capital of Niger, the second poorest nation in the world. It is located in the southwest region along banks of the Niger River. The predominant language of Niger is French, so to our new members we say, "Bienvenue!" Let's also offer special congratulations to District 18 for their new addition!

## 7. Diary Dates

**16<sup>th</sup> April – Club Dinner meeting, St Catherine's College 6.15pm for 6.45pm.**

Special guest D23 Governor, Alison Martin will induct three new members. Also welcome to Lori Grech who will give a short presentation on the role of Zontians on the board of the Zonta House Refuge Association. The slate will also be announced at this meeting.

**6<sup>th</sup> May – Board Meeting, St Catherine's College, 6pm**

The last Board meeting for this Zonta year.

**11<sup>th</sup> May – Trafficking Presentation, Alexander State Library, Kathleen Maltzahn**

**14<sup>th</sup> May – Annual General Meeting, St Catherine's College, 6.15pm for 6.45pm.**

This evening will feature the AGM, elections and installation of office bearers.

**23<sup>rd</sup> May – Area 3 Workshop – Mandurah Golf Country Club**

**1<sup>st</sup> June – New teams start** Committees will be known as teams to reflect their 'action' nature. Teams will consist of 'coordinators' who are mentored in their role by experienced members. The new structure of our club is shown overleaf. Please indicate your first and second team preferences on the appropriate sheets at the April meeting if you haven't already done so!

**25-27<sup>th</sup> September – District 23 Conference in Ballarat**

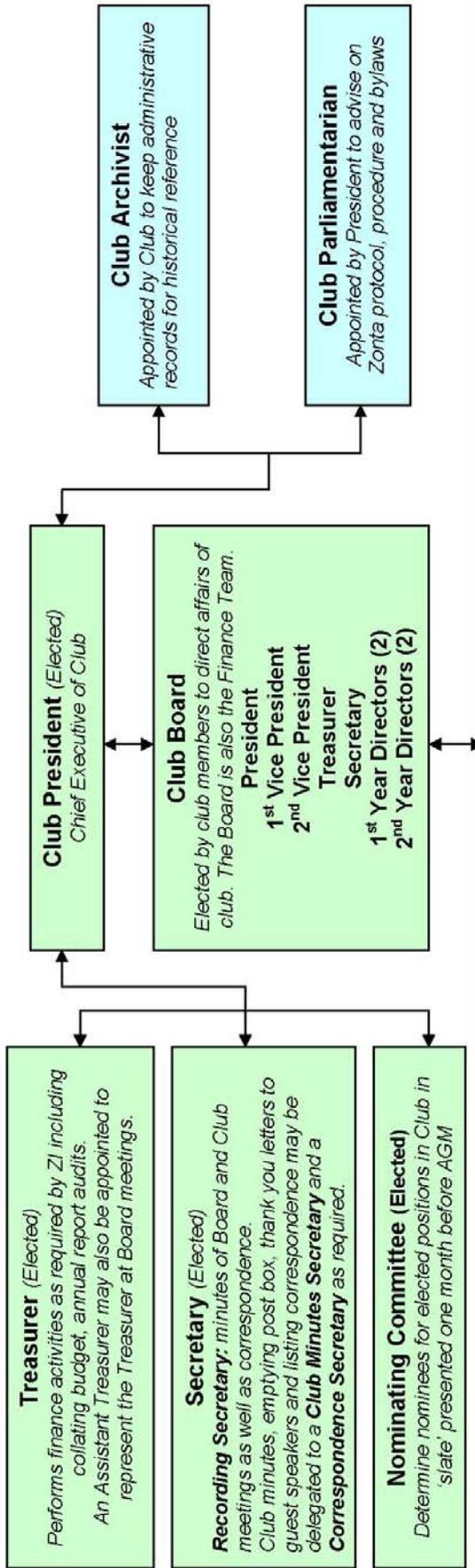
## 9. Club Structure

At last month's meeting, Area 3 Director, Judy Tennant provided an overview of the structure of Zonta from an International perspective. This prompted the Board to create a 'club structure' so members have a better 'picture' of how the new committees, Board and other roles relate. Many thanks to Parliamentarian 'Tricia, for 'fine tuning' the draft!

*Maybe it's true that life  
begins at fifty - But  
everything else starts  
to wear out, fall out, or  
spread out*

*Phyllis Diller*

**Structure of the Zonta Club of Perth**  
**Functions commence on 1 June each year**  
 (Last updated 13 April 2009)



**Members**

All members are in a Team. Team Coordinators are selected by President and approved by Board.

<p><b>Events and Fellowship Team</b></p> <p>Organise fundraising and fellowship events</p> <ul style="list-style-type: none"> <li>• Coordinator</li> <li>• Mentor</li> <li>• Team Members</li> </ul>	<p><b>Service and Advocacy Team</b></p> <p>Birthing kits, breast cushions, Ngarinyin, Yarri Wada and advocacy activities</p> <ul style="list-style-type: none"> <li>• Coordinator</li> <li>• Mentor</li> <li>• Team Members</li> </ul>	<p><b>Awards Team</b></p> <p>YWPA, JMK, AE, Education, TAFE, Women of Achievement Awards and Zonta Holidays</p> <ul style="list-style-type: none"> <li>• Coordinator</li> <li>• Mentor</li> <li>• Team Members</li> </ul>	<p><b>Membership and Program Team</b></p> <p>Recruit, support and retain members.</p> <ul style="list-style-type: none"> <li>• Coordinator</li> <li>• Mentor</li> <li>• Team Members</li> </ul>	<p><b>Public Relations Team</b></p> <p>Responsible for internal and external communication, archives, history, UN info.</p> <ul style="list-style-type: none"> <li>• Coordinator</li> <li>• Mentor</li> <li>• Team Members</li> </ul>
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**Coordinators** arrange meetings and advise Board of team activities  
**Mentors** counsel and train coordinators  
**Team Members** undertake activities as required