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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
- o To Karina Moore via zontaperth@yahoo.com.au

Contact us

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



Prizes galore



R-L: Quiz Master – Stan Wisniewski and scorers, Diana Rigg and Bec Christou



The winning table

1. Quiz Night Raises over \$4,000

Sharron Hickey

Well the Quiz Night is over and what a success!

The evening was very well supported and Cambridge Bowling Club was “bursting at the seams”

Our Quiz Master was Mr Stan Wisniewski who did a wonderful job of overseeing the evening and made question time quite enjoyable. Stan was also the winner of the “Money Jar” – total of \$83.40 (his estimate was \$83.50) and he then graciously donated it back to Zonta.

The winning table received a substantial hamper (which included copious bottles of vino), with the Wooden spoon winners receiving lots of goodies. There were prizes for raffles, games etc, all provided via donation from Zontians. In addition, various sponsors had provided a wide arrange of items for the silent auction, including a great barbecue and a magnificent quilt.

Freda and Hal were presented with a lovely bottle of wine for being the “most senior” people present!

Our thanks must go to Stan, the organizers and to all who graciously donated their time, energy and goods to the evening.

We have raised \$4,811 – a magnificent effort.

Once again, a very big thank you to all who participated.

2. Induction of Val Gandossini

Karina Moore

At the March meeting, District 23 Governor, Alison Martin kindly inducted our newest member, Val Gandossini.

Val is a Training and Development Officer with CLAN WA, a non-Government organization that supports families. Val has a professional background in Early Childhood Teaching and has also taught in Montessori schools - although working with adults is where her real interest lies.

A few years ago she returned to study and completed a post-graduate diploma in Counselling. In between, and whilst raising her family, she worked with her husband in running a family business.

Val is passionate about developing and delivering skills training events; she has also written and facilitated a number of parenting and family relationship courses. She brings to her work role her many years of experience working with children and families in all their diversity, having coordinated a home visiting parenting program for nearly 10 years.

Val is also married and has two adult daughters and in her spare time – when she is not indulging her passion for travel - enjoys reading, rowing and scuba diving.

Welcome to the club Val!



Left to Right: Alison Martin, District Governor, inducts Val Gandossini as a new member

3. Zonta TAFE Community Services Award presented to Catherine Corcoran

Trica Summerfield

This Zonta Club of Perth award has been presented for the past few years to Central TAFE Health and Community Service female students studying Certificate III in Community Services Community Work and Mental Health Work (non-clinical) - leading to them continuing to the Certificate IV level.

The aim of the award is to encourage and support women who have completed the Certificate III to further their studies and complete Certificate IV. The applicants must hold no other scholarships and be able to demonstrate the need for financial assistance.

The 2009 winner of the award, Catherine Corcoran, was presented with a cheque for \$750 at the March meeting. A certificate was presented to Catherine at a morning tea with staff and students at Central TAFE in November.

Catherine is a single parent who has returned to study after leaving school at age 15. She has worked in child day-care and a multi-cultural centre. Her driving passion is empowering women and she would like to work in a women's refuge when she completes her qualifications. She has been inspired and challenged by her studies and is most grateful for receiving the award which will help her complete her course.



Trica Summerfield (right) presents Catherine Corcoran with her TAFE Community Service Award



4. "Nanna Wombie" helps out

Glen Wilson became a grandmother to Campbell Robert Thompson on 8th March. Campbell weighed in at 8lbs 11oz. Big brother, Jack, who is passionate about animals, has already started reading Campbell animal stories!

Glen (Nanna Wombie) spent 3 great weeks over East being chief bottle washer, bed maker and nappy changer. Congratulations Glen!



Glen Wilson is "Nanna Wombie"



5. AGM approaching - are you ready to hand over?

Margaret Medcalf

With the annual general meeting approaching and the appointment of a new team in office for 2010-11, current Club office bearers should make sure their records are in order and ready to hand on to their successor.

All those who have held office in 2009-10, including Team Co-ordinators, should ensure that their records of current interest are passed on to incoming officers and that non-current records of long term value are passed to me for our archives.

Records of no significance should be destroyed, but if in any doubt please let me have them and I will make a decision about their future.

Editor's note: Don't forget that Janet Holmes a Court AC, is our very special guest speaker at our AGM on 13 May. Bring a friend to hear one of the nation's most influential women, in both business and arts world. RSVP by noon Monday 10 May to zontaperth@yahoo.com.au. (Members will be charged \$40 if they do not attend and no apology has been received.)



Janet Holmes a Court will be our special guest speak at the AGM on 13 May 2010.

6. Area 3 Workshop – Saturday May 29th 2010

Carole Theobald

Our club takes great pleasure in co-hosting this year's Area 3 Workshop with A3 Director Judy Tennant and I strongly urge you to come to this year's event.

A small team has been hard at work putting together a program that will appeal to both new and not-so-new members. The theme of 'Footprints in the sand – walking with Zonta' is very apt considering our beachside venue at the Swanbourne Nedlands Surf Life Saving Club. The guest speakers include Elizabeth Shaw, who provided an entertaining presentation to our club following her memorable experiences as the Australian Youth Ambassador to the United Nations – a trip that our club had helped to sponsor. Since her return she has helped to establish a Young UNIFEM club in Perth.

It will also be a great opportunity to find out a bit more about our own club member Diana Rigg, who was recently acknowledged in the top 40 under 40 business entrepreneurs in WA by the WA Business News, catch up with the latest from Zonta International and meeting Zontians from around WA!

This year's event includes a spit roast lunch and has been subsidized and will only cost \$30, so why not book today?



Area 3 WORKshop
Footprints in the sand - walking with Zonta

DATE
Saturday 29 May 2010

TIME
9.30am to 4.00pm

VENUE
Rampart Swan Room
Swanbourne Nedlands
Surf Life Saving Club
282 Marine Parade
Swanbourne

See it on the web
www.zontaperthclub.com.au

HOSTS
Judy Tennant, A3 Director
and the Zonta Club of
Perth Inc.

SPEAKER BACKGROUND

Elizabeth Shaw
Elizabeth Shaw has been in the spotlight for her role in 2008 as one of the Australian Youth Ambassadors to the United Nations. She was awarded an honour to the UN General Assembly in New York.

A son graduate of UWA, Beth has focused on giving youth a voice and helping young people to be the change they want to see in their community, working with youth groups, schools, sporting organisations and Zonta's Young UNIFEM club in Perth.

Diana Rigg
In February 2010, Diana was recognised as one of the top 40 under 40 women in the West Australian Business Awards. A member of the Zonta Club of Perth, Diana is the founder and managing director of a consulting, auditing, engineering and design firm.

Diana is also a past director of a school and a past member of the Zonta Club of Perth. She is the chair of Young Zonta in Perth, which will be a special event.

ZONTA CLUB of Perth Inc
Member of Zonta International

Please see our page for program and to register.

7. Desperately seeking foster carers

Do you know someone that may be interested in being a foster carer? Apparently, there are many children that need care, but not enough carers to help out.

Key Assets is an Independent Fostering Agency that works in partnership with the Department for Child Protection. It is endeavouring to raise awareness of the need for foster carers in the Perth region including Bunbury, Albany and Geraldton.

Key Assets is a non-Government, not-for-profit agency and has charity status. The agency recruits and trains foster carers so that they can provide foster placements for vulnerable children aged 0 - 18, who are unable to remain in their own homes. The foster carers become part of a professional team focusing on the needs of the child or young person.

If you would like to know more about Fostering or have a friend that may be interested, please call Key Assets in Mandurah on 9581 3337 or in Fremantle on 9431 9300 for a chat.



Do you know someone that can make a difference to a young person's life?

8. Sausage Sizzle – May 29th and 30th

Many months ago, the weekend of the 29-30 May was 'ear-marked' for a sausage sizzle at Bunnings, Melville. The weekend was chosen as there was not an Eagles or a Dockers home game... What is the significance of this? No home games means more people doing jobs around the house. They would need to go to Bunnings for DIY equipment and this would lead to more passing trade and more sausage sales for us!

After the booking was made, we found out that the Area 3 workshop would be on the same day...! Never mind – we are sure there will be members, friends and partners who will be available to help out on the Saturday or the Sunday!

If you can spare a couple of hours or know of someone else who can, please email zontaperth@yahoo.com.au.



9. Birthing Kit Information Flip File

The Birthing Kit Foundation recently received AusAID funding to produce a range of PR materials to help promote this amazing project. The Birthing Kit Project has been adopted by all Districts in Australia and a PR pack containing the A3 sized flip file, leaflets and CD has been sent to every club.

The flip file will be on show at the AGM, so make sure you have a closer look! With two birthing kit workshops coming up very soon at St Catherine's and Trinity Colleges, this is a very timely addition to our PR materials.



Birthing Kit Information Flip File



Carole setting up the stall at Canning Vale Markets

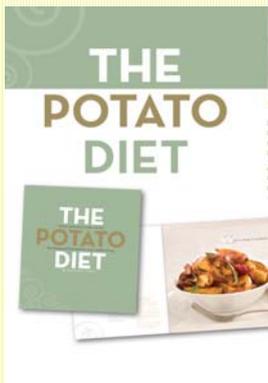
10. At the Markets

Carole Theobald

Many thanks to club members for donating household goods to sell at our Car Park Sale! The students from St Catherine's did a great job helping Zontians to set up the stalls, price items and sell them. Special thanks to Deb Mason for her sterling efforts in coordinating the day! As there were quite a few items left over, Carole Theobald and her husband David took them down to sell at Canning Vale Markets a couple of weeks later. Thanks to our Charity Collections Licence, the Canning Vale Markets did not charge us for the stall! All together we raised \$1,020! A great effort!



Jo Beer, nutritionist extraordinaire, author of the Potato Diet.



11. What are you eating?

At the March meeting, the club welcomed former member Jo Beer, nutritionist extraordinaire and author of the Potato Diet book. Jo provided a very entertaining presentation that made everyone think twice about having just eaten a gorgeous chocolate ice cream dessert!

She pointed out a few sobering facts:

- 35% of people think they have a weight issue, but actually 52% do have a weight problem with 600 Aussies becoming officially obese every day.
- She advised against looking for the quick-fix fad diets, shakes, detox, pills and the proverbial "my friend's mum says..." and reminded us that it may have taken years to put on the weight, so don't be in too much of a hurry to take it off or you could quickly put the weight on again!
- The amount of effort required to burn off the calories for various foods varies enormously – a banana may take a 15 minute walk to burn off, 2 cubes of chocolate a 20 minute walk, but look out for that cheeseburger as it will take a whopping city of surf run to lose it!

She assured us that keeping control of our weight is simple! Just follow a 2-4-6-8 regime that consists of having the following serves of food per day - 2 proteins, 4 carbohydrates, 6 glasses of water and 8 fruit and vegetables.

As for portion control just use your hand to measure foods: a hand palm size for meat, a thumb for cheese and a thumbnail size for butter or spread. Easy!

Jo kindly donated some of her Potato Diet books for our Quiz Night and also for the raffle. Her parting words? Be good to yourself 80 % of the time and for the other 20% - have a ball!

11. Diary Dates

May 13th AGM Dinner Meeting at St Catherine's College, UWA, 6.15 for 6.45pm

This will be a memorable evening with guest speaker Janet Holmes à Court, election of officers and installation of office bearers.

May 29th Area 3 Workshop, Swanbourne-Nedlands Surf Life Saving Club, 9.30 to 4pm

See article above and registration flyer that is available on the club's website. Don't forget to register.

May 29th and 30th Sausage Sizzle, Bunnings, Melville – volunteer today!

June 10th – Gala Presentation Evening, St Catherine's College, UWA, 6.15 for 6.45pm.

With guest speaker Professor Terri-ann White, Director of UWA Press as well as presentations of the Guides, Education and Young Woman in Public Affairs Awards – this will be a fun-filled evening. Flyer available on the club's website.

June 25th – 30th Zonta International Convention, San Antonio, Texas.
Convention Website :- www.zonta2010.org/CalltoConvention.html


Member of Zonta International

Gala Presentation Evening

Thursday 10th June 2010

6.15 pm for 6.45 pm
St Catherine's College, UWA

Presentations will be made for the:
• Young Women in Public Affairs Award
• University Education Award
• Guides WA Leadership Award



Guest Speaker
Professor Terri-ann White
Director, Institute of Advanced Studies
Director, UWA Publishing

Terri-ann White has been involved in all aspects of 30/30 practice as a writer, coach, administrator, public speaker, and reviewer and a publisher. She is the Director of the University of Western Australia Press and the founding editor of the University of Western Australia Press. She is also the author of three books of fiction, editor of three books of art, poetry, and an autobiography, and has been widely anthologised.

RSVP
by 12 noon Monday 7th June
to zontaperth@yahoo.com.au

(Note: Members will be charged for the \$40 dinner if no apology is received)

Download the flyer from our club's website

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