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# MelZon News

**Editor:** Barbara Reithofer

**August 2023**

## **PRESIDENT'S REPORT**

Hi Everyone,

Each month I ask myself "What am I going to write about?"

As it needs to be meaningful and topical, I began thinking about all the things that have happened this year, some good and some sad!

Last week, I was in hospital and struck up a conversation with the attending nurse about our lives and nationalities. She had a Greek background and mine is Italian. We really hit it off. Then another woman came into the ward who was of Greek origin too! It is amazing how a simple hello and talking about our heritage and where we are now can lead to friendship.

So, I decided to write about "friendship" and, as many of us sometimes do, I googled the topic. Low and behold I nearly fell off my chair, as I learned that it was "*International Day of Friendship*" on 30th July – last Sunday... is the universe telling me something???

The original idea for a day of friendship came from Hallmark cards in the 1930's. Originally celebrated on 2nd August, the day was largely viewed cynically by the public as a money-making exercise, so sales of friendship day cards did not take off in Europe and by the mid-1940's the day had faded into obscurity in the USA. The idea of a day to honour friendship was, however, adopted by several countries in Asia, where it remains a popular custom to reserve a day for celebrating friendships and the exchange of gifts between friends.

The first "World Friendship Day" was proposed for 30 July 1958 by the World Friendship Crusade, an international civil organisation that campaigns to foster a culture of peace through friendship. In 2011, 30th July was declared the "International Day of Friendship" by the General Assembly of United Nations.

With the growing popularity of social media throughout the world, there has been an increase in celebrating "World Friendship Day" and "International Day of Friendship" online as well as with various activities in local communities aimed at bringing together people of different backgrounds.

So, let's celebrate our friendships and look forward to making many more in our Zonta circles. Friendship promotes and encourages peace, happiness, and unity.



## **WOMEN FIRSTS IN AUSTRALIA**

### **Michelle Bullock (1963 -)**

On Friday 14 July 2023, the Australian Treasurer Jim Chalmers and Prime Minister Anthony Albanese announced Michele Bullock would head the Reserve Bank of Australia (RBA) for the next seven years. She will be the first woman to take on the role as Governor for the RBA.

She is the current Deputy Governor, Deputy Chair of the Reserve Bank Board and Deputy Chair of the Payments System Board and a member of Chief Executive Women (CEW). Prior to her current role, Ms Bullock was the Assistant Governor (Financial System).



### **Elizabeth Blackburn (1948-)**

This Australian Nobel Prize winner changed history for her staggering discoveries in the sciences.

Specialising in the field of genetics and molecular biology, Tasmanian born Elizabeth Blackburn won her shared 2009 Nobel Prize in Physiology or Medicine for the co-research and discovery in the genetics of DNA and their links to cancer and other illnesses.

# BMZ CLUB

A fabulous first for our Club, thanks to our Director of Membership, Sharon Cook, and Bacchus Marsh Grammar teacher, Caitlin Stephen, whose hard work and determination resulted in the charter of a Z Club (BMZ).

The newly elected BMZ Club Charter President, Jasleen Minhas, is an amazing young woman who will certainly empower other students to get involved in community service locally and globally. Watch this space, as she has a promising future ahead of her.

Thanks to everyone who attended the charter ceremony; please refer to Sharon’s full report and photos below.

**Remember, friendship promotes and encourages peace, happiness, and unity.**

See you all at our next meeting, with more exciting things to come!

*Yours in Zonta,*

**Bianca Heaney**  
President



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## MEMBERSHIP & PR COMMITTEE

**Director: Sharon Cook**

**Members: Julie Handford, Chris McBride, Karen Wright, Janet Stewart**



The committee met last Monday at Karen’s home, who provided a lovely lunch and a warm, toasty fire!

### Fellowship

#### Coffee Mornings:

Members continue to enjoy these regular social mornings on the third Saturday of each month; they provide a great opportunity to get to know each other better and to further develop friendship.

Our next monthly gathering at Urban 35 Café, Cobblebank is on August 19<sup>th</sup> at 10am. Please invite a friend along to enjoy a coffee and chat with us. Karen will email a reminder each month: please let her know if you are **unable** to come, or are bringing a guest, so that the venue can reserve the correct number of seats.

#### The Sound of Music:

A great day was had by those who attended a performance of Sound of Music on July 9<sup>th</sup>. The hills around Ballarat were truly alive, as the Melton Zontians and their friends enjoyed the fabulous talents of the performers, enhanced by simple props and digitally projected scenery that cleverly brought the Von Trapp home, the convent and the alps to the Ballarat Lyric Theatre!

Photos: The Courier, Ballarat



#### Bendigo Gallery – Australian Women’s Weekly Exhibition:

The date for this outing is the weekend of 11<sup>th</sup> & 12<sup>th</sup> August.

The plan is to drive up on Friday afternoon, have dinner and stay overnight. We will go to the gallery on Saturday morning; the exhibition is free and it’s not necessary to book. I’ve been told that it’s a small exhibition, so we should have plenty of time to visit other places of interest around Bendigo, such as the woolen mills, then have lunch before driving home in the afternoon.



At this stage, 5 people will be staying overnight, at a hotel close to the gallery. We will be car-pooling and sharing the hotel and dining costs to make it as inexpensive as possible. If you wish to join us for the overnight stay, please let me know asap, so that I can make the necessary changes to the hotel booking.

Of course, you are most welcome to join us on Saturday morning for the exhibition and sightseeing activities, but please tell me so we can arrange a time to meet outside the gallery.

## Melton Phoenix Soccer Club

If you'd like to watch the Australian Women's soccer team, and be in an exuberant atmosphere, then you're welcome to join other soccer fans at the Melton Phoenix clubrooms on any night that the Matildas play in the FIFA Women's World Cup.



### Club Meetings:



**July meeting:** We celebrated "Christmas in July" with some fun activities including Xmas Trivia. Members came with a festive spirit and dressed in colourful, seasonal attire.

Best dressed prize went to Jane W for her santa-covered oodie!

**August Meeting:** We will have a "Getting to Know You" (member's story) segment at this meeting. Guest speakers are confirmed for September and October.

**Important Reminder:** Please advise of your non-attendance or guests to Chris McBride, by 12 noon on the Friday prior to the Monday meeting. It is necessary for you to advise Chris, as the Country Club must set the tables; often we have a complete table empty due to non-attendance. Please order your meal at the Bistro & drinks from the bar asap before the meeting's 7pm start.

**Friendly Reminder:** if you wish to donate to CCCM (for sanitary products) and don't have any cash to put in the blue box at club meetings, donations can be made by EFT to the club bank account – please include "CCCM donation" in the remittance.

## Z Club Charter & Induction

On Wednesday 26<sup>th</sup> July, we celebrated the Charter Ceremony of the newly formed BMZ Club at Bacchus Marsh Grammar.

It was a privilege to have Past International President (PIP), Val Sarah, assisted by Bianca, conduct the Charter, and then induct 26 girls from years 7 to 11, who were each presented with a membership certificate, lapel pin, Z Club manual and a gift from the Zonta Club of Melton.

Bianca and I, as well as our club members, Jenny Adams, Judy Carter, Chris McBride, Suzanne Leahy and Jane Warren, participated in the ceremony by pledging to help the girls and support the BMZ Club.

The BMZ Club was presented with a Guest Book that had been signed by the VIPS and other attendees, including Area 1 Director Yvonne Lockwood, Sandi Harbison, a friend of Val Sarah, and David McBride (Chris' husband who is always a wonderful support of our club), as well as the Melton Zontians.

Principal, Mr Andrew Neal, welcomed us into the school community and was very supportive of the work Zonta does and the possibilities it opens for his students.

The newly elected BMZ Club Charter President Jasleen Minhas, gave an inspiring speech at the end of the ceremony. She is a credit to her school, family and now Zonta, and I look forward to working with her.

The school provided catering for the event; a specially decorated cake, supplied by our club, was ceremoniously cut. When the bell signaled the end of the lunch break, the students and teachers went back to class, while we were able to stay and enjoy chatting with other guests.

The Z Club came about after teacher, Caitlyn Stephen, contacted me at the end of last year to hold a Birthing Kit packing day. I then gave a presentation to the students about Z Clubs, and it took off from there. Without the dedication of Caitlyn, this would not have happened, as support from the school is vital. So, I am extremely grateful to Caitlyn for her enormous effort and co-operation in getting the Z Club up and running.

And of course, the club would not exist without the amazing young women were keen to start the BMZ Club and be its charter members, as they are committed to undertaking projects to benefit girls and women locally and globally. I thank them for their enthusiasm and willingness to pursue the Zonta mission.

I am excited at the prospect of working with the BMZ Club members, Caitlyn and other teachers, for many years to come.

I thank Chris McBride for coming with me every Wednesday to the meetings and supporting the girls; thanks also to Jenny, Judy, Suzanne and Jane for helping to set up the proceedings.

Bianca, such a busy woman who will print anything I need and sees my vision for certificates etc, thank you so much, I am so grateful for your support. I promise next time will be easier.

And there will be a next time, as this is only the beginning!!!



Mr Neal, Principal



Cakes for the Occasion



Presidents – past & present



Zontians in attendance

*Cheers,*

*Sharon Cook*

Director, Membership & PR Committee

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## Fundraising Committee

Director: Barbara Reithofer

Members: Jenny Adams, Judy Carter, Jane Sultana, Deepti Alurkkar Bagasrawala

I have agreed to take on the role of Director for the remainder of the current biennium. Thank you to the committee and club members for their confidence in me.

### Golden Rose Lucky Envelopes:

Thank you to everyone who purchased the envelopes and helped us achieve a great fundraising result.

- The nett profit was \$920 (after deduction of weekly prizemoney).
- Congratulations to the lucky winners of the weekly prizes, and commiserations to those who didn't win!
- The final weekly draw was conducted on 22<sup>nd</sup> July. The results of the last 4 draws are shown below.

### Golden Rose Lucky Envelopes Results 1<sup>st</sup> to 22<sup>nd</sup> July Winners have been notified

DRAW DATE	WEEK	1st Prize \$50	2nd Prize \$30	3rd Prize \$20
01/07/2023	7	#5	#67	#97
08/07/2023	8	#16	#78	#49
15/07/2023	9	#19	#83	#61
22/07/2023	10	#80	#58	#46

- Thank you, Pauline, for your assistance in notifying and paying the winners.

### Bunnings BBQ Saturday July 8<sup>th</sup>:

It was a very challenging day, weather wise, so I'm extremely grateful to everyone who worked on the day and managed to keep the barbecue going, despite the adversities, including Bunnings staff wanting to close us down at 11am after a gust of wind almost blew the awning away!! But our insistence, and the addition of sandbags, plastic ties and proper gazebo weights, meant the young staff realized that we were determined to keep cooking no matter what...they had under-estimated the tenacity and stubbornness of Zontians!



No sooner had the awning been battened down, the wind subsided, and the rain came, so a mad scramble was needed to stop everything getting wet. And just to add a bit more "excitement" the gas bottle ran out, and police & ambulance were called to help a woman who crashed her car into the wall behind the bbq tent... perhaps she had been overwhelmed by the delicious smell of sizzling snags!!



The cold, windy weather seemed to deter people from their early morning visit to Bunnings, as the sale of sausages was slow at first. However, by 10.30, when the sun appeared, people were lining up for 1 or more hot sausages! The steady flow of hungry customers continued until about 3.30pm. In total, we sold about 55kgs sausages, 8kgs onions and 100 cans of soft drinks.

We have since sold 10kgs of raw sausages to Melton Phoenix Club for \$90. The remaining 5kgs sausages and 5 loaves bread have been frozen for use at the next BBQ on 24<sup>th</sup> September. The net profit was \$1882, which is a fabulous result, especially in view of the cold weather and difficult "operating" conditions.



Thank you to Bianca, Sharon, Jane S, Judy, Jenny, Annette, Julie, Meredith, Ian, Jane W, Chris, David and Pauline who manned the barbie or served customers, to Jane S and Judy for ordering and collecting various supplies, and to Jenny, Bianca, Dickson, Frank and John for their assistance with preparing the supplies and/or setting up. We couldn't have run such a successful barbeque without a big team effort!

**Spring Carnival Race Night:** The Melton Community Hall is unavailable for Saturday 28<sup>th</sup> October; in fact, it's unavailable for most of October, as are all of the Council's other suitable venues. But as the hire fee for council halls is approx. \$500, plus \$1000 bond, even if we could book one of these venues, the cost is becoming unaffordable. So, I'm looking for a cheaper venue e.g. sports club or function room. Trivia Master, Greg Wheelahan, is available on other dates in October, but we need to lock one in asap. We will notify members of the date and venue once they are confirmed. The committee has begun gathering prizes for the "Lucky Straws" and "Silent Auction" at the Race Night, but any suitable items donated by members will be appreciated.



**Trivia & Burger Night:** to be held at Grill'd Restaurant, Woodgrove SC on Sunday November 26<sup>th</sup>. The staff will organise and run the Trivia Quiz for us.

It will start at 6pm and finish around 8.30pm. Cost is \$25pp which includes a burger & fries. Drinks can be purchased from the bar. Please keep the date free and invite your family & friends now. The more that come, the greater the fundraising result! We will set up a booking system closer to the date, so that

we can get an indication of numbers. The entry fee is payable directly to the restaurant on event night.

**"Local Matters Tokens"** – the club will be allocated a token jar at Grill'd Woodgrove for the month of November to coincide with our "Trivia & Burger Night". At the end of the month, the club with the most tokens gets \$300, so that's a 33.33% chance of winning!



More details of each event will be provided closer to the relevant dates.

Regards,

*Barbara Reithofer*  
Director of Fundraising

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## SERVICE

Director: Suzanne Leahy

Members: Lyn Hill, Meredith Martell, Annette Pedersen, Jane Warren, Pauline White



**Dignity Bags:** Thank you to the committee members who worked hard on 29th July to pack many Dignity Bags so they're ready to be given to those in need. The bigger ones will be held, possibly to give to Bunnings for the annual "Share the Dignity" drive. We will replenish the stock of smaller bags, as needed, to give to Melton Police and the "Orange Door" centre in Sunbury. Some of the small bags were given to West Djirra, a Melton organization that provides support services to indigenous women at risk, so that need may be on an ongoing basis too. Many thanks to the members and friends who have generously donated toiletries, including 40 packs of "Pinchapoo" products (another amazing charity) from Kylie Farrugia.





**Support the Girls:**

Thank you to the members who supplied preloved bras; I've now delivered them to the drop-off location "Illusions Lingerie" in Moonee Ponds.

'Support the Girls' is a NFP organisation that provides bras, lingerie and hygiene products to rural and local Indigenous communities and outreach centres. They will be happy to receive any donations of these items (if garments are in good condition). Go to <https://supportthegirls.com.au> for more about this initiative.

**Mental Health Workshop:**

Currently only 15 participants have registered for the Mental Health Workshop. Members are asked to advertise it to as many family, friends, colleagues & social groups as possible, as we really need another 5 to attend. Please refer to the workshop details included at the bottom of this newsletter.



**Birthing Kits:**

I will order Birthing Kit supplies in September and organise the packing days. We hope to use the Phoenix clubrooms again.

*Suzanne Leahy*

Director, Service & Advocacy Committee

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**ADVOCACY SUB-COMMITTEE**

**Chair: Jane Sultana**

**Committee: Bianca Heaney, Annette Pedersen, Janet Stewart**



**Behind the Toilet Door:** We continue to distribute the Financial Literacy posters.

**Australian Financial Complaints Authority:**



This information session on Wednesday 26<sup>th</sup> July at Melton South Community Centre, was well attended by Zontians, Melton Neighbourhood Group and other interested locals.

The speaker, Helena, was very informative and gave a brief, but adequate, insight into the role of AFCA in resolving financial complaints.

**Summary of the Australian Financial Complaints Authority (AFCA) scheme:**

- AFCA is a free, fair and independent dispute resolution scheme, that is an alternative to courts or tribunals.
- Complaints must be about financial products and services, in relation to credit and loans, bank transactions, scams, Buy Now Pay Later (BNPL) contracts, investments and financial advice, insurance or superannuation.
- AFCA is committed to promptly resolving complaints that individuals and small businesses have with their financial firms by helping them reach agreement about the actions required.
- If the parties cannot resolve the complaint, AFCA will decide an appropriate outcome, which is binding on the financial firm involved.
- AFCA may also address systemic issues in the financial system, e.g. customer service practices, call centre matters, lending practices, &/or malfunctioning ATMs.
- AFCA staff are trained to appropriately manage cases involving domestic violence, eg. financial & coercive control.
- Consumers can lodge their complaint by phone, by letter or email, or by completing an online form.

For more information about AFCA, and when/how to lodge a complaint, refer to <https://www.afca.org.au>



**Area Advocacy:**

The 3 issues raised at the last Area meeting are being investigated by Bianca and myself. We will provide details in the next newsletter.

*Jane Sultana,  
Advocacy Chair*

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*Meeting Apologies & Guests*

If you are **unable to attend**, or are bringing guests to,  
the Club meeting on Monday 7<sup>th</sup> August 2023,  
**please inform Chris McBride before 12noon on Friday 4<sup>th</sup> August**

**Chris' mobile is 0403 648 404**

CALENDAR OF EVENTS 2023 (as at 04/08/2023):

MONTH	DAY	EVENT / MEETING	PURPOSE
AUG 2023	7th	Club Dinner Meeting 7pm	General
	11 <sup>th</sup> -12 <sup>th</sup>	Bendigo Trip – Women’s Weekly Exhibition	Fellowship
	19th	Coffee Morning at Urban 35 -10am	Fellowship
	19 <sup>th</sup> & 26th	Mental Health First Aid Workshops, MCC 9am – 4pm	Service
SEPT 2023	1 <sup>st</sup> - 3 <sup>rd</sup>	2023District Conference in Bunbury, WA	General
	4th	Club Dinner Meeting 7pm	General
	16th	Coffee Morning at Urban 35 – 10am	Fellowship
	24th	Bunnings BBQ – volunteers needed	Fundraising
OCT 2023	2nd	Club Dinner Meeting 7pm	General
	TBC	“Spring Carnival Race Night” event – details to come	Fundraising
	21st	Coffee Morning at Urban 35 – 10am	Fellowship
NOV 2023	1 <sup>st</sup> -30th	Local Matters Token Jar – Grill’d, Woodgrove SC	Fundraising
	6 <sup>th</sup> or 13th	Club Dinner Meeting 7pm – TBC (Melb Cup Day on 7 <sup>th</sup> Nov)	General
	18th	Coffee morning at Urban 35 – 10am	Fellowship
	26th	Grill’d Burger & Trivia Night – details to come	Fundraising
DEC 2023	4th	Club Dinner Meeting 7pm – TBC	General

# HAPPY BIRTHDAY

## Birthday Wishes to:

Jenny Adams      3<sup>rd</sup> August  
 Deepti Alurkar    28<sup>th</sup> August

## Anniversary Congratulations to:

Lyn Hill              2000  
 Annette Pedersen    2000



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## *From The Editor:*

### *Gender Pay Gap in Sport*

It's wonderful to see the Matildas doing so well in the FIFA Women's World Cup. And it's fabulous that they are finally getting well-deserved attention from the media, TV networks and the public. There have been several other Australian women achieving great results in sporting arenas around the world, including cricket, rugby, golf, tennis and swimming. However, there is still a long way to go before elite sportswomen are rewarded financially at the same level as sportsmen. The appearance fees, contract payments and prize money in women's sports continues to be far less than that of male competitors.

One example is Samantha Kerr, Matildas Captain, an amazing sportsperson who has won numerous awards around the world. She is the first Australian soccer player (male or female) to have scored a hat-trick in a World Cup, is the only female player to have won the Golden Boot Award on 3 different continents and is considered to be Australia's most influential female soccer player. When she's not playing for Australia, Sam is contracted to England's Chelsea Football Club, in the Premier League, for AU\$2 million.



As a comparison, Matthew Ryan, Captain of Australian Men's team, Socceroos, has played for several European clubs and is currently contracted to a club in the Dutch league, AZ Alkmaar, for \$3.3million pa. Whilst Matthew is a talented and impressive goalkeeper, he has not achieved the same level of success, accolades and media attention as Sam Kerr.

So why are male players still paid so much more than the women?? I can only assume that it is because female sports have taken so long to gather momentum, to become popular as a spectator sport, so that stadiums are full and TV telecasts reach viewing targets. If the momentum continues to grow because of the achievements of Sam Kerr & the Matildas, then it will be the right time for elite sportswomen to demand higher rewards and to be treated and respected as equitably as their counterparts.



**Go Matildas!!!!**

**And to close, a quote on friendship (from Marie Shriver):**

***"When the world is so complicated, the simple gift of friendship is within all of our hands."***

***Barbara Reithofer, Editor***



# Mental Health First Aid Course

brought to you by  
**Zonta Club of Melton Inc.**

Mental Health First Aid (MHFA) is an evidence-based course that teaches community members how to provide a helpful and supportive initial response to someone experiencing a mental health problem or in a mental health crisis.

**Cost:** \$60.00 (includes Morning Tea, Lunch and Afternoon Tea)

**2 Days Training:** Saturday 19th August and Saturday 26th August 2023  
9:00 am – 4:00 pm

**Venue:** Melton Country Club,  
28-30 Reserve Road, Melton 3337

**Bookings:** Please email Jane at [janemargy@gmail.com](mailto:janemargy@gmail.com) for registration. You will be invoiced by return email and all payments must be received by 1st August. Note that numbers are limited to 22 attendees.

## BUTTON BATTERIES AWARENESS CAMPAIGN



**BUTTON BATTERIES CAN KILL**  
Keep all batteries out of children's reach

Warning: If swallowed or inserted, button batteries can cause serious injury or death in as little as 2 hours.

**Did you know?**

- 3 CHILDREN** in Australia have died after swallowing a Button Battery.
- 20 CHILDREN** a week present to emergency departments with a button battery related injury.
- 1 CHILD** every 3 weeks suffers a permanent Button Battery related injury, requiring life long medical treatment.
- ALL CHILDREN** under age 5 are most at risk of a Button Battery ingestion or insertion.

**What are the Symptoms?**  
Symptoms caused by swallowing or inserting a button battery can mimic many common illnesses. In some cases there may be no symptoms present. However, please look out for:

- Coughing, gagging and/or sore throat
- Chest pain, grunting and/or labored breathing
- Drooling, nausea and/or vomiting
- Bleeding, discharge or vomiting of blood
- Food and drink refusal, lethargy and fever
- Dark green or black stool

**How to be Button Battery safe**

- Look for items in the home containing button batteries.
- Ensure items have secured Button Battery compartments.
- Store Button Batteries in a sealed container, up high and out of reach of children.
- Dispose of Button Batteries safely and immediately.

**How to call for help**  
If you suspect a Button Battery has been swallowed or inserted, immediately call the Poison Information Center 13 11 26 for 24/7 expert advice.  
DO NOT let the child eat or drink. And DO NOT induce vomiting.  
In an emergency situation CALL 000 for an ambulance.

YOU CAN SAVE A LIFE.  
VISIT [BELLASFOOTPRINTS.COM.AU](http://BELLASFOOTPRINTS.COM.AU)

**Kidsafe** Child Accident Prevention Foundation of Australia  
**Bella's Footprints** Button Battery Awareness

