



ZONTA
 CLUB OF
 MELTON INC

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MelZon News

Editor: Barbara Reithofer

February 2024

PRESIDENT'S REPORT

Hi Everyone,

Happy New Year to all our members. I hope you had a lovely Christmas with family and friends and that the year has started off on the right foot for you. Or left foot if you prefer that one! I cannot believe how quickly January 2024 is disappearing into February and we have our first meeting for the year on Monday!!!

For me the year started off with cleaning, getting rid of clutter and I've actually found space in my sewing room. Then it was gardening, picking vegetables, more cleaning, more gardening and more cleaning. It is amazing what I found, and the time spent reminiscing over old family photos. I am not quite finished but feel excited about what I have achieved so far. So much so, that I have set myself a theme this year. It is a song that has been following me around on the radio and on television..... So, I'm sticking with it! It goes something like this – *"I'm so excited and I just can't hide it, I'm about to lose control and I think I like it..."* that was enough to set me up for the year.



Zonta Roses in my garden

I hope you have also set up some goals for the coming year and in particular, taking time out for you!

I read an interesting online article published by the Australian Women's Weekly on 23rd January 2024 titled ***"The burnout epidemic: Why Australian women are more at risk"***. As I was reading it (early morning in bed) I found myself saying "wow, this is what happened to me last year!". I am not alone, as I have been chatting with other women that tell me they have a similar experience. As a Zontian, we take the time to help, support and care about other women. Sometimes we don't even know who they are! I am deeply grateful to be amongst a group of women who do care and have an impact on other women in our community. Below is a snippet of the article.

If you want to read it in full, here is the link. <https://www.womensweekly.com.au/health/symptoms-of-burnout/>
 The author is Eva-Maria Bobbert.

The Gender Burnout Gap

"Australian workers reported the highest burnout rates in the world," says Brooke Taylor, an award winning career coach who says women suffer burnout disproportionately to men. "Just like there's a wage gap, there is also a burnout gap. According to the 2021 Women in the Workplace report, the burnout gap between men and women has nearly doubled since 2020," says Brooke. "Working mums are 28 per cent more likely to experience burnout than working dads."



- **Find out why** - "Thinking about what brings you joy is not something many people do on a daily basis," says Peta, "but being clear on your purpose, and reminding yourself of it each day, is a wonderful way to motivate and guide your integral daily practice."
- **Check in with others** - If you sense that someone in your life is emotionally exhausted, reach out to them. "Invite them for a coffee or a walk and acknowledge that they haven't seemed themselves lately,"

Source: Eva-Maria Bobbert is the Lifestyle Director of The Australian Women's Weekly.

PLANNING FOR 2024

Our Board members met on Saturday to start planning for the next four months! The new Zonta year starts on 1 June 2024 and there will be a new Board taking over.



More information will be provided at the Club February meeting, but current plans include:

- * Taking part in the Matt Jones (Motorcycles) Community Day on 1st March. This will be a great way to promote our club and show women why they should get involved. The venue is close to Bunnings on Ferris Road, Melton.
 - * Possible Financial Literacy information session at Darley Community House
 - * Participation at the Health Promotion Forum on 2 May – Zonta to speak at a breakout session – details TBA.
 - * The International Women’s Day Dinner is always a big hit – on 14 March this year.
 - * Fundraising will keep us busy with various activities including another Bunnings BBQ
- * Membership is also planning our dinner meetings, social outings, and monthly morning teas at Urban 35.
- * Area 1 & 4 Workshop is in Bendigo on 16th March 2024. This is a great opportunity to meet with members from other clubs and get the latest updates on what is happening in Zonta.
- * The Club’s new website is up and running. More information will be added shortly but please have a look at it <http://www.zontaclubofmelton.org.au/>

The Nomination Committee is busy seeking candidates for the incoming Board. Please consider taking on a position when asked. Getting involved provides you with valuable experience, with the support of previous Board members.

In closing, some words of wisdom by Ali Wong (American actor, comedian and author):

***“A lot of people like to ask me, “How on earth do you balance family and career?”
Men never get asked that question! Because they don’t.***

See you all soon,

Bianca Heaney
President



MEMBERSHIP & PR COMMITTEE

Director: Sharon Cook

Members: Julie Handford, Chris McBride, Karen Wright, Janet Stewart, Gerry Addicott



Our committee will meet at 12.30 on Thursday 1st February at Bacchus Marsh to plan the rest of this year. We are looking forward to an exciting and, as usual, busy year for our Club.

FELLOWSHIP

Coffee Mornings

Our morning teas at Urban 35 on Saturdays at 10.30, will be on the following dates:



- **February 17th**
- **March 16th** – note this is the same date as the Area Meeting in Bendigo, but those who don’t attend that can still go to Urban 35.
- **April 20th**
- **May** – None due to Bunnings BBQ on 18th May – all hands needed on deck!!!



Amelia Earhart Brunch

11 members (& 1 grandchild) gathered from 11.30am on 20th January at Urban 35 for a casual brunch to celebrate Amelia Earhart Month, and to enjoy the first social morning for the year.

It was a lovely way to reconnect with members after the Christmas break, and to commemorate a very famous Zontian, Amelia Earhart.

Upcoming Outings

March 2024: Ahn Do already booked for Thursday 21st March at 7.30
- We still need to organise transport and maybe dinner beforehand.

No other social outings planned at this stage.



MEETINGS

- **February 5th** - Councillor Sophie Ramsey will talk about the changes she's seen in Melton since her time in Council.
- **March 4th** – no speaker booked, as yet.
- **April 8th** - AGM (note: date change due to Easter long weekend on Monday 1st April)
- **May** - Changeover dinner to be planned – date & venue will be advised asap.

Please remember to send apologies and guests to Chris McBride by lunchtime on the Friday before our meetings.

BMZ Club

Dignity Bags 2023

As previously reported, the BMZ Club had received an enormous quantity of donated items from the school community, which were then assembled into 67 Dignity packs and toiletry bags by the girls and Zonta members. In December, the toiletry bags were delivered to the Bacchus Marsh Police station, and the rest were divided between the Darly Neighbourhood House, the Food Bank and the Uniting Church.

I am sure with times being difficult, especially around Christmas, these packages will help many women and girls in our community. I sincerely thank the parents, students, and staff of Bacchus Marsh Grammar for their amazing support of this project for the BMZ Club.

This was the last activity for the Z Club in 2023, and they should all be very proud of their achievements since the Club was formed in July 2023.



BMZ & Zonta members with the Dignity packs

Planning for 2024

School is back this week – “Yay! said no teacher eva”!!! 😊



First meeting Monday 5th Feb at Lunchtime. All meetings will be held on Mondays this year. I will send out a roster for members to help at these meetings. The girls are planning a IWD event – no details but lots of ideas!!!

Caitlyn and I are going to meet with them and get some structure happening regarding the meetings and organising events. We will make the roles clear, refer them to the Z Club Manual, and encourage them to include the younger students in decision making, and to promote and advocate more with articles in a newsletter and presentations at assemblies.

I'm looking forward to another great year in 2024 with the teachers, Caitlyn & Rufaro, and the BMZ Club members.

*Cheers,
Sharon Cook
Director of Membership & PR*

Fundraising Committee

Director: Barbara Reithofer

Members: Jenny Adams, Judy Carter, Jane Sultana, Deepti Alurkkar Bagasrawala, Alexandra El-Khishen



Rotary of Ballarat South Community Raffle – for sale to 30th April

Tickets cost only \$2.00 each. The club will receive \$1.60 (80%) for each ticket sold.

1st prize is a Hyundai Tucson valued at \$38,600. 2nd prize: \$1000 Bunnings voucher.

- 41 books taken by members so far, so 59 books currently on hand.
- Members who haven't already taken a book, or those who require more books, please come and see me at the Feb dinner meeting.

- If you have sold all tickets in your books, please return the stubbs with the correct cash (\$20 per book) in an envelope to me as soon as possible.
- If you prefer to remit the funds to the Club's bank account, please include your name and total number of tickets sold in the reference. Then email a copy of the remittance to Pauline and me. You will need to return the ticket stubbs to me asap.

➤ We will be selling tickets at the Bacchus Marsh Village Shopping Centre, as follows:

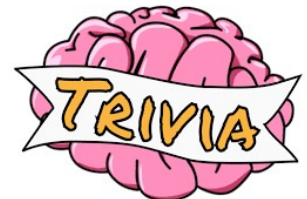
- Thursdays & Fridays (9am to 5.30pm) & Saturdays (9am to 4pm) from Feb 8th to March 2nd.
- A roster will be sent to all members asap to fill. If possible, we would like 2 members per shift (2 shifts per day) as well as 1 emergency person per day.
- A table and 2 chairs will be provided (by me) & located near the Food Court (a high traffic area).

❖ IWDD raffle – Thursday March 14th 2024

More "quality" prizes are needed for the raffle so if any members have any suitable items to give or know any businesses that may be willing to donate goods, please let me know asap. The committee will also try to get prizes from some of the larger retail stores in Melton.

❖ Trivia Night – Saturday 20th April 2024

- Trivia Master Greg Wheelahan is booked.
- Toolern Vale Community Hall has been booked, as it is the only suitable Council venue available on that date. But we will continue to look for other venues, such as church or scout halls, preferably located in Melton.
- Melton Phoenix will confirm if their clubroom is available as soon as they have received the FFV 2024 fixture.
- More details will be provided asap, but please mark the date in your diary and tell your family and friends to do the same.



❖ Bunnings BBQs

- Bunnings has given us two dates on Saturdays for this year: 18th May and 19th October.
- Please mark these dates in your diary, and try to keep the day free, or at least a couple of hours!
- More details closer to each event.

The committee is busy planning these fundraising activities for 2024 and we look forward to working with members to ensure each event is another great success!

Regards,

Barbara Reithofer
Director of Fundraising



SERVICE

Director: Suzanne Leahy

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



INTERNATIONAL WOMEN'S DAY DINNER



Thursday 14th March 2024 at Melton Country Club
Guest speaker, Kerry Cue.

- The flyer for the IWD event was distributed this week (attached below).
- Bookings essential - book and pay online via Trybooking <https://www.trybooking.com/events/landing/1171926>

- Tickets \$70pp, for sale from 29th January to 29th February.
- You can use the link above to go directly to the correct booking page, or else search for the event in Trybooking using "Zonta", the postcode 3337 & event date 14/03/2024.
- The venue can only fit a maximum of 120 people so book your seats early to avoid disappointment.

BIRTHING KITS

I received an email in relation to the Birthing Kits we packed last year. They were distributed in the following countries:

- DR Congo - Redefined Ministeries & Beaton Association
- Ghana - Women's Health & Welfare
- Nigeria - Diocesan Health Inclusive



Not that it was hard work for us, but it makes it worthwhile when you learn where our 'birthing kits' will be used.

More information about the kits and related projects can be found at www.bkfa.org

DIGNITY BAGS

We are overloaded with Dignity Bags, so if you know of any organisations in need of these please let me know.

There are quite a lot of bags already made up, as well the goods to make up more, but if you still wish to donate toiletry items, we need small, roll-on deodorants.



Suzanne Leahy

Director, Service & Advocacy Committee

ADVOCACY SUB-COMMITTEE

Chair: Jane Sultana

Committee: Bianca Heaney, Annette Pedersen, Janet Stewart



District Advocacy Group have not met this year; the next meeting is in February.

The Sub-committee is considering holding a Financial Literacy workshop at the Darley Neighbourhood House and attending the Western Health "Melton Health Promotion Forum" in May – details will be provided asap.



Jane Sultana
On behalf of the Advocacy team

CALENDAR OF EVENTS 2024 (as at 01/02/2024):

MONTH	DAY	EVENT / MEETING	PURPOSE
FEBRUARY 2024	5th	Club Dinner Meeting 6pm at Melton Country Club	General
	8.9 & 10th	Selling of Raffle Tickets at Bacchus Marsh Village SC – roster will be distributed asap.	Fundraising
	15, 16 & 17th		
	22. 23 & 24th		
	29th		
	17th	Social catch-up at Urban 35 – 10am	Membership/Fellowship
	24th	Board Meeting 10am – Barbara’s place	General
MARCH 2024	1st	Matt Jones Motorcycle Community Day 5pm – 9pm - TBC	Membership/PR
	1 st & 2 nd	Selling of Raffle Tickets at Bacchus Marsh Village SC 9am -5pm	Fundraising
	5th	Club Dinner Meeting 6pm	General
	14 th	International Women’s Day Function – details TBA	Service
	16 th	Catch-up at Urban 35 / Area 1&4 Workshop in Bendigo	Membership /General
	23 rd	Board Meeting 10am – Suzanne’s place	General
APRIL 2024	8th	Club AGM & General dinner meeting (date change from 1 st April)	General
	20th	Catch-Up at Urban 35 / Trivia Night – details to come	Membership /Fundraising
	27 th	Board Meeting 10am – Sharon’s place	General
	30th	Last day for all Community Raffle Tickets (sold & unsold) & money to be returned to Fundraising committee	Fundraising
MAY 2024	2 nd	Health Forum - TBC	Advocacy
	6 th	Changeover dinner – date & details to be confirmed	General
	18 th	Bunnings BBQ – helpers needed	Fundraising
	25 th	Combined Board meeting (outgoing & incoming) – Bianca’s	General
JUNE 2024	3 rd	Club dinner meeting 6pm	General
	25 th to 30 th	ZI Convention, Brisbane – program, registration and accommodation details are on ZI website and in ZI magazine	General

Meeting Apologies & Guests

If you are not attending, or are bringing a guest to the Club dinner meeting on
Monday 5th February 2024
to Chris McBride before 12noon on Friday 2nd February

Chris’ mobile is 0403 648 404



Birthday Wishes

Lyn Hill 28th Jan
Suzanne Leahy 19th Feb



Anniversary Congratulations

Deepti Alurkkar Feb 2020

From The Editor:

1. South Australian Government to hold Royal Commission into Family and Domestic Violence

Key points:

- A round table meeting was held between the SA government and domestic violence campaigners.
- Six people died in alleged family and domestic violence incidents in the last few weeks of 2023.
- Premier Peter Malinauskas said they had considered the question of having a South Australian royal commission with "a degree of caution" rather than adopting findings from the Victorian royal commission. "The Victorian royal commission is now approaching a decade old," he said. "The South Australian context is different, the legislative environment is unique along with the service delivery settings that we got in our state.
- He said: "The government has been satisfied that there is a need for a royal commission in South Australia into family and domestic violence."
- ...This royal commission is expected to cost about \$3 million.
- A decision on the terms of reference and who will be the royal commissioner are expected to be announced no later than February.

Domestic violence campaigners and thousands of South Australians took to the streets in November calling for a royal commission after four women were allegedly killed in separate and unrelated incidents over the course of a week. Ms Rosie Batty, said a royal commission into domestic violence would "transform the system" and "save lives". "We cannot keep doing the same as what we've been doing because we are failing too many people," she said.

Mary Leaver, from SA's peak body for family and sexual violence services Embolden, said: "We welcome the premier's commitment to this being an efficient and effective process that will deliver our state a critical blueprint for change that will keep women and children safer in South Australia," Ms Leaver said.

(Source: report by Josephine Lim, ABC News, on 12 December 2023)

Editor's Comment: This is good news; however, the safety of women in SA will continue to be at risk while the royal commission is conducted and until its findings are implemented. Even then, will it do enough to have an impact? The Victorian royal commission has not resolved the problem or reduced the rate of family violence in this state. That is why Zonta Clubs around Australia must continue to raise awareness, to educate, to advocate, and to support women's refuges and service agencies, to ensure that the number of women brutally killed or assaulted by their partner, relative or known assailant will be drastically reduced in 2024 & beyond.

.....

Number of Australian women killed in 2023:

Sixty-one women were killed in a violent way in Australia last year.

STATE OR TERRITORY	NUMBER OF WOMEN KILLED
NSW	17
QLD	11
TAS	1
VIC	10
NT	3
WA	8
ACT	3
SA	8

Number of women killed as of December 21, 2023.

ABC News: Georgia Roberts Source: [Counting Dead Women Australia](#) [Get the data](#)



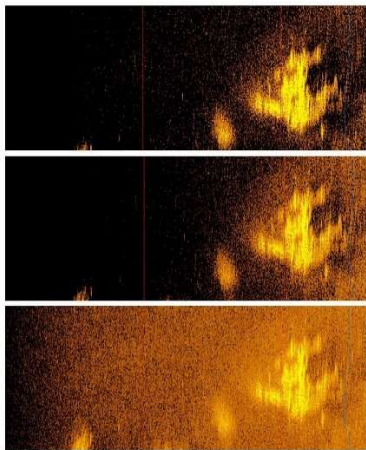
Rosie Batty, Mary Leaver and SA Premier Mr Malinauskas at announcement of royal commission
(Photo: Stephanie Richards, ABC News)



2. Amelia Earhart's Lost Plane may have been found!

(Source: ABC News, Audrey Courty, 31st Jan 2024)

American 'aviator, Amelia Earhart, and her navigator, Fred Noonan, vanished in July 1937 ...on their way to the tiny Howland Island in the heart of the Pacific Ocean...The pair's disappearance became one of aviation's greatest mysteries, fascinating historians for decades and inspiring conspiracy theories galore.



(Photo supplied by Deep Sea Vision)

Now, more than 86 years later and after countless searches of the Pacific, sonar images from an underwater exploration company may be the latest clue for solving the mystery of their whereabouts...

South Carolina-based *Deep-Sea Vision* CEO, Tony Romeo, told ABC News Breakfast he was confident his team had found Earhart's missing plane resting on the ocean floor near Howland Island. Deep Sea Vision's exploration team spent 90 days searching around 13,500 square kilometres of the Pacific Ocean floor, though it is keeping the exact location of the find confidential for now.

"We've got a very strong-looking image of the aircraft," said Mr Romeo, a former US Air Force intelligence officer..."The three things that really stand out are the tail section, which is the twin vertical stabilisers on the back"...

The team that made the discovery is planning to take more images to confirm it is the long-lost Lockheed 10-E Electra plane.'

Editor's comment: Since Amelia's plane disappeared, there has been many fruitless searches, and many theories debated, including abduction by aliens, or Earhart living in New Jersey under an alias, and speculation that she and Noonan were executed by the Japanese or died as castaways on an island. Marine archeologists are quite hopeful about the latest images, but they want to see more images to conclude that it's Amelia's plane. If it is, then surely vigorous debates will begin about whether the plane should/can be raised, and if so, where it should be kept, and if the wreckage will reveal the cause of the crash. I certainly hope that it is Amelia's plane, so that her family and her many fans will finally get answers to this enduring mystery!

Barbara Reithofer
Editor



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CLUB OF
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MEMBER OF ZONTA INTERNATIONAL
EMPOWERING WOMEN
THROUGH SERVICE & ADVOCACY



INTERNATIONAL WOMEN'S DAY ANNUAL DINNER 2024

MELTON COUNTRY CLUB
28-30 Reserve Road, Melton, 3337

Thursday, 14th March 2024
6:30 p.m. to 11:00 p.m.

Special Guest Speaker: Kerry Cue

And When You Smile Try to Look Sane

Kerry Cue is known for her witty, insightful, and laugh-out-loud explorations of the human condition. In this talk, Kerry will take you on a journey through the quirks and challenges of womanhood. With her knack for turning everyday moments into extraordinary stories, Kerry will leave you laughing, possibly crying but definitely pondering ways to overcome those ridiculous pressures placed on women in our culture.



Kerry Cue studied Science/Engineering at Melbourne University and taught maths and chemistry for 10 diabolical years before turning to humour and writing for newspapers, TV and radio as well as penning 22 books. Kerry is also the comic Maths blogger, Mathspig (1.6M hits) and she spoke at the International Congress of Mathematical Education in Hamburg in 2016. She had 2 books published in 2019, **TARGET 91**, a suspense novel about American gun culture (Penmore Press, Tucson, AZ) and **The Sunday Story Club** (PanMacmillan), a non-fiction book, co-written with Doris Brett.

Tickets \$70.00 pp includes 2 course meal.
Drinks to be purchased at the bar.

BOOKINGS ESSENTIAL

Book and pay online via Trybooking

<https://www.trybooking.com/events/landing/1171926>

from 29th January 2024

Bookings close 29th February 2024.

GENERAL ENQUIRES email info@zontaclubofmelton.org.au