

ZONTA
 CLUB OF
 MELTON INC

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MelZon News

Editor: Barbara Reithofer

November 2023

PRESIDENT'S REPORT

Hi Everyone,

Where has the year gone? It is November, isn't it?

November is the time to remember, to celebrate, to enjoy life and enjoy all that is happening in the world around us. But it is also a time remember those we have lost, family members and friends.

Remembrance Day is on 11th November each year. The loss of Australian lives from all wars and conflicts is commemorated on Remembrance Day. We will remember them. Lest we forget.



There is so much going on around the world. Many women and children have died, have been displaced or are trying to flee from these terrible events.

Ukraine has resisted Russia's assault, but after a number of years of fighting, there's no end in sight to the war.

After one month of bloody conflict, the majority of Israelis continue to back the government's devastating response to the Hamas attacks. **Gaza death toll reaches more than 10,000, health ministry says**



"The territory has become a 'graveyard' for children after continuing bombardment."

"Every day, civilians in Sudan are being killed and displaced as the conflict continues to rage; countless lives have been needlessly destroyed in the last six months. There are many more conflicts occurring around the world now.

Take a moment also to remember how lucky we are to live in Australia.



Zonta's 104th Birthday is on 8 November!

16 DAYS OF ACTIVISM

Starts 25th November on International Day for the Elimination of Violence Against Women and ends 10th December on Human Rights Day.



Our Club will be participating in the "Walk with Her" event on 26th November at Hannah Watts Park. We will also be supporting the Melton Central Cricket Women's team on 10th December at their cricket grounds on Reynolds Pl, Melton South. Banners will be placed around the cricket grounds stating "**Zonta says NO**" and "**UNITE! Activism to end violence against women and girls**".

The Orange Ladies figures will be displayed at local libraries and community centres around Melton during the 16 days of activism. Each of the days will have a special theme.

NEWS FROM ZONTA INTERNATIONAL! In case you missed it –

❖ Zonta Excellence in Service and Advocacy Awards

The Zonta Service Recognition Awards are now the Zonta Excellence in Service and Advocacy Awards. Submit a [Share Your Story](#) action **by 29 February 2024** to have a chance to be recognized for the Zonta Excellence in Service and Advocacy Awards. Submit your action today and take a step towards inspiring change and making a positive impact on the world. If selected, your achievement will be celebrated with the global Zonta community at the 2024 Zonta International Convention in Brisbane, Australia.



- **As we have been very busy promoting Zonta through service and advocacy, we may have a chance to win this award so let's start thinking about "sharing our story" with ZI.**

Check the ZI website for the guidelines.

❖ Zonta International are encouraging new members to join their new member sessions on 16th November

Please encourage all new members to join Zonta International **on 16 November** for one of two new member sessions that offer insights into the history of Zonta, the programs we support and the resources available to them. Visit the [Zonta Events page](#) to register.



ZI International Convention - NEWS UPDATE



Start Planning for Brisbane, Australia.

Excitement is in the air as we look forward to the 2024 Zonta International Convention in Brisbane, Australia. Early registration starts in January but take the first step by visiting the [convention website](#). You can start exploring the [daily schedule](#) that will help you plan for your convention adventure. You can also find the [registration rates](#) and be inspired by our [keynote speakers](#).

As a friendly reminder, we anticipate that accommodations will quickly fill up as we approach Convention. Therefore, we highly recommend booking your room as soon as you can on [Clix](#) or [Novotel](#), and do not miss the opportunity to be part of something truly special.

Zonta's 2024 Convention is supported by the Queensland Government through Tourism and Events Queensland.

BMZ Club

BMZ Members are doing very well and will be participating at our club meeting on 13 November 2023.

ZONTA CLUB OF MELTON FEATURED IN THE AUSTRALIAN SUPERFINE WOOL GROWERS' ASSOCIATION ANNUAL THIS YEAR - See the article at end of this newsletter

QUOTE FOR THE MONTH BY @drrebeccaray

"And in the end, of all the things I wish to say about my life, most importantly I want to be able to say I was doing life the best I knew how and learning continuously to do it better."

For me, this quotation sums it all up; it has been a tough year fighting each battle the best I can because I know I am right! Don't give up as you will always have friends to support you if you reach out.

Always strive to be better, to help better, to live better, no matter the circumstances.

Yours in Zonta,

Bianca Heaney
President



MEMBERSHIP & PR COMMITTEE



Director: Sharon Cook

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

Fellowship

Coffee Mornings

Don't forget our regular gathering at Urban 35 each month. Please invite a friend along to enjoy a coffee and chat with us.

Karen sends out a reminder each month, so try and let her know if you are **unable** to come so they can set the correct number table for us.

Outings

Q&A

Chris, Annette, Pauline and I caught the bus from Melton Station and went into the ABC studios to watch a live recording of Q & A. The topics covered were the Referendum – No Vote & the Israeli/Palestinian War. The discussions at times were lively and the audience questions were thought-provoking and interesting. It was great to see some Secondary Schools represented, particularly Lakeview Secondary from Caroline Springs.



Although it was a late night it was well worth the trip into town, even if it was just for the photos!!!!

Ballarat 45th Birthday Celebration

Wednesday 25th October saw 6 members, Bianca, Karen, Janet, Jane S, Suzanne and me, travel down the highway to Ballarat to help the Zonta Club of Ballarat celebrate 45 years of service and advocacy. Despite the terrible weather, 4.5 degrees on the way there, the company and welcome were warm and inviting.

It was an entertaining evening with all the guests having just 30 seconds to tell their Zonta story, such fun.



The guest speaker of the evening was the wonderful Val Sarah, AM CJSJ PIP, Charter President and Past International President. Her story was much longer than ours and filled with many exciting and interesting encounters. Her passion for all things Zonta is infectious and it is so easy to get swept up with her. Val told her story, which was very entertaining. She was presented with a 45 years of service pin by Catherine Taylor. The guests were all given a key ring that Val had collected from all the conventions she had attended over the past 45 years.



More photos are included at the end of the newsletter.

January 2024

An outing to celebrate Amelia Earhart Day is being planned.

March 2024

11 members will be heading to Ballarat to see Ahn Do's show.

Club Meetings

November

Elizabeth Payne will be talking to us about Human Trafficking.

There will be 11 BMZ Club members and 3 teachers joining us from Bacchus Marsh Grammar – we will be presenting the ZI Certificate to them.

Please order your meals at the Bistro as per usual and **advise of any non-attendance and guests to Chris McBride, by 12 noon on the Friday prior.**

Don't forget to arrive at MCC by 6pm for a 6.30 dinner and meeting start at 7pm.



December

Our Christmas meeting is being planned and will be held at the Melton Country Club on our regular date of 4th December, so please mark it in your diaries and ask friends and family to join us for a fun-filled celebration of another fantastic year. An invitation with more details will be emailed shortly.

BMZ Club

The BMZ Club have been busy since their return to school after the holidays. They held an activity to highlight and promote **RU OK Day** – not so successful but lessons learned.

The next project was to raise funds and highlight **"Pinktober"** – so they held a Bake Sale on Friday 29th October.

In preparation, they were in the kitchen after school on Wednesday 18th and, with the help of staff, Annette and Bianca, they baked their socks off making Cake Pops, Brownies and Choc Chip Cookies.

On Thursday 19th after school, Chris and I helped pack the baked goods ready for sale the following day.



Let me just say, this was a huge success with the students being sold out within 15 minutes and raising over \$500. I was told that this was the most that any student-led fundraiser has made in the history of the school. I imagine that next time, twice as much baking will be done!

The funds raised will be donated to **"Pinktober"**. The Z Club is now organising to collect goods for "Dignity Bags" to be donated to organisations in Bacchus Marsh. They will be holding a competition in the school - the class that donates the most goods will win a Pizza lunch or similar. We have given samples/ideas of what is best to use.

The support the girls are getting from the staff is amazing. Miss Caitlyn Stephen and Miss Rufaro Zivave are there every meeting and after school, giving advice and help - thank you so much for your assistance. The Club would not be nearly as successful if not for your help!

New Members

In September, President Bianca Heaney inducted 3 new members to the Zonta Club of Melton. Members were presented with a pack containing Membership certificates, Constitution, badges and, of course, a rose. We welcome Katie, Geraldine (Gerry) and Alex and look forward to getting to know them and working together to advance the status of women and girls in our community. Congratulations, ladies!



Bianca & Sharon with Gerry & Katie..... & Alex.

Cheers,
Sharon Cook
Director, Membership & PR Committee

Fundraising Committee

Director: Barbara Reithofer

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



Bunnings BBQ Sunday 24th September:



The weather was a perfect sunny 24C, as predicted, but the steady stream of hungry customers far exceeded all expectations. The cooks and servers worked at top speed to keep up with demand as many customers bought several snags at once. The absence of wind and rain eliminated the difficulties of the last BBQ, but new challenges arose, with supplies running out and problems with the gas bottle, but the volunteers battled on, determined to keep the sausages flowing!

I am extremely grateful to the committee, club members and partners that put in a tremendous effort on the day, resulting in a fantastic profit of \$1930!

Race Night – rescheduled to Saturday 11th November:

Unfortunately, we had to cancel the Zonta Cup Carnival event on 14th October due to insufficient numbers. However, we have now joined with Melton Phoenix FC for the “Zonta Phoenix Cup Carnival” on Saturday 11th November at 6.30pm (for 7pm start).

We have received enough bookings to proceed with the event. However, seats are still available and should be pre-booked on Trybooking by Friday 10th Nov. We’d like more people there to make it a success, so please attend if you can. It’s guaranteed to be a great night out, while helping to raise funds for Zonta’s projects & Phoenix’s soccer programs! Note: BYO snacks only. Drinks are available for purchase. “Dress to Impress” in racing attire!



Trivia & Burger - Sunday 26th November:



Join us for another fun night out at Grill’d Restaurant, Woodgrove SC Food Court. It will be low key and casual, but comes with a delicious burger and fries, and 4 rounds of Trivia questions. Entry cost is \$25pp which includes the meal. Drinks are available for purchase. It starts at 6pm and should finish at approx. 8.30pm so it won’t be a late night out. Great prizes for the winning team. There will also be a small raffle.

As a minimum of 15 is needed for the event to proceed, we need to know who will be coming.

So please register your attendance by emailing me on b.reithofer@live.com before Monday 20th November. Payment of the entry fee will be to the restaurant on the night.

A flyer with all the details will be distributed next week.

“Local Matters” Token Jar: If you eat at Grill’d at any time during the month of November, including on our Trivia Night, please be sure to ask for your “Local Matters” tokens and place them in the jar labelled “Zonta Club of Melton”. The club whose jar has the most tokens at the end of the month will receive \$300 from Grill’d.

We really appreciate the opportunity from Grill’d to raise funds via the token jar and Trivia Night. But we need the support of the members, your family and friends to achieve a good fundraising outcome. So please come along to the Trivia Night and remember to put your tokens in the “Zonta” jar whenever you dine at Grill’d!



Home Made Goods for sale - at the next club meeting, jars of home-made Orange Marmalade will be available to buy; prices range from \$5 for small, \$8 for medium, and \$10 for large jars. All proceeds will be for Zonta projects.

Barbara Reithofer

Director of Fundraising

SERVICE

Director: Suzanne Leahy

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



Dignity Bags:

We are still in need of deodorant, but we've given the larger donated toiletry items to CCCM and Kirrup to use on their food bank days. Both groups were very appreciative. We do have quite a few bags completed, so if you know of any organisations that could use them, please let me know.

Birthing Kit Assembly Day:

This was held at the Phoenix club rooms on Sunday 29th October - thank you to all the members and David who were able to attend. We had a very productive morning and a nice morning tea. We assembled 400 birthing kits which will be sent off to BKFA. Also, a big thank you to Melton Phoenix FC for the use of their clubrooms.



16 Days of Activism - 25 Nov to 10 Dec:

We will be working with Western Health to attend the "Walk with Her" at Hanna Watts Park on 26th November between 10am and 12 noon. Trinity from Western Health has organised Real Estate signs, 3,000 of the flyers to be distributed throughout Melton, Rotary Club to do a BBQ, a photographer from the local paper, and various other advertising.

We have quite a few "Orange Ladies" to distribute -
3 x sets of small size, 9 x medium size, 8 x large size and 16 x big size.

We are going to place them at the following locations - throughout Hanna Watts Park on the day of the 'Walk with Her', the Melton Library, Caroline Springs Library, Sunbury Library, and other community venues. If you have any other ideas, please let us know.



The women's cricket match has been postponed until 10th December, the last day of the 16 Days, so we will celebrate that day - more information will be available later.

Suzanne Leahy

Director, Service & Advocacy Committee

ADVOCACY SUB-COMMITTEE

Chair: Jane Sultana

Committee: Bianca Heaney, Annette Pedersen, Janet Stewart



We met on Monday Oct 23rd via Zoom

- **District Advocacy Meeting:** Jane attended this recently via Zoom. They discussed a possible guest speaker for District Advocacy Group, Antoinette Braybrook, on the topic of Aboriginal families and domestic violence. There was further discussion on Female Genital Mutilation, but not seen as a priority, there are now laws against FGM in Victoria, and improved communication and education, available in many languages, through RWH's African Women's Clinic.



- **Behind the Toilet Door flyers** – We will resume distribution shortly to areas in Caroline Springs, etc, not covered previously.
- **16 Days of Activism** – plans are currently underway for two activities, as outlined above.
More details to come re both these events, please note the dates in your diaries!

- **Kirrip Aboriginal Corporation.** Two weeks ago, Janet and Annette met with the CEO, Peter Webster, who was very welcoming and appreciative of any support we can provide. We also delivered some donated items for their foodbank. Further dignity bags will be supplied to them as required, and Janet is taking down several larger bottles of shampoo donated to our club, as these are too big for dignity bags. The plan at present is that, at the December club meeting, our members will donate children's toy / books for Kirrip, in lieu of our usual Kris Kringle - we are awaiting further information on the number and ages of children. Further information will be given to members at the November meeting.

Peter also mentioned that if we know anyone interested in fostering children, to contact him. Plus, we are welcome to join in with the Women's Elders Group at any time.

- The recent police community forum in Melton identified **new sub-divisions as being areas with higher frequency of domestic violence incidents.** Initial discussions at our meeting re possibility of partnering with other services, to look at options to provide local community engagement activities, to assist neighbours to get to know one another and to give out information on services and help available. The police at the forum also stated very emphatically the importance of community members reporting all issues of concern to them, either by 000 for serious issues or via Police Assistance Line. This gives them vital information as to how and where their resources need to be targeted. New residents/ migrants may require encouragement and information in their language about how to contact local police.

Annette Pedersen

*On behalf of Jane Sultana,
Advocacy Chair*

Editor's note: Annette recently featured in the local newspaper, Melton Moorabool Star Weekly, in the "My Place" section. Annette eloquently described her life and the reasons she enjoys living in Melton, including her long involvement in the Zonta Club of Melton. She made the most of the opportunity to promote our club and our projects. Love your work, Annette!!!

Meeting Apologies & Guests

If you are **unable to attend**, or are bringing guests to, the Club meeting on Monday 13th November 2023, please inform **Chris McBride** before **12noon on Friday 10th November**

Chris' mobile is 0403 648 404



Birthday Wishes to:

Jane Sultana	21 st Nov
Pauline White	22 nd Nov

Anniversary Congratulations to:

None

CALENDAR OF EVENTS 2023-2024 (as at 09/11/2023):

MONTH	DAY	EVENT / MEETING	PURPOSE
NOV 2023	1 st -30 th	Local Matters Token Jar – Grill'd, Woodgrove SC	Fundraising
	8 th	Zonta International 104 th birthday	General
	13 th	Club Dinner Meeting 6pm – (Melb Cup Day on 7 th Nov)	General
	16 th	ZI “New Members” session	General
	18 th	Coffee morning at Urban 35 – 10am	Fellowship
	18 th	Board Meeting - 9am	General
	26 th Nov to 10 th Dec	16 Days of Activism - Orange Ladies displayed around town	Advocacy
	26 th	“Walk With Her” event at Hannah Watts Park	Advocacy
	26 th	Grill'd Burger & Trivia Night – details to come	Fundraising
DEC 2023	4 th	Club Dinner Meeting 6pm – Christmas Theme (details to come)	General
	4 th	Rotary of Ballarat South Community Raffle – tickets on sale from 01 Dec to 30 April 2024	Fundraising
	10 th	16 Days of Activism - last day	Advocacy
	10 th	Melton Central Women’s Cricket match – details to come	Advocacy
JAN 2024	11 th	ZI Amelia Earhart Day – details to come	Fellowship
FEB 2024	5 th	Club Dinner Meeting 6pm	General
MARCH 2024	4 TH	Club Dinner Meeting 6pm	General
	14 TH	International Women’s Day Function – guest speaker Kerry Cue - details TBA	Service

From The Editor:

While Zonta’s focus is on improving lives for women and girls locally, nationally and globally, it is important that we occasionally give attention to male issues, particularly men’s health and wellbeing, as these can directly or indirectly affect the females in their lives. A healthy, happy man will be a better partner, parent, son, employer or colleague than one who is struggling with physical, mental or emotional illness.

The month of November focuses on Men’s Health, with two major awareness campaigns occurring:

1. *“Movember”*



Movember is a month-long campaign that encourages men to grow mustaches (or “Mo’s”) and engage in activities to raise awareness about men’s health. It aims to challenge the stigma around men’s health issues, spark conversations, and promote early detection and intervention.

Movember originated in Australia in 2003 when a group of friends decided to grow moustaches to raise awareness about prostate cancer and depression in men. It has since evolved into a global movement with millions of participants and supporters. Movember has funded numerous men’s health projects and initiatives and has become a symbol of solidarity and awareness. Over the years, Movember has contributed to significant advancements in men’s health research and has encouraged men to take charge of their well-being. well-being among men, addressing issues such as prostate cancer, testicular cancer, mental health challenges, and suicide prevention. Movember provides a platform for men to discuss their health openly, seek support, and take

proactive steps towards a healthier and happier life. Women can participate in Movember (called Mo Sistas) by supporting the men in their lives by promoting the importance of men's health. Mo Sistas sign up, start a team, commit to MOVE, and fundraise – they do everything Mo Bros do, they just don't grow a Mo!

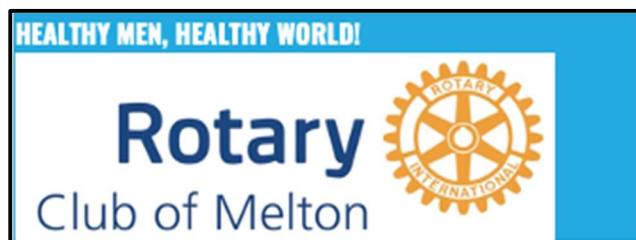
2. International Mens Day - 19th November

International Men's Day (IMD) celebrates worldwide the positive value men bring to the world, their families and communities. It highlights positive role models and raises awareness of men's well-being.

The theme for 2023 is "Healthy Men, Healthy World!"

The objectives of International Men's Day are:

1. **To promote positive male role models;** not just movie stars and sports men but every day, working class men who are living decent, honest lives.
2. **To celebrate men's positive contributions to society,** community, family, marriage, child care, and to the environment.
3. **To focus on men's health and wellbeing;** social, emotional, physical and spiritual.
4. **To highlight discrimination against men;** in areas of social services, social attitudes and expectations, and law
5. **To improve gender relations and promote gender equality**
6. **To create a safer, better world;** where people can be safe and grow to reach their full potential.



The Rotary Club of Melton is holding an IMD workshop on Sunday 19th November from 2pm to 5pm at Melton Phoenix Soccer Club. Speakers including Peter Cullen from Reclink and Sgt Graeme Dreaver will lead a forum to raise awareness of many issues that men face, including parental alienation, abuse, homelessness, suicide and violence. Cost is \$10pp. Further details and tickets can be obtained through

Trybooking.

Editor's Note: Our Club President, Bianca, was the driving force behind this event, so it would be great if Zontians can give her and Rotary their support by attending this informative and valuable workshop.

*Barbara Reithofer,
Editor*

Photos from the BMZ Club Bake Sale:



More photos from Ballarat Anniversary Dinner:



The Other Bianca Heaney

Joining forces to help those in need in flood affected areas of NSW

During the past few years Bianca Heaney has helped farmers by providing hay to drought and flood-affected areas in NSW.

Bianca has a long history and relationship with farmers in Victoria. She married Dickson whose family had a wool growing property in the north-east of Victoria which Bianca and Dickson now own. Having worked at Longernong Agricultural College, Doon near Horsham Victoria, she understands the struggles on the land.

In 2005, Bianca commenced work at the Australian Wool Industries Secretariat. Thus her connection with the entire wool supply chain began. Part of her role is to provide various administration and financial services to ASWGA and she recently became the Public Officer for ASWGA.

Bianca is also involved with many community service groups and is passionate about helping people. As President of the Zonta Club in Melton, Victoria (an International women's community service group) she became aware of the planned hay run to the Clarence Valley on 30 September 2022 to assist primary producers and hobby farmers in need. Bianca decided she wanted to do something to help their wives and children.

After approaching the Rotary Club of Grafton with her idea, Bianca was introduced to Leonie Saunders, Country Women's Association (CWA) Treasurer, who helped to bring her vision to life.



The Zonta Club of Melton, Victoria, recently joined forces with the Country Women's Association (CWA) to distribute a variety of games, toys, books and care packages to Clarence Valley women and children in need

Aussie Hay Runners delivered 56 trucks of hay / fodder to Grafton. The truck convoy was 8.5 km long and travelled over 1,500 km from Victoria to the flood-affected areas.

As trucks carrying bales of donated hay arrived in the Clarence Valley, they also brought boxes, backpacks and care packages full of books, pencils, games, toys, woollen doonas, woollen socks and other necessities, which were distributed to local families affected by the floods which had devastated the region earlier this year.

Bianca said it was great for the Zonta Club and the CWA to work together to spread some cheer. "We love helping people in need," she said, "and it was wonderful to have so many businesses jump on board and offer donations to make this possible." "Most farmers are still doing it tough in this area and their stories are heart breaking".

Thanks to all who supported this project - Zonta Club of Melton members, CWA North Coast members, Jean Hailes for Women's Health, Humphrey Law Socks, DH Steel, Dynon Wools and many other contributors.

Bianca Heaney

President, Zonta Club of Melton, Victoria, Australia



Truck loaded with donated hay



Unloading hay in the rain - it just hasn't stopped raining