



ZONTA
CLUB OF
MELTON INC

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MelZon News

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PRESIDENT'S REPORT

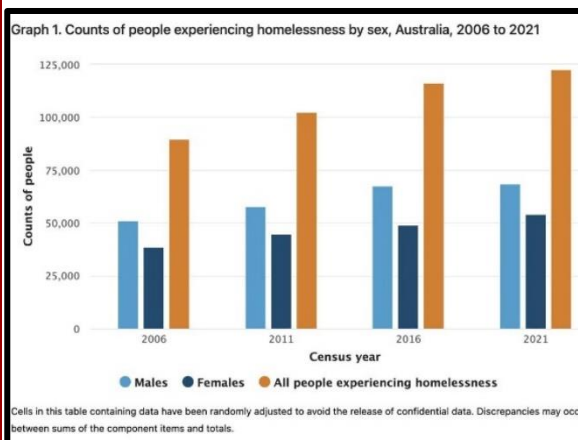
Hi Everyone,

This time last year I reported on Gender Equality.

Monday, August 25, is "Equal Pay Day" as it marks the 56 extra days after the end of a financial year that Australian women must work, on average, to earn the same annual salary earned by men.**

I don't think we have moved on very much since last year!

In my work meetings last week, one topic discussed was about establishing a code of conduct for that male dominated industry. Three young women stood up and spoke about the issues. It was disappointing to hear stories about what women must put up with. At the end of the discussion, a resolution to investigate and take action to address the problems was endorsed by the men in this meeting...Let's see what happens.



Recently I attended an information night on "Homelessness for Women over 50" and the housing crisis in our state. A documentary film, narrated by Margot Robbie, focused on a number of women who shared their stories about how they managed to move on and survive. In many instances, vans & cars are converted to mobile homes, as shared accommodation is at full capacity. A woman from the audience told how she tried escaping family violence with two young children, but was turned away by government support agencies, because she had a part-time job and wasn't eligible, so she was told to go back to her husband...I was horrified!

According to current statistics, almost half of Victorians experiencing homelessness are women. 1 in 6 are children under 12 and family violence is one of the common causes of homelessness in Victoria.

DONATION TO THE WESTERN INPATIENT PSYCHIATRIC UNIT:

In early July, our Club donated two "Sensory Chairs" to the women's only Western Inpatient Psychiatric Unit, Footscray. Members agreed to support the unit after hearing that very little furniture had been provided when the new unit was opened in December 2022. The chairs were imported from New Zealand at a cost of \$8,161.

Recently we received a report and photos from the Unit Manager, including the following feedback:

"The recliners have arrived, and they are being used by the consumers (patients) and have been a welcome addition. Within the first 10 minutes of bringing them out, two consumers slept and were very relaxed and content."

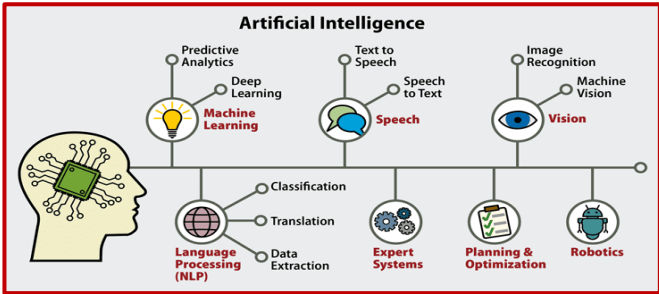


BMZ CLUB: I am thrilled that we have chartered a Z Club in Bacchus Marsh. The new President was passionate and presented an amazing speech on the plans for this club. They will certainly be our leaders in the future. Our Membership Director, Sharon Cook, has done an amazing job getting the BMZ Club up and running. The school's principal and staff are very supportive, and the number of members has already increased from 26 to 40. Well done Sharon and members who have assisted in this journey.

At our next meeting we will be inducting three new members. This is very exciting, and we welcome them into our Zonta family. I know they will bring their own inspiration and ideas to our club.

On the subject of the future, have you been paying attention to developments in AI (Artificial Intelligence)?

ARTIFICIAL INTELLIGENCE: AI has changed the way we live with innovative technologies. The term "Artificial Intelligence" was first coined in 1956. AI was a stand-alone technology for thirty years, but the advent of the internet helped to progress the technology exponentially. Now the applications are widespread in every sphere of life. AI has taken off in every industry and has a profound impact on every sector of society.



Fittingly, the theme for International Women's Day 2024 is '**DigitALL: Innovation and Technology for Gender Equality**'. This theme focuses on how technology and education in the digital age can help the empowerment of women and girls across the world. Importantly, International Women's Day 2024 will also explore how to protect the rights of women and girls in digital spaces and how to combat online gender-based violence.

*This month's inspirational wisdom (from Rumi)
 "Try not to resist the changes that come your way. Instead, let life live through you.
 And do not worry that your life is turning upside down. How do you know that the
 side you are used to is better than the one to come?"*

Let's embrace what is to come, learn from it and let it empower you!

Yours in Zonta,

Bianca Heaney
 President



****Editor's Note:** Using ABS data, WGEA has calculated Equal Pay Day for each state – Victoria's is August 28 (59 days). By each Australian Industry, EPD ranges from 14 July to 7 Oct (14 to 99 days extra work for women).

MEMBERSHIP & PR COMMITTEE

Director: Sharon Cook
Members: Julie Handford, Chris McBride, Karen Wright, Janet Stewart



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.

Women's Soccer:

It's a shame about the Matildas, but they sure did us proud and united the country. The future looks bright with so many children, particularly girls and young women, inspired to play the game now.

Bendigo Art Gallery – Australian Women’s Weekly Exhibition:

Chris, Julie and I went to Bendigo on Friday 11th August and stayed overnight; we had a fun night with a Chinese dinner and watching the Pies win – I did not twist their arms very much!!!! After breakfast at the Gallery Cafe, we met Bianca, Suzanne, Lucy and her daughter and wandered through the exhibits.

Although this was a small exhibition, it was fantastic. It brought back so many happy memories of the homemade knitted and crocheted items, including a wedding gown, and the fashions shown on the magazine’s covers over the decades - some we liked and others not so much. The highlight for me was the Birthday Cookbook display - there was a whole wall of happy snaps from birthdays past and present, with smiling children and proud mums who baked the cakes. More photos are included at the end of this newsletter.



Crocheted Wedding Dress



Some of the Fashion Covers

Club Meeting

At the September meeting, Rayna from Melton Council will be telling us about the health services offered in the area.

Guest speakers are confirmed for October and November, with the BMZ Club joining us in November.



Please note, as discussed last month, we will be trying a new starting time for the September meeting, to avoid having the guest speaker interrupted by our meal service and also to end the night earlier.

So please be at the Melton Country Club **by 6pm** to place your dinner order, so that we can eat at 6.30pm with the aim of starting the club meeting at 7pm.

Please remember to notify Chris McBride of your non-attendance or guests by 12 noon on the Friday prior.

BMZ Club

The BMZ Club is working very hard on a couple of projects – RU OK Day and Pinktober.

There are two working groups, and with the assistance of the teachers, they are getting their projects off the ground.

They are planning to join us for our November meeting – parents will drop them off and pick them up from the MCC.

I have received the official photos from Bacchus Marsh Grammar, which we can legally publish, so I have sent them to D23 and can now also prepare a report for ZI.



Stay safe and well.

Cheers,

Sharon Cook

Director, Membership & PR Committee



Fundraising Committee

Director: Barbara Reithofer

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



Bunnings BBQ Sunday 24th September:

The purchase of bread, sausages, sauces, drinks, etc will be organised by Judy, Jane and me. We may need some club members to help with the collection of sausages or bread before the barbeque, as three committee members will either be away or unavailable in the week before or on that Sunday. A roster will be emailed to members this week to determine if there will be enough helpers on the day, and with the preliminary preparations. As that Sunday is in the middle of school holidays, and also the weekend of AFL semi-finals, please keep your fingers crossed that there will still be a high volume of customers, and that the weather is better than the last barbeque!!! 🙏

Spring Carnival Race Night: Please note there is a change of date - Melton Phoenix offered us the use of their clubrooms on Saturday 14th October and Trivia Master, Greg Wheelahan, was also available that night, so that date has now been locked in. A flyer will be prepared and distributed to members in the next couple of weeks, with all the details re booking tickets for members & friends.

The committee is also gathering prizes for the “Lucky Straws” fundraising activity that we’ll run during Race Night, but we need a lot more small items, so if members have any suitable goods to donate, please let me know asap, or bring them to the September Club meeting.



Trivia & Burger Night: to be held at Grill’d Restaurant, Woodgrove SC on Sunday November 26th. The committee will be running a raffle at this event, so we will be organising prizes during the next few weeks. If necessary, we will approach local businesses for goods, but donations from members will also be gratefully accepted.

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

Bunnings Community Night: At the Bunnings’ Father’s Day event on Thursday 31st August, Jane S, Bianca and I supervised the “Card Decorating” and Colouring Competition” activity, while Sharon worked with volunteers from The Gap at the “Mug Decorating” table.

The “Badge Making” and “Key Holder” tables were also very popular activities, and a free snag from the famous Bunnings BBQ was a quick dinner option for everyone. It was a very busy 2 hours, with approx. 130 excited children eager to create a personalized Father’s Day card and gifts.

The night was one of several events that Bunnings puts on each year for the community and to give various Melton NFP groups an opportunity to promote their club while earning a Bunnings voucher for their efforts.

Val & her team at Melton Bunnings do a fantastic job organizing & running the community nights, so our club is very willing to support these events.

We are also grateful for the voucher that can either be put into the “fundraising” pool for service projects, or used for administration & operational purposes, if required.

Thank you, Bunnings!

Regards,

Barbara Reithofer
Director of Fundraising



SERVICE

Director: Suzanne Leahy

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



Dignity Bags: Please note there was an error in last month’s report regarding the issue of Dignity Bags to a local indigenous support group. The group was reported as West Djirra, but it should have been “Kirrip Corporation” in Melton South who provide a variety of services to local indigenous people, including housing support and women’s group.

The committee is currently contacting West Djirra to determine their need for dignity bags, in future.

Mental Health Workshop:

Our 2023 Mental Health First Aid Workshop was held over two Saturdays, on 19th & 26th August, at the Melton Country Club. There were 18 participants, including 4 members of our club.

From feedback I’ve received, the workshops were very informative and well presented by Tamara Wilson, who was highly qualified with vast personal experience providing mental health first aid.



Although there were a few minor hiccups with the venue on the first day, that were quickly addressed, the food was delicious and plentiful. Thank you to Naomi from the Melton Country Club who was happy to meet our requests.

A big thanks also to our amazing sponsors - DH Steel, Tax Concepts and SGA Engineering; without their generous contributions, the club would have had to pay a portion of the expenses or cancel the workshops, due to the low number of attendees.

I also thank Jane W, Meredith and Annette for helping to organize the workshops, when I wasn’t available.

Breast Care Cushions:

District 23 Project Co-Ordinator, Jasmine Koch, has provided data about the number of cushions Zonta has made since she started keeping records. In that time (approx. 10 years), the Melton Club has made an amazing 1425 cushions.

From July to December 2022, 70 were made and from January to June 2023 a total of 90.



As our club’s BCC Co-Ordinator, Lyn recommends that we aim to make at least 40 cushions, and 40 drainage bags, every 6 months. If we make more &/or Sunshine hospital don’t need that many, the excess will be given to Jasmine for distribution to the city hospitals.

Suzanne Leahy

Director, Service & Advocacy Committee

ADVOCACY SUB-COMMITTEE

Chair: Jane Sultana

Committee: Bianca Heaney, Annette Pedersen, Janet Stewart



The committee held its meeting via zoom on August 28th.

Behind the Toilet Door: We will continue distribution of the financial literacy posters to childcare centres within the City of Melton council area, and to other venues. We are also re-distributing to some venues that no longer display previously distributed posters.

16 days of Activism:

- We will be liaising with Service Committee re ideas for activities and displays.
- We are investigating whether we can offer support to Aboriginal Women in our community.
- We discussed ideas from a recent District Advocacy meeting that Jane attended by Zoom, and will provide further details later, when we have more information.



Annette Pedersen
On behalf of Advocacy Chair

Meeting Apologies & Guests

If you are **unable to attend**, or are bringing guests to, the Club meeting on Monday 4th September 2023, please inform **Chris McBride before 12noon on Friday 1st September**

Chris' mobile is 0403 648 404

CALENDAR OF EVENTS 2023 (as at 01/09/2023):

MONTH	DAY	EVENT / MEETING	PURPOSE
SEPT 2023	1 st - 3 rd	2023 District Conference in Bunbury, WA	General
	4 th	Club Dinner Meeting 6pm	General
	16 th	Coffee Morning at Urban 35 – 10am	Fellowship
	24 th	Bunnings BBQ – volunteers needed	Fundraising
OCT 2023	2 nd	Club Dinner Meeting 6pm	General
	14 th	“Spring Carnival Race Night” event – Melton Phoenix Clubrooms	Fundraising
	21 st	Coffee Morning at Urban 35 – 10am	Fellowship
NOV 2023	1 st -30 th	Local Matters Token Jar – Grill’d, Woodgrove SC	Fundraising
	6 th or 13 th	Club Dinner Meeting 6pm – TBC (Melb Cup Day on 7 th Nov)	General
	18 th	Coffee morning at Urban 35 – 10am	Fellowship
	26 th	Grill’d Burger & Trivia Night – details to come	Fundraising
DEC 2023	4 th	Club Dinner Meeting 6pm – TBC	General
JAN 2024	11 th	ZI Amelia Earhart Day – details to come	Fellowship
FEB 2024	5 th	Club Dinner Meeting 6pm	General

HAPPY BIRTHDAY

Birthday Wishes to:

Chris McBride 3rd Sept
Karen Wright 4th Sept

Anniversary Congratulations to:

Jenny Adams 2014



From The Editor:

Gender Equity in Sport



Congratulations to the Matildas for doing so well in the FIFA Women’s World Cup. They may not have brought home the Gold Cup. but they certainly did themselves and Australia proud. More importantly, they, and other recent successful women’s teams, have, albeit inadvertently, exponentially raised awareness and created a wave of discussion across this country about the very wide gap in equality and equity between male and female sports. The disparity is across most sports, from the elite level right down through to grass-roots local clubs and is present in most aspects of sports governance and management, in relation to funding, facilities, training & development, coaching & team support services, media reporting, salaries & endorsements, participation and opportunity.

It's vital that the level of conversation and hype about this issue does not wane now that the focus is no longer on the Matildas. Whilst there are organisations currently working to improve equity in sport, e.g Australian Sports Commission, Women Sport Australia, and Play By The Rules, it is essential for those with a vested interest, such as sports associations and related businesses, governing bodies, sponsors, team managers and players (both male & female) continue to drive change through their words and actions.

September is “Liptember”

Following on from the Mental Health First Aid Workshops held in August, it’s timely to think about the annual “Liptember” campaign in the month of September - Wear a bright lipstick to start a conversation about women’s mental health!



“Since 2010, the “Liptember” flagship fundraising campaign has encouraged people to wear lipstick throughout the month of September as a light-hearted and fun way to raise awareness and vital funds for women’s mental health, raising over \$14 million to date... Good mental health and well-being is not just the absence of mental illness; it is the ability to fully and effectively participate in society...As a result of both biological and gender-related differences, women can suffer from certain mental health conditions at higher rates than men...” Source: www.liptember.com.au

To support research into women’s mental health, you can purchase special “Liptember” products from Chemist Warehouse (online or in store) or donate online via the Liptember website.

Barbara Reithofer, Editor

90 YEARS OF WOMEN’S WEEKLY

Exhibition Photos by Sharon Cook



Made lots of these!!!

The famous "Birthday Cake" book – wall of happiness! 😊



Fashions that featured on the covers over 9 decades.



It looks like they enjoyed the exhibition!