



**ZONTA**  
 CLUB OF  
 MELBOURNE  
 ON YARRA INC  
 MEMBER OF ZONTA INTERNATIONAL  
 EMPOWERING WOMEN  
 THROUGH SERVICE & ADVOCACY

# Yarra Yarns

## August 2023



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Over the last year the club membership has grown, and our members are a great blend of long-term Zontians and newer members, providing us with both experience and new ideas.

In the coming year, my focus will be on fostering a strong sense of unity among our members. I am committed to maintaining an inclusive environment where every member's voice is heard, valued and considered. Collaboration will be at the heart of our efforts, where members take on shared activities while maintaining committee roles – something we are already good at.

So please do get involved with our club activities and projects by volunteering whenever possible and engaging with our advocacy efforts as it is your involvement that makes our club thrive.

Yours in Zonta

**Caroline Kettle, President**

## President's Report

First and foremost, I want to express my gratitude to Gillian Wilton, our outgoing president for her dedication in steering our club over the last year and the personal help and advice she has provided me as the incoming President.

It is an honour to be President of the remarkable Zonta Club of Melbourne on Yarra for the next two years, and I will do my very best to lead the club along with the Board: Debra Maiden (Vice President), Janet Townsend (Secretary), Jasmine Koch (Treasurer), Gail Neil (Correspondence), Melinda Young (Chair PR & Program), Sharon Nelson-Kelly (Chair Fundraising), Jennifer Marriott (Chair Membership), Sue Lees and Glenda Lapsley (Co-chairs Service and Advocacy), Gillian Wilton, Devika Fernando and Julie Pincombe.

I would also like to personally thank Wendy Cameron for her sterling work in leading our fundraising efforts over the last few months and Julie Pincombe for forging our club's link with Alphington Football Club (must be a couple of future Matildas there!).



*Thank you to out-going President Gillian*



*Welcome to new Board Members*



*Farewell to retiring member Stephanie West - 30 years of service*



*Feedback from recipient of Breast Care Cushion*

**Zonta Club of Melbourne on Yarra would like to thank the following for their support:**



Standing strong  
 against family  
 violence



Community Bank  
 Windsor



## Award Winners

### Jane M Klausman Women in Business Scholarship 2023

The Jane M Klausman Women in Business Scholarships help women pursue undergraduate and Master's degrees in business management.

Congratulations to Paris Watts as the recipient of this year's Women in Business Scholarship from the Melbourne on Yarra Club.

Paris is an ambitious young woman currently studying a Bachelor of Commerce at Melbourne University. She has an excellent work ethic achieving commendable academic results including honours in the first year of her business degree. Paris plans to pursue a career in Business and Finance as a Chartered Accountant. She has also secured a role as a summer intern at Deloitte to further broaden her experience and networks.

Paris aims to focus through her career on entrepreneurship and promoting gender equality. The Club supports Paris in her endeavours and wishes her well in her nomination for a Zonta International Scholarship later this year.

### Frances Quinn Award 2023

The Frances Quinn Art Encouragement Award provides a performance opportunity and monetary prize to a student of classical music.

Congratulations to Chiara Kelle, a cellist studying at the Victorian College of the Arts Secondary School (VCASS) under Josephine Vains.

She is very interested in the impact of Alexander Technique on her playing and has studied it for 5 years under Robert Schubert. She loves to understand the connection between thoughts and visualisations of the music and how these impact on the sound. She also enjoys delving into various musical styles and creating musical impact through tone and resonance. Chiara loves performing and exploring various ways of engaging an audience. She is also very interested in the history surrounding the music and what this means for the piece.

Chiara performs regularly at VCASS and for community groups and organisations. In 2023 Chiara was invited to perform live on radio for 3MBS The Talent, and at the International Women's Day Gala Dinner for Nillumbik Shire. Chiara has also recently performed at Scotts Church and The Athenaeum Club on Collins Street, Melbourne. In 2022, Chiara completed her LMusA with distinction, received a 50 in VCE Music Investigations, as well as placing in the finals of numerous competitions; most recently, achieving second place in the VCASS Chamber Competition with her string quartet, Enharmonix.



## ZCMOY Kitchen Table Conversations

The Victorian Women's Trust Kitchen Table Conversations is a model of civic engagement that revolves around one simple idea: that engaging people in the kind of open and honest dialogue that women have had around kitchen tables for centuries has the power to create real change.

ZCMOY hosted two [Kitchen Table Conversations](#) on 5 & 12 July (facilitated by Caroline Kettle). The aim is for club members to learn more about the proposed Voice to Parliament, reflect on the Uluru Statement from the Heart, and what the upcoming referendum means for First Nations peoples in Australia, including giving Aboriginal and Torres Strait Islander women and girls a voice in matters that affect them and their communities.

Find out more about why Zontians have an important role in educating ourselves and others on the referendum on the Voice of Parliament: <https://www.youtube.com/watch?v=KH3gqJL2deQ>

*"Advocacy is a political action.  
To be political is to educate the  
public and influence policy."*



The Australian Human Rights Commission has also released an educational resource kit regarding the 2023 referendum and proposed Voice to Parliament. Developed in collaboration with IndigenoX, the resources seek to minimise harm, promote cultural humility, and focus the conversation on human rights principles as they relate to the referendum and proposed Voice to Parliament.

Access the resources: <https://humanrights.gov.au/our-work/aboriginal-and-torres-strait-islander-social-justice/voice-referendum-understanding>



## Zonta District 23 Conference – Bunbury, WA (1 – 3 September)



The 17th District 23 Biennial Conference theme is "A Better World". Stay updated with what's happening, including program overview, conference registration, accommodation and other activities - Conference Newsletter #4: <https://mailchi.mp/d75c8011ce67/district-conference-2023-newsletter-15371650?e=0e8751f94a>

## Bunnings Sausage Sizzle Fundraiser

ZCMOY held another successful Bunnings Sausage Sizzle fundraiser in Hawthorn on 29 July.

The snags absolutely flew off the BBQ and we raised \$1780 (that's a lot of snags!). Thank you to all who supported on that day, in particular Wendy Cameron for leading the fundraiser.



Next fundraising activity will be The Lion's Club of Waverley-Opportunity Shop in Mount Waverley (25-30 September 2023 and 2-7 October 2023). Members will man the point of sales for the shop and, in return, receive a percentage of the profits for the week.

## ZCMOY & Alphington Football Club

The Zonta Club of Melbourne on Yarra was very pleased to have been allowed to set up the new equipment at the home grounds of the Alphington Football Club, purchased through a grant acquired from the Bendigo Bank Community Bank Windsor. On Sunday 9 July, Zontians braved the cold morning to be part of the inaugural launch of the club marquee and feather flag and supporting equipment.

The aim of the day was

- commence an awareness campaign to broaden the knowledge of who we are and the various projects which we support to carry out the Zonta Mission to make a better world for women and girls
- learn how to erect our new purchases

ZCMOY saw an opportunity to collaborate with Alphington FC for girls and boys, and to be part of Football Victoria's Vision for women and girls strategic plan "Football Her Way", which aims to "promote and encourage women supporting women networks to help nurture them to reach their full potential".

The Alphington FC Junior 11 Girls gathered with ZCMOY members for a photo before they played their game. They were very excited to be playing in a higher division and won their match 5-3. We also hope to showcase ZCMOY to the Senior Girls team at a future date.



Instilling confidence in all areas of life is the key to developing young women to become confident leaders and sport has a large role to play. We hope the girls and parents become aware of the Zonta name for future years. ZCMOY can offer an opportunity when they reach Grade 11 for them to participate in our Young Women in Public Affairs Award which offers \$1000

club level and \$US5000 internationally, recognizing young women 16-19 years old who demonstrate superior leadership skills and a commitment to public service and civic causes and encourages them to continue their participation in public and political life.

We wish the girls at Alphington FC all the best and hope to participate again at a future date.

*Article by Julie Pincombe*

## Zonta Breast Care Cushion Project

Every six months clubs are asked to report to the D23 Breast Care Cushion Project Coordinator how many cushions have been completed and delivered in the period and a rough estimate of costs.

ZC Melbourne on Yarra's contribution for the 18-month period was **908** – that's just over 10% of the total! Quite a significant contribution – well done to everyone involved.

Area	Jan-June 2022	Jul - Dec 2022	Jan-June 2023	TOTAL
1	762	741	752	2255
2	1238	1326	989	3553
3	482	324	419	1225
4	376	346	342	1064
5	79	105	95	279
<b>TOTAL</b>	<b>2937</b>	<b>2842</b>	<b>2597</b>	<b>8376</b>

Table: Number of cushions delivered in the past 18 months



*Article by Jasmine Koch, D23 Breast Care Cushion Project Coordinator 2022-2024*

## Birthing Kits with Schools

ZCMOY provided support to Xavier College in June for a birthing kit assembly session with Yr 12 students. The boys came to school voluntarily on a reporting day when they could have stayed home! This is the second year that ZCMOY has provided support, and it is a great opportunity for the young men to understand issues for women in developing countries. The boys worked diligently and are fantastic at getting air out of the bags!

We are also continuing our involvement with Ivanhoe Girls' Grammar School. This is our third year helping by providing an information session and ZCMOY volunteers on the assembly day. In July, the girls heard the experiences of a doctor who has worked extensively in remote areas of Nepal, Dr Debbie Langford, and has had to use a birthing kit to help deliver a baby. 'You could have heard a pin drop!' as the girls listened attentively and discovered the reality of birthing for many women in this world, still today.

Thank you to ZCMOY members who have helped with the sessions. It is an excellent way for the students and the staff to learn about Zonta International.

**Article by Sue Lees**



*Typical Nepalese house in a remote village*

## Z Club of Bacchus Marsh Grammar

On 26 July, Area 1 Director and ZCMOY member Yvonne Lockwood attended the induction of the newly formed Z Club of Bacchus Marsh Grammar (sponsored by ZC Melton). PIP Val Sarah had the privilege of inducting 26 committed and enthusiastic Year 11 students. The students have already formed their Board, appointed their Committee Chairs and set an agenda for the next six months.



*L-R: Area 1 Director Yvonne Lockwood, PIP Val Sarah, Bianca Heaney President ZC Melton.*

**Article by Yvonne Lockwood**



## International Advocacy and Projects on Gender Equality and Climate Change

### Global Citizen

Global Citizen is dedicated to achieving the end of extreme poverty, powered by a community of millions of Global Citizens who believe in one world, one people - where everyone has an equal chance to thrive. Global Citizen rally around the critical issues of climate change, poverty, and inequality, including the recent **Women Deliver Conference (Kigali, Rwanda)** to address the issue of sexual and reproductive health and rights for women and girls.

Find out more: <https://www.globalcitizen.org/en/>

### WHO/UNICEF Progress Report Analyses Gender Inequalities in WASH

The World Health Organization (WHO) and the UN Children's Fund (UNICEF) have published a progress report on household drinking water, sanitation, and hygiene (WASH) for the 2000-2022 period, with a special focus on gender.

Read the report: <http://sdg.iisd.org/news/whounicef-progress-report-analyzes-gender-inequalities-in-wash/>

### Climate Justice for the Pacific

The Pacific is one of the most climate-vulnerable regions. Disasters such as cyclones, coastal flooding and food and water scarcity are becoming increasingly common as a result of climate change, endangering the lives and livelihoods of people who call the Pacific region home.

Flora, the country manager for ActionAid Vanuatu, talk about how the women of Erromango, one of Vanuatu's 83 islands, played a key role in keeping their communities safe: [https://www.youtube.com/watch?v=CqKwGh\\_8pog](https://www.youtube.com/watch?v=CqKwGh_8pog)

Pasifika activists are making history through their campaign to take climate change to the highest court. Join the movement to protect human rights and hold big polluters accountable: <https://www.greenpeace.org.au/act/pacific-campaign>

**Resources by Frances Gentle**

## Women's Health Week

The theme for Jean Hailes Women's Health Week 2023 (4 - 8 September) is *Grow your Knowledge*. It's all about supporting women to make informed decisions about their health with information that's easy to understand.

The website has new resources and information on hormones, PCOS, menopause, cervical screening self-collection, heart health, persistent pelvic pain and nutrition:

<https://www.jeanhailes.org.au/womens-health-week>



## “Zonta Says Now” report



Like Climate Change, Zonta Says Now is moving rapidly but in the case of ZSN it is a positive growth. ZSN has become a Zonta International movement: <https://zontasaysnow.org.au/intercontinental-think-tank/>

Like D23 the Zonta Intercontinental Thinktank meetings are on Zoom. The first international meeting has been held and focused on the Philippines and India's climate change issues, highlighting the work that Zonta clubs and members in those countries are doing to counter their problems.

To get upcoming times, email: [info@zontasaysnow.org.au](mailto:info@zontasaysnow.org.au).

More information: <https://zontasaysnow.org.au/>

D23 ZSN has had a fascinating and helpful set of speakers for 2023. Amanda Lamont is co-founder of the Australasian Women in Emergencies Network, and she talked about the realities of being an emergency volunteer in a country suffering from increasing climate change crises, and how to prepare for this. ZSN is doing a combined project now to produce emergency information to help women who find themselves in difficult environmental circumstances such as fire and flood. It will be launched at the D23 conference.

We heard the concerns about climate change, particularly fire, for young people, through a poem written by 11-year-old Oscar Garcia.

### One Word, Act

Dear future change makers,

I ask you a question when it comes to wildfires,

are they normal,

are they what they used to be?

If you agree,

I urge you to talk to the people that are hurt, people that have fought fire,

but most of all, the wildlife on the trees, that sit on the leaves, get burnt because of the breeze hefting the fire through the trees.

So many animals have such a good instinct

so why this rapid demise

and why are so many extinct?

These fires, unbelievably, are almost 1200 degrees Celsius, to most living organisms fire is an enemy and creates so much bad energy.

Fire is a destroyer, the employer of pain and panic. You can neglect this, but the truth is, this can be respected and listened to.

These diabolical, blazing bright fires aren't just fires, they also lead to other problems like deforestation leading to the domination of cities and more CO<sub>2</sub> in the air.

It also guides its way to land erosion, destroying houses and hurting people without a care.

For many trees around the world, fire is needed for them to regrow.

The flames lick and heat the seeds that cling on the trees, crack, they open and off they go.

For many years with mother nature's knowing hand, fires have been contained,

flora and fauna worked around these fires and were able to be maintained.

But in recent years with heightened summer temperatures, this fine balance is changing,

these fierce fires no longer understand their boundaries and keep on raging.

These fires aren't just an instruction to stop, but an instruction to change,

if not, this destruction will enrage.

Is it worth all that can be earned,

if all that remains is a surplus of trees

that have been burnt.

The video made by Emma Cutting, leader of the Heart Gardening Project and the 2022 Women Taking Climate Action Award winner, was also shown for a ZSN meeting.

**The 2023 Women Taking Climate Action award is open until 25 August.** This award is provided by the [Zonta Club of Melbourne on Yarra](#) and supported by District 23. Details can also be accessed through the ZCMOY [Facebook](#) and [Instagram](#).

Other speakers for 2023 have included Joyce Erceg from Citizen's Climate Lobby Australia, a group which works to inform politicians and leaders about climate change and what citizens want. Pam White, Senior Manager of the Finnish Consulting Group spoke from Finland about her work in developing countries in relation to water, gender and climate change, centring on her experiences and projects in Nepal. Charlotte Sterrett, the Yarra Riverkeeper and with a wealth of experience working on climate change and gender in developing countries, will be the next speaker on Saturday 19 August at 3pm on Zoom.

If you are interested in the next or future meetings, please email [info@zontasaysnow.org.au](mailto:info@zontasaysnow.org.au) and a link for the meetings will be sent to you.

A ZSN member also often speaks at a meeting, so that we can expand our knowledge and ideas for action through their expertise and/or areas of concern but there is no coercion to do this!

Natalie Isaacs, the founder of [1 Million Women](#), who has been involved in a ZCMOY webinar, will also be a keynote speaker at the District 23 Conference in Bunbury.

### Article by Sue Lees

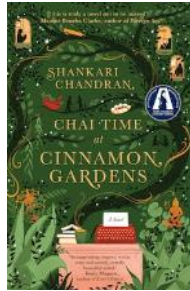


## READ: Chai Time at Cinnamon Gardens

**Winner of the Miles Franklin Literacy Award 2023**

*Chai Time at Cinnamon Gardens* is about family and memory, community and race, but is ultimately a love letter to storytelling and how our stories shape who we are.

Author Shankari Chandran spent two decades as a lawyer working in social justice reform. As a writer, her interests lie in dispossession, genocide and the ongoing impacts of colonialism.

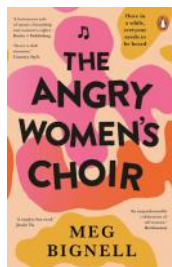


The novel was inspired by Chandran's observations of rising tensions around race and racism in contemporary Australia's culture and politics. It's also informed by the author's memories of her grandmother, whose experiences of migration and a childhood spent in Sri Lanka were relayed during Chandran's regular visits to a nursing home.

<https://ultimopress.com.au/products/chai-time-at-cinnamon-gardens-b>

## READ: The Angry Women's Choir

The Angry Women's Choir follows Hobart wife and mother of three, Freycinet Barnes, as she undergoes a period of personal upheaval and catharsis, supported by her fellow members of the West Moonah Women's Choir. "The choir shall be a place where we can breathe, where we can share, a place where we need not leave our troubles at the door but bring them in, hand them about and sing them away."



Meg Bignell is a Tasmanian writer, actor and performer. She is the author of three novels published by Penguin Random House *The Sparkle Pages*, *Welcome to Nowhere River* and *The Angry Women's Choir*. She lives on a dairy farm in Tasmania with her husband, three children, one dog and one thousand cows.

## A Spot of Humour

**Spotted by Gillian Wilton**

*(Grand Rapids Art Gallery, Michigan, USA)*

### THE ADVANTAGES OF BEING A WOMAN ARTIST:

- Working without the pressure of success.
- Not having to be in shows with men.
- Having an escape from the art world in your 4 free-lance jobs.
- Knowing your career might pick up after you're eighty.
- Being reassured that whatever kind of art you make it will be labeled feminine.
- Not being stuck in a tenured teaching position.
- Seeing your ideas live on in the work of others.
- Having the opportunity to choose between career and motherhood.
- Not having to choke on those big cigars or paint in Italian suits.
- Having more time to work after your mate dumps you for someone younger.
- Being included in revised versions of art history.
- Not having to undergo the embarrassment of being called a genius.
- Getting your picture in the art magazines wearing a gorilla suit.

Please send \$ and comments to:  
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**GUERRILLA GIRLS** CONSCIENCE OF THE ART WORLD