

**In this issue**

1. GAD progress
2. Rachel Thomson thanks
3. ICE, 4. Polo shirts,
5. Peel 15<sup>th</sup> birthday 6. UNIFEM book
7. Postcards, 8. News 9. Freda & ILC
10. New team for 2008-9,
11. Bunbury book. 12. Congrats Deb
13. Diary dates.

**Club Meetings**

- o Second Thursday of the month (except January)
- o 6.15pm for 6.45pm
- o St Catherine's College, UWA

**Apologies**

- o By 12 noon previous Monday
- o To Marg Giles
- o Tel: 9383 1083

**Contact us**

- o [zontaperth@yahoo.com.au](mailto:zontaperth@yahoo.com.au)
- o [www.zontaperth.org.au](http://www.zontaperth.org.au)
- o PO Box 237
- o Nedlands WA 6909

*This month's issue also includes order forms for polo shirts and books!*

## 1. International Gynaecological Awareness Day - progress



*The GAIN team at the Pelvic Vulva Awareness Day in Perth in March*



*(L-R) Kath and Jeanette Preston a UK cancer survivor and nurse gain support from the RCOG in London in April.*

Kath Mazzella, who was the Area 3 Woman of Achievement Award winner in 2004, has been lobbying hard to make September 10th the International Gynaecological Awareness Day (IGAD). Kath is the consummate advocate - her quest has so far has taken fourteen years, but Kath is nothing but determined and her hard work is showing signs of success.

She now has support from major organizations including the Royal College of Gynaecologists, Royal Australian & New Zealand College of Obstetricians and Gynaecologists, Harvard Medical School, International Gynecologic Cancer Society, Vulvodynia Association (USA), Western Australian Sexology Society, Family Planning West Australia, Cancer Council Victoria, Health Consumers Council (WA) and many more professionals in Australia and overseas.

Women's service organizations including our Club, the International Council of Women, and the Australian Federation University Women have also provided written support.

Kath reported that the Gynaecological Awareness Information Network's (GAIN) Pelvic/Vulval Pain Day, held in March at King Edward Memorial Hospital, was very successful. She wrote: *I was pleased to hear Prof. Vancaille state that WA was very forward in its approach to Pelvic Vulval Pain and acknowledge that it is something that needs urgent addressing in society. The questions asked by the audience were very interesting... It was great they (attendees) were able to ask these questions in public - so that others begin to know how much women suffer with these conditions and hopefully find answers. Without this open discussion - then very little can change. So it shows we are on the right track...*

If you can help Kath advocate for the formal acknowledgement of IGAD, please email her on [mazzella@bigpond.com](mailto:mazzella@bigpond.com).

## 2. Jane M Klausman award winner on honeymoon – for a year!



*Rachel and David's wedding*



*Rachels' last Aussie meal for a year!*

Rachel Thomson, the Jane M Klausman award recipient for 2007, has reported in from her honeymoon to say: *I promised to keep in touch and after all Zonta has done for me I'm thrilled to be able to report life keeps getting better and better ... I've finished uni for good now, my partner Dave and I were married 28<sup>th</sup> March, and we left Australia on 4<sup>th</sup> April for 12 months of travel and volunteering around the world.*

Rachel and her husband David have a travel blog to document their adventures around the world - the web address is [www.getjealous.com/daveandrach](http://www.getjealous.com/daveandrach). Have a look – they have already been to Thailand and Laos, but have another 21 countries (in Asia, Middle East, Europe, North and South America and New Zealand) to visit before they return to live in Sydney in February next year.

Rachel will certainly have a 'world perspective' when she gets home! We wish her and David well.



### 3. In Case of Emergency (ICE)

If you have a mobile phone, do you have ICE contact details in it? If you are involved in an accident, emergency workers can look at the contacts list on your mobile phone, and just call whoever is listed under ICE – so your nearest and dearest are kept informed of what is happening to you.

ICE came to prominence during the London bombings a couple of years ago, when emergency workers were able to get families together quickly. If you have more than one person just list them as ICE1, ICE2 etc. And remember, you may find ICE useful if you come across an emergency situation – it's a way you can help the emergency team...



### 4. Zonta Polo Shirts

Have you ordered your Zonta Polo Shirt yet? The Zonta Club of Peel Region's new maroon Polo shirts feature a gold embroidered Zonta International logo and attractive gold piping. They are made from breathable diamond mesh, 50% polyester and 50% Cooldry, and are light, comfortable and smart!

To keep the price to \$30 (plus postage), orders are collated so a minimum order of 10 Polo shirts is sent to the manufacturer. Please allow at least 3 weeks for delivery from placement of the order.

Order forms can be downloaded from the home page of our Club website at [www.zontaperth.org.au](http://www.zontaperth.org.au) and a copy is provided as the last page of this edition of Inzert.



### 5. Help celebrate Peel Club's 15<sup>th</sup> birthday!

The Zonta Club of Peel Region celebrates its 15<sup>th</sup> birthday in May. To celebrate the event the Club is having a special Changeover and Birthday Dinner at the Atrium Hotel on Tuesday 27<sup>th</sup> May.

Tickets are \$25 and can be obtained through Wendy Kirkby, the retiring President, tel 9537 2029 or email at [wengkirk@aapt.net.au](mailto:wenkirk@aapt.net.au). RSVP by 19<sup>th</sup> May.

### 6. Have you signed the UNIFEM book?

District 23 reminds us that UNIFEM's Say No to Violence against Women campaign raises \$1 for every signature in the book. Here is an extract of the letter from UNIFEM Goodwill Ambassador, Nicole Kidman about the project...Interestingly, there are now over 215,000 signatures and the number is growing daily!



Hello,

*The **Say NO to Violence against Women** campaign counts on each of us to speak out by signing up. Now, the United Nations Foundation is counting too. It has issued a challenge: for each of the first 100,000 signatures to the campaign, the UN Foundation will donate \$1 to the UN Trust Fund to End Violence against Women. We need everyone's help to get 100,000 people to sign on to the UNIFEM campaign so that \$100,000 will be contributed to the Trust Fund for local initiatives working to prevent human trafficking, assisting survivors of domestic violence or helping implement laws against rape....*

Click and be counted at <http://www.saynotoviolence.org/>



### 7. Postcard from Jordan and happy returns

Lennie didn't forget fellow Zontians for last month's AGM, sending a postcard from Amman, in Jordan to wish us well and to hope that the Puppet festival had gone well. The postcard featured mosaics of 3 ancient leading women...but no clues on the card as to who they may be!!! Many thanks Lennie!

Happy returns also to Katina Law and Diana Kaiser who have recently returned from separate trips to South America...and to Refat Murshed who has just returned from Bangladesh where she was arranging care for her ailing father.

## 8. In the news



**Messages of inspiration**

PEEL Region Zonta Club hosted a Grow with Zonta workshop at Mandurah Country Club for members from Perth, Mandurah, Bunbury and Dunsborough.

More than 54 Zontians heard keynote speaker Mayor Paddi Creevey draw on her personal leadership journey, speaking about women in the community and illustrating what is possible with courage and faith.

Fiona Crowe, of the Zonta Club of Perth, spoke about the Yarri Wada Strong for Country Puppet Project.

This project uses the medium of puppetry to bridge the gap between old and young, preserve cultural knowledge and address health and education issues.

It operates in partnership with Zonta and other like-minded organisations in helping young women to make positive changes in their communities.

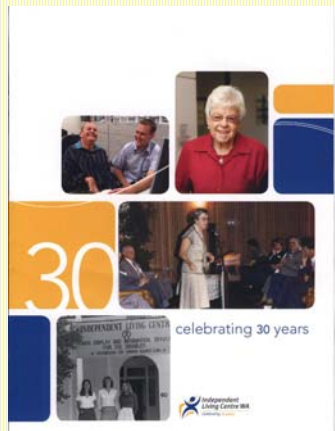
The project has been endorsed by the 38 clubs in the district. From July, clubs can adopt a puppet and raise money for the project.

**Convenor Karen Groves with Zonta presidents Wendy Kirkby, Sheila Watters, Jan Grieve and Palma Phipps at the Mandurah workshop.**

Many thanks to Yvonne Roberts, our roving reporter, for sending this snippet featuring the Area 3 Workshop held in Mandurah. (From the Coastal Times of April 16<sup>th</sup>.)

## 9. Independent Living Centre celebrates 30 years

Club charter member, Freda Jacob, founder of the ILC, must be delighted to see that the Independent Living Centre is now celebrating its 30<sup>th</sup> year of operation. Freda features on the front cover of an anniversary information booklet and inside is acknowledged for her magnificent contribution to occupational health in Western Australia. Congratulations Freda!



**Freda Jacob**  
Founder of the ILC

The Independent Living Centre exists today due to the foresight and hard work of its founder Freda Jacob. In 1970 Freda the Superintendent Occupational Therapist at Royal Perth Hospital, attended an International conference in Switzerland. Freda returned with a vision for an equipment and information service in Western Australia. In 1974 Freda arranged a meeting addressed by Lady Hamilton, the chairperson of the Disabled Living Foundation in London and from this meeting a working party was formed. With the input of many local organisations the ILC was open for business in November 1977 and officially opened by the Patron Lady Kyle on the first of March 1978. Today the Governor and his wife are ILC's Patrons.

Over the past 30 years Freda has served the ILC as a volunteer extension officer, board member and avid supporter. She served as chair of the inaugural steering committee, chairperson and deputy chairperson of the board of management. Freda resigned from the board in 2002 and continues to be an inspiration to the staff and board members. The service offered to the community by the ILC is a direct result of her determination, compassion and commitment to all people.

---

## 10. New team for 2008-2009 announced

The April Annual General Meeting was a time for reflection and acknowledgment for a year of achievement. It was a smaller than usual affair as so many members were interstate or overseas.

It is when the Club reflects on the year, that we can truly appreciate how our combined efforts are working together to advance the status of women both at home and overseas. Each committee provided an overview of the year's achievements and these are all contained in the Annual Report and this is available from the Club website at [www.zontaperth.org.au](http://www.zontaperth.org.au).



April AGM



Lori receives a bouquet of appreciation

President Lori acknowledged all members for their contribution to Zonta. Lori has been President for the last two years, guiding us with patience, grace and charm. She has overseen the 'settling in' time of our new venue at St Catherine's, as well as providing excellent leadership for the Club and valuable support to the committees. She has used her superb facilitation skills to achieve solid outcomes and has spoken eloquently on behalf of the Club. In addition, she also serves on the Board of the Zonta House Refuge Association, providing valuable input and advice to that wonderful organization. Many thanks, Lori for a job well done.

The team for 2008-2009, that will be inducted at the May meeting, will be:

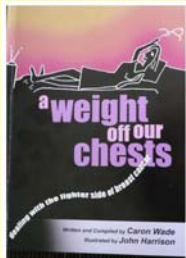
- President: Carole Theobald
- 1<sup>st</sup> Vice President: Fiona Crowe
- 2<sup>nd</sup> Vice President: Anne-Marie McNaughton
- Secretary: Sandy McGregor
- Treasurer: Refat Murshed
- 2<sup>nd</sup> year Directors: Mary Gurgone, Diana Kaiser
- 1<sup>st</sup> year Directors: Debbie Mason and Lorraine McLean

---

## 11. Weight off our chests...

The Zonta Club of Bunbury Inc has published a book of breast cancer anecdotes by local breast cancer survivor Caron Wade, entitled 'a weight off our chests'. Profits from book sales will go to the Zonta Club of Bunbury to support projects benefiting those who have been affected by breast cancer.

The books cost \$15 (plus postage) and order forms may be downloaded from our Club website, at [www.zontaperth.org.au](http://www.zontaperth.org.au) and a copy is attached to the end of this Inzert.



B Pair - Debbie nearest camera



C Four - Debbie on left



Debbie on the podium (Left rear)

---

## 12. Congratulations to Debbie

*I knew Debbie did rowing, but your humble editor did not realise that she was so good at it!! She recently entered five events and got 5 gold medals! As she put it herself "it can't get better than that!" Well done Deb! Here are the details:*

Last weekend I took part in the Rowing section of the West Australian Masters Games, which is a biannual event. It is held at the Albany Rowing Club, who row on the Kalgan River a few kilometres east of the centre of Albany. About 70 rowers from Perth headed down for the fierce racing on Saturday April 26. I achieved 5 gold medals from 5 races, which I was extremely proud to do.

Masters Rowing is competed for in age divisions. I am a C grade veteran (aged 48 later this year) and I competed in C, B & D grade events depending on who I was competing with as the age of a boat is the average of its crew's total ages. B is younger and D is older. The events I competed in were:

- Womens B Pair
- Womens C Four
- Womens C Quad Scull
- Mixed C Quad Scull
- Mixed D Double Scull

The most difficult of these was the Mixed D Double Scull. I competed in this with a gentleman friend from another club and we had to fight very hard to win. It was glorious! I had sports induced asthma cough for about half an hour afterward, just to prove I'd worked hard!

---

Integrity is  
who you are  
when no one  
is looking....

## 13. Diary Dates

- **8<sup>th</sup> May 2008 – Club Bring a Friend and Changeover dinner meeting, 6.15 for 6.45pm, St Catherine's College.** Guest speaker is Tracey Hodgkins, a passionate entrepreneur, who was awarded the prestigious 2005 Telstra WA Business Woman of the Year award. The evening will also include induction of the 2008-2009 Board.
- **12<sup>th</sup> May 2008 – ZontaClub of Dunsborough Changeover Dinner –** Rivendell Restaurant, Lot 21 Wildwood Road, Yallingup, 6.30 for 7pm. Tickets \$55 from Linley Tel 9754 6422, mob 0409 279 907, email [dalstate@bigpond.com](mailto:dalstate@bigpond.com) .
- **27<sup>th</sup> May 2008 – Peel 15<sup>th</sup> Birthday and Changeover Dinner, see above.**
- **12<sup>th</sup> June 2008 – Club business meeting, 6.15 for 6.45pm, St Catherine's College**
- **10<sup>th</sup> July 2008 – Club Bring a Friend dinner meeting, 6.15 for 6.45pm, St Catherine's College.** Guest speaker is the Chief Scientist of WA, Prof Lyn Beasley.
- **28th June-3rd July—Zonta International Convention 2008, Rotterdam.** Visit <http://www.zonta2008.com/> for more information.
- **8<sup>th</sup> November 2008 – Founder's Day Dinner.** Our Club will be hosting this event.
- **25-27 September 2009 – District 23 Conference, Ballarat.**

Want to know what is happening in your club? Visit [www.zontaperth.org.au](http://www.zontaperth.org.au)



## Bring a friend meeting and Changeover Dinner

**8<sup>th</sup> May 2008**  
**6.15 pm for 6.45 pm**  
**St Catherine's College, UWA**



**Guest Speaker:**

**Tracey Hodgkins**  
*- a passionate entrepreneur -*

Director of the Advantage Experiential Learning Centre  
CEO of Atomic Arc  
Founder of Project U  
...and much more...

Tracey Hodgkins is one of Australia's most innovative business leaders, known for the development and implementation of cutting edge career and entrepreneurship education methodologies.

After a long list of achievements including being named Entrepreneurial Educator of the Year in 2003, she was awarded the prestigious 2005 Telstra WA Business Woman of the Year award.

**RSVP**  
**by 12 noon Monday 5<sup>th</sup> May**  
**to Marg Giles**  
**[magiles@westnet.com.au](mailto:magiles@westnet.com.au)**



# Zonta Polo Shirts Order Form

Please post order form with cheque to  
**Zonta Club of Peel Region Inc (Polo-shirts)**  
**PO Box 275**  
**MANDURAH WA 6210**

Enquiries to Dawn Simmons  
 Phone - 08 9535 3113 email [daw.daw@bigpond.com](mailto:daw.daw@bigpond.com)

*The Zonta Club of Peel Region's new maroon Polo shirts feature a gold embroidered Zonta International logo and attractive gold piping. They are made from breathable diamond mesh, 50% polyester and 50% Cooldry, and are light, comfortable and smart!*

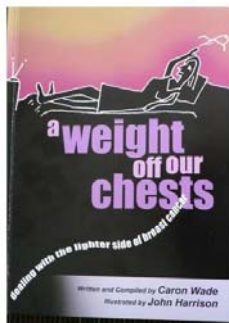
**To keep the price to \$30 (plus postage), orders are collated so a minimum order of 10 Polo shirts is sent to the manufacturer. Please allow at least 3 weeks for delivery from placement of the order**

Contact person		
Signature		Date
Club		
Telephone		
Email		
Club Address		
Address for shipping (if different from club address)		

<b>Product sizes</b> Handy tip to get the right size: find your favourite T-shirt and at the base of it, measure the distance from seam to seam. <b>Note: Measure carefully as there will be no exchanges made.</b>	<b>Quantity</b>	<b>Total price @ \$30 each</b>
Size 8	46 cm	
Size 10	48.5 cm	
Size 12	51 cm	
Size 14	53.5 cm	
Size 16	56 cm	
Size 18	58.5 cm	
Size XL	61 cm	
Size 2XL	63.5 cm	
Size 3XL	67 cm	
<b>Postage and packing: 1 shirt add \$6.00, 2-3 shirts add \$10.00</b> Please contact Dawn Simmons for a quote to post bulk orders. Phone - 08 9535 3113 email <a href="mailto:daw.daw@bigpond.com">daw.daw@bigpond.com</a> .		
<b>Total</b>		

**Please make cheques payable to Zonta Club of Peel Region Inc and enclose cheque with the order.**

*The Zonta Club of Peel Region Inc is a not for profit organisation with revenue of less than \$100,000 per year. GST has been paid on all materials and production. Therefore no GST is required for direct sales.*



## Book Mail Order Form

### ***A Weight off our Chests:*** *Dealing with the lighter side of breast cancer*

**Price: \$15.00 per book**

Please complete form & post order with cheque to:

**Zonta Club of Bunbury Inc**

**PO Box 1395**

**BUNBURY WA 6231**

Enquiries can be made by emailing

**bunburyzonta1194@yahoo.com.au**

The Zonta Club of Bunbury Inc has published a book of breast cancer anecdotes by local breast cancer survivor Caron Wade. Profits from book sales will go to the Zonta Club of Bunbury to support projects benefiting those who have been affected by breast cancer.

The book can also be purchased from:

**'La Femme', Bunbury Plaza Shopping Centre, Spencer Street, Bunbury.**

Enquiries – (08) 9721 1037; (08) 9721 7067

Your name		
Signature		Date
Club (if applicable)		
Telephone		
Email		
Address for shipping (if different from above address)		
Product description	Quantity	Total price
Copy of book 'A weight off our chests: Dealing with the lighter side of breast cancer,' <b>at \$15.00 per book</b>		
Postage and packing within Australia 1 book \$2.45		
Postage and packing within Australia 2 books \$3.45		
Postage and packing within Australia 3 - 5 books \$8.95		
	<b>Total</b>	
<b>Payment: Please make cheques payable to 'Zonta Club of Bunbury Inc' and enclose cheque with your order</b>		
<i>The Zonta Club of Bunbury Inc is a not for profit organisation with revenue of less than \$100,000 per year. GST has been paid on all materials and production. Therefore no GST is required for direct sales.</i>		