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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 Val Gandossini via zontaperth@yahoo.com.au

Contact us

- o zontaperth@yahoo.com.au
- o www.zontaperth.org.au
- o PO Box 237
- o Nedlands WA 6909

1. Visit to the Ilerla Project at Mowanjum

Lennie McCall

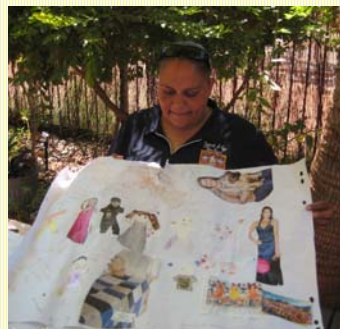


L-r: Angie Fisher, Leah Umbagai and Margaret Medcalf

Margaret Medcalf and I took the opportunity to visit Derby while staying in Broome at the end of August. Through Sciona Browne we had contacted Angela Fisher to arrange a meeting with her and Leah Umbagai.

Angela was a nurse with the Aboriginal Medical Service working along the Gibb River Road area and camped with us and the Aboriginal women artists from the north-western and central Kimberley region when some of the members of the Zonta Club of Perth went up there in 2004. Angela is now based in Derby, still with the AMS, and is very supportive of Leah and the community at Mowanjum.

Leah is employed at Mowanjum as the Project Manager of the *Ilerla project* and is implementing a range of programs to promote family and community competence around meeting children's needs. This project is being financed by a significant Lotterywest grant obtained with the help of a partnership of organisations including the Zonta Club of Perth.



Leah with some of the Ilerla Project posters made by the children at Mowanjum

Ilerla meaning 'young youth' is targeting youth in the remote Kimberley who live in environments where there are high levels of alcohol abuse, drug abuse and violence. These issues are key contributors to a breakdown in family values and high levels of cultural kinship relationship abuse. *Ilerla* was developed by senior Aboriginal women within these communities along the Gibb River Road who identified the need to develop and support the leadership of younger Indigenous women in building strong, healthy communities and families. (Further details about the project can be found in *Yarri Wada News* issue 4 September 2010 on our club's website at www.zontaperth.org.au)

We met Angela and Leah for lunch in Derby and Leah had brought in some of the posters made by the children for us to see and told us more about the project. "A bus collects children in Derby after school and takes them out to the Art Centre at Mowanjum where they have a great time in structured activities under my direction", Leah said and smiled. "The children are aged from 4 to 13 years, about 30 of them" Leah told us, "and the regular sessions are geared to social learning". The one that afternoon was to be on friendship. Leah is assisted by volunteers, including Angela, and they were anxious for us to stay and help but sadly there was not enough time for us to do so.

Leah is doing a Management course through Curtin University and uses ideas from that as the inspiration for her sessions with the children and vice versa the sessions are raw material for her course. We understood that the grant money will run out at the end of this year. They do not know what will happen after that.



L-R: Leah Umbagai, Lennie McCall, Angie Fisher and Margaret Medcalf

Since the 1970s for many years a Canadian anthropologist, Professor Valda Blundell (joint author with Donny Woolagoodja *Keeping the Wanjinjas Fresh*, Fremantle Arts Centre Press, 2005) has been coming to the region to study Indigenous art, culture and the local families. Professor Blundell had now arranged for some of the Mowanjum people to a visit her in Ottawa so that they can bring back some of the material she has collected. So there is great excitement as Leah, Donny Woolagoodja and Janet



Artist Donny Woolagoodja
(photo www.mowanjumarts.com)

Oobagooma are due to leave on 6 September for a month in Canada.

After lunch Angela drove us out to Mowanjum where we looked at some of Leah's art, met Donny and were shown two rooms which have recently been set up, one as a cave with Wandjina paintings on the walls and the other as a theatre. We saw a film which has just been made on the Ngarinyin, Worrorra and Wunambal people narrated by Leah.

Those who went camping with the Aboriginal women in 2004 will be interested to hear that we went to see Gilgi, who is now in an old people's home in the Mowanjum community. We were hoping to see Pansy also but she was on her way back from Mt Barnett and had not arrived by the time we left but we passed on warm greetings from our members

2. Meet Our New Member – Vera Riley

Vera Riley



President, Mary Gurgone presents
new Zonta member, Vera Riley, with
her Zonta yellow rose.

I have been working as an OT for more than 30 years in both WA and USA. The focus of my work is to assist people regain or maintain the skills needed to carry out activities they need to do and want to do in daily life. Clinically a highlight for me was to be presented with the "Inaugural SCGH Allied Health Clinical Excellence Award" in 2010.

My husband, Richard, is an anaesthetist at RPH. Our 2 sons, aged 20 and 22, after stints of university studies, both are still developing their educational paths. Family is important in our home and this includes providing support to Richard's mother and my parents as all have health issues.

I enjoy reading, travel, yoga and watching sports (I am a keen WCE supporter). My husband and I, in recent years, have discovered distance running as a way to keep fit. I see my membership of Zonta as being able to contribute to the community in yet another avenue.

3. Project Kenya

Val Gandossini



Val with some of the many children in
the slums of Nakuru

It was a tiny article in the travel section of the newspaper that led me to decide to volunteer for 3 weeks in the slums of Nakuru, Kenya. The Nakuru Family Project was established by Fremantle woman, Susan Saleeba; it was her vision and commitment to build a sanctuary in one of Nakuru's largest slums, Katembwa. Here, women can learn a trade so they can regain their self-respect and dignity by working to take care of their children. The Gabriel Learning Centre also provides free pre-primary education and assists children with their ongoing education. I was inspired by Susan's passion and dedication and that the project is funded 100% by fundraising and donations.

I travelled to Nakuru with Susan and 5 other volunteers from Australia in August. It was an experience unlike anything I have known; on one level I was providing practical help such as helping in the pre-primary classroom, taking food parcels to families in the slums, washing and mending school clothes, sorting lentils for the children's lunches, teaching women to sew, purchasing clothes in the markets, visiting families in the slums, cleaning a young woman's home. This was the easy part. On another level, I was confronted on a daily basis with meeting families who were destitute, hungry and illiterate ... and who had lost the will to live. Children happily come to school to learn and patiently wait for their lunch of ugali and lentils. I learned that for most, this is the only meal they will eat. Mothers thank us for taking them a parcel of food. I learned that they had not eaten for 2-3 days. Families gratefully accept the gift of a foam mattress. For they only have a cement floor and newspaper to sleep on. I experienced emotions ranging from rage, despair and profound sadness ... to optimism, humility and gratitude.



GIANT GARAGE SALE
North Fremantle Bowling Club
November 5th and 6th



Val with children eating ugali and
lentils

Susan's commitment is to the people is for the long term; there are plans to build a school, a rape and refuge centre and a medical clinic. Already Gabriel's is known in Katembwa as a retreat from poverty, violence and hardship.

Susan has been invited to be guest speaker at the November Club meeting. Val will join her in sharing her personal experiences. We hope you will bring a friend to hear more about this wonderful endeavour. Find out more at www.kenya.net.au

4. Congratulations to Val Gandossini



Val delivering a training course on resilience

It's been an exciting time for Val as, besides her African adventure above, she was also recently promoted to a management position with CLAN WA. This is a dynamic new position for Val and for the organisation which has undergone significant changes in its strategic direction.

In her new role, Val heads a small team of professional workers to offer a range of courses and workshops on areas ranging from mental health and wellbeing to parenting and resilience. In addition, she and her team can deliver a range of learning development opportunities and training courses for other professionals. Val has worked for CLAN WA for nearly 12 years in various positions, contributing to the way the organisation continues to support families.

5. August Dinner Meeting

Carpets for Communities

At the August dinner meeting our guest speaker Kylie Hansen gave a fascinating insight into the Carpets for Communities project, based in the Poipet Commune in Cambodia on the Thailand border.



L-R Jill Anderson, Lorraine MacLean, Kylie Hansen and Mary Gurgone show off some of the carpets Kylie brought with her.

The project aims to break the cycle of poverty and provides immediate intervention to children at risk of child labour, prostitution and human trafficking. This is achieved by empowering mothers to earn an income through the production of hand-made, eco-friendly rugs and the development of micro-enterprises.

Kylie brought some of the carpets with her and these are made by the "latch hooking" technique and require only a small wooden or metal latch hook, wool and a base of net / mesh to knot the wool into. For more information visit

www.carpetsforcommunities.org

Items for the Zonta House Refuge

Annette Chivers, Manager of the Zonta House Refuge, provided the following thanks for the donations collected for the refuge at the August meeting:

On behalf of our staff and clients, we would like to express our heartfelt thanks for the amazing donation of toiletries, socks, pyjamas, dressing gowns and small ornaments received at the refuge.

Your donation is not only practical and useful, but mainly it is the thoughts and generosity of spirit that means so much to us. Thank you so much.



Donations for the refuge given at the August dinner meeting.

The "Zontians having fun" photos included these memorable evenings



L-R: Bec Christou and Sharron Hickey ham it up to raise continence awareness



L-R: Freda Jacob, Carole theobald, Agnes Vacca and Bec Christou at the launch of the WA Women's Hall of Fame.

Zontians having fun

This photograph, one of twelve, shown at the August dinner meeting was voted the best one on the theme "Zontians having fun" to be displayed at the Conference in Melbourne next month



Donna Caspersz's enterprising presentation starts with some dancing!



Max Browning White is melting hearts with his beautiful smile already!

6. Congratulations to Diana Rigg

SPECIAL CONGRATULATIONS TO DIANA ON THE BIRTH OF HER FIRST CHILD, MAX BROWNING WHITE.

Max arrived on 11th August weighing in at 6lb 8oz. Diana is loving every minute of the new experience. We all hope this blissful feeling will continue. Members can look forward to seeing this little fella in the near future.



Carole says that David has been wonderful with the help he has given her.

7. Carole's Recovery

Carole reports that she is recovering well from her successful neck operation to replace a prolapsed disc and would like to thank members for their kind thoughts, cards and calls. On behalf of the club, Val Gandossini brought round a bouquet of beautiful yet unusual flowers that really brightened her days. Carole says that she has been catching up on her sleep, doing neck exercises, watching endless Star Trek episodes (going to sleep on one planet and waking up on another) and generally spending some time in the 'lay by' of life's highway. She will miss the District 23 Conference as, at the end of September, she goes on a cruise for a week to finish off her recuperation and hopes to be fully recovered, fighting fit and rarin' to go on her return. She looks forward to seeing everyone at the October meeting.

We all look forward to seeing her again and hope she makes a full recovery and enjoys a very well deserved vacation cruising "somewhere".



Sonia Ziaee

Congratulations to Sonia. Her application form will now be sent to Zonta International to be considered for one of the twelve ZI Awards

8. Jane M Klausman Women in Business Scholarship

Karen Groves

Sonia Ziaee, the nomination from the Zonta Club of Adelaide Flinders Inc., has been selected as this year's District 23 winner of the Jane M Klausman Women in Business Scholarship. She is currently studying in the third year of a Degree in Commerce, majoring in Accounting, at the Flinders University of South Australia. She plans to continue with her studies next year and do her MBA specializing in International Relations.

Originally from Kabul in Afghanistan, Sonia has embraced the opportunities and challenges presented by her life at an Australian university. Trained in computers and networking, she has previously been involved in teaching women computer skills through the Ministry of Women's Affairs in Kabul, enabling them to engage in the work force, to realize their potential as women and to build sustainable futures for themselves. Sonia also works for an Afghan private logistics company (through internet and email) which enables her to support her family in Afghanistan and be actively engaged in the business world

For more information see D23 Newsflash

9. Where in the world is Karen?

Karen Groves



A very relaxed and happy-looking Bill and Karen Groves

2011 has evolved as a very different year for me! Bill retired on January 11 and we have been travelling ever since! I have managed to get to every other Zonta meeting but I certainly feel a "part-time" Zontian! Never-the-less, it has been a most interesting and wonderful year to date, so here are some highlights!

We spent 6 weeks in our home state **Tasmania** in February and March and thoroughly enjoyed the lovely long summer days there. Bill organized an 8 day tour of the wineries of the Tamar Valley, the East Coast and the Coal and Derwent Valleys for our wine club – what a feast of pinots, gourmet foods and lovely scenery! We stayed at my family's beach house on the far north-west coast and welcomed other WA friends to enjoy the stunning farming country and rugged wilderness areas. Bill and 9 WA friends walked the Cradle Track and were blessed with perfect weather – a real achievement in Tasmania! I was also able to spend time with my mother who has Alzheimer's Disease and is in high care – what a challenging time for our family.



In May, we went to **Sydney** for the week of the NSW Writers' Festival. How stimulating it was to attend many lively and enlightening sessions with good discussions on many issues, but the topical one was the future of books and the printed word in hard copy format. Most sessions were at the Sydney Theatre complex, a very scenic and historic area. Our two daughters, Emily – a journalist with Channel 10, and Georgina – a marketing consultant with a company called Imagination, live in the Potts Point area of Sydney, so we were able to spend time getting to know “their” Sydney. They ranged from a stunning lunch at “China Doll” on Woolloomaloo Wharf to mosh-pitting at the Basement Club to “Cat Empire” music and wandering around the exhibits at the NSW Art Gallery.



The beautiful Canal Lateral, France



**Have a fabulous time
Karen– but don't forget
where home is - Ed!**

In June, we travelled to **Europe** to join 4 friends on a “Le Boat” launch on a cruise up the Canal Lateral along the Loire River in **France**. We made our way slowly – about 10 kilometres a day – from Briare, south of Paris, to Decize, in the north-east – delighting in the gorgeous little towns and villages along the way, each one with historic, scenic and gastronomic treats. It was THE most relaxing time I have ever spent in Europe! To complement this lovely experience, we decided to visit **Portugal**, a country we had not been to – and how enjoyable it was too! We hired a car and drove ourselves from Lisbon east and north in a circle to Porto and then back to Lisbon, taking in wonderful towns of historic importance. Portugal is so proud of its navigators and their role in the discovery of the new world, so much so that life now seems to have fading impact. Certainly, the economy is struggling and the demeanour of the Portuguese is reflected in their sad or contemplative “fado” music. Even so, the culture, history, food and friendliness made it a very memorable visit.

In September and October, we are going to **North America** to cruise down the St. Lawrence Seaway from Quebec out through the Maritime Provinces of Canada and down to New York. We will spend a few days in the Big Apple before going to Boston to join a group to undertake an art/history study tour of all the New England states – in the fall!! Then, we will head down to the Chesapeake Bay area in Maryland to visit the people I refer to as my “American parents”, who hosted me as an exchange student 45 years ago.

Then it will be home before heading off to Tasmania for Christmas. So, this has been a busy year for we two travellers.

10. Diary Dates



October is Breast Cancer Awareness Month

– so make sure your family and friends are up to date with their health checks and mammograms.

Remember that women in Australia have a 1 in 9 risk of developing breast cancer and over 75% of breast cancers are diagnosed in women aged 50 years or over!

*Free mammograms via BreastScreen WA.
Call 13 20 50.*

25 September Spring in the Valley Breakfast 8.30am, Mallard Duck Restaurant

The Zonta Club of Swan Hills kicks into spring with this fundraising breakfast. Tickets \$40 from Barbara Goulden 0409 989 065 or email zonta@extremedsl.com.au

7-9 October District 23 Conference, Sebel Citigate Albert Park, Melbourne

Visit www.zontadistrict23.org.au for details of activities including social events and also to download the business papers.

13 October Club Dinner Meeting, St Catherine's College, 6.15pm

Guest Speaker Susan Saleeba will be talking about the Nakuru Family Project and member Val Gandossini will also be sharing her recent experiences of the project in Kenya. Don't miss it!

5 November Founders Day Dinner, Mallard Duck Restaurant, 6.30pm

Includes presentation of the Area 3 Woman of Achievement Award and the District 23 Jane M Klausman Women in Business Award. This year's event is hosted by A3 Director Leanne Sultan and the Zonta Club of Perth Northern Suburbs and will be held at the Mallard Duck Restaurant, Henley Brook. Dress is semi formal black and white and tickets are \$55 from Anastasia 0414 909 838 or email anastasiam810@gmail.com. (See form overleaf)

5-6 November Giant Garage Sale, North Fremantle Bowling Club

Proceeds go to Nakuru Family Project (see article above).

7-12 July 2012, Zonta International Convention, Torino, Italy

Why not book your airfares now and take advantage of the good exchange rate? Visit www.zonta.org for more information.

Want to know what is happening in your club? Visit www.zontaperth.org.au



Area 3 Director Leanne Sultan and
the Zonta Club of Perth Northern Suburbs invite you to the

2011

FOUNDERS' DAY DINNER

and presentation of the
Area 3 Woman of Achievement Award and
District 23 Jane M Klausman Women in Business Award

Where: The Mallard Duck Restaurant
Cnr West Swan Rd & John St, Henley Brook

When: Saturday 5 November 2011
6.30pm pre-dinner drinks, 7pm dinner

Dress: Black and white *Semi formal*

Cost: \$55 includes pre-dinner drink, 3 course meal, limited table wine



✂.....

RSVP by 21 October to Anastasia Maslij, PO Box 176 Osborne Park WA 6917
Phone 0414 909 839 Email anastasiam810@gmail.com

I/We wish to attend the Founders' Day Dinner on Saturday 5 November 2011
(Please print names clearly and as you would like for your place cards)

My Name : Partner

Other Guests

I am paying \$..... to cover people @ \$55 by

- Cheque (made payable to the *Zonta Club of Perth Northern Suburbs Inc*) or
- EFT to ZCPNS account, BSB 306073, Acc 4184007 (please send/email bank confirmation)

Special Dietary Requirements :

Home Hospitality If you would like accommodation on Saturday 5 November, please indicate:

No. of singles Couples..... (Your host will contact you to confirm arrangements)

Your Contact Details:

Name..... Zonta Club.....

Phone Email.....