



ZONTA
 CLUB OF
 BALLARAT INC
 MEMBER OF ZONTA INTERNATIONAL
 EMPOWERING WOMEN
 THROUGH SERVICE & ADVOCACY

BAZ

ZONTA CLUB OF BALLARAT INC. (A0018802W)
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APRIL 2017

Area 4 District 23

**Our Dinner Meetings
 are held the fourth Thursday of the month
 6.30 pm for 7.00 pm
 at Barkly's Restaurant, Corner Barkly Street &
 Main Road, Bakery Hill.
 Our next meeting will be 25th May 2017
 Phone Hilary Pope on 0411 402 557**

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**PRESIDENT  
 Catherine Taylor**



Dear Zontians,

What a great month it has been!

Caroline Nolan and myself had the pleasure of attending a planning meeting for the District 23 Conference. We met the Conference Committee including District Governor Judy Gorton and Conference Chair Beryl McMillan. Planning is well underway, the venue – Rydges Hotel, Geelong, looks great and I believe we are in for a real treat! If you can possibly get there, I am sure you will enjoy the Conference. You will learn a lot about Zonta and meet and make friends with members from other States and the Northern Territory that make up District 23. Read Caroline's report on page 3.

That same day I attended the Charter Presentation

Dinner of the newly formed Zonta Club of Mitchell, which was held at Penny's Restaurant in Kilmore. It was a great evening! Our very own Val Sarah proposed the toast, Ronda Walker from the Zonta Club of Kyneton, answered the question, What is Zonta? There was the installation of the Board and the introduction of Club members. It was great to meet everyone involved in this newly formed Club and what a great night it was! The Charter Dinner was held at Penny's Restaurant in the old Kilmore Town Hall, a majestic building, which really added to the sense of occasion.

I hope you enjoy reading our Club's Annual Report! It covers all the events we have enjoyed throughout the year. Thank you to everyone for their reports and specially Hilary Pope for her design and binding skills in putting this together. It is a real credit to you, and all our members that we have achieved as much as we have over the past year. Congratulations to everyone and I hope you enjoy the read!

Zonta International has just launched a Global Membership Drive. This will run from April 2017 to May 2018. There are targets to meet, so watch this space!

Our May Dinner Meeting on Thursday 25<sup>th</sup> is our Changeover Dinner. Our Area Director, Lyn Symons will be visiting and inducting the new Board as well as making a presentation. Lyn will also induct another new member to our Club and I hope you will all join me in welcoming our newest member, Jenny Debney.

**Yours in Zonta!  
 Catherine**

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## UN Report



Caroline Nolan



### Abolishing chhaupadi, breaking the stigma of menstruation in rural Nepal

In rural Nepal menstruating girls are banished to sheds called “chhaupadi”, where they suffer in cold and isolation, often at risk of illness and animal attacks. To stop the practice, which has been outlawed since 2005, Restless Development Nepal has partnered with the UN Trust Fund to educate young people and break the myths about menstruation in their communities.

As soon as Kapetha Fhatri\* started menstruating, she was banished to the “chhaupadi”—an isolated shed outside her village—until she stopped bleeding. Alone in this shed, she was to have no contact with her family and denied nutritious food. Like other menstruating women and girls, Fhatri was prevented from bathing and accessing clean water sources used by the villagers. Attending school was out of question, since menstruating girls are considered impure. In the *chhaupadi*, girls and women are routinely exposed to cold and face heightened risk of sexual violence and animal attacks. In some areas, women are also forced to give birth in the *chhaupadi* hut and remain there for up to two weeks under the same restrictions, jeopardizing the health and wellbeing of mothers and infants.

The programme, which is supported by the UN Trust Fund to End Violence against Women (UN Trust Fund), administered by UN Women, works with young people as peer educators and provides education and support to community leaders, traditional healers, local governments and organizations. In just two years, it has trained 131 peer educators and its activities have reached over 20,000 girls and women, and 15,000 boys and men. Prior to the programme, almost 20 per cent of girls and women used to sleep in a *chhaupadi* hut during menstruation; now the prevalence is down to 5 per cent.

Many traditional healers have also started to change their mindset about *chhaupadi*. This is a significant development as the traditional healers are influential within the communities and young people in the community have expressed that they need the larger community to support them in eliminating the practice. Rati Nata\*, one of the traditional healers involved in the programme said: “After participating in the training, I have convinced my wife to stay inside the home, regularly take a bath and have nutritious food while menstruating. She has been doing this and nothing bad has happened. Now, giving example from my own home, I have tried to convince my neighbours about negative consequences of discrimination during menstruation.”

\*Names changed to protect the privacy of the individual.

- See more at:

<http://www.unwomen.org/en/news/stories/2017/4/feature-abolishing-chhaupadi-breaking-the-stigma-of-menstruation-in-rural-nepal#sthash.Hph0mWQk.dpuf>

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### Trek for Rights in Nepal with UN Women NC Australia

With stunning Himalayan views, high passes, traditional teahouses, tiny hamlets, prayer flags and hot springs, the Annapurna region is among the best trekking destinations in the world. And as a participant of Trek for Rights, you will experience it all.

Beginning in Kathmandu, you’ll see how locals are striving every day to rebuild their homes and lives from the devastation of the April 2015 earthquakes. Though confronting, it is an experience you will never forget and will illustrate the importance of the funds you’ve raised for UN Women National Committee Australia.

With many areas of the city spared from the devastation, you'll also discover the history and culture of Nepal's colourful capital city and some of its many UNESCO World Heritage listed sites.

You'll then escape the city limits, spending the next six days trekking the Annapurna region through verdant valleys at the foot of spectacular mountains. Over terraced rice fields, across clear mountain rivers and into dense rhododendron forest, you'll trek narrow paths between some of the highest mountains in the world.

This adventure provides a unique and intimate insight into village life in this beautiful area of the Himalayas, close to the magnificent peaks of the Annapurnas, Machapuchare, and Dhauligiri. Trekking in this pristine and unspoilt area, you will reconnect with an ancient culture long left behind by modern civilisation.

You'll also have the chance visit one of UN Women's multipurpose centres, spaces set up for women survivors of the earthquakes, to see for yourself the incredible work you've helped make possible.

Best of all, you'll raise vital funds for UN Women to continue to empower women and girls in Nepalese communities.



Dates: 2 April – 14 April 2018  
Registration fee: \$770 (non-refundable)  
Fundraising target: \$3,500 (excludes travel)  
Travel quote: \$4,690, including taxes  
Trip duration: 13 days  
Challenge duration: 6 days  
Accommodation: 3 star hotels and lodges  
Minimum age: 18 (younger ages considered on application)

**Caroline Nolan**

## **District 23 Conference Planning Morning**

On Saturday 8<sup>th</sup> April, Catherine Taylor and I drove down to Geelong to attend the planning session for the District 23 Conference. The planning session took place at the newly branded Rydges Hotel, Geelong, which is the venue for the 1<sup>st</sup> -3<sup>rd</sup> September Conference. The meeting was chaired by the Beryl McMillan, who is the conference chair and was attended by District 23 Governor, Judy Gorton.



The conference committee consists of Beryl McMillan (Chair), Maria Zaluski (Secretary), Fiona MacDowall (Treasurer) and Committee Members: Jane Adornetto, Lyn Symons and Joy Herman. It was a pleasure to report that planning for this conference is going well and five months out from the date it is shaping up to be a very impressive conference. Their attention to detail, in the discussions that ranged from the style of the conference information to the management of logistics of protocol was extraordinary. We were able to hear about the range and quality of guest speakers and how the program will come together. As part of the meeting, we got to have a walk through the venue so we were able to picture where all the conference events will take place.

Catherine took away from the meeting the information we needed, that is the details about our role in the conference, which is the coordination of the elections. At the conference the District 23 Board for 2018-2020 will be elected, so they are able to commence their roles at the end of the Zonta International Convention in July 2018. It is hoped that as many Ballarat members as possible will be able to attend and for members who have not attended at conference, there will be a special introductory price as an added incentive

So, save the dates folks, 1<sup>st</sup> -3<sup>rd</sup> September, and watch out for next conference newsletter which is due out shortly after Easter.

**Caroline Nolan**

## District 23 Public Relations and Marketing Awards 2017

The District 23 PR and Marketing Awards cover five categories; Advertising & Promotion, Public Relations, Club Newsletter, Social Media and Club Annual Report. Entries can cover the period from 1<sup>st</sup> July 2015 to 30<sup>th</sup> June 2017. If something our Club has achieved and stands out in any of these categories, please let me know! The deadline for entries is 30<sup>th</sup> June 2017.

**Catherine Taylor**

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**Val Sarah**

## We're all Volunteers – Let's Celebrate!

On Saturday 13<sup>th</sup> May, Volunteer Groups and Organizations across the City of Ballarat will participate in the Festival of Volunteering during National Volunteers Week.

Why do we and others 'volunteer' our time and energy? Probably for many different reasons, according to our work, life and family commitments.

I wonder if you recognise yourself in the recent local statistics from United Way Ballarat which tell us that

- 14% of us volunteer for three or more organisations
- 24.1% of those over 15 years participate in a formal way
- 31% are active in sport and recreation organisations
- 35% of us volunteer at least once a week, and
- 64% of us do so to help others or the community

Our recent Dinner, showcasing the latest additions to our Honour Roll of Ballarat's Great Women was an opportunity for us to acknowledge six inspirational women who volunteer in our Community.

## Welcome to Zonta

While I was in Chicago recently, working with the Centennial Anniversary Endowment Campaign Committee and with Eva Nielsen of Denmark on our Centennial History Project, I picked up copies of the booklet Welcome to Zonta, one for each of our members.

This compact publication was launched during the 2016 Convention in Nice. It's clearly and concisely set out with information vital for the new member, while offering a quick 'refresher' for long-serving members.

It explains all those pesky acronyms, our Mission, Vision and History in Brief.

It talks about Who We Are and What We Do. It also details What Zonta expects from you, and What to expect from Zonta. If I had to pick out two of the items we can expect from Zonta, they would be

- Opportunities to be actively engaged in local service, and
- Greater understanding of the global issues affecting women and girls

I thoroughly recommend setting aside 10 minutes over a cuppa to read it cover to cover...time well spent!

## Welcome



to Zonta



## Report on Visit to Chicago in March 2017

In March, I was given permission to attend meetings at our ZI Headquarters in Oak Brook near Chicago. I spent 7 very long working days split between the CAEC and the CAC (see below).

### CENTENNIAL ANNIVERSARY ENDOWMENT CAMPAIGN (CAEC)

Since July 2014, Chairman Jackie Beaudry has worked with a very small Committee including Sharron Miles from the USA, PIP Olivia Ferry from the Philippines, Anita Schnetzer-Spranger from Germany, and me. We've been supported by Consultant Rita Fuerst Adams from Boston, and the International President and President-Elect of the day.

During the 'Quiet Phase' of the Campaign, almost USD 1.5 million was raised. Since Convention in Nice, we are now working on the 'Public Phase', and the Endowment Fund will officially 'kick-off' at the District Conferences with a presentation from the ZI Board Representative – in our case, Ute Scholtz from Verden in Germany.

Our initial goal is USD10 million by 2020, but this fund is all about **"Giving NOW for the Future"** and will continue on in perpetuity. I've prepared a document for the Area Meeting this coming Saturday, which I'd like to share with you, as it explains very simply what the Campaign is all about.



*The photo was taken at the end of the day in the Board Room at ZI Headquarters in Oak Brook.  
Left to right, Sharron Miles, USA;  
Past International President Olivia Ferry from The Philippines,  
Chairman Jackie Beaudry, USA,  
Past International President Val Sarah, Australia  
Anita Schnetzer-Spranger, Germany*

### CENTENNIAL ANNIVERSARY COMMITTEE (CAC) - HISTORY AND EVENTS

Since July 2010, (as Chairman for the CAC 2010-2016) I've been working with Eva Nielsen of Denmark on the History of Zonta. Eva studied at the Universities of Edinburgh and Copenhagen and finished with a Master's degree in History. Her research was awarded with the Gold Medal of the University of Copenhagen in 1963. She taught history and was Principal of an academic upper secondary school from 1975-2001. She researched and wrote a History of District 13, 1935-2015.

The core group of the CAC has remained together since 2010. Beryl McMillan currently chairs the Committee, as it now has two strands – the History Project, and Events.



The original intent was to publish a book along the same lines as the History published in the year 2000. However, times have changed, and the approach will now be different. What I would call an 'analytical archive collection' will be produced for the ZI website – and that is what Eva is working on, drawing on club and district histories and the archive at ZI Headquarters. The work is exacting, demanding and challenging, covering Zonta's growth and development 1919-2019, and only someone with Eva's expertise and patience would be prepared to undertake it.

Meanwhile the ZI Board has called for 'stories' – a bedside table book of stories of the women who have empowered or been empowered by women in Zonta's history, for a maximum of 208 pages. Beryl and I are working on the 'subjects', and strategy for this huge task. It's quite a challenge, without having direct access to the archive at HQ and minimal Staff time to assist.

A Centennial Anniversary Celebration Strategy and Plan has now been created, and shared with the Governors. Our Club will have autonomy to define our own ways of empowerment and our role could include a membership drive, invitations to alumnae of Zonta's education programs, emphasis on honouring great women (Ballarat's Great Women) shared on social media, sharing best practices and results to enhance visibility across our District, and participation in a common action worldwide on 8<sup>th</sup> November 2019. We'll hear more about this from our Area Director during the District 23 Conference in September.

**Val Sarah**



*Dear Zontians,*

you may have heard about the Campaign, but know little about it. I hope this document will 'demystify' it for you!

### **ABOUT THE CAMPAIGN ...**

The Centennial Anniversary Endowment Campaign is probably one of the most important steps Zonta has ever taken, "**Giving NOW, for the future**".

It's not about the money, it's about '**the human story**'. It's not about us, as Zontians ... who we are. It's about what we believe in ... what we DO.

### **WHAT IS AN ENDOWMENT FUND?**

An Endowment is a long-term investment, providing a stable financial base of future income – a wise step to take, given that we cannot foresee what will happen in the global financial market, nor if our Zonta membership will remain at its current strength in numbers.

The Endowment Fund is *separate from*, but *linked to*, our Biennial Giving to international award programs and service projects which, as you know, are voted on at successive Conventions. It is

- separate because we have contractual obligations to the agencies or organisations engaged to carry out those biennial programs and projects;
- linked because it is the means by which we can maintain, sustain and possibly *enhance*

the level of our giving to empower women and girls globally *in the future*.

A donation to this fund is an individual gift, a gift in perpetuity. The Fund is restricted: the capital gift cannot be spent, only the *interest* derived from the investment can be used.

### **HOW IS IT MANAGED?**

It is managed by the Zonta International Foundation Staff at ZI Headquarters. It is safe and secure. Your gift will be acknowledged and appreciated.

### **WHO DECIDES WHO WILL BENEFIT?**

The funds will be dispersed at the discretion of the ZI Board of the day, to designated international programs or service projects – maybe even to a Zonta Flagship Program yet to be determined!

### **WHAT IS OUR GOAL?**

Our initial goal is USD10 million by 2020 – the first step in our Endowment strategy for the future.

### **HOW YOU CAN FIND OUT MORE ...**

If you are attending Conference in September, you will hear a formal Presentation and have the opportunity to have your questions answered in a small group meeting. If you wish to attend the meeting, please let me know ([vsarah@bigpond.net.au](mailto:vsarah@bigpond.net.au)) and we'll reserve a space for you. If you cannot go to Conference but are interested in a personal dialogue, let's talk about how we can

- **BELIEVE** in our cause
- **INVEST** in the future, and
- **EMPOWER** women and girls, their families and their communities, in generations to come.

**VAL SARAH**

*Member, CAEC Committee*

# Charter Presentation Dinner Zonta Club of Mitchell

On Saturday the 8<sup>th</sup> April, President Catherine, Val Sarah and myself braved the wind and rain to travel across to Kilmore to join with members of all clubs in Area 4 and a number from Area 1 to welcome into the world of Zonta International, the new club of Mitchell at their charter dinner.

We were fortunate enough to have our District 23 Governor, Judy Gorton, present to induct the Club Board and general membership. A number of local and state politicians were also present.

The Club has been mentored by the Zonta Club of Kyneton and has already held a number of successful fundraisers and their wonderful hospitality extended to all, ensures a wonderful future.

## Donna Campbell



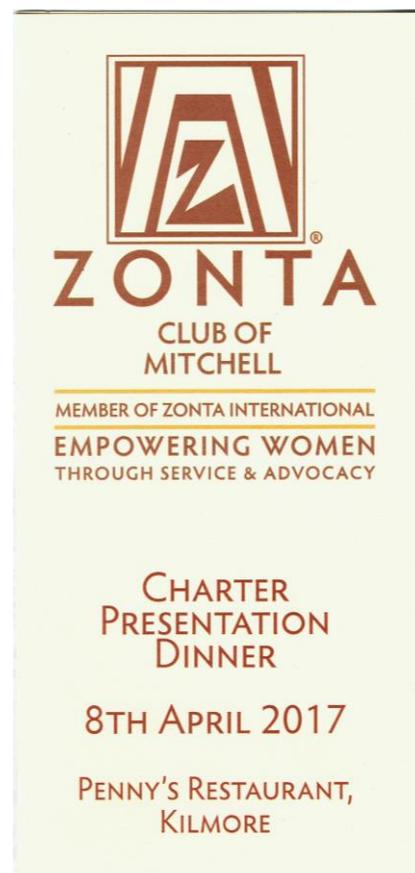
*District Governor Judy Gorton addressing those in attendance*



*The new Board after being sworn in*



*Catherine Taylor, Val Sarah and Donna Campbell*



## Zonta International Launches Global Membership Drive

Zonta International raises its voice

After almost a century of advocacy and action to empower women and girls around the world, Zonta International has launched a global campaign to increase awareness of the organization's vision and goals and to attract more volunteers.



ADD YOUR VOICE TO  
EMPOWER WOMEN

"Zonta is fully committed to the United Nations Sustainable Development Goal No. 5: Achieve gender equality and empower all women and girls," said Zonta International President Sonja Hönig Schough. "By 2030, we want to see a world in which every woman and girl is able to achieve her full potential. We want them to have greatly improved access to resources and to be equally represented in decision-making positions. Above all, we want to see a world in which no woman or girl lives in fear of violence."

"New members are the lifeblood of any volunteer-driven organization. Through our Global Membership Drive over the next 12 months, Zonta clubs in 66 countries will reach out to like-minded women and men. We want them to join us as advocates in combating inequality and violence, and to work alongside us as volunteers providing hands-on service in their communities and raising funds for our international projects and education programs."

The campaign also calls on governments, the business sector and community leaders to give women and girls greater career opportunities and improved access to health, education and other services.

Zonta International is a leading global organization of professionals committed to empowering women worldwide through service and advocacy. Zonta's first club was established in Buffalo, New York, in November 1919 and membership today stands at approximately 30,000 Zontians in 66 countries. Zonta advocates through its General Consultative Status with the United Nations and Participatory Status at the Council of Europe. The Zonta International Foundation is a not-for-profit charitable organization that supports an extensive international service program through the contributions of Zonta clubs, individual Zontians and friends. Clubs also undertake local service and advocacy.

**Birthdays**  
**Congratulations to Jeong-ah Kim**  
**who is celebrating her birthday**  
**on 9<sup>th</sup> May!**  
**Have a great celebration!**

## DIARY DATES

|                 |                                                |
|-----------------|------------------------------------------------|
| April 27        | Dinner meeting - AGM, annual subscriptions due |
| April 29        | Areas 1 and 4 Meeting at Eltham College        |
| May 11          | Board Meeting                                  |
| May 25          | Changeover Dinner with induction of new Board  |
| June 3          | Building Better Boards                         |
| June 8          | Board Meeting                                  |
| June 22         | Dinner Meeting                                 |
| June 24         | Birthing Kit Assembly Day                      |
| July 13         | Board Meeting                                  |
| July 27         | Dinner Meeting                                 |
| August 10       | Board Meeting                                  |
| August 24       | Young Women in Public Affairs                  |
| September 1 – 3 | District 23 Conference                         |
| September 14    | Board Meeting                                  |
| September 28    | Dinner Meeting                                 |
| October 12      | Board Meeting                                  |
| October 26      | 39 <sup>th</sup> Birthday Celebration          |
| November 9      | Board Meeting                                  |
| November 23     | Dinner Meeting                                 |
| November 24     | White Ribbon Day Breakfast                     |