



**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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**JUNE 2021**

District 23 Area 4

**Our Dinner Meetings  
 are held the fourth Thursday of the month.  
 This Thursday at the  
 Ballarat Golf Club  
 1800 Sturt Street, Alfredton,  
 6.45 pm for 7.00 pm  
 Our next meeting will be 22<sup>th</sup> July 2021  
 Phone Loretta on 0466 499 864**

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**PRESIDENT  
 CAROLINE NOLAN**



Dear Zontians,

And just when things were starting to get back to what felt like a post-Covid normality, along comes another Victorian shut down to remind us that it's not over yet.

This month things did not go to plan for the Zonta Club of Ballarat, as our Changeover Dinner had to be cancelled at the last minute. Our guest speaker and some of our members, including me, were unable to attend and we were unable to reorganize so many things in such a short period of time. Unfortunately, our meeting venue also closed its restaurant for this month. We are now back on track again, with this month's meeting moved to the Ballarat Golf Club and our official Board handover planned for this Thursday.

We will hopefully have an opportunity to hear more about Women's Health Grampians and the Communities of Respect and Equality (CoRE) Alliance at a future dinner meeting. Meanwhile, we have now registered the Zonta Club of Ballarat to be a member of CoRE and will have the opportunity to access support in our work for advocacy and service from Deb Harris, the Women's Health Grampians' Regional Consultant, for our area.

Even though the handover has not formally occurred yet, this has not stopped Loretta Kaval from starting to work as Acting Secretary, as we plan for our Great Girls meets Great Women event. Over the last few weeks, Loretta and I sent out invitations to a selected list of Ballarat's Great Women for expressions of interest. We were somewhat inspired by the positivity at the recent 'Being Fearless' event hosted by Juliana Addison and, so far, we have had a positive response from the women we have been able to contact. We encourage Friends of Zonta (FOZ) members who would like to know more about this initiative to contact Loretta or myself on the emails below.

We have now moved from using personal emails for contact and have moved to using our @zontaballarat email addresses. From Thursday the Board will be:

- President - Caroline Nolan ([president@zontaballarat.com](mailto:president@zontaballarat.com))
- Vice President – Catherine Taylor ([info@zontaballarat.com](mailto:info@zontaballarat.com))
- Secretary – Loretta Kaval ([secretary@zontaballarat.com](mailto:secretary@zontaballarat.com))
- Treasurer – Sharelle Knight ([secretary@zontaballarat.com](mailto:secretary@zontaballarat.com))

Membership enquires should still be directed to our Public Relations Chair, Alison Round on ([info@zontaballarat.com](mailto:info@zontaballarat.com)). Over the next few months, we should see the Zonta Club of Ballarat website updated to match these new details.

Page 2 – Guest speaker Ellen Burns; Page 3 - Service Update & WRISC Fundraiser; Page 4 - Carole Theobald, District 23 Futurist and Zonta Says NOW Convenor; Page 5 – Reducing Our Emissions & Birthing Kit Update; Page 6 – UN WOMEN Australia; Pages 7 & 8 – Eloise Amirtharajah YWPA Winner

In this month of World Environment Day, the focus of our Dinner Meeting is 'Zonta Say NOW' and how we can do more to advocate for women through supporting environmental issues.

Our City of Ballarat is quite active on this front and we have invited Ellen Burns, President of Hidden Orchard ([The Hidden Orchard – Fruit from Ballarat Backyards, to the Ballarat Community](#)) and small business owner ([HOME - we bar none](#)). We will also have Carole Theobald, District 23 Futurist/Leadership Co-ordinator joining us via Zoom from Perth.

The materials for our Birthing Kits Assembly Day have arrived. They haven't moved from my front door at this stage, but Alison Round and I are planning to do all the preparation in the school holidays, ready for our Assembly Day on Saturday 17<sup>th</sup> July. All being well, this will take place at the Barkly from 2 pm, however, we are still awaiting confirmation on availability at this stage.

Finally, this month the club received some wonderful news about our 2020/21 Young Women in Publics Affairs (YWPA) recipient. Eloise Amirtharajah was announced as the District 23 Winner and one of the ten Zonta International Awardees. This time last year, we debated as a club as to whether it was going to be viable to run YWPA and despite all our challenges with technology on the presentation evening, I am so pleased that we decided to persevere. This is the email response from Eloise:

*"The encouragement and support that all of you provided to me and other young women in Ballarat through not only the judging process, but also the virtual ceremony where we heard from so many amazing female speakers and role models, was incredibly inspiring. I wanted to extend my thanks to all of you because the opportunities that this scholarship and award will allow me to experience will be so vital for a future career in public affairs and engaging in international affairs particularly in respect to how they impact women."*

I congratulate Eloise and the YWPA coordinator, Sharelle Knight, on this international recognition of the service and leadership of one of our local school students. We will start the process of the 2021/22 applications early next term. We look forward to seeing more of the leadership skills in our community this year.

Yours in Zonta fellowship,  
**Caroline Nolan - President**

## Guest Speaker Ellen Burns



Ellen is a local girl and alumna of Ballarat Grammar; finishing school in 2007, she completed a double degree in Art and Visual Arts at Monash University.

After a period working for a food packaging company, a working holiday in Canada and a stint at the ANZ bank, she decided to venture into small business full time. The idea for 'We Bar None', came when she was living in Canada; where she found they had a lot more amazing healthy convenience food. When Ellen first started her business, she was living in Melbourne but moved back to Ballarat to be closer to family. She found that here, we have a very different attitude as Ballarat folks really want to support local business.

Initially, she was making the energy bars by hand but now they are manufactured by Springhill Farm in Delacombe. When asked about this in an Old Grammarian interview, ([OG Ellen Burns & "We Bar None" | Ballarat Grammar School \(bgs.vic.edu.au\)](#)), if she would recommend entrepreneurship as a career, she said: "I didn't study business because when I thought about 'business' I thought about guys in suits around a boardroom table. I thought about charts and KPIs and questionable morals. Now I am surrounded by women absolutely 'killing it' in business and doing so with the morals that I share, focus on health, wellness, local and eco. The business world is changing and no one should feel like they don't belong."

In 2017, Ellen was also one of the co-founders of The Hidden Orchard, an idea they got from a Castlemaine group called Growing Abundance. This volunteer group harvests fruit from backyards or public areas and shares it amongst the site owners, pickers and local charities such as Food is Free and Uniting Care. The charities distribute the fruit free to people within

the community or use it in meal programs. This is food that might otherwise have gone to waste and food that is unsuitable for human consumption is given to the Ballarat Wildlife Park. In 2021, volunteers completed 32 harvests and collected over 1300kg of fruit from registered fruit tree owners on private properties and at Ballarat's cemeteries. Ellen Burns also ran as the Greens endorsed candidate for Ballarat North Ward in the October 2020 elections.

14<sup>th</sup> October  
28<sup>th</sup> October  
11<sup>th</sup> November  
25<sup>th</sup> November

Board Meeting  
43<sup>rd</sup> Anniversary Celebration  
Board Meeting  
Dinner Meeting

## Breast Cushion and Toiletry Bag Update

This is an update on the progress being made with the breast cushions for the hospitals and the toiletry bags for Berry Street.

Demand for the breast cushions has been less this year due to the pause on breast surgery at the Ballarat Regional Integrated Cancer Centre because of the Covid19 restrictions. However, we will be delivering another twenty breast cushions to St. John of God Hospital in the next month. We will have a stuffing and sewing day in July to finish the cushions and pack them for delivery.

We will also be filling the toiletry bags for Berry Street in the coming months. However, in order to do so we require several items which are in short supply. We are in need of small moisturizers, hand cream, shampoo, conditioners and soap. If any of our members can help with these items, we would be most appreciative. We wish to thank members for their generous donations for the toiletry bags over the years.

Berry Street are always most appreciative as the need continues to be great.

**Maria Sozanski & Helen Eyres**

## DIARY DATES

|                                     |                           |
|-------------------------------------|---------------------------|
| 24 <sup>th</sup> June               | Dinner Meeting            |
| 8 <sup>th</sup> July                | Board Meeting             |
| 17 <sup>th</sup> July               | Birthing Kit Assembly Day |
| 22 <sup>nd</sup> July               | Dinner Meeting            |
| 12 <sup>th</sup> August             | Board Meeting             |
| 26 <sup>th</sup> August             | Dinner Meeting            |
| 9 <sup>th</sup> September?          | Board Meeting             |
| 10 <sup>th</sup> – 12 <sup>th</sup> | District 23 Conference    |
| September                           | in Bendigo                |
| 23 <sup>rd</sup> September          | Dinner Meeting            |



**WRISC are seeking donations of women's good quality clothing to sell at their upcoming fundraising pop-up shop.**

**Quality Preloved Clothing  
For All Women, From Women, By Women**

WRISC is accepting donations of clothing, clean and in good condition until the end of June only.

**Donations are to be directly handed to reception on business days only between 2 – 5 pm.**

**Ladies, it is time to clean out your closet!**

**All funds raised from sales will assist WRISC to continue supporting women and children who experience family violence.**

**For further information call 5333 3666  
205 Dana Street, Ballarat**

## CONGRATULATIONS!



**to Catherine Taylor and Helen Eyres, who are celebrating another candle on their birthday cakes.**

**Catherine on the 4<sup>th</sup> July  
and Helen on the 15<sup>th</sup> July**

**Have a wonderful celebration!**



Our guest during the June Meeting is **Carole Theobald**, a Zontian with 22 years of experience as a member of the Zonta Club of Perth, contributing at club, area and District levels. She joins us this evening as the District 23 Futurist and Leadership Coordinator, with special emphasis on her role convening the **ZONTA Says NOW** project focused on Gender Equality and Climate Action.

Carole was born to a military family and grew up in Scotland, Malta, England and Hong Kong. She says that she went to so many schools that she was usually one uniform behind. Her husband was an RAF pilot and they "migrated to Perth in 1981 to stay put!"

They adopted their daughter from South Korea when she was 4 months old. She is now 36 and lives in Sydney with their 6-year-old granddaughter.

Carole has degrees in Environmental Health and Sciences, Communication and has had careers in Environmental Chemistry, Medical Administration, Environmental Health, Food Safety and now Transport. She says that in the last year she has woken up to climate change and professionally is working to decarbonise the transport sector in Western Australia.

She sees climate change disruption as a big threat to women, but also a huge opportunity to create a gender-equal, sustainable world. She describes her

specialist area as "bringing people together to get stuff done."

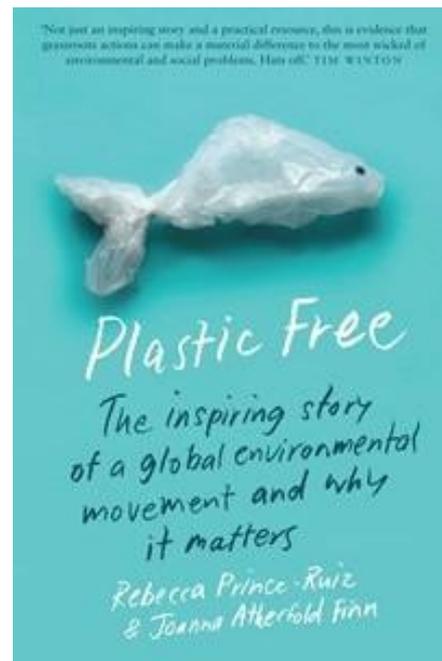
Catherine, Caroline and I have been participating in the regular Climate Action Think Tank ZOOM meetings, and can attest to Carole's extraordinary skills in presenting material from worldwide sources to inspire those on the call, updating comments and action points as we go, with evocative visual material and lashes of enthusiasm!

Carole expresses her gratitude to District Governor Sandra Burns, for creating the Futurist role so that Carole could follow her passion *to keep Zonta strong and relevant in our climate disrupted future*".

She looks forward to meeting our members!

VAL SARAH

## PLASTIC FREE JULY



[Plastic Free](#) by Rebecca Prince-Ruiz and Joanna Atherfold Finn. This is the book that describes the history of Plastic Free July. This movement started with one woman working in recycling education in a WA local government.

She decided to go plastic-free for one month and asked her friends to join her. Today over 250 million people from around the world have joined up to this program.

## How Do We Reduce Our Emissions?

Are you a consumer or a citizen? What is the difference? A consumer makes a purchase for short term gratification – a citizen thinks about the impact of the purchase before making it.

When buying or using finite resources, we can help reduce emissions by pausing to think about:

- Where our household energy comes from;
- Whether we go straight for the car keys or consider walking, cycling, using public transport, or car-sharing first;
- The air miles and emissions associated with our food and clothing choices.

With some simple steps that do not impact on our lifestyle, we can collectively make a HUGE emission reduction. Why not challenge yourself to:

- use less plastic
- purchase wisely
- minimise waste
- eat less meat
- plant more trees!

## RESOURCES



**ZONTA SAYS NOW**  
To gender equality and climate action

**The 5 Rs Guide**  
Reduce. Reuse. Recycle. Rethink. Repair.  
Be part of the solution for a sustainable future.  
May 2021  
This publication is designed for on-screen viewing.

**1. Reduce**

- Choose products with less packaging e.g. loose fruit and vegetables
- Use your own produce bags and "green" bags when shopping and keep bags in your car or handbag for unplanned shops.
- Buy in bulk non-perishable items (like rice, flour, pet food) to save on packaging
- Use reusable containers to pack lunches rather than plastic wrap.
- Avoid plastic or cans when buying soft drinks in – invest in a soda stream
- Cook from first principles, using fresh meat, fruits and vegetables – also saves \$ as fresh food is GST free
- Avoid use of single use non-recyclable plastic utensils and straws
- Use a coffee machine that uses beans rather than disposable pods
- Request takeaway food in reusable containers – jars or tins
- Avoid purchase of water in single use bottles – buy a reusable water bottle
- Go paperless – receive regular bills and bank statements via email and put a 'no junk mail' sticker on your letterbox.

**2. Reuse**

- Use packaging or materials in different ways e.g. reuse takeaway containers for freezer storage, glass jars for home made jams and preserves
- Use old print-outs as scrap paper or print on both sides
- Use something you already have, rather than buying something new
- Use cardboard and paper under mulch in the garden to reduce weeds and improve soil
- Use a keep cup for coffee, rather than a disposable coffee cup
- Buy products that are made from recycled materials, such as recycled timber and plastic

**3. Recycle**

- Aluminium, steel cans, aerosols and clean foil
- Paper including phone books, stationery, copy paper and office paper, newspapers, brochures, magazines and advertising material

Collect containers to raise funds for Zonta projects

NO JUNK MAIL Thank You!

The 5 Rs Guide shows you how to Reduce, Reuse, Recycle, Rethink and Repair and be part of the solution to a sustainable future. Bronwen Haywood, from the Zonta Club of Central Goldfields in Victoria, collated the information for this leaflet.

Copies of this brochure will be available on the table at our Dinner Meeting this Thursday or you can go to [zontasaysnow.org.au](http://zontasaysnow.org.au)



Exciting news just in from Julie Monis-Ivett with updates on our Birthing Kit Program.



This is the new Birthing Kit Logo bag. The line **"A cleaner birth and a cleaner earth"** reflects the new degradable plastic sheet and logo bag when buried.

The QR code links back to the bkfa website home page. It is planned that this will link to birthing kit instructions for Traditional Birth Attendants.

Julie says *"we are also making more kits in country to reduce our carbon footprint from less transport and locally sourced supplies, and to promote sustainability"*.

Julie hopes that we will all go to the BKFA website and read the Achievements section.

<https://www.bkfa.org.au/our-work/birthing-kits/our-achievements/> She says that it explains why we continue to work together, and details some of our major achievements *"which many dedicated supporters would not know"*.

The incredible team members behind the success of the Birthing Kits are constantly looking for ways to improve the kits, and the support services in country. This latest initiative with the Logo Bag is a great leap forward. Thanks, Julie, for sharing the good news!

**VAL SARAH**

BKFA Ambassador

## **Rohingya Fire Emergency Appeal**

[Rohingya Fire Emergency Appeal | Get Involved](#)  
[| UN Women Australia](#)

On 22 March 2021, a devastating fire broke out in three Rohingya refugee camps in Ukhiya, Cox's Bazar. The fire tore through camps 8, 9 and 10, killing 15 refugees, injuring over 560 and leaving more than 17,000 households without shelter and in need of emergency supplies. Two months after the fire broke out, women and girls are still lacking the essentials and desperately need your help.



UN Women is on the ground in Cox's Bazar refugee camp right now, working to meet the immediate needs of the 48,300 people who lost their homes and personal belongings, providing relief kits to women in need, but resources are stretched and we urgently need your support. The most urgent need right now is the distribution of relief kits that provide the basics needed to restore dignity and safety to women and girls. Each relief kit costs \$45 and contains reusable sanitary pads, a sleeping mat, mosquito net, a toothbrush and toothpaste, comb, sandals and an abaya.

Providing an abaya is vitally important, as many women who lost their abaya in the fire will not go outside of their temporary shelters during the day to collect relief items and food, or access relief services such as health care. Women also refrain from using latrines during the day and are only venturing out at night, putting themselves at increased risk of violence under the cover of darkness. Many women and adolescent girls are also lacking sanitary napkins to manage their period, increasing their psychological distress and risking their health, as they will often resort to using inappropriate materials, which can lead to infection.

## **World Environment Day 2021** **- REIMAGINE. RECREATE. RESTORE.**

World Environment Day 2021 ([unep.org](http://unep.org))

Investing in ecosystems is investing in our future. World Environment Day 2021, which counts with Pakistan as the host country this year for its official celebrations, calls for urgent action to revive our damaged ecosystems. From forests to peatlands to coasts, we all depend on healthy ecosystems for our survival. Ecosystems are defined as the interaction between living organisms - plants, animals, people - with their surroundings. This includes nature, but also human-made systems such as cities or farms.



Ecosystem restoration is a global undertaking at massive scale. It means repairing billions of hectares of land – an area greater than China or the USA – so that people have access to food, clean water and jobs. It means bringing back plants and animals from the brink of extinction, from the peaks of mountains to the depths of the sea. But it also includes the many small actions everyone can take, every day: growing trees, greening our cities, rewilding our gardens or cleaning up trash alongside rivers and coasts.



Restoring ecosystems carries substantial benefits for people. For every dollar invested in restoration, at least seven to thirty dollars in returns for society can be expected. Restoration also creates jobs in rural areas where they are most needed. Some countries have already invested in restoration as part of their strategies to bounce back from COVID-19.

## The Climate Clock CLIMATECLOCK

The Lifeline and Deadline on the Climate Clock tell us what we need to do, by when. There is still time to avert climate disaster, but only if we take bold, immediate action at the speed and scale necessary – beyond what politicians have deemed politically possible. The Climate Emergency is here. The next 7 years is humanity's best window to enact bold, transformational changes in our global economy to avoid raising global temperature above 1.5°C, a point of no return that science tells us will make the worst climate impacts likely inevitable. The DEADLINE on the clock alerts us to the critical time window we have left to take the most meaningful action to combat it.



Municipal governments and civil-society teams all across the world, from Sydney to Bangkok to Istanbul, are now moving forward with plans to install climate clocks in their city-centres. Following the step-by-step instructions in the Climate Clock maker kit, Marlvern Chimbwanda, an engineering-award-winning high-school student in Harare, Zimbabwe is assembling a clock for his school from raw components.

All these clocks are synchronized, inspiring climate stake-holders across the globe to get on the same timeline and stay on pace. This is the Climate Decade. And this year, with the COP26 coming up in Glasgow in early November, is a do-or-die year for humanity and the planet. We must secure an ambitious and binding agreement in Glasgow... or else. And when the country delegations arrive in Glasgow, a huge Climate Clock will face them down. And thanks to a generous partner, there'll also be a personal climate clock on the desk of every delegate.

**Caroline Nolan**

## ELOISE AMIRTHARAJAH Zonta Club of Ballarat's YOUNG WOMEN IN PUBLIC AFFAIRS WINNER District 23 Winner And 1 of 10 Zonta International Winners



Congratulations to Eloise!

After this wonderful announcement earlier this week, our YWPA Award Coordinator, Sharelle Knight, did a vox pop with Eloise and here are her answers.

What inspired you to enter the Zonta Club of Ballarat 2020 YWPA Award?

After being nominated by my Head of Senior School, Laura Brady, I read about what a wonderful organisation Zonta is, and I wanted to be involved in any capacity with one which seeks to empower women, to make a difference in their communities, especially harnessing their passion for change from a young age. I have known what field of work I wanted to pursue since I was 14 when I did a subject at school called International Studies where we learnt about climate change, the refugee crisis, and gender inequity, and this was the first time that I had been so passionate about a class that I continued to read about the problems and the possible solutions as well as the systemic causes, and how people can work towards changing them.

Having successfully completed Year 12 in 2020, what are you currently studying?

I am currently studying in my dream university course, which is still sometimes a little unbelievable, which is a Bachelor of International Studies, focussing on development, at RMIT University. As a part of this course, I have been studying the theoretical and physical global processes and how they impact ethnic relations, and I will continue to hone my focus on how women are disproportionately impacted by processes like globalisation and climate change.

### What do you hope to do once you've completed your degree?

During my degree, I hope to partake in internships with non-for-profit organisations which aim to better the standards of living and quality of life of women around the world, and seek to address global issues, such as climate change. I also want to gain experience through working with government as well as companies that prioritise their social-corporate responsibilities. I eventually hope to work in an area of policy development, where I can reform existing policies that exclude and discriminate against marginalised groups in our society, on both a national and international scale.

### Who is/are the women who inspire you the most and why?

My biggest inspirations are my mum and my grandmother, who have always approached everything that they do with kindness and the outlook that the differences that people have should be embraced and supported as they are what make us special, and through the nurturing of these qualities, society can become better and stronger. I have also, always been inspired by the teachers that I have had all the way from prep to VCE, and I think that the power of education should never be underestimated as during these formative years, passion can be supported rather than dismissed as naivety.

Furthermore, I have always taken inspiration from the women I see in the media, one of the first being Emma Watson, who in 2014 gave the famous, 'HeForShe' speech at the UN Women conference, and I was so inspired to see a woman, who did not directly work in philanthropic organisations, use her platform in a positive way which empowered young girls like myself to take action in their everyday lives to reach gender equity. Furthermore, female politicians around the world, from Julia Gillard to Jacinda Ardern to Angela Merkel, they have all led with kindness and a prioritisation of what is better for often marginalised people. Furthermore, in recent years young women such as Greta Thunberg and Isobel Marshall and Eloise Hall, who have pioneered for environmental justice and a reduction in period poverty, respectively. It is so empowering to see other young women, around my age, working towards the improvement of conditions for everyone.

### Where do you see yourself in 20 years time?

In 20 years time, I hope to have impacted women around the world, through systemic changes so that they are afforded equal access to necessary services and they feel safe wherever they are.

### What do you see as the biggest issue facing young women today?

I think that one of the biggest issues facing young women today is the fear of discrimination and a lack of safety in the workplace. The beginning of this year was a clear demonstration of that, despite having all four of the major Australia Day award recipients as inspirational women, the Federal Government proved to be a scary and unsafe workplace for women as a myriad of sexual assault allegations came forward. However, the scariest part was that these alleged victims, rather than being supported were dismissed as hysterics, returning the fears that systemic change would never occur if the very people who are supposedly representing us showed their true colours, in that they truly don't care for the wellbeing of women. This was incredibly disconcerting, as I questioned whether or not I even wanted to pursue a career in public affairs, if I would be constantly questioned and vilified, but organisations like Zonta have helped me to feel as though it is worth it, in order to create ever-lasting change for the future generations in Australia and around the world.

### What would you say to encourage young women in Years 10 & 11 to enter the YWPA Award?

Zonta is an organisation which allows young women to be surrounded by those who only want to encourage and foster your learning and skills which can help to better support women in our community is such a gift, as you will often only hear words of discouragement and disregard for your passion so being able to speak with other women who share your passion for change towards gender equity. Furthermore, being involved in community service activities, and taking on opportunities available such as Youth Council and other leadership groups, during high school is invaluable as it offers such great experience as to what the world is like outside of school, and after you leave school, you don't have as much time to harness your passions through these types of activities. Becoming aware of issues in your community and more broadly, is crucial to advocating for issues you feel strongly about.

**Eloise Amirtharajah**