



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

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 ★ Chartered 8TH June 1987 ★ Zonta International, District 23, Area 2, Club No. 1180

Honour & Empower



ZAH News
April 2020

Zonta International

- ★ **Mission** Zonta International is a leading global service organisation of professionals empowering women worldwide through service and advocacy.
- ★ **Vision** Zonta International envisions a world in which women's rights are recognised as human rights and every woman is able to achieve her full potential. In such a world, women have access to all resources and are represented in decision making positions on an equal basis with men. In such a world, no woman lives in fear of violence.
- ★ **Theme** Empowering Women through Service and Advocacy.

Save the date:

2020 April	Sat 25 th	Anzac Day. We will observe or details to come.
	Wed 29 th	ZCAH Club Meeting Via Zoom. Log on 6.45 for 7.00 pm.
May	Wed 13 th	Board meeting via Zoom 7.00 pm
Sept		Area 2 Advocacy Meeting to go ahead. Details to follow.
Sept		Zonta International Convention Chicago - cancelled. Voting electronically to go ahead, more information to follow.

"The 2020-2022 Biennium begins Zonta International's second century. These biennial goals build on Zonta's past successes, strengthen our commitment for women's equality, and acknowledge today's rapidly changing world. Our founders provided a vision for women to achieve equality. That equality has yet to be fully realised and is the motivation to accomplish these biennial goals.

In order to achieve our goals, Zonta International must be viewed as an 'organization of choice' that people believe is worthy of the investment of their personal time and resources. Zonta needs to stand as a global community that engages in meaningful conversations and works to better the lives of half the world's population." - Zonta International Foundation 2020

Next Meeting:

The April meeting will be held on April 29 via Zoom, due to the social distancing requirements in place to reduce our exposure to COVID-19.

A thought for the day:

Notice the rainbows after the rain, & when rain gets you down, create your own sunshine because you are the only one who can.
 Cyndie Spiegel.

Birthdays:

Anne - 28th April
 Lynda - 11th May
 Margaret G - 17th May
 Amanda - 7th May

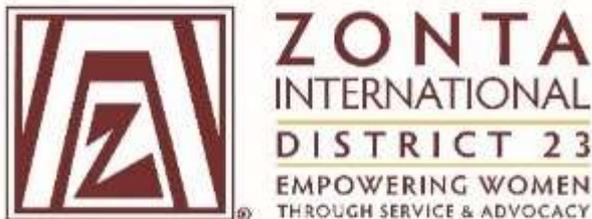


From the President

This month has been very busy as I get to grips with Zoom meetings and the plethora of changes to how we will finalise the Zonta Biennium online. Board met via Zoom last week and we have planned for our first club wide Zoom meeting for next Wednesday. It will be our AGM meeting so I'm hoping we can all connect to pass the necessary motions and vote in our new Officers etc. It has been rewarding to complete the Annual Report and reflect on how much we got up to last year. I'm sure we will all get together in person in the future however there is a way to go yet. In the meantime there is plenty to do. Each day seems to bring new news even in the Zonta realm. You may already have guessed that the

Chicago Convention planned for later this year has now been cancelled. The implications of this will take some time and it is complicated. My ability to relay all that is afoot is challenged and just by chance, yesterday I received an update email 'letter' from District 23 Governor, Jane Adornetto. She says it all so well I thought you would forgive me if I coopt her words here so we all get the latest updates on the status of Zonta District 23 information. So I'll sign off and hand over to Jane. See you all on the screen next Wednesday April 29th

Bev Hocking, President



Dear District 23 Zontians,

Our lives have been turned upside down over the past few weeks, and that includes our Zonta lives. Almost overnight we have become an e-District and our clubs are operating as e-Clubs. A revolution that has forced change upon us, ready or not. A huge THANK YOU to you all for your willingness to embrace this change, to ensure our clubs continue to operate in the best circumstances for each club and their members. It's not been easy, I know. But it is working, and that is a credit to you all.

Unfortunately some members of our District are directly affected by COVID-19. I know you join me in sending positive thoughts to them, as they navigate the awful circumstances associated with this virus and wish them all speedy recoveries.

The District 23 Board met via Zoom on Sunday 19th April. I wanted to update you all on some of the points discussed and decisions made.

Convention Matters

Those of you who were registered to attend convention will have received an email asking for your preference for refund of your monies paid. If you were registered and have not received this email please contact me.

One of the refund options is to donate part or all of monies paid to ZI to offset unclaimable convention organisation costs. The District 23 Board voted to donate the registration fees for both myself and Governor-Elect Sandra Burns to Zonta International for this purpose (AUD1900). The registration cost is allowed for in the District 23 Budget, along with accommodation and air fare expenses. As we will not be attending a convention, approximately AU\$10,000 allowed for, above the registration cost, will not be utilised. (In no way is this an expectation that other registrants should do the same thing. It is optional and purely voluntary.)

The Zonta International Board is in the process of working through the details of how and when required voting that would have taken place at convention will happen. I have a meeting scheduled with ZI at the end of the month and will advise further, once I have more information to hand.

Clubs are required to register their delegate and alternate with Zonta International by 15th May.

...When selecting your delegate and alternate please bear in mind they will need to have email/internet access, and a good internet connection. There is also a possibility some voting may be required outside Australian daytime hours. (This is not confirmed, but I flag it as possible).

Area Meetings/Workshops

As you are aware, our District 23 Area gatherings were cancelled due to travel restrictions and social distancing requirements. The board has decided that we will proceed with some sort of virtual area meeting in late May/early June. This will not be a full day event, rather some sessions with myself and committee chairmen and can cover subjects such as membership, service, advocacy, fundraising etc., related to our current circumstances. Happy to receive suggestions from you as to what you would like to see or hear about. Registration would be required and further details will come over the next few weeks.

Breast Cushions & Birthing Kits

Breast Cushions – clubs are adapting to new ways of keeping up with production of breast cushions, which is fantastic. If you aren't breaching your own current state guidelines for contact with others, and the hospitals you supply are willing to keep accepting cushions, keep up the good work and keep sewing!

Birthing Kits – there are options to continue with the production of birthing kits, should clubs choose to do so. Whether splitting up a bulk order into smaller quantities and delivering to members (again bearing in mind state guidelines), or using the smaller number of 40 "Kits at Home" to produce (less effort in distribution for individual clubs, however the cost is slightly higher), we can keep "hands on".

Zoom

The use by D23 clubs of the D23 Zoom account has been fantastic, so thank you for embracing this technology. There have been a few minor teething problems – the district board meeting kept being closed down by an enthusiastic person wanting to schedule a meeting for their club! Our Zoom subscription allows only one log-in at a time. If you attempt to log in and there is a meeting already in progress you will be asked if you wish to end the meeting in progress. If you encounter this situation please answer NO and come back later to schedule your meeting. Whilst I believe this is not regularly occurring, so no need to change procedures yet, however the board will be reviewing the process as the need arises. The password has been changed, to allow the D23 board meeting to take place without interruption, so Secretary Debbie will provide clubs with the new password as their meeting day draws closer, or when you ask to schedule a meeting.

...In closing, I'm happy to report 100% of District 23 Clubs have donated to the Zonta International Foundation in the 2018-2020 biennium. I also believe we will exceed last biennium's total funds. Congratulations and well done to you all. More than ever, when the world is back to some semblance of normalcy, women across the world will need the assistance of the Zonta International Foundation. You will continue to make a difference in their lives through our service and advocacy. Thank you all for your continuing commitment to Zonta, particularly in this time of great uncertainty. I'm proud of you all and the wonderful work you continue to do.

Yours in Zonta service and advocacy,

Jane Adornetto, Governor District 23, Zonta International

TRIBUTE TO CATHERINE HAMLIN

In last month's ZAH we announced Catherine's Death. This month we are pleased to publish the following tribute written by Jenny Weaver.

Catherine Hamlin, the great pioneer in treating obstetric fistula, died in Addis Ababa on Wednesday 18th March 2020. She and her husband Reg went to Ethiopia in 1959 and worked there for the rest of their lives, ultimately setting up a specialist hospital to treat women with fistulas.

Fistulas occur when a tear during childbirth leaves a woman incontinent. It is especially prevalent in Ethiopia due to the high numbers of young mothers. The consequences can be lifelong as women with the condition are often abandoned by their communities. When Reg and Catherine discovered this, they determined to do something to improve the lives of these outcasts. They set up the *Addis Ababa Fistula Hospital* in 1974 which has treated over 60,000 women. It is a massive lifetime achievement and Catherine has won many accolades for her ground breaking work.

Some of you may have read *The Hospital by the River* covering Catherine's life and detailing the journey she went through to develop the highest quality treatment for fistula patients. The wholistic care they developed includes physiotherapy. I was horrified to see women bent double from months of confinement in small huts, exiled by communities repulsed by untreatable incontinence. Once physiotherapy renders them fit enough, and this can take many weeks, they undergo the operation to close the tear. About 84% of women fully recover and they return to their communities. For those who don't have a successful outcome they are given a new life at Desta Mender, a Hamlin-run rehabilitation centre on the edge of the city, set up as a closed community with training facilities and a farm producing crops to sell to the hospital and beyond. It is a really beautiful place which provides a long-term solution for those who cannot return to their former life.

I went to Addis Ababa with Julie Monis-Ivett in 2010 for the Birthing Kit Foundation. We met Catherine several times. When the picture below was taken, she was just on her way to operate, she was 86 then. She was bright and lively and still loved living and working at the hospital.

She was a truly inspirational woman and her work was lauded within Ethiopia and across the world. There are five hospitals in the Hamlin group and we also visited the Barhirdar Hospital in the north of the country. There, young women who looked like teenagers and draped in embroidered blankets that were gifts from Zontians in Australia, waited patiently for recovery from their fistula operation so they could return home to restart their lives.

In Barhirdar we met Dr Andrew Browning. He was awarded an AM recently for his work operating on and treating fistulas, work he commenced in Addis Ababa with Catherine.

Catherine Hamlin was one of the reasons I joined Zonta. I was invited to hear her speak at what was an Area Workshop in the early 1990's. I was so impressed by her and the support she received from Zonta that I went on to seek membership of Adelaide Torrens.

Catherine and her husband have made a huge contribution treating this uniquely female condition, their surgery and techniques are renowned around the world and have expanded throughout Africa with the work of Andrew Browning. Catherine, and the wholistic care model she initiated, changed the lives of thousands of women giving them hope, dignity and a new healthy life when all seemed lost.

Jenny Weaver



Addis Ababa Hamlin Fistula Hospital August 2010

Mamitu Gashe, Catherine Hamlin with Julie Monis-Ivett and Jenny Weaver. Mamitu was one of Catherine's fistula patients many years ago and went on to become a fistula surgeon herself.

District 23 Meetings



Zonta District 23 Board meetings are continuing as usual. We all want our clubs to keep active in the next few months and support our members. We plan to share ideas using technology such as Zoom. It is a very efficient form of communication and saves hours of travelling to meetings.

Lynda A'Bear
Vice Area 2 Director

Just a Thought.... Not all help is beneficial



A LETTER FROM ZONTA INTERNATIONAL PRESIDENT SUSANNE VON BASSEWITZ



Dear Zonta members,

I have to inform you that due to the COVID-19 pandemic, the Zonta International Board was forced to cancel the 2020 Zonta International Convention. The decision was necessary, since the global outbreak has created events beyond Zonta's control that prevent us from welcoming you in Chicago and holding this Convention we all had so much looked forward to.

All registrants will receive a full refund of their registration fees. No cancellation fees will be withheld. Many thanks in advance for allowing us some time to provide information on how we will go forward with processing the refunds.

Even though the Convention is cancelled, elections for the 2020-2022 International Boards and Nominating Committee, as well as voting on proposed bylaws amendments, resolutions, the 2020-2022 biennial goals, projects and programs will take place electronically. Club presidents will receive the respective documents by email to prepare for this essential Zonta business. Details on the voting process will be communicated when available. Please watch for future correspondence on these very important matters.

Pursuing our mission is key. Zontians have always been creative in finding ways to support each other and women and girls that need our help, and this unprecedented situation will show again how well we can do this together.

I hope that you and your families are well and able to deal with the exceptional circumstances of these times.

With best wishes for your health and warm regards,

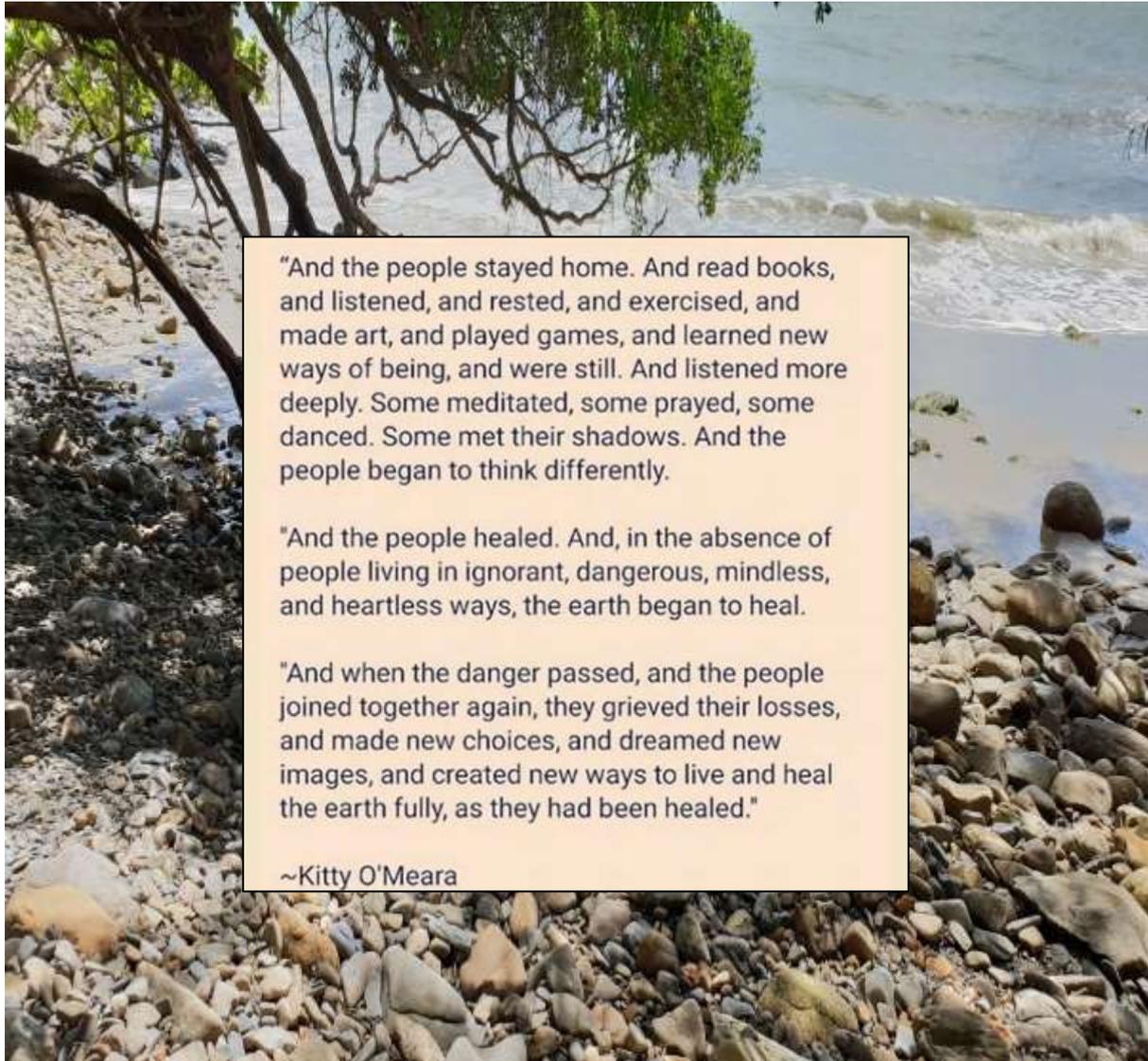
Dr. Susanne von Bassewitz,
President
Zonta International and Zonta International Foundation
Degerstrasse 64 | 40235 Düsseldorf, Germany
Phone: +49 151 4071 2231 | Skype: susanzonta



The Corona virus

- 🌀 The virus is not a living organism, but a protein molecule (DNA) covered by a protective layer of lipid (fat), which, when absorbed by the cells of the ocular, nasal or buccal mucosa, changes their genetic code (mutation) and convert them into aggressor and multiplier cells.
- 🌀 Since the virus is not a living organism but a protein molecule, it is not killed, but decays on its own. The disintegration time depends on the temperature, humidity and type of material where it lies.
- 🌀 The virus is very fragile; the only thing that protects it is a thin outer layer of fat. That is why any soap or detergent is the best remedy, because the foam CUTS the FAT (that is why you have to rub so much: for 20 seconds or more, to make a lot of foam). By dissolving the fat layer, the protein molecule disperses and breaks down on its own.
- 🌀 HEAT melts fat; this is why it is so good to use water above 25 degrees Celsius for washing hands, clothes and everything. In addition, hot water makes more foam and that makes it even more useful.
- 🌀 Alcohol or any mixture with alcohol over 65% DISSOLVES ANY FAT, especially the external lipid layer of the virus.
- 🌀 Any mix with 1 part bleach and 5 parts water directly dissolves the protein, breaks it down from the inside.
- 🌀 Oxygenated water helps long after soap, alcohol and chlorine, because peroxide dissolves the virus protein, but you have to use it pure and it hurts your skin.
- 🌀 NO BACTERICIDE OR ANTIBIOTIC SERVES. The virus is not a living organism like bacteria; antibodies cannot kill what is not alive.
- 🌀 NEVER shake used or unused clothing, sheets or cloth. While it is glued to a porous surface, it is very inert and disintegrates only:
 - between 3 hours (fabric and porous)
 - 4 hours (copper and wood)
 - 24 hours (cardboard)
 - 42 hours (metal) and
 - 72 hours (plastic).But if you shake it or use a feather duster, the virus molecules float in the air for up to 3 hours, and can lodge in your nose.
- 🌀 The virus molecules remain very stable in external cold, or artificial as air conditioners in houses and cars. They also need moisture to stay stable, and especially darkness. Therefore, dehumidified, dry, warm and bright environments will degrade it faster.
- 🌀 UV LIGHT on any object that may contain it breaks down the virus protein. For example, to disinfect and reuse a mask is perfect. Be careful, it also breaks down collagen (which is protein) in the skin.
- 🌀 The virus CANNOT go through healthy skin.
- 🌀 Vinegar is NOT useful because it does not break down the protective layer of fat.
- 🌀 NO SPIRITS, NOR VODKA, serve. The strongest vodka is 40% alcohol, and you need 65%.
- 🌀 LISTERINE IF IT SERVES! It is 65% alcohol.
- 🌀 The more confined the space, the more concentration of the virus there can be. The more open or naturally ventilated, the less.
- 🌀 You have to wash your hands before and after touching mucosa, food, locks, knobs, switches, remote control, cell phone, watches, computers, desks, TV, etc. And when using the bathroom.
- 🌀 You have to HUMIDIFY HANDS DRY from so much washing them, because the molecules can hide in the microcracks. The thicker the moisturizer, the better.
- 🌀 Also keep your NAILS SHORT so that the virus does not hide there.

—From JOHN HOPKINS HOSPITAL



"And the people stayed home. And read books, and listened, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still. And listened more deeply. Some meditated, some prayed, some danced. Some met their shadows. And the people began to think differently.

"And the people healed. And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal.

"And when the danger passed, and the people joined together again, they grieved their losses, and made new choices, and dreamed new images, and created new ways to live and heal the earth fully, as they had been healed."

~Kitty O'Meara

Zonta South Australian Clubs meeting nights

Adelaide 1st Wednesday	Adelaide Flinders 3rd Wednesday
Adelaide Hills 4th Wednesday	Adelaide Torrens 2nd Tuesday
Clare & District 3rd Tuesday	Fleurieu Peninsula 4th Tuesday
Gawler 2nd Wednesday	Noarlunga S.Vales 4th Wednesday
Mt Barker 3rd Tuesday	Port Lincoln 4th Tuesday
Riverland 1st Tuesday	Lower Eyre 3rd Tuesday
Para District 1 st Tuesday	

When our meetings resume, our Club will meet on the fourth Wednesday of the month 6:30pm for 7:00pm start at Belair Hotel 141 Main Road Blackwood South Australia

Zonta Club of Adelaide Hills Leadership Team 2018 – 2019

President: Bev Hocking
 Vice President: Amanda Waldock
 Secretary: Pam Mayer
 Treasurer: Margaret Granger
 Directors:
 Jill Heylen: (Service Convenor)
 Janet Stephenson: (Fundraising Facilitator)
 Di Bartel: (Advocacy Convenor)