



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
July 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 July	Frid 31 st	White Ribbon Night – Rosie Batty in conversation with Brad Chilcott. 6 pm AEST online.
Aug	Wed 12 th	ZCAH Board meeting, Bev Hocking's home.
	Wed 26 th	ZCAH Dinner Meeting to be held at Belair Hotel.
Sept		Area 2 Advocacy Meeting to be held by Zonta Club of Noarlunga/Southern Vales. Topic: Domestic and family violence.
Nov	Frid 20 th	White Ribbon Day



Our Causes

Zonta stands for women's rights. We advocate for equality, education and an end to child marriage and gender-based violence.

Next Meeting:

Wed 22nd July 2020
at the Belair Hotel
141 Main Road, Belair
6.30 for 7.00 pm start.

RSVP no later than
Monday 20.7.20.
Doone: 0422 024 240

A thought for the day:

In always wanting to be comfortable, you become lazy. In wanting perfection, you become angry. In always wanting to be rich, you become greedy. Sri Sri Ravi Shankar.

Birthdays:

No birthdays this month



President's Report



Dear Zontians and friends,

Our meeting this month sees us back at the Belair Hotel. It has been 5 months since we last met there – where have the days and weeks gone since we were last together in February! It does feel wonderful to be able to start to hold our gatherings in a similar format to those pre-COVID 19 days. We shall keep our fingers and toes crossed that South Australia is able to continue to enjoy these freedoms even as we sympathise with those in other States.

For those of us who were able to attend the June meeting at Sharon's, we were able to enjoy a night of fellowship and connect in person. Zoom didn't stop though as Margaret Granger was able to join us from the comfort of her home. This will be continued for the foreseeable future to enable as many of our members to join with our meetings as possible. We may need to alter the format of our meetings to allow the Zoom and dinner meeting to blend seamlessly together. As we evolve and adapt, I will communicate these changes to everyone to ensure our evenings run as smoothly as possible.

The Area 2 Combined Presidents will continue to meet monthly via Zoom. This is working very well to include those Presidents who are rurally based and we are all finding this format more efficient in both the amount of information to work through as well as an earlier evening with no travel (not to mention the wearing of pajamas and slippers). Acting Area 2 Director, Chris Frick will be inducted on

the 18th July. From next month, there will also be a Combined Advocacy meeting held on the same evening. This will be held at 6:30-7:30 pm with the Presidents meeting to be held afterwards. It is hoped that by having a combined advocacy meeting monthly, we can support the endeavours of the other clubs and develop a united stand as we progress throughout the year.

In any other biennium, we would have been welcoming back those members who had travelled to the Zonta International Conference. This year was to have been held in Chicago. While our wings may be clipped temporarily, the business side continued. It was disappointing to find that neither of the District 23 candidates, Judy Gorton (International President Elect candidate) nor Judy Adornetto (International Director) were successful at this time. I have attached the results of the online voting below.

2022 Election Results

International President Elect – Ute Scholz
International VP Elect – Salla Tuominen
Intl. Treasurer/Secretary – Mari McKenzie

International Directors:

Akiko Kinoshita
Hortense Chekete
Fernanda Gallo Freschi
Souella Cumming
Dorte Marianne Olesen
Florence Fischer-Herber
Ina Waesslerling

International Nomination Committee:
North, Central & South America – Mary Ann Rubis
Europe – Vladimira Tracheva
Africa – Yvonne Kouloufous
Australia and NZ – Darleen Sharyl Scott
Asia – Hsin Hsin Yang
At Large
Susanne von Bassewitz
Lalivan Karnchanachari
Britt Gustawsson
Judy Kautz

On behalf of our members, I would like to thank our outgoing District Governor, Board and the Area 2 partnership of Eronwy Edwards and Lynda A’Bear. You have had an extremely full calendar over the past two years and we thank you for your guidance, support and commitment.

Amanda Waldoock, President



The image shows an Eventbrite event listing. On the left is a promotional banner for 'White Ribbon Australia' with the hashtag #MoreThanAPledge. The main title is 'Rosie Batty in conversation with Brad Chilcott'. Below the title, it says 'White Ribbon Night | Listen. Learn. Act.' and 'Free online 6:00 pm AEST, 31 July'. On the right is the Eventbrite interface showing the date 'JUL 31', the event title, the organizer 'White Ribbon Australia', a 'Follow' button, and the price 'Free'.

To register: <https://www.eventbrite.com.au/e/white-ribbon-night-2020-rosie-batty-in-conversation-with-brad-chilcott-tickets-112077809746>



Dinner meeting held at Sharon's home 24th June 2020



Service Committee

Ten Getting Started Buckets were delivered to Domestic Violence Services in Hampstead. Sarah, the attendant, informed us that their accommodation has been full and now they are extremely busy co-ordinating women into safety at motel shelters.

13 towel packs with accompanying face washers, as well as 9 packets containing 2 pairs of knickers in size 14 and 16, were delivered to Domestic Violence Services in Edwardstown. Yvonne, a lovely lady who works there, informed us that their accommodation is also full. They are currently in need of track pants and hoodies but as yet I have not been able to source the good quality that we purchased from Big W in February, at a reasonable price.

*Jill Heylen and Irene Kiroff
Service Committee*



"Either you run the day or
the day runs you."

Jim Rohn



Pelvic Pain
Foundation
OF AUSTRALIA

PPEP Talk® UPDATE

Since starting the program in May 2019, PPEP Talk® has visited over 95 Government, Catholic and Independent Secondary Girls, and Co-Educational Schools (75 schools in South Australia, and pilots in Queensland and LaTrobe Valley). In South Australia alone, we reached over 3600 students, 160 teachers, principals, and school counsellors/nurses. The results have been outstanding with 91.67% of students saying that PPEP Talk® taught them things about the human body that they did not know and 90.27% of students found the PPEP Talk® enjoyable and informative. 90.72% of students said PPEP Talk® would help them with their period pain in some way (the other 9.28% did not yet have their period, did not have pain or identified as a male). 100% of teachers said they would like PPEP Talk® to come back next year as they found it useful for their students.

PPEP Talk is a program for all students, and in SA and WA has been funded by the Federal and State Governments. We offer sessions for girls, boys, special education, and can tailor for diverse groups in any school context. The program is inclusive of age, culture and gender. It includes discussion around normal menstruation, how to recognise when symptoms are abnormal, straightforward ways to improve symptoms, and when to look further for help. Post-session, there is also an opportunity for students with pain, and their teachers, to discuss their situation with the educator.

ppeptalk@pelvicpain.org.au

The haircut

Blessed are those that can give without remembering and take without forgetting.

One day a florist went to a barber for a haircut. After the cut, he asked about his bill, and the barber replied, 'I cannot accept money from you, I'm doing community service this week.' The florist was pleased and left the shop.

When the barber went to open his shop the next morning, there was a 'thank you' card and a dozen roses waiting for him at his door.

Later, a cop comes in for a haircut, and when he tries to pay his bill, the barber again replied, 'I cannot accept money from you, I'm doing community service this week.' The cop was happy and left the shop.

The next morning when the barber went to open up, there was a 'thank you' card and a dozen donuts waiting for him at his door.

Then a Congressman came in for a haircut, and when he went to pay his bill, the barber again replied, 'I cannot accept money from you. I'm doing community service this week!'. The Congressman was very happy and left the shop.

The next morning, when the barber went to open up, there were a dozen Congressmen lined up waiting for a free haircut.

And that, my friends, illustrates the fundamental difference between the citizens of our country and the politicians who run it.

As Ronald Reagan said: "Both politicians & diapers need to be changed often and for the same reason."

Days for Girls SA

Newsletter July 2020



WELCOME

Hi everyone, we hope you are keeping well. We have certainly been challenged during the last few months. But, as always, you have all risen to the challenge and powered on.

Thank you.

VANUATU

In April we had an urgent call for kits to go to Vanuatu after cyclone Harold hit. It surprised us a bit because it has been difficult for aid organizations to go there. Well, we were able to answer the call. Due to your hard work we had plenty in storage and sent 261 kits with Bridging Health Inc., which are currently being distributed.

FACE WASHERS AND KNICKERS – HELP!

Keeping in mind the requirements listed by DfGI we are sending out a 'please help' if you can.

We need new face washers – nice bright colours (no white) are preferred. In the past shops like Spotlight and Big W have provided the most economical and suitable product. For example, Spotlight have had a six pack for around \$5.00.

There are some specific requirements for knickers, in Girls (8 - 16) and Women's (10 – 16) sizes, with reasonably strong elastic - florals and geometrics are best. Full brief or hi-cut bikini are ok.

Please, NONE of the following are suitable - No white or skimpy styles, i.e. G-string or tiny bikini. Patterns - nothing with eyes, animals, reptiles, camouflage, bugs, food, words, glam or anything culturally specific.

While this makes it difficult to find what is needed, these requirements are for very good reasons. We don't want to make life any more difficult for the girls and women we serve! Check the daysforgirls.org web site for further information if you wish.

PACKING DAYS

Following Covid 19 guidelines, we have been holding small group packing days.

Successfully packing 500 kits, with more days planned. Thank you to those who have attended. If anyone else is interested in putting their name on the list to attend give Susanne a call on 0419 865 233.

Stay well everyone

Cheers

Susanne & Cheryl



Zonta International responds to discrimination

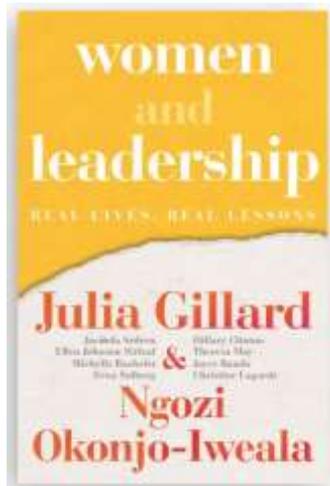
As an advocate for women's rights that are, in fact, human rights, Zonta is committed to treating everyone with equal respect and can not tolerate discrimination.

No person should be disadvantaged, let alone be a victim of violence, because of her/his gender, skin color, ethnicity or any other reason. Instead, everyone should have the same opportunities to develop their full potential.

We acknowledge that, in order to overcome discrimination of any kind, we need to sharpen our awareness for unconscious biases that affect our individual actions and advocate for laws and policies that ensure equal rights and opportunities for all people.

The diversity of our global organization is a strength we will build on every day on the path to gender equality.

Our 28,000+ members from 63 countries join with others to make this world a better place for all.



An inspirational and practical book written by two high-achieving women, sharing the experience and advice of some of our most extraordinary women leaders, in their own words.

As a result of their broad experience on the world stage in politics, economics and global not-for-profits, Ngozi Okonjo-Iweala and Julia Gillard have some strong ideas about the impact of gender on the treatment of leaders. *Women and Leadership* takes a consistent and comprehensive approach to teasing out what is different for women who lead.

Almost every year new findings are published about the way people see women leaders compared with their male counterparts. The authors have taken that academic work and tested it in the real world. The same set of interview questions were put to each leader in frank face-to-face interviews. Their responses were then used to examine each woman's journey in leadership and whether their lived experiences were in line with or different from what the research would predict.

Women and Leadership presents a lively and readable analysis of the influence of gender on women's access to positions of leadership, the perceptions of them as leaders, the trajectory of their leadership and the circumstances in which it comes to an end. By presenting the lessons that can be learned from women leaders, Julia and Ngozi provide a road map of essential knowledge to inspire us all, and an action agenda for change that allows women to take control and combat gender bias.

Featuring Jacinda Ardern, Hillary Clinton, Ellen Johnson Sirleaf, Theresa May, Michelle Bachelet, Joyce Banda, Erna Solberg, Christine Lagarde and more.

www.penguin.com.au



The Entertainment Book has gone fully digital this year. If you would like to support our club by purchasing it again please feel free to contact me and I can provide you with the details of how to download it.

Margaret Bunfield
Phone 0435012970 mbunfield6@hotmail.com

Service Project: introducing BFKA "Kits at Home"

In response to the current global health emergency, Birthing Kit Foundation Australia (BKFA) has adapted its large-scale Assembly Day events to enable volunteers to pack life-saving birthing kits in the comfort of their own home.



"Kits at Home" is ideal for community organisations, service clubs and church groups looking for engaging, hands-on activities for their members during recommended periods of self-isolation, as people can hold their own assembly at home for 40 kits.

Supplies will still be delivered in lots of 200 kits for \$1000, and delivered to a coordinating person.



<https://www.bkfa.org.au/get-involved/have-an-assembly-day/>

Zonta South Australian Clubs meeting nights

Adelaide 1st Wednesday	Adelaide Flinders 3rd Wednesday
Adelaide Hills 4th Wednesday	Adelaide Torrens 2nd Tuesday
Para District 1st 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

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 2020 – 2022

President: Amanda Waldock
Vice President: Vacant
Secretary: Bev Hocking
Treasurer: Margaret Granger
Directors:
Pam Meyer
Janet Stephenson
Coraine Sopru

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