



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

PO Box 799, Blackwood, South Australia 5051 ★ Website: zontaadelaidehills.org.au

★ Email: zcahills@gmail.com ★ www.facebook.com/ZontaAdelaideHills

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

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:

Nov	25 th to 10 th Dec	16 Days of Activism.
	23 rd Wednesday	Christmas dinner meeting. Partners welcome. Guest speaker: Sofia Pridgeon. Topic: training guide dogs.
	27 th	Social walk, meet at Joan's Pantry.
	27 th	Movie "Brazen Husseys", 2 pm to 4 pm at Mitcham Girls High School. See details in this edition.
Dec	1 st Thursday	16 Days of Activism Vigil, to be held at Windy Point, Belair Road, Belair. At sunset.
2023 Sept	1 st to 3 rd	District 23 Conference to be held in Bunbury, WA.
2024 June	25 th to 28 th	Zonta International Convention to be held in Brisbane.

YOUR IMPACT ON EDUCATION



SERVICE PROJECTS



ZAH News November 2022

**Dinner meeting:
Wednesday
23 November 2022**

Venue:
Belair Hotel
6:30 for 7:00 start
All Welcome

Guest speaker: Sofia Pridgeon. Training guide dogs.

Objects: Sue Dobie
Hostesses: All
Intro: Karen Lorimer
VOT: Lynda A'Bear

Next Board meeting:
11th January 2023

REMEMBER: If unable to attend the meeting please contact Doone by the Monday before the meeting. Ph: 0422024240.

Happy Birthday

Merilyn – 11 Nov

Coraine – 16th Nov



HOLD UKRAINE

IN YOUR THOUGHTS

President's Report

Happy birthday to all Zontians, as Zonta celebrated its 103rd birthday on the 8th November. How much has been achieved in those 103 years, and still so much more to do.

I hope everyone survived the storm last weekend, and no one has suffered too much damage to their home.

As the 16 Days of Activism fast approach, Bev and Joy and their team of workers have been very busy in the preparation of additional Orange Ladies to provide for the businesses in Blackwood who have shown a keen interest to be involved. Well done to all the cutters, painters, wordsmiths and anyone else who has contributed. You will also see later in the Newsletter the information on the Vigil on 1st December at Windy Point, which I hope you will all be able to support. This was a special moment during our 16 Days last year and we wish to continue that remembrance.

I was very honoured this month to be invited to read the Prayer of Remembrance at the Remembrance Day Service in Blackwood on Friday 11th November. It was a special time for me and honoured my Great Uncle who lost his life at Pozieres at the age of 21, but also thinking of all those who have returned in recent times from active service and the trauma many of them continue to suffer. I'm not sure we have learnt much from history.

Bev, Janet, Sue and I had the pleasure of attending the Mount Barker Club's dinner meeting last night when we heard their guest speaker Alison Meneaud, the Community Development Manager for

East Adelaide Domestic Violence Service. It was a pleasure to meet fellow Zontians and enjoy the fellowship and be able to witness their two new members' induction. The trip to and from proved even more entertaining though!

I am looking forward to the bus tour this weekend – we still have spare seats if anyone can come. I have checked with our tour guide and Peter confirms all is safe in the Park and he is looking forward to showing us around.

Don't forget everyone is welcome to our dinner meeting this month, so we hope to see some partners with you. We are very pleased to be welcoming George O'Rourke for her induction this month as well. I will let you know before Wednesday whether we will be collecting food for Christmas food hampers. Unfortunately, Beacon is no longer operating, so I am investigating some new possibilities.

As this will be our last Newsletter before Christmas, I hope you all have a safe and happy time spent with family and friends. And that 2023 is kind to us all.

Yours in Fellowship

Julie Hallifax



We Invite You to a
Twilight Vigil

Thursday 1 December
8pm – 9pm
at Windy Point, Belair

Join us at this iconic location overlooking
Adelaide to reflect on and honour women
who have died because of Domestic Abuse.

Wear something Orange

This event is part of the **16 Days of
Activism**, a global campaign held each
year between 25 November and 10
December advocating to end violence
against women and children.

Contact Julie 0412645053

Organised by:



ZONTA
CLUB OF
ADELAIDE HILLS INC

In the event of bad weather,
the vigil will be cancelled.

Notice will be given by 4pm
on the day, 1 December
via Facebook:

ZontaAdelaideHills

and website:

zontaadelaidehills.org.au

Orange Ladies to light up Blackwood 25 November to 10 December

Our Advocacy team have been busy churning out lots of little orange ladies lately.

The support from Businesses in Blackwood to host a 'little orange lady' and use orange as a theme in their shops has been incredible this year. The public will notice lots of orange in the shops from 25th November to 10th December.

These dates mark the **16 Days of Activism for the Prevention of Violence against Women**.

The orange ladies have been made from recycled Core flute advertising banners and many are modelled on actual local women who have agreed to be represented in silhouette form. They represent just some of the roles women play in our community. We have women in a hard hat, painting a wall, with a baby, in business suits, leading Yoga, singing and flying balloons amongst others.

Dylan Dyer of Akkerman's Blackwood Bakery is preparing orange doughnuts again this year. Demand for them was strong last year so it is recommended that you get into the bakery early each day if you want to score one. Many businesses in the row of shops surrounding Akkerman's have come onboard this year so there will be a lot of orange to look for at 183 Main Road, Blackwood.

The displays range from one orange lady and a poster to themed shop displays and lighting in orange. There are larger displays in offices including the corner window of the Mitcham Council, Harris Real Estate, Kalyra Community office and Catherine Hutchesson's MP Waite office. The Zonta Club of Adelaide Hills has a complete list of the participating businesses on its website and will also be posting a daily thought on facebook to raise awareness and provide education around the issue of gender-based violence.

Domestic Abuse does not discriminate, both men and women from all walks of life become victims. However, the great majority are women and girls and while this terrible imbalance remains, campaigns such as the '16 Days' are needed to raise awareness and promote cultural change. The statistics are still stubbornly stuck on an average of one woman a week in Australia who are killed due to Domestic Violence. Many more women are inhibited from living a safe and productive life due to abuse, including coercive control.

The highlight of the 16 Days campaign will be a Vigil to honour and remember women who have died because of domestic abuse, which will be held on 1 December at sunset at Windy Point, 8:00 – 8:45pm. Please encourage your friends to come along, it will not be a very long event at 30–40 minutes duration. Mayor, Heather Holmes-Ross will be amongst the speakers and musicians to be involved in the candle lit remembrance activities. It is an opportunity to join with others to pay respect and feel the strength and unity that the campaign inspires. A coat and hat are recommended to be worn. If bad weather is expected the event will be cancelled. We will post notice if this is the case by 4pm on the day on facebook - Zontaclubofadelaidehills and website at, www.zontaadelaidehills.org.au

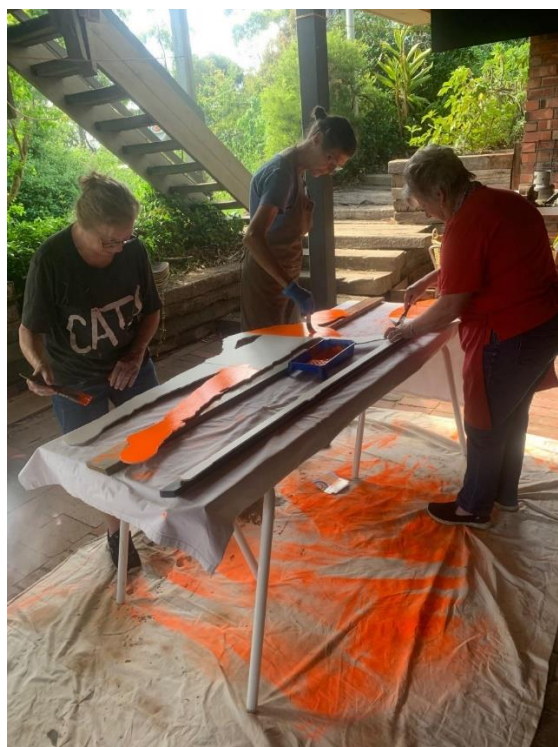
We have received support from Crowies with a donation of fluro paint and Catherine Hutchesson MP and Heather Holmes-Ross have given us the core flute. The campaign posters and brochures have been generously printed at Catherine Hutchesson's Waite Office.

Orange Ladies to light up Blackwood 25 November to 10 December



Painted orange ladies.

The orange ladies are modelled on actual local women who have agreed to be represented in silhouette form.



Painting workshop at Bev's place 8th November.
From left: Bev Hocking, Joy O'Hazy & Sue Dobie.

Thank you to the businesses who are supporting Zonta's 16 Days of Activism



GOODWILL



kalyra



Blackwood
Library

CITY OF MITCHAM

Snazzi
Boutique

Harris
Real Estate



Louise Miller-Frost MP
Member for Boothby



Nadia Clancy MP
Member for Elder



Catherine Hutchesson MP
Member for Waite

Amanda's
Flowers & Gifts

A Generous Donation from the Belair Hotel



Janet and Doonee being presented with the cheque by the Belair Hotel Manager.

Each month the Belair Hotel donates \$5 for every main course ordered on a Monday in the Main Bar. October was the first time we have been invited to be a recipient and this week Doonee Winnall and Janet Stephenson had the very pleasurable task of accepting the cheque for \$1,345.00 on behalf of the Members. Thank you to those members who enjoyed a Monday evening catch up at the Belair during the month, hopefully this is the first of more opportunities for us. A big thank you to the Belair Hotel for their commitment to local organisations.



A message of condolence to Margaret Elemer on the passing of her husband Berent, finally resting peacefully. Berent was just a couple of weeks away from his 84th birthday, and had recently moved into a nursing home.

Margaret, you need not feel alone. Just say the word & we'll be there.

*It is with sadness that we acknowledge the death recently of **Norma Hoffman**. Norma was a Charter Member of the Zonta Club of Adelaide Hills and was President from 1989-1990. She was well known in the district because she was the Hoffman of "Hoffman Tubb Real Estate", and we shared several meetings in her office.*



Ukraine Refugee Family



The profits from our fundraiser that was held specifically to support refugees from Ukraine, have been distributed.

A family of four, grandma, mum, a girl of 12 and a 2 year old boy were thrilled to receive their gift. With halting English, the guests asked me to pass onto the Zonta Club their heartfelt thanks.

Dinner meeting Wednesday 26th October 2022



Doonee thanking guest speaker, Julie Monis-Ivett who enlightened us about the Mindaroo Foundation.



Rugs with Love



Margaret Parsons & Doone Winnall have been active members of Rugs with Love from the very beginning, 15 years ago. We have just celebrated our 3,000 rug. The blue rug on the left of the photo was our 3,000 and it was made by Margaret. Most of the rugs are given to children in foster care. We have an exhibition each year and the profits are distributed to the organisation the members support – in our case, Zonta Club of Adelaide Hills.

Femili Coffee

On 10th June, 2022, PNG Project News announced the launch, by PNG High Commissioner, of Femili PNG coffee in Australia.

By purchasing from female coffee farmers in PNG, we are helping women to achieve sustainable livelihoods in the coffee industry. This economic sustainability also makes it possible for women to bring about meaningful, long-term change and development in their communities'.

Femili PNG is a PNG NGO that provides services to survivors of family and sexual violence. The distinctive Femili PNG coffee label was kindly designed by well-known artist Lesley Wengembo. The inspiration behind the design is the idea that women are the backbone of Papua New Guinea, represented by a silhouette of a woman carrying a baby in a bilum.

To order Femili PNG coffee, go to:
<https://shop.femilipng.org/products/coffee>

Coraine won a Gold Medal

Finalists Veteran Epee held Sunday 13th Nov. Congratulations to Coraine for her Gold Medal.



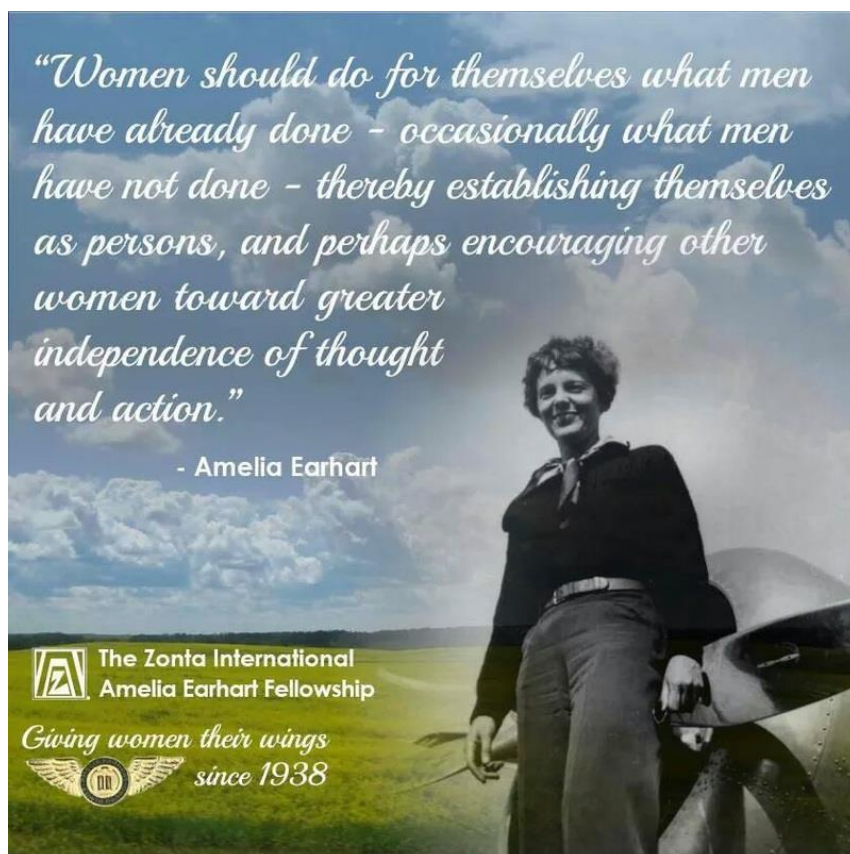
Coraine's Ten to One Hundred

Tomato plants and strawberries potted up.

If you would like to order, please text Coraine with the number of plants you would like and she will deliver to you at the dinner meeting.

Cost is \$5 each.

Ph: 0418 832 988



AMELIA EARHART LUNCH

SUNDAY JANUARY 22ND, 1 PM AT
18A KARoola COURT, HALLETT COVE

PARTNERS, CHILDREN, PAST MEMBERS & FRIENDS WELCOME.
BRING YOUR TOGS FOR A SWIM IF IT'S WARM!

\$20 PER PERSON (+\$5 RAFFLE) CHILDREN FREE
RSVP 16TH JANUARY TO SHARON GEUE 0403 579 487

PLEASE BRING A SALAD OR SWEET TO SHARE

If you can't convince them, confuse them.

DEAR NCWSA MEMBERS, DELEGATES AND FRIENDS,

You are all welcome to join the National Council of Women South Australia and Zonta Club of Adelaide for a special joint screening of "Brazen Hussies" at Mitcham Girls High School (Kyre Ave, Kingswood).

Bring your friends too!

Date: Sunday 27th November 2022

Time: 2pm for 2.30pm screening.

During the 16 Days of Activism Against Gender-Based Violence, our clubs are participating in a range of events and we invite you to join us to reflect on women's liberation, gender equality, feminism and our own roles in ensuring equality across the globe.

BRAZEN HUSSIES reveals a revolutionary chapter in Australian history, the Women's Liberation Movement (1965 - 1975).

Interweaving freshly uncovered archival footage, personal photographs, memorabilia and lively personal accounts from activists, BRAZEN HUSSIES shows us how a daring and diverse group of women joined forces to defy the status quo, demand equality and create profound social change - contributing to one of the greatest social movements of the 20th Century.

DATE

Sunday 27 November 2022 2:00 PM - 4:00 PM (UTC+10:30)

LOCATION

Mitcham Girls High School
Kyre Avenue, Kingswood SA 5062

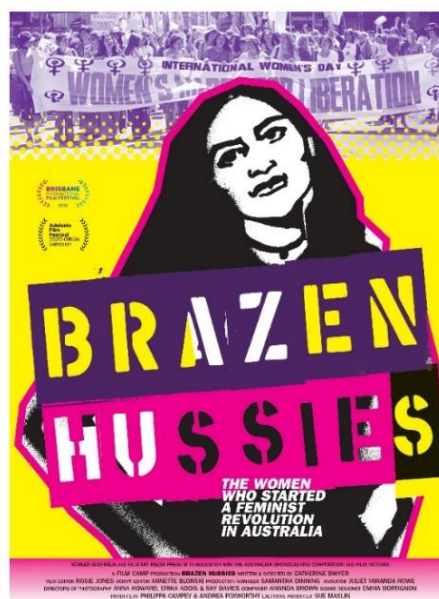
Tickets are only \$20 and include a raffle ticket, glass of bubbly and the inspiring film "Brazen Hussies".

<https://www.trybooking.com/CDQMM>

Catch up with friends and make some new friends who are also passionate about women's rights and gender equality!

See you there!

National Council of Women SA





ZONTA SAYS NO TO VIOLENCE AGAINST WOMEN

ZONTA CLUBS ACROSS SOUTH AUSTRALIA INVITE YOU TO "ORANGE THE WORLD" AND JOIN WITH US IN SUPPORT OF THE 2022 "16 DAYS OF ACTIVISM AGAINST GENDER BASED VIOLENCE CAMPAIGN".

25TH NOVEMBER – 10TH DECEMBER 2022
ZONTA SAYS "NO" TO VIOLENCE AGAINST WOMEN

Zonta South Australia – "Zonta Says No" Sign at 1 Anzac Highway

Zonta South Australia & NCWSA – Light up Adelaide City Buildings.

25th November - International Day for the Elimination of Violence against Women

24th November @ 7.30pm: ZC Para District Area, ZC Adelaide Flinders & WACAFDA Candlelight Vigil, The Ripples, St Clair Ave, Cheltenham. All Welcome.

9th December @ 8.00pm: Zonta District 23 Advocacy Chair, Candlelight Vigil - Port Noarlunga Jetty. Check out the orange donuts in the south!

Zonta Club Adelaide

27th November @ 2.00pm: Movie – "Brazen Hussies" in collaboration with NCWSA - Mitcham Girls School. Tickets on TryBooking.

Zonta Club Adelaide Flinders

29th November @ 5.45pm: Clothesline Event in collaboration with West Adelaide Football Club - WAFC Rooms. Orange Ribbon Campaign

Zonta Club Adelaide Hills

1st December @ Sunset: Candlelight Vigil - Windy Point

Orange Ladies on display in Blackwood – check out Blackwood Hire and the electorate office of Catherine Hutchesson MP. City of Mitcham orange display Orange Donuts @ Akkermans Bakery & Banaba Boogie Bakery

Zonta Club Adelaide Torrens

Burnside library display
Light up City of Burnside Council Building

Zonta Club Fleurieu Peninsula

1st December: Movie - "A Better Man" – Victa Cinema, Victor Harbor
Victor Harbour lights display

Zonta Club Gawler

6th November: "No to Violence"
Banners installed in Gawler Main Street.
23rd November: Gawler turns orange
25th November @ 10am: Mural Launch "Remembering Courageous Women".
26th November: Coles Gawler Green – Community Awareness.
1st December @ 5.30pm – Candlelight Vigil – Pocket Park, Julian Terrace
10th December: Orange Walk through Gawler.

Zonta Club Lower Eyre

Orange Ribbons adorn town trees
Orange Donuts at local bakeries

Zonta Club Mt Barker

27th November @ 2.30pm – Movie "Undercover" in collaboration with Mt Baker Community Centre - Wallis Cinemas, Mt Barker.

Mount Barker District Council Building will be turning Orange & watch for the "Zonta Says NO" banners at the town entrance
Be involved in the "Tie an Orange Ribbon on your letterbox" campaign.
Wear orange for 16 Days

"Zonta Says NO" orange ribbons & wristbands in coffee shops and community centres.
Mt Barker library display
Indulge in Orange donuts in local bakeries.

2023 Expect Respect Calendar Launch at Eastern Fleurieu School, Strathalbyn.

Zonta Club Noarlunga Southern Vales

17th November: Colonnades Shopping Centre – Community Awareness
27th November: Rotary Park, Christies Beach – Community Awareness
1st December: Colonnades Shopping Centre – Community Awareness

Zonta Club Riverland

25th November @ 7.30am - White Ribbon Breakfast - Renmark Club

Zonta Club Para District Area

25th November @ 6pm: Movie "Brazen Hussies" - Tea Tree Gully Library.
9th December @ 8.00pm: Candlelight Vigil in collaboration with Rotary and Soroptimists – Mawson Lakes.

Tea Tree Gully library display
Parks library display
Salisbury Hub Library display.

Zonta Club Port Lincoln

25th November: 16 Days Dinner – Zita Ngor, CEO Women's Legal Service.
Light-up the Port Lincoln Silos and Foreshore Fig Trees
Find the Orange Ladies around the town

If your identity is stolen:

File a report at the [Australian Cyber Security Centre](#)

Contact the three major Australian **credit reporting agencies**; [Equifax](#), [Illion](#) and [Experian](#), and obtain a free copy of your credit file.

Place a **ban on your credit file** with those agencies, this can stop criminals accessing credit in your name.

Advise your bank and review your security arrangements. Update your online banking, email and other **passwords** — use unique passwords for each account.

Set up **multi-factor authentication** - where possible don't just use SMS, use something like an [authenticator app](#).

This is to limit the damage done by [SIM swaps](#) and [phone porting](#).

Monitor your phone closely - [if it suddenly stops working it may have been ported](#).

Contact [IDcare](#) — they have trained counsellors who can support you.

OTHER AGENCIES:

Report Cyber – www.cyber.gov.au/acsc/report

ASIC 1300 300 630

SA Consumer & Business Services
131882, www.cbs.sa.gov.au/

Australian Govt. Resource – How To Stay Secure Online:

Stay Smart Online Services –
www.staysmartonline.gov.au

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Save on the cost of a Membership that will have you exploring more for less!

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Single City \$29.99	Single City \$69.99	Single City \$119.99
BONUS UPGRADE to Multi City SAVE \$10	BONUS UPGRADE to Multi City SAVE \$50	BONUS UPGRADE to Multi City SAVE \$110

Purchase a 12 month membership & be upgraded to a multi-city membership for free, you will save \$50. This deal is only available until 24th November, take advantage of it.

To order: <https://www.entertainment.com.au/orderbooks/9t34486>



The Zonta / BKFA Postcard



Zonta South Australian Clubs meeting nights		Zonta Club of Adelaide Hills Leadership Team 2022 -2023
Adelaide 1 st Wednesday	Adelaide Flinders 3 rd Wednesday	President: Julie Hallifax
Adelaide Hills 4 th Wednesday	Adelaide Torrens 2 nd Tuesday	Vice President: Pam Mayer
Para District 1 st Tuesday	Fleurieu Peninsula 4 th Tuesday	Secretary: Coraine Sopru
Gawler 2 nd Wednesday	Noarlunga S. Vales 4 th Wednesday	Treasurer: Amanda Waldock
Mt Barker 3 rd Tuesday	Port Lincoln 4 th Tuesday	Directors: Margaret Parsons
Riverland 1 st Tuesday	Lower Eyre 3 rd Tuesday	Susie Clarke
Our club meets on the fourth Wednesday of the month 6.30 for 7.00 pm start.		Janet Stephenson

Website: zontaadelaidehills.org.au

Email: zcahills@gmail.com

www.facebook.com/ZontaAdelaideHills