



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:

July	Wed 26 th	Dinner meeting. Speaker Jane Morrison, 'my 14 years in PNG'.
July	Fri 28 th	Winter Conversations at Government House. 1.30 pm. Topic: Mental Health.
	Sat 29 th	Area 2 Advocacy Forum. A roof over my head: Actions not words. Payneham Library Meeting Room.
	Sun 30 th	Christmas in July. Guess Who's Coming to Lunch. \$50.
August	Fri 25 th	Winter Conversations at Government House. 1.30 pm. Topic: Women's Advancement.
	Fri 25 th	Equal Pay Day. See article in this edition.
Sept	1 st to 3 rd	District 23 Conference to be held in Bunbury, WA.
Nov	Sat 18 th	Women's Expo – details to come.
	Mon 27 th	Expect Respect Community Event. 10 am-11 am at Sturt Lions Football Club, Shepherds Hill Road, Bellevue Heights.
	Thurs 30 th	Vigil at Windy Point.
2024 June	27 th to 1 st July	Zonta International Convention to be held at the Brisbane Convention Centre.

YOUR IMPACT ON EDUCATION

248

Awards, Scholarships and Fellowships Distributed



More than
US\$1.2 M

Total Amount Given



SERVICE PROJECTS

16

Countries where women and girls have benefited from Zonta International's partnerships with UNFPA and UNICEF USA



ZAH News July 2023

**Dinner meeting:
Wednesday
26th July 2023**

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

Speaker: Jane Morrison, 'my 14 years in PNG'.

Objects: Margaret P
Intro: Lesley
VOT: Lynda

Next Board meeting:
9th August 2023

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

Happy Birthday

Jane – 18th July

Margaret E – 1st Aug



HOLD UKRAINE

IN YOUR THOUGHTS

President's message

It is hard to believe we are almost at the end of July already and looking at celebrating Christmas in July – what appropriate weather for it. I wrote an agreement for a company today that took them through to 2026, this can't be possible already.

In this month's National Council for Women's meeting, we had the pleasure of hearing from a young visionary who aims to make the world a safer place for young women and girls. Samson Selladurai has developed an app with the mission of empowering women and ensuring their safety. There is more information later in the Newsletter for you, please download the app and have a look.

I am pleased to be working with Catherine Hutchesson, our local Member of Parliament to

present a Women in Business breakfast for local business women in September. Catherine held a breakfast last year and our connection with her will build on this with a view to connecting with local business women addressing a diverse range of issues. The breakfasts will be held on a regular basis.

Work is continuing full speed ahead for our Women's Expo in November. We are currently following up all the companies and organisations who have been invited to participate to build on the current list of Expressions of Interest. The Committee is working closely with the Mitcham Council on all requirements.

I look forward to seeing you all at our July dinner meeting.

Yours in fellowship

Julie Hallifax ★



Christmas in July guess
who's

Coming to Lunch

Sunday July 30th

Time, place and Host to be confirmed

\$50 per head- Fundraiser/Social

Be prepared for fun and
fellowship



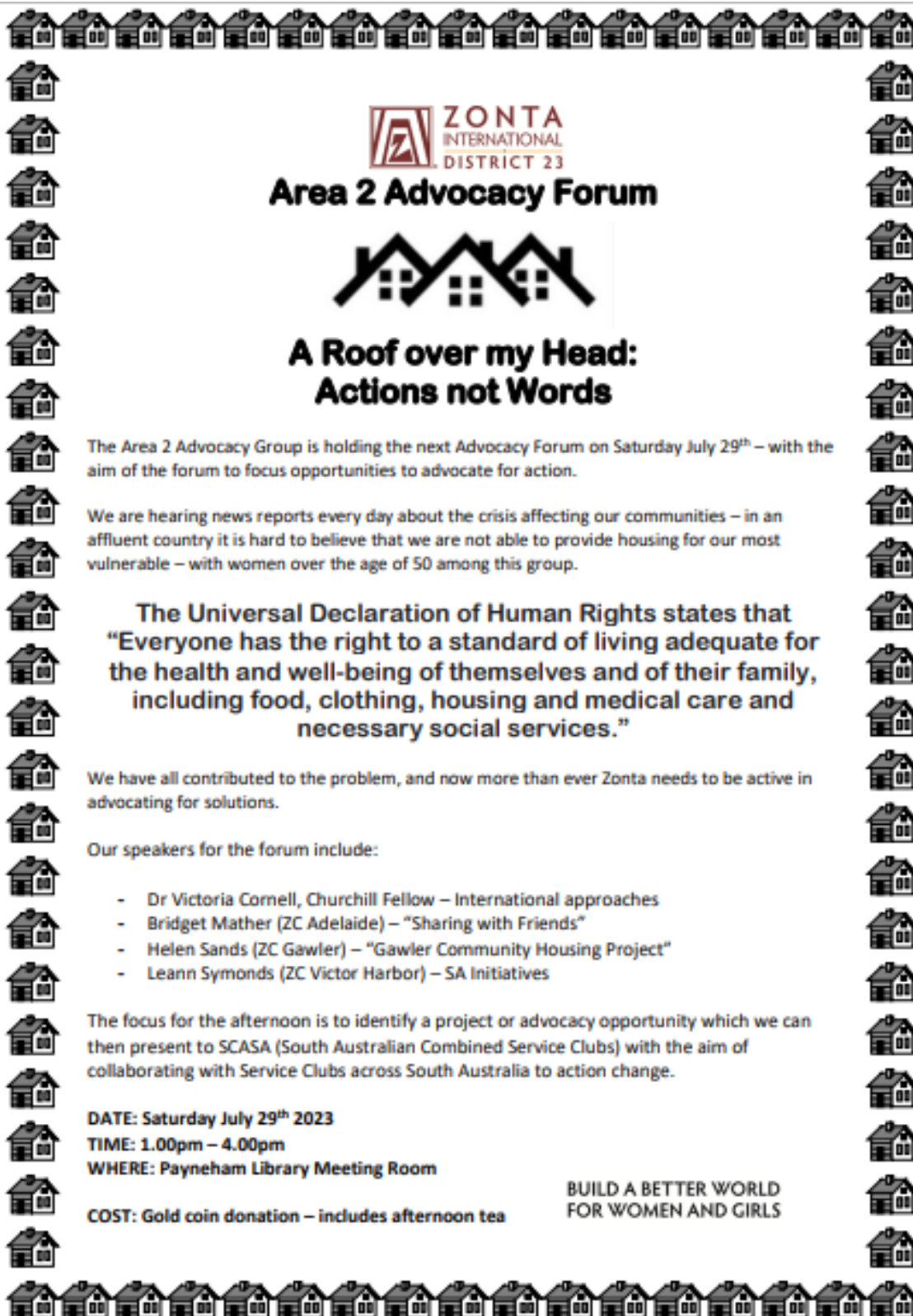
**If you would like to
be involved, please
contact:**


Doone:

0422 024 240


or Coraine:

0418 832 988





Area 2 Advocacy Forum



A Roof over my Head: Actions not Words

The Area 2 Advocacy Group is holding the next Advocacy Forum on Saturday July 29th – with the aim of the forum to focus opportunities to advocate for action.

We are hearing news reports every day about the crisis affecting our communities – in an affluent country it is hard to believe that we are not able to provide housing for our most vulnerable – with women over the age of 50 among this group.

**The Universal Declaration of Human Rights states that
“Everyone has the right to a standard of living adequate for
the health and well-being of themselves and of their family,
including food, clothing, housing and medical care and
necessary social services.”**

We have all contributed to the problem, and now more than ever Zonta needs to be active in advocating for solutions.

Our speakers for the forum include:

- Dr Victoria Cornell, Churchill Fellow – International approaches
- Bridget Mather (ZC Adelaide) – “Sharing with Friends”
- Helen Sands (ZC Gawler) – “Gawler Community Housing Project”
- Leann Symonds (ZC Victor Harbor) – SA Initiatives

The focus for the afternoon is to identify a project or advocacy opportunity which we can then present to SCASA (South Australian Combined Service Clubs) with the aim of collaborating with Service Clubs across South Australia to action change.

DATE: Saturday July 29th 2023
TIME: 1.00pm – 4.00pm
WHERE: Payneham Library Meeting Room

COST: Gold coin donation – includes afternoon tea

**BUILD A BETTER WORLD
FOR WOMEN AND GIRLS**

16th RUGS WITH LOVE EXHIBITION



After a successful Rugs with Love exhibition, the group has kindly donated \$300 to our Zonta club. This is in appreciation of the participation and hard work put in by two of our members, Doone Winnall and Margaret Parsons.

Kiva loans – our club's involvement

As part of our commitment to help create better lives for women and their families, Zonta Club of Adelaide Hills provides micro loans to women through the Kiva organisation.

Kiva is a non-profit organisation with a mission to connect people through lending, to alleviate poverty. Leveraging the internet and a worldwide network of microfinance institutions, Kiva lends to individuals around the world, to help create opportunities.

Our club chooses to provide loans to women who are unable to access the traditional banking systems. By utilising their loan repayments, we are able to provide more loans of \$25 each.

To date, we have made a total of 71 loans to women in 28 countries, since we joined in 2015. Our club has contributed A\$285 and we have been able to lend US\$1,775 by utilising the repayments.

For further information:

<https://www.kiva.org>

"I'm Safe" App



"I'm Safe" is a women's safety app that helps prevent physical assault and domestic violence. It has been developed as a solution for women who want to stay safe when alone at night or even during the day. Their vision is to create a globally safe community where women are free from being a victim of physical and emotional abuse and they work with a mission to provide a digitally advanced application that ensures a woman's safety at all times.

When activated, the app sends out information about the user's location to a trusted circle while capturing vital information in the background. It is cryptographically secure and uses the distributed ledger technology to make the data impossible to tamper with.

"I'm safe" women safety app is FREE on the app store and can be used from anywhere in the world: at home, school, work, and any outdoor activities.

A small summary of the features at hand and the upcoming features are below.

- SOS – Triggering SOS captures images and audio when triggered, which is stored in a tamper-proof quantum ledger database.
- Track Me is a live location-sharing feature that helps to track the location of the user during regular commutes.
- Fake Call - Triggering a fake phone call to escape from uncomfortable situations
- Org Mode: Has a specific feature called "Anonymous Reporting" that enables employees to raise complaints anonymously to the higher-ups or HR.
- Women Advisor - Dedicated chat feature for the women head/representative of the company who can answer any questions related to women.
- Helpline - Important phone numbers readily available inside the app
- Anonymous Recording - Recording the surrounding anonymously without the perpetrator knowing. (Imagine Domestic violence situations)
- Bluetooth SOS trigger device - Safety alarm that is triggered by a tiny external device compact enough to be carried in keychain/back pocket

Upcoming features include a personal AI chatbot tailored for women employees, emphasizing mental health. Additionally, there will be night shift tracking and a dedicated forum for direct communication with management.

With a background as an IT expert, Samson Selladurai's company is using its expertise to "give back" to the community and tackle the issue of women safety. This young man's vision is deeply inspiring, and his dedication to the cause is evident in the thoughtfulness and functionality of the app. Now, I encourage all of you to take a moment to visit the website (www.imsafe.app) and consider downloading the FREE "I'm Safe" app (link below). By spreading the word and sharing it with your friends and contacts, we can collectively contribute to making the world a safer place for young women and girls.

"I'm Safe" App *continued*

Remember, every small step we take can lead to significant changes. Together, we can create a future where all individuals can live without fear and with the confidence to pursue their dreams and aspirations.

Download Links

For Iphone - <https://apps.apple.com/in/app/id6443935988>

For Android - <https://play.google.com/store/apps/details?id=com.imsafe.app>

Please also have a look at this three minute video link which explains the features of the app - <https://www.youtube.com/watch?v=9TCUGQ9O4i8>

An Amazing Two Letter English Word

A reminder that one word in the English language that can be a noun, verb, adjective, adverb and preposition. UP

This two-letter word in English has more meanings than any other two-letter word, and that word is 'UP.' It is listed in the dictionary as an [adv.], [prep.], [adj.], [n] or [v]. It's easy to understand UP, meaning toward the sky or at the top of the list, but when we awaken in the morning, why do we wake UP? At a meeting, why does a topic come UP?

Why do we speak UP, and why are the officers UP for election and why is it UP to the secretary to write UP a report? We call UP our friends, brighten UP a room, polish UP the silver, warm UP the leftovers and clean UP the kitchen. We lock UP the house and fix UP the old car.

At other times, this little word has real special meaning. People stir UP trouble, line UP for tickets, work UP an appetite, and think UP excuses. To be dressed is one thing, but to be dressed UP is special.

And this UP is confusing: A drain must be opened UP because it is stopped UP. We open UP a store in the morning but we close it UP at night. We seem to be pretty mixed UP about UP!

To be knowledgeable about the proper uses of UP, look UP the word UP in the dictionary. In a desk-sized dictionary, it takes UP almost 1/4 of the page and can add UP to about thirty definitions.

If you are UP to it, you might try building UP a list of the many ways UP is used. It will take UP a lot of your time, but if you don't give UP, you may wind UP with a hundred or more.

When it threatens to rain, we say it is clouding UP. When the sun comes out, we say it is clearing UP. When it rains, the earth soaks it UP. When it does not rain for awhile, things dry UP. One could go on and on, but I'll wrap it UP, for now . . . my time is UP!

Oh . . . one more thing: What is the first thing you do in the morning and the last thing you do at night? UP! Did that one crack you UP? Send this on to everyone you look UP in your address book, .or not . . . it's UP to you. Now I'll shut UP!

Goods for MHCD projects OP shop

You may remember that a few of our club members support the work of Dr Luc Mulimbalimba's organisation, Mission in Health Care and Development (MHCD) in DR Congo.

His wife, Delice has opened an OP shop in Murray Bridge at 1/20 Bridge Street, Murray Bridge, and is in need of clothes and goods to place in the shop to sell, to help fund the MHCD projects in DR Congo.

All profits go to MHCD projects in DR Congo.

Dr Luc, as an honorary Zontian of the Sydney club, wondered if it would be possible to send out the request to all Zonta clubs in SA for good quality second hand clothes, shoes, bags, hats and jewellery. Similarly, they are collecting books as well. All ages from babies, toddlers, teenagers, women's clothes and men's clothes and suits etc.

Please ensure the clothes are clean and donated goods are working and in good order.

If people can gather the goods and let me know, we can organise collection.

Julie MI 0402 055 920 please send a text.

If anyone can deliver these goods to my place or even better to Murray Bridge, that would be a huge support. Need to ring Delice ahead: **0411 660 646.**

What is not sold will be sent to DR Congo in our next container. Our last annual report outlined what is achieved and its impact can be found on our website: www.mhcdasa.org.au.

Julie Monis-Ivett
MHCD Australian Support Association (ASA) Chairperson

Gift yourself with an Entertainment Membership.

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

Which Membership is right for you?

Single City	Multi City
Discover your city Saving at your fingertips	Unlock all 20 cities Get thousands of offers
3 months 12 months 24 months	3 months 12 months 24 months
\$69⁹⁹	\$119⁹⁹
> What is included?	> What is included?
<ul style="list-style-type: none">✓ Plus \$20 bonus eGift card✓ 1 year Membership✓ Choose a city from Australia or New Zealand✓ 20% goes to your chosen fundraiser✓ 90 days to activate your Membership	<ul style="list-style-type: none">✓ Plus \$20 bonus eGift card✓ 1 year Membership✓ Unlock all cities in Australia and New Zealand✓ 20% goes to your chosen fundraiser✓ 90 days to activate your Membership
Join Now	Join Now



winter conversations

at Government House

Her Excellency the Honourable Frances Adamson AC, Governor of South Australia, will be hosting a series of conversations with prominent speakers in the Ballroom.



Scan the QR code for more information and to secure your spot.

governor.sa.gov.au

Friday 23 June 12.30pm-1.30pm Order of Australia	Friday 28 July 12.30pm-1.30pm Mental Health	Friday 25 August 12.30pm-1.30pm Women's Advancement
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GOVERNMENT HOUSE
ADELAIDE

The second session - Mental Health and body image - will be held on Friday, 28 July, and will feature Breakthrough Mental Health Foundation Chief Executive Officer John Mannion, and 2023 Australia of the Year Taryn Brumfitt.

The third session - Women's Advancement - will be held on Friday, 25 August, with former Prime Minister Julia Gillard.

District Conference 2023



**ZONTA
INTERNATIONAL
DISTRICT 23**
EMPOWERING WOMEN
THROUGH SERVICE & ADVOCACY
17th Biennial Conference
Bunbury 2023



ZONTA DISTRICT 23 CONFERENCE REGISTRATION

Registration for the upcoming D23 Conference in Bunbury from 1st – 3rd September 2023 will be online from **June 2023**.

Please watch out for this information to come to your inbox. We had planned to open registration in May; however, we are awaiting the outcome of some sponsorship offers that, if successful, will result in lower registration fees for you all.

Please go ahead and book flights and accommodation. See previous Conference Newsletters for information. www.zontadistrict23.org.au

Sandra Burns and the Conference Committee.

Enquiries: zontad23conf@gmail.com

International Convention - 27 June – 1 July 2024
Brisbane Convention Centre QLD



Equal Pay Day is 25 August 2023

For over 120 years the National Council of Women of South Australia has been calling for gender equality and gender equity. And pay is one of our key priorities. In 2023, we still see the gender pay gap is persisting.

The gap is exactly the same as it was last year.

The gap makes a material difference to women.

The gap - the missing pay - prevents women from participating fully in life, from gaining safe and secure rentals, looking after their health and well-being, providing for children and families - both young and older family members.

Closing the gender pay gap is a priority for NCWSA and we encourage all of our friends, colleagues, networks to read the information from the Workplace Gender Equality Agency to find out what it means and how we can all inform ourselves better to work to close this unnecessary gap.

Equal Pay Day is August 25th 2023.

"In 1969 Australian women earned the right to equal pay for equal work. But something is still missing. On average, women in Australia earn less than men.

This is called the gender pay gap.

Equal Pay Day marks the 56 additional days from the end of the financial year women must work to earn the same average pay as men.

For some people, the gender pay gap is hard to understand, or does not seem relevant to their everyday lives.

But for women in Australia, the gender pay gap matters. The dollars and cents represent the value placed on their skills, labour and time. It represents missing money that could be spent to meet everyday costs of living.

The February 2023 ABS average weekly earnings data shows the average woman earned 87 cents for every \$1 earned by an average man. Based on the current, base salary, full-time gender pay gap, women need to work an extra 56 days from July 1 to earn the same average yearly salary as men in Australia."

To find out more,

Follow Workplace Gender Equality Agency on social media:

Twitter: @WGEAgency

Instagram: @wgeagency

LinkedIn: Workplace Gender Equality Agency

#whatsmissingmatters #equalpayday #closethegenderpaygap

(From Fiona Dorman, President, National Council of Women SA)



We are grateful to our supporters



Zonta South Australian Clubs meeting nights

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

Our club meets on the fourth Wednesday of the month
6.30 for 7.00 pm start.

Zonta Club of Adelaide Hills Leadership Team 2022 -2023

President: Julie Hallifax
Vice President: Pam Mayer
Secretary: Coraine Sopru
Treasurer: Amanda Waldock
Directors: Margaret Parsons
Susie Clarke
Janet Stephenson

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