

ZONTA

CLUB OF
ADELAIDE INC

MEMBER OF ZONTA INTERNATIONAL
EMPOWERING WOMEN
THROUGH SERVICE & ADVOCACY

ZEPHYR

Newsletter of the
Zonta Club of Adelaide
OCTOBER 2016

Charter 0627 on 17/4/1969
District 23 Area 2

PRESIDENT'S REPORT

As I pondered my life yesterday in an all-electric unit, I realised what fortunate lives we all have.

It is very much a first world problem to not access our social media and other facilities. Although I couldn't cook, I had food, a roof over my head and a warm bed.

The greatest growth in the homeless is for women over 50 who through no fault of their own have not been able to keep up with mortgages or left the family home because of domestic violence. I was very impressed to see that a number of organisations have opened up their facilities for 24 hours over this weather. A kinder more compassionate world is what I would love to see.

A number of my friends posted comments on Facebook reminding us that for much of the world, reliable electricity and drinking water is not a reality.

This is not to say we should give up what we have but it makes our role in supporting women in third world countries even more important.

On Sunday 9th October, I will be the MC at the ACSO Premier's awards and I was very impressed with and proud of the number of submissions from both Zonta and Soroptimists dealing with and making a difference to the lives of women who are less fortunate than us.

Don't forget that our next meeting will be at Hope's Café where we will enjoy international food, some entertainment and the story of the development of the Spire Community and be inspired by the scope of the work that occurs there.

Just as an aside, I was quite amazed by the changes I saw in Russia. I last visited when it was communist and, instead of grey-ness and fear, the town and cities were modern and vibrant.



I look forward to catching up with everyone at Hope's Cafe on Wednesday night.

In Zonta service
Bev Gum

ZONTA CLUB OF ADELAIDE INC INTERNATIONAL NIGHT

5 October 2016

HOPE'S CAFE

Clayton Wesley Uniting Church
Cnr Portrush Road and Norwood Parade

6.00 pm for 6.30 pm

SPEAKER:

David Winderlich, Manager of the Spire Community

Please advise Beverley Newberry 0419 811 609 /bnewberry@internode.on.net if you are unable to attend or wish to bring guests.



Empowering women and girls through Service and Advocacy

MEMBERSHIP

Maxine Panegyres (Coordinator)

New Members

In November we will induct four new members who will bring a wide range of skills, experience and commitment to our club.



Susanne Pfitzner has attended many meetings during the year as well as supporting many club activities. She has also attended training opportunities

organised through the Service Committee. Susanne's background has been in teaching. She is committed to the rights of women and first heard about the Walk in My Shoes project when Raema, Wendy and I spoke at Hope's Café about this. She volunteers at Hope's Café and is keen to support in the area of domestic violence. Susanne has also enjoyed the opportunities for new friendships through the club.

Tracy Johnstone is the Manager Community Services and Social Development with Campbelltown City Council. Tracy loves that Zonta is committed to supporting women with projects both locally and internationally and is most supportive of any project that brings attention to policy makers about changes required in the area of domestic violence. In fact it was through contact with the Eastern DV service that she heard of Zonta and followed this through to attend our meetings. Tracy's experience is vast covering areas such as; volunteer management, youth development, active ageing, community engagement, vocational education and community education.

She is very keen to contribute to and make a positive difference to people outside her working role.

Tracy has outside interests such as video editing and is looking to do a graphic design course as part of developing her creative side. She has also confessed to having an unnatural addiction to shoes and chocolate.



Jill Olifent is the Student Counsellor and VET Coordinator at Mitcham Girls High School. Jill believes that the values of Zonta align closely with her own and she would like to be a part of

making this world a better place. Her extensive experience in girls' schools fits well with empowering women to be leaders and to not allow their gender to impede their education and personal growth.

Jill believes she will be able to contribute to our club through her experience in girls only education, advocacy for young women and skills in event organisation. Jill is very interested in physical activity and fitness.



Colleen Tomlian is Acting Student Counsellor at Mitcham Girls High, is a moderator with the SACE board and Teacher Registration Committee member.

Colleen has also had long involvement with working with disadvantaged students in the area of English and literacy development. Colleen has been attracted to Zonta because of the camaraderie it offers, commitment to women and the focus on community.

Colleen's experience and skills in the areas of project management, vocational education and training as well skills in team work will enhance the work of the club.

We welcome each of these new members to our club knowing that their skills and experiences will enable them to make a very real contribution.

New Members Get

Together

On November 12th the membership committee will hold a morning tea from 10:30am to 12 midday for our latest members and those who have been unable to attend last year. We will share information about Zonta and learn a little about each other at this event.

Mentoring

The membership committee has discussed mentoring recently, defining what it means for us as a club. We decided in the end that at a club level it could best be described as a friend to contact and ask information when required, while the mentor could be the supporter and encourager when required.

Website Contacts

There is a constant stream of requests via the website about joining Zonta. During the last two months I have responded to six requests about this.

Membership Committee

Guidelines

The membership committee is reviewing our guidelines and will form part of the club's package of information for new members.

Committee
Aileen Connors
Helen Joraslafsky
Raema Mahony
Cheryl Triantafiliadis

**As at
 30/9/16
 our club
 membership was
 35.**

FINANCE

Lorraine Elliott (Treasurer)

As at 31 August, the club's bank balance sat at \$26,297.03. This represents a balance of:

Administration \$ 5,596.73
Fundraising \$20,700.30

No significant outlays for August. The last of the Community Lottery money flowed through with the net amount raised of \$7,640.

A fantastic result and enormous effort by Deb Lodge for obtaining sponsors and club members who sold books.

In 2017 we have agreed and motioned with the board to commit to 400 books next year. We will continue to pursue the sponsorship angle to sell books. More information will be shared at a later date.

In addition, a nomination has been lodged with the Westpac Community committee to fundraise at the Westpac site in Lockleys. This is now pending notification in November.

The board also endorsed the finance committee to issue an electronic receipt going forward, should anyone require it.

SERVICE

Mary Burford (Coordinator)

Breast Cushions

As reported last month Ivanka and I will attend the St Andrew's Hospital Breast Care Lunch on Wednesday 5th October.

We will again put up a display to publicise the work of Zonta International and highlight the our club's activities.

Birthing Kits

The Birthing Kit Assembly day at Adelaide High School on Wednesday 14th was very successful with a number of year 9 students doing the bulk of the work with year 11 and 12's counting and packing.

Bev Gum, Val Baldwin, Angela, Barry and I helped on the day alongside a few staff to complete the task in record time.

DV Shelter

Club members have continued to support the shelter in various ways. Alison is organising a course for people who volunteer or work at the centre.

If club members want to continue to work at the centre they will be required to do the course. **The remaining date is 10th November 2016. I need to know immediately if you want to attend.**

The building work for the extension to the meeting room is continuing and every week when we go there it has advanced. It is now almost at lock up stage so we had a sneak peek last week. Alison has made some changes as the kitchen was very dark so two skylights have been added.

Lynne and I went to collect a donation of clothes etc from a lady in Elizabeth and we will follow her up later as she appears willing to help in the future.

The EADVS Quiz night is to be held on Friday 4th November. I hope we can have a number of club members support this event. Please note the date in your diary. I will arrange tables closer to the date.



BREAST CARE CUSHIONS

Total 6551 as at 30/9/16

Next Workshop 19/11/16

Where 25 Church St, Magill

Time 9.00 am



AWARDS**Raema Mahony (Coordinator)**

The Awards Committee met on 15th September 2016 and confirmed the shortlisted nominees for Women of Achievement Event.

The club has contacted the Adelaide City Council to request the preferred date of 5th April 2016. This is a club meeting night and the committee thought it would be a good change to have the club members attend the WOA event at the Town Hall rather than hold a normal April club business meeting.

Amelia Earhart Breakfast is to be held on Sunday 22nd January 2017 and a meeting in November will be called to plan for the catering.

The committee suggested asking new members to assist current members with the catering, as this was the process this year.

The Governors Multicultural Awards closes on Friday 7th October. I have met with David Winderlich, Manager of Spire Community (a partnership of

Uniting Communities and Clayton Wesley Uniting Church) and Bev Gum will write up a nomination for the work undertaken by the Spire Community at Norwood under the category of Community Sector (organisation).

This includes the Hope Café, ESL classes and conversation and a raft of community engagement projects with refugees, asylum seekers and the general community.

WOMEN'S COMMUNITY CENTRE SA**Erica Majba**

The working group comprises – myself, Jennifer, Julie, Raema, Director Kala McLean and two of the volunteers from the centre.

We have started planning the monthly speakers events to be called “Her Stories of Hope”. The purpose is to encourage resilience and wellbeing in young women by providing them with positive role models. Our next meeting is Wed Oct 5 at 1.00 pm at 64 Nelson Street, Stepney.

You are welcome to join us.

Director Kala and I have had some fruitful, targeted meetings

with female councilors from a number of local councils. Their ideas and support have provided a number of options to pursue.

Kala and I have also recorded a radio interview about the partnership between Zonta and the centre and its future. To this will be added some interviews of some of the volunteers at the centre. I will let members know when the program will be aired.

We are still looking for members to take on a morning or afternoon shift on the 1st, 2nd or 3rd

Saturday of the month to enable the centre to be open for sales from the Op Shop. This will make a significant difference in reducing their reliance on grants.

Thanks to Wendy for supporting the monthly Garage sale in September (this is held on the 4th Saturday of the month).

The Women's centre will hold their AGM on Thursday 13 October at 4.30pm. This should prove to be an interesting event with a speaker, tour of the centre, music and refreshments.

I encourage you to pop in.

ADVOCACY**Jennifer Stehn (Coordinator)**

A group is being formed to lead the Club's involvement in the next stage of **Walk in My Shoes**.

We are looking for two or three members to join Erica Majba in this planning. If you weren't involved in the first stage, this would be a good opportunity to contribute. This is a short term committee with an important advocacy role.

You don't have to be on the Advocacy Committee to join! Advocacy is everyone's business!

See Erica if you are interested.

Want to improve your understanding of our advocacy role?

The Combined Advocacy meetings are a good opportunity for this. The next **Combined Advocacy Meeting** is focussing on the bigger Advocacy picture and is on Saturday 19 November, 1.30 – 4.00, at the Church of Good Shepherd hall, Plympton.

This is also a great opportunity to extend your Zontian networks – in an informal setting.

Please let me know if you would like to attend.

If you are interested in attending a **Domestic Violence Training Day** please let Mary Burford know.

This is a good opportunity to strengthen your understanding of this Zontian priority area for action and to get to know the services provided by the Central Adelaide Domestic Violence Service.

You don't have to volunteer at the Centre to do this training. You are already supporting the Centre by being a member of our Club.

DOMESTIC VIOLENCE AWARENESS TRAINING

On 8 September 2016, Raema Mahony, Wendy Bruce and I attended a full day training session on Domestic Violence.

The course was presented by Alison Meneaud, Community Development Manager at Eastern Adelaide Domestic Violence Service (EADVS) and Tessa Baker, Domestic Violence Case Manager, EADVS.

The course was designed by Ali and Tessa for volunteers at the EADVS. They welcomed our feedback and continue to refine the course to suit the needs of volunteers. We deeply appreciated their expertise and the ways they guided us through the issues they deal with every day at the EADVS.

The day's program included

- What is Domestic Violence?
- Why Do Women Stay in Abusive Relationships?
- The Cycle of Violence/Healthy Unhealthy Relationships Model
- About the EADVS, how it works and what is provided
- The Power of Partnerships and Volunteer Support
- Women's Safety Contact Officers Program

- Culturally and Linguistically Diverse Women's Experiences of Domestic Violence
- Indigenous Women's Issues

The real benefits of the course are access to the expertise of Alison and Tessa from the Centre at which we volunteer and the conversations that occur during the training day.

Some excerpts from the day:

- In Australia, domestic violence is the leading cause of death and injury in women under 45 years of age
- Two women a week die due to domestic violence in Australia
- One million children are affected annually in Australia by domestic violence
- Three women a week are diagnosed with a brain injury due to domestic violence
- Aboriginal and Torres Strait Islander women are 35 times more likely to be hospitalized by domestic violence
- Domestic Violence is not just physical and sexual abuse – it included emotional abuse, financial abuse, spiritual abuse and technology abuse

- Perpetrators of domestic violence are increasingly using technology in the abuse of women and children. The devices, programs and services available to them range from easily concealed cameras and car GPS units, to software that secretly monitors computer activity or switches on webcams. (Mandy McKenzie – The Technology of Abuse)

- What are the differences between domestic violence, family violence, relationship violence, partner violence, gender based violence?
- Both men and women are capable of violence. What are the facts about men's versus women's family violence? Why has this polarised as a discussion in academic and popular culture? (Michael Flood – The Debate Over Men's versus Women's Family Violence)

See Wendy, Raema or me for copies of the two articles mentioned above. Both are very useful for supporting understanding integral to our volunteering.

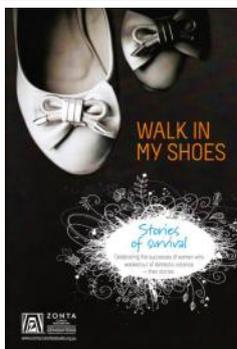
**Jennifer Stehn
Coordinator
Advocacy Committee**

WALK IN MY SHOES

Erica Majba

Raema and Maxine attended the recent Advocacy committee meeting as guests to discuss the WIMS project and the next stage.

It was thought important to provide continuity for this important project that the club has supported for a number of years.



We also were keen to have some new members on the working group so we could benefit from new perspectives.

As a result I have agreed to convene the group. Wendy and Maxine will stay on while we invite 2 – 4 other club members to participate.

Please let me know at the club dinner meeting if you are interested. We can then organise our first planning meeting.

Program/PR

Beverley Newberry (Coordinator)

**Club Meeting
5 October**



As this is our **International Night**, the meeting will be held at Hope's Cafe, Cnr Portrush Rd and Norwood Pde, Norwood. Our speaker will be David Winderlich, Manager of The Spire Community, who will talk about development of the Spire Community. Many thanks to Bev Gum for organising this event.

Flyer attached.

Members will also have an opportunity to support Mayowa, a migrant from Nigeria, who will present her collection of jewellery to us.

"Come and look at some bling thereby encouraging a new arrival."

Dancing with Celebrities

The three dance studios who are supporting our club have put in many hours of dedicated dancing to bring their "celebrities" up to judging standard. I believe all are enjoying themselves and we will wait to see the result.

I have again attached a flyer for a reminder and a payment options form.

Update:

Graham Cornes has twice mentioned the event on his radio show.

Hon Justice Robyn Layton loves her routine and wants to continue to dance.

Rosa Matto is preparing an exciting performance

Pat Cohen is dancing for the first time and is totally involved in learning her routine

MANY THANKS TO THE FOLLOWING SPONSORS OF THE COMMUNITY LOTTERY



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MEMBER UPDATES and ASSOCIATED ACTIVITIES



Gerry Sanderson reports:

Our Baltic Sea cruise was utterly magical and we were able to explore countries we had never seen before. On the list were: Copenhagen, Tallinn in Estonia, Warnemunde and Rostock in Germany, St Petersburg, Helsinki, Oslo and Stockholm. There were many things on my wish list including the Viking Museum in Oslo, the Vassar Museum in Stockholm, The Hermitage, and Peter and Catherine palaces and of course, the Amber Room. So many stories; so many memories to cherish. We based ourselves in Vienna where our son Michael lives with his wife Julia. Naturally we don't get to see them very often but you can see from our joyful faces that the reunion was spectacular.

Outside Peter the Great's palace in St Petersburg. The fountains rivalled (perhaps eclipsed) those of Louis XIV in Versailles.



Cheryl Triatafidis has just returned from Rhodes where she spent two months overseeing the renovations of her home in this historic and beautiful island. She was happy to report:

"Who says Greeks don't work..... Sunday and here is wonderful Panormiti toiling away! Great time for me to relax though!



Caroline Stranks, a retired member of our club, died in Melbourne on 25 September 2016 after a short illness. Caroline worked as a tour guide after the death of her husband Professor Donald Stranks, vice-Chancellor of The University of Adelaide.



NCWSA "Women in Media" Seminar was held on 24 September. Lynne Beaumaris, Erica Majba, Julie Hughes and Susanne Pfitzner attended.

Left: Rosanna Mangiarelli, Channel 7 presenter and Amy Day Creative writer and partner of Bigwig Advertising attended the event

Happy Birthday

We wish our members
happy birthday
celebrations during October

Deb Lodge	14
Kay Wood	14
Helen Joraslafsky	31



MARKET STALL

Thornden Park Moonlight Market

The Zonta marketeers will be having a stall at the Thornden Park Moonlight market on the
4th November 2016

We will be selling books, handcrafts and jewellery and promoting the Zonta Club of Adelaide. There are over 100 stalls, including food and wine, and it is open to the public from 6 pm to 10 pm at Hamilton Terrace, Paradise.

Come and join in the fun

Commissions

Remember you can commission the Marketeers to make something for you.



Donations

We ask members to empty their overflowing bookshelves and donate books at the October meeting as we want large supplies of stock to raise as much money as possible.

Marketeers: Carolyn Millard
Gerry Sanderson
Jennifer Stehn
Carol Summers
Kay Wood

Thank you to our members who have contributed to this month's Zephyr:

- | | | |
|---|----------------------------|--|
| ◆ | President Bev Gum | |
| ◆ | Lorraine Elliott | Finance Report |
| ◆ | Maxine Panegyres | Membership |
| ◆ | Mary Burford | Service |
| ◆ | Raema Mahony | Awards |
| ◆ | Erica Majba | WIMS, WCCSA |
| ◆ | Members who contributed to | "Member updates and associated activities" |

If any member wishes to supply an article and photos, please email directly to bnewberry@internode.on.net. We would be happy to publish interesting information/events in the

EVENTS CALENDAR

October

- 5 **Zonta Club of Adelaide** dinner meeting to be held at Hope's Cafe
- 5 **St Andrews Hospital Breast Care Lunch**
- 5 **WCCSA meeting** 1.00 pm, 64 Nelson Street, Stepney.
- 9 **ACSO Lunch**
- 13 **WCCSA AGM** 4.30pm 64 Nelson Street, Stepney
- 14 **Zonta Club of Adelaide** Dancing with Celebrities to be held at The Ellington
- 15 **NCWSA "Elder Abuse"** at NCWSA House. 9 - 12 noon. Cost \$6.
Register: ncwsa@bigpond.com

November

- 4 **Moonlight Market Stall**, Thornden Park
- 4 **Community Quiz Night** raising funds for Eastern Adelaide Domestic Violence Service at the Campbelltown Function Centre, 172 Montacute Rd, Rostrevor, 5073
7pm for a 7.30pm start. \$15 per person (tables 8-10). RSVP **Mary Burford**
- 10 **DV Centre:** Training session for people to continue to work at the DV Centre
- 19 **Zonta Club of Adelaide Breast Care workshop**
Combined Advocacy meeting: 1.30 - 4.00 pm
Church of Good Shepherd Hall, Plympton. RSVP **Jennifer Stehn**
- 25 **White Ribbon Breakfast 2016**
Adelaide Convention Centre



January 2017

- 22 **Zonta Club of Adelaide Amelia Earhart Breakfast** to be held at Botanic Park.

ZONTA CLUB MEETING NIGHTS

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



Zonta International is a global service organisation of executives and professionals working together to advance the status of women through service and advocacy.

ZONTA INTERNATIONAL

Founded in 1919, Zonta International is a global organization of members working together to advance the status of women worldwide through service and advocacy. Its Objects are:

- To improve the legal, political, economic, educational, health, and professional status of women through service and advocacy.
- To work for the advancement of understanding, goodwill, and peace through a world fellowship of executives in business and the professions.
- To promote justice and universal respect for human rights and fundamental freedoms.
- To be united internationally to foster high ethical standards, to implement service programs, and to provide mutual support and fellowship for members who serve their communities, their nations, and the world.

ZONTA CLUB OF ADELAIDE INC BOARD

<u>President</u>	Bev Gum	
<u>Secretary</u>	Helen Joraslafsky	<u>Treasurer</u> Lorraine Elliott
<u>Directors</u>	Mary Burford, Daina Long, Deborah Lodge, Carolyn Millard, Gerry Sanderson, Carol Summers	

COMMITTEES 2016-2017

<u>Membership/Fellowship</u> Maxine Panegyres (Coordinator)	Aileen Connon, Helen Joraslafsky. Raema Mahony, Cheryl Triantafilidis,
<u>Advocacy</u> Jennifer Stehn (Coordinator)	Wendy Bruce, Millicent Hughes, Kathy Ellis, Erica Majba, Sarah Mohammadi, Akhter Rahman, Kaye Roberts-Thomson
<u>Service</u> Mary Burford (Coordinator)	Hani Ashtari, Lynne Beaumaris, Julie Hughes, Ivanka Jovanovich, Anne Milne, Gerry Sanderson, Jenni Thomson, Angela Vandellis, Kay Wood, Janice Watson
<u>Awards</u> Raema Mahony (Coordinator)	Lynne Beaumaris, Bev Gum, Millicent Hughes, Beverley Newberry. Maxine Panegyres, Margaret Peters
<u>PR/Program/Website</u> Beverley Newberry (Coordinator)	Bev Gum, Daina Long, Akhter Rahman
<u>Finance</u> Lorraine Elliott (Coordinator)	Deb Lodge, Erica Majba, Carolyn Millard, Carol Summers
<u>Nominating 2016</u>	Millicent Hughes, Maxine Panegyres, Gerry Sanderson

NATIONAL COUNCIL OF WOMEN SA	Millicent Hughes, Lynne Beaumaris
UNITED NATIONS ASSOC AUSTRALIA	
VISITORS BOOK	Val Baldwin
ACSO	Bev Gum
ARCHIVIST	Beverley Newberry
VOLUNTEERING STRATEGY FOR SA	Val Baldwin

We're on the Web!
Club, International and District
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www.zonta.org (Member ID)
www.zontadistrict23.org.au

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