

ZONTA

CLUB OF
ADELAIDE INC

MEMBER OF ZONTA INTERNATIONAL
EMPOWERING WOMEN
THROUGH SERVICE & ADVOCACY

ZEPHYR

**Newsletter of the
Zonta Club of Adelaide
DECEMBER 2022
Issue 389**

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

FROM THE PRESIDENT



It is hard to believe it is the end of the year. The past few weeks have been very busy for many in our Club. The Open Garden on November 5 and 6 was a bit quieter than some we have been involved in. Members (and some ex-members) pitched in to enable us to make about \$1300.

Many thanks to all who helped and particularly to Bev Gum and Deb Lodge for taking the reins when Mary was unwell.

The graduation event for mid-wives at UniSA was a great success.

Thank you to Gerry for her coordination and organization. The graduating students packed breast cushions enthusiastically.

The following week Adelaide High School students packed 600 birthing kits. Angela coordinated this event and effectively engaged the students with her story telling.

Thanks to the Club members who assisted in these events.

We have locked in another Young

Women Leaders program next year with Adelaide High and Mitcham Girls High. Both Schools are very committed to this program.

The scholarship program with them also is appreciated.

The film **Brazen Hussies**, a documentary about the women's liberation movement in Australia, will be shown at Mitcham Girls' High on Sunday November 27.

This is an occasion when we can invite family and friends to enjoy our hospitality. Bookings are a bit disappointing to date, so please come if you can.



**MERRY CHRISTMAS TO ALL
MEMBERS OF THE
ZONTA CLUB OF ADELAIDE**

**Empowering women and girls through Service and Advocacy
by 31,000 members in 63 countries worldwide**

Christmas is coming up quite quickly. Please make sure that you have December 3 at 11.30 for 12 in your diary for a relaxed and social Christmas lunch at the Edinburgh Hotel in Mitcham.

It will be a celebration of

our work this year and would be a good opportunity to bring a friend or family member.

Enjoy the holiday period, hopefully we will get some summer weather, and we will begin next year with the Amelia Earhart Breakfast on January 22.

The first Club meeting will be on February 1.

Thank you for your contributions this year.

**Kaye Roberts-Thomson
President
Zonta Club of Adelaide**

MONEY FOR JAM/MARKET PROJECT
has made approximately \$36,000 since
Inception.

Deb Lodge

Happy Birthday



Happy
birthday
wishes in
December to:



- 11 Carol Summers
- 19 Leanne Longfellow
- 29 Helen Pertsinidis



MEMBERSHIP REPORT**Erica Majba**

Thanks to an active Membership committee we have been able to offer support to all our members at a level they choose – regular or infrequent: coffee get togethers, phone calls or emails. Some updates to share – congratulations to Miriam who has completed her first year of Ecology and Environmental Science at Adelaide University

and best wishes to Lina for the wedding of her son Alexander to Emily (from the UK) early in December. Genevieve Hodge, the facilitator of our Zonta Young Women Leaders training program, has settled in Italy.

This week she joined Zonta International as a “Supporting Member”,

this means she has less commitment to a local Zonta club.

She has however made a connection with the Zonta Club of Bologna and plans to make the 45 minute train ride from where she is living to meet with members. She sends greetings to all our club members.

COMMUNICATIONS**T Tasia Pertsinidis/Maxine Panegyres**

We remind you that the Christmas Lunch is on 3rd of December, 2022, and the Amelia Earhart breakfast is on 23rd of January, 2023.

This article about Genevieve Rueger was Indaily recently.

Many of us heard her story at a club meeting years ago and it is an excellent article about her struggle to succeed.

indaily@solsticemedia.com.au

16 Days of Activism

Members please note the 16 Days of Activism is here again – from 25 November 2022, the International Day for the Elimination of Violence against Women to International Human Rights Day, on 10 December 2022.

Some of the places that will be lit up include Parliament House, the Convention Centre, the Entertainment Centre and Lot 14.

We will meet at Parliament House,, then go to a bar for a Parole Spritz after that.

OPEN GARDEN

Tasis Pertsinidis

More than 90 people attended the Zonta Club of Adelaide open garden at Highgate at the weekend.

This open garden is one of many exciting fundraisers which involve the general public. We look forward to seeing more people at our next fundraising function.



Thelma Harvey, Bev Gum, Helen Persinidis, Deb Lodge, Kathy Ellis and Desi Zed finalising the Hamper at the Open Garden.



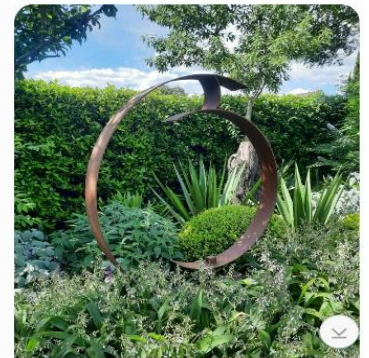
A section on one side of the Open Garden.



Ms Bev Gum presenting a tasty Hamper to the Open Garden's Hostess, Ms Sally Blackwood.



MMS 12:51 am



Please find below the details for the Christmas Lunch.

Price \$55.00 per head

Date 3rd December - Arrive 11.30 for 12.00pm start.

Drinks can be purchased separately

The Edinburgh Hotel & Cellars

1-7 High Street, Mitcham 5062 South Australia

Hotel ph 08 8373 2700 Cellars ph 08 8373 2753

General Enquiries hotel@edinburgh.com.au

Cellars 08 8373 2753 cellars@edinburgh.com.au

We look forward to seeing you on the day.



Menu

- ENTREE -

HOUSE MADE DIPS, MARINATED LOCAL OLIVES, TOASTED BREADS, DUKKA AND EVOO

- MAIN COURSE -

ALTERNATE DROP

ALDINGA SMOKED TURKEY BREAST, CHAMPAGNE LEG HAM, ROASTED PUMPKIN, CRANBERRY & ORANGE RELISH (GF)

ROAST RIVERINE PRIME SIRLOIN, CHERMOULA ROASTED VEGETABLES, HARISSA (GF)

VEGETARIAN OPTION AVAILABLE

- DESSERT -

CHOICE OF

ARTISAN CHRISTMAS PUDDING, CINNAMON SPICED CHERRIES, BRANDY ANGLAISE

MERINGUE, VANILLA CREAM, SEASONAL BERRIES, MANGO COULIS, TOASTED ALMONDS (GF)



Zonta International is a leading global organisation of professionals empowering women worldwide through service and advocacy.

ZONTA INTERNATIONAL

Founded in 1919, Zonta International envisions a world in which women's rights are recognized 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. 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 members.
- 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

2021-2022

President

Kaye Roberts-Thomson

Vice President

Colleen Tomlian

Secretary

Helen Pertsinidis

Treasurer

Erica Majba

Directors

Thelma Harvey; Di Lancaster; .Deb Lodge; Erica Majba

COMMITTEES 2021-2022

Membership

Convenor:: Erica Majba

Raema Mahony; Janice Watson; Margie Glover

Advocacy

Co-Convenors: Jill Olifent, Verena Colby

Kathy Ellis; Bev Gum; Colleen Tomlian; Miriam Zhu

Service

Co-Convenors: Gerry Sanderson; Angela Vandellis

Mary Burford; Margie Glover; Thelma Harvey; Ivanka Jovanovich, Jenni Thomson

Awards

Convenor: Raema Mahony

Catherine Alcock; Leanne Longfellow; Maxine Panegyres; Margaret Peters;
Stephanie Steensma

Communication

Co-convenors: Maxine Panegyres/Tasia Pertsinidis

Di Lancaster; Beverley Newberry; Lina Rogers

Finance

Convenor:: Erica Majba

Helen Joraslafsky; Desi Zed

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NATIONAL COUNCIL OF WOMEN SA
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SCASA
ARCHIVIST/ HISTORIAN
VOLUNTEERING STRATEGY FOR SA
FACEBOOK

Colleen Tomlian
Maxine Panegyres; Colleen Tomlian
Val Baldwin
Bev Gum
Beverley Newberry
Val Baldwin
Bev Gum

Ms Steenkamp examines Disaster (Speaker - November, 2022)

By: Tasia Pertsinidis

Meet Melinda Steenkamp, Epidemiologist (PhD), Psychologist (Honors), Midwife and Nurse employed with the Premier's Department of South Australia.

A Post doctoral research fellow at the University of Adelaide for two years, Ms Steenkamp also previously worked for the United States Centre for Disaster Control Prevention and in gun violence prevention before moving from South Africa to Adelaide, after working for a while in Alice Springs.

She has also worked on Earthquake preparedness in South Australia, New Zealand and the United States and said she was pleased the Malinauskas State Labor Government had a Department of Climate and Water which had a Climate Change Plan.

While speaking at the Zonta Club of Adelaide, Ms Steenkamp concentrated on her work between 2007 and 2013 analysing data about mothers and children which led to a much needed Disaster Resilience Program that includes Bushfire Resilience. "What is a disaster," Ms Steenkamp asked.

According to her findings, a disaster is "anything that seriously disrupts a community," including bushfires. And the reason for our disasters during the past three decades is that people live disaster prone areas, and climate change has become a pressing problem.

If there is a "1.5 per cent increase in temperature, we will have floods in the Eastern States and fires also lead to catastrophic conditions, and the frequency of these is increasing and getting worse," Ms Steenkamp said.

Disasters and Women

"Disasters do not discriminate against gender," Ms Steenkamp said.

"They affect women in South East Asia, Africa, in Australia and where most of the population lives," (such as coastal cities and towns).

"Disaster Management is militaristic and involves command-and-control, and women's groups are a secondary issue.

"Once in the news, they are not in the news anymore.

"That's the start of the journey," Ms Steenkamp said.

"Most people's lives have been significantly altered by a disaster, and ten years later some (people) still are socially, economically and emotionally out of kilter.

"A woman amidst fires had a breakdown two years after fires in her area because she had to be strong for her husband and children.

"A King Island farmer's son could not walk because of trauma cause by fires.

"In fact, many farmers won't talk about fires any more.

"A better connection needs to be made between community members and community services," Ms Steenkamp said.

She said that women were affected most, just like the poor in the community were affected most.

"For example, American women were affected most after Hurricane Katrina because "women tend to be more economically disadvantaged", Ms Steenkamp said.

"There are cultural factors involved too, such as clothing of the women in Bangladesh preventing them from running when they were in a fire.

"Women also do not climb trees and swim, therefore, when a tsunami hits, they stay at home.

"It's incomprehensible" how "things like these can make a difference between life and death," Ms Steenkamp said.

"Also, gender stereotypes are re-enforced, therefore women tend to nurture," she added.

Ms Steenkamp referred to a study of 121 countries which found that “gender inequalities were linked with social background.”

For example, “in a heat wave, which causes more deaths than any other tragedies, women are more hesitant to put on air conditioners because of cost,” she said.

Not only do social and cultural norms influence death and injury, but so does power, Ms Steenkamp said.

It was also found that while Australia is ranked 36th in the world, in terms of gender equality, power positions in local Councils, State Government, and Federal Government still are mostly held by men.

In fact, eighty per cent of senior leadership positions still are held by men.

For example, “they don’t make female crash dummies for cars,” Ms Steenkamp said.

And women also are disadvantaged by economic aid.

Women are in voluntary positions serving food, men are paid volunteers, women experience violence more after disasters, problems with overcrowding occur, mental health problems exist in households, and in some countries, if a woman loses her husband she also loses her status in her community.

Ms Steenkamp also gave more specific examples of tragedy during disasters.

“Rape is used to control women, for example the Rohingya.

“During floods in Mozambique, a woman gave birth in a tree.

Women in tragedies find it difficult to breastfeed if their child is on a formula.

“Transgender? There are no facilities,” she said.

So biased is the system in South Africa that Ms Steenkamp asked a lawyer a question and the lawyer then faced Ms Steenkamp’s husband and directed his answer to her husband, but in Australia Ms Steenkamp “found a strength” and felt she “was recognized.”

Despite troubles during disasters, Ms Steenkamp alerted us to some improvements.

“Since 1995, there has been an increase in women working in Emergency Management and there has been an increase in women working in Management, so we have seen a change,” she said.

Ms Steenkamp said that we can improve our situation during disasters further by, (1) learning more about them, (2) having emergency birthing kits, (3) talking about domestic violence (4) furthering gender equality, and (5) through Advocacy, which makes up a lot of Zonta’s work.

Ms Steenkamp suggested more volunteering take place at the Food Bank, Edwardstown, (which packs foods during disasters), Red Cross, the Salvation Army, Blazeaid (which fixes farmers’ fences), and Disaster Relief Australia.

“If a disaster strikes one also can donate money, or go to an organisation’s website, “ask what it needs,” and “all of us have a sphere of influence, so we need to spread the word,” Ms Steenkamp said.

Akhter's Story

By: Tasia Pertsinidis

In three interviews, Zonta Club member, Ms Akhter Rahman spoke about her passion for music, life in Pakistan and Bangladesh and her decision to become a Child Psychologist.

From a young age, Ms Rahman was trained in music and entered competitions but, apart from that, was only allowed to entertain her relatives.

Later in life, she persuaded her father to allow her to perform in public, something he agreed to as long as she was chaperoned!

A middle sibling of six children, Ms Rahman's mother became pregnant when she was six and she was cared for by her father and a maid named Asha Maa. The maid would visit her own village on her breaks. On one occasion, Asha Maa took a long time to return, and Ms Rahman asked her mother why the maid was away for so long.

"My mother said, 'She is dead, now go out and play.'"

"I did grieve for her, but not for a long time after that," Ms Rahman said.

Ms Rahman was a curious and independent girl who loved to study and learn but "not flaunt it." Her mother wanted one of her children to become a doctor and some pressure was placed on Ms Rahman to study Medicine but the school system was limiting.

Ms Rahman's mother also did not want her to attend a government school because she thought her daughter would be "influenced by girls who were interested in boys," not studying.

Instead she was sent to the Holy Cross College where nuns kept girls "under control."

While at school, Ms Rahman realized she was interested in the mind and she thought of studying Psychiatry but the Holy Cross College did not have Science as a subject.

However, the college did have a course in Child Psychology.

Ms Rahman also has an Honours Degree in Philosophy, and was planning to study a Masters Degree in Psychology but, unfortunately, the local University did not offer that course.

Throughout this, her musical performances continued with Ms Rahman also performing on radio and television.

"Then there was a crackdown in West Pakistan and on East Pakistan, and they were killing intellectuals and musicians who walked the streets in support of autonomy," Ms Rahman said.

That was in the early 1970's, when a push for the Independence of West and East Pakistan was occurring. "People there feared for their lives.

"After a while, the army also demanded artists who were in the streets in support of autonomy, perform for the army.

"When I went into the studio I saw soldiers with guns and my singing wasn't what I wanted.

"I started pretending I was unwell. Contracts would come to me and I would send them back.

"My husband, an intellectual, had left across the border into India, and I was looking for him," Ms Rahman said.

In September, 1971, things in Pakistan started returning to normal, and the embargo on flying out of the country was lifted.

With the help of her sister who was married to a Diplomat, Ms Rahman was able to join her husband who had reached Australia.

She said she thought of going back to her village at that point but her husband didn't want to. While in Australia, her marriage broke up.

She focused on her professional life; what it would be like to work as a Psychologist in Australia, the thought of the “equal status” and being “valued like any other Psychologist,” and she decided to stay. In South Australia, Ms Rahman joined the Zonta Club of Adelaide and many of its committees.

But she could not ignore her singing, also a social outlet, so she joined a multicultural group representing five different nations.

She later returned to Bangladesh to visit her relatives, and while there, put together seven songs which WOMAD wanted.

In 2005, she decided to retire from work as a full time Psychologist and now performs on a more regular basis.