



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

## ZEPHYR

**Newsletter of the  
Zonta Club of Adelaide  
JULY 2023  
Issue 385**

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

### **FROM THE PRESIDENT**



The 2023-24 Board held its first meeting recently and discussed a number of issues. Proposed membership of committees was discussed, and the list is attached. Thanks to those members who have agreed to chair committees. New members have been provisionally assigned to committees but may change as they get to know the Club better. Members may belong to more than one committee and any member may assist with hands-on activities such as the DV centre while belonging to another committee. If anyone has any concerns please let me know.

The leadership program for young women continues. In the most recent session the young women interacted with women who had undergone the Governor's Leadership Program. The conversations were very successful in clarifying projects. We look forward to the presentation of the projects by the girls at their graduation at the September Club meeting.

On July 29, our Club will host the Area 2 Advocacy Forum at the Payneham Library from 1 – 4 pm. I ask that as many Club members as possible come and assist and support this event. Bookings can be made on Try booking. Cost is a gold coin to be paid on arrival. The flyer is included in this edition of the Zephyr.

The Board examined a proposal from Thelma Harvey on our Club hosting with other groups an interaction on climate change and the environment. We decided to run a table discussion session at our October meeting on this proposal and will be inviting Carole Theobald from Western Australia to Zoom in.

This year we have had two successful fundraising events,

A fashion parade and an open garden. However, in order to meet our financial commitments (e.g. scholarships, young leaders program) we need to raise more money. In the next few weeks committees will be asked for fundraising ideas. It is possible for committees to combine for a proposal. Please support the club in this. Our thanks to Di Lancaster for her contribution from Rugs for Love of \$300.

I attended a workshop on diversity for non-profit organisations last week. Increasing diversity in Zonta clubs is a focus of Zonta International and a direction I would like to explore.

We look forward to welcoming two new members at our July meeting. Please make Heather Luke and Sue Jackson very welcome.

An informal lunch is to be held on July 8 at my home. Please let me know if you will be coming. It is an opportunity for social interaction and to catch up with former members.

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

**Empowering women and girls through Service and Advocacy  
by 27,000 members in 62 countries worldwide**

## Proposed Committees 2023-2024

Board	Kaye Roberts-Thomson Colleen Tomlian Verena Colby Erica Majba Bridget Mather Janice Watson Tasia Persinidis	President Vice president Secretary Treasurer
Advocacy	Bridget Mather Bev Gum Colleen Tomlian Kathy Ellis Miriam Zhu Jill Olifant Helen Pertsinidis Heather Luke Sue Jackson	Co-convenor Co-convenor
Service	Gerry Sanderson Angela Vandellis- Thelma Harvey Ivanka Jovanovich Mara Rains Louise Stevens Margie Glover	Co-convenor Co-convenor
Membership	Thelma Harvey Erica Majba Raema Mahony Janice Watson Margie Glover	Convenor
Awards	Raema Mahony Margaret Peters Leann Longfellow Maxine Panegyres Annette Brock	Convenor
Programs and Commu- nication	Maxine Panegyres Tasia Pertsinidis Di Lancaster Beverley Newberry Lina Rogers Trish Palmer	Convenor
Finance	Erica Majba Desi Zed Helen Joraslafsky Carol Summers	Convenor
Nominating Committee	To be confirmed	
Advisors	Aileen Connon Val Baldwin Catherine Alcock Deb Lodge	

As many of you will know, **Gerry** has just completed a month's leave from the club following seven months of major involvements. These have included:

- The Graduating Midwives' Retreat presentation in November 2022
- The Christmas Hamper gift hampers at the EADVS in December 2022
- The Amelia Earhart Breakfast (A minor organisational role in January 2023)
- The Elle and Elka Fashion parade in April 2023
- The Open Garden Devonshire Tea pop up stall over 2 days at Mt George in May 2023

Current Roles for the Service Committee involve the validation of volunteer clearances for the department of Women's Safety Services and guarantee of vaccination status at the EADVS. I sincerely thank **Bev Gum** for taking charge here and following up with our member volunteers to ensure all the documentation is accounted for.

Breast cushion construction will take place with the Silent Sewing team on Friday the 11<sup>th</sup> of August. Because **Ivanka** has now embarked on her extended trip to Croatia with her grandson, we are aiming to complete both the construction of the cushions, as well as the packing and delivery the packing delivery to St Andrews Hospital of 160 cushions on the same day. It's a big ask but we're hoping that will be possible.

I thank **Mary Burford** and **Thelma Harvey** for attending to all of the preliminary work on cushions and straps before the busy workshop.

We have received a request from Woodville High School to conduct a birthing kit assembly with their students. **Angela** is following this up and information will be provided when available.



Finally, the service Committee plus invitees gathered together for a celebratory lunch at the Marryatville Hotel to thank and honour three of our retiring members: **Jenni Thomson**, **Mary Burford** and our long-time Tuesday volunteer **Wendy Bruce**.

It was a beautiful gathering and we really enjoyed and hence to acknowledge these magnificent women who have contributed so much to our club in every aspect of Service in on-the-ground commitments to the EADVS, Breast cushions and fundraising.

There were apologies apologies from Deb Lodge, Margie Glover and Lynne Beaumaris who were unable to attend, but we have planned to meet at regular lunches to keep up our strong contact with the people who have served Zonta so faithfully.

The committee has been unable to schedule a meeting recently but should be able to in July.

**Social Media**

Maxine attended a zoom meeting on Saturday May 27<sup>th</sup> with D23 Ruthie Adams. The topic was Social Media.

The focus of the meeting was support clubs to improve their social media profile.

Ruthie Adams proposed that the purpose of the strategy was four fold

To attract

To inform

To educate and engage and

To action

by using technology and data to do this.

Ruthie also mentioned the use of short videos to support the work of the club for the above strategies. She described ways to make videos and what to include and not to photograph.

I welcome the opportunity to have a wider discussion about improving our social media presence in line with our club's advocacy plan.

**Articles for the Zephyr**

If members have ideas for inclusion in the Zephyr please send them to Tasia, Beverley and Maxine Panegyres.

## TREASURER

Fewer transactions this month of interest:

Transfer \$10,000 from Statement account to Term deposit has been completed and certificate received.

Donation to Zonta Foundation for Women = **\$2,695USD**.

	OPTIONS	VOTES
1	Zonta International Service Projects	30%
2	Amelia Earhart Fellowship	4%
3	Women in Business scholarship	4%
4	Young Women in Public Affairs scholarship	20%
5	Rose Fund (unrestricted)	30%
6	Endowment Fund	8%
7	Amelia Earhart Endowment Fund	4%
	Total	100%

Interesting that a single vote resulted in a donation of \$104USD. Thanks to Kaye for using her credit card to avoid international transaction fees.

The Tyro machine now works. If the network signal drops out I can hotspot to my phone.

The Club's annual financial reports 2022/2023 have been audited by BJC Auditors. I thanked them with a club hamper for doing the work pro bono.

Thank you to Di for her donation of \$300 from her work in the Rugs of Love.

## MEMBERSHIP

Kaye, Annette and I met with Sue Jackson over coffee to talk about her joining the club. Sue has had a lifetime of volunteering, she loves to organise, sew and has had a varied work life including Property Management, working for Anglicare allocating housing to older people on low income. She is interested in the club's Advocacy focus on homelessness. She would like to participate in Breast Cushions and the Young Women Leadership program next year.

We have not yet met with Heather Jackson who is also eligible to join.

## WEBSITE

Final updates have been made to the club website by Fiona Blanco from DIY Digital – she has uploaded the Club's Annual Report and added our ABN that appears in the footer for each page on the website.





**We welcome our new members Trish Palmer, Mara Rains and Annette Brock.**





## **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 29<sup>th</sup> – 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 29<sup>th</sup> 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**

## **First to University!** Tasia Pertsinidis

Meet Dr Michele Jarldorn, Lecturer and Researcher in Social Work at the University of South Australia, and the first in her family to go the University.

Dr Jarldorn told of how she left school at fifteen to make \$2 sheepskin, car seat covers and how, even in those early years of employment, she displayed a good work ethic.

“I could sit down and not get up until the job was done,” Dr Jarldorn said.

A little later in her life, she met a man who showed “signs of coercive control,” and once the honeymoon period in their relationship was over, she found herself “walking on eggshells, where you live in flight or fight mode.”

Dr Jarldorn had a daughter whom she took to play group, only to find women there were dealing with male behaviours that would “chip away at women’s self esteem.”

In fact, Dr Jarldorn’s male partner threatened to punch her Solicitor at the Family Court!

Luckily, Dr Jarldorn had the assistance of a Social Worker throughout some of her ordeal.

She was working in a tailor’s shop part time when she walked into Centrelink one day, only to be told she “would be a good Social Worker.”

“Centrelink suggested I do Women’s Education at TAFE.

“I loved it, and it changed my life.

“I did Certificates 11, 111, 1V and that was my pathway to University,” Dr Jarldorn said.

What followed very quickly, was an application to Flinders University in which she chose Social Work, Social Work and Social Work as the three course options she wanted to study.

Dr Jarldorn went on to receive not only Distinctions in her Undergraduate Degree, but a First Class Honours as well a Doctorate.

She chose Social Work because she wanted a course that would enhance how one saw the world!

It led her to the Women’s Prison, where she conducted research on the experiences of women leaving prison, the connection between gendered violence, mental health, and substance abuse. (She also has researched the experiences of women who are studying in Social Sciences who are the first in their family to study at University).

While researching at the Women’s Prison, Dr Jarldorn would return home crying because of the stories women there had told her.

Dr Jarldorn’s PhD Thesis, titled “Radically rethinking imprisonment: A photo voice exploration of life in and after prison in South Australia,” was conferred in 2018 and won the Flinders University Vice Chancellor’s Prize for Thesis Excellence.

What Photo Voice had done was allow Dr Jarldorn to speak to women directly about their experiences on camera, under the guidance of her Supervisor Anna Kemps, who she calls the “best Social Worker in the world.”

She then filmed a Human Rights protest for Instagram, channelling other messages to a much wider audience.

“I am glad that people understand more about domestic violence these days,” Dr Jarldorn said.

What followed her Thesis was a job advertisement for the University of South Australia.



“I got a job interview and burst into tears during one of the answers because I remembered my Supervisor (who had passed away) but I got the job as a Lecturer and Researcher in Social Work,” Dr Jarldorn said.

Happy about a future career in Academia, Dr Jarldorn put all she had into her first University lecture, and went off to Breast Screen SA, only to find she had Breast Cancer (HER 2 Positive).

That was three years ago.

Surgery followed and Ms Jarldorn was given one of the Breast Cushions that a team of women at the Zonta Club of Adelaide made and donated, and she remembered that as she spoke.

“One in ten women have Breast Cancer. That’s far too many,” Dr Jarldorn said.

Reflecting on her road to the top, Dr Jarldorn said not only was it important to say “no to violence” but “education was very important as well.”

Her teaching philosophy was that accessing education was a human right, and that her experiences have taught her that “education was both liberating and empowering.”

Dr Jarldorn, you are a total inspiration!

# *Happy Birthday*

We wish shy a happy birthday to our members during  
July 2023

2 Stephanie Steensma

18 Aileen Connon

## Zonta Club of Adelaide BREAST CUSHION TALLY

This year 165

### DAIRY DATES 2023

#### JULY

28 Winter Conversations at Government House  
1.30pm. Topic: Mental Health

29 Area 2 Advocacy Workshop

#### AUGUST

5 Jenny Foreman, the Vice President of the  
Zonta Club of Adelaide Torrens, extends an  
invitation for our club to attend the Camila  
Louise Sustainable Fashion Parade at her  
home. Tickets available from Try Booking.  
Our Club's contact:  
Verena Colby (0429 837 270).

11 Sewing Breast Cushions

12 Packing Breast Cushions

#### SEPTEMBER

1-3 District 23 Conference, Bunbury. WA

#### 2024

27/6/24 to 1/7/24 Zonta International Convention to be  
held at the Brisbane Convention Centre



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

**2022-2023**

<b>President</b>	Kaye Roberts-Thomson	<b>Vice President</b>	Colleen Tomlian
<b>Secretary</b>	Verena Colby	<b>Treasurer</b>	Erica Majba
<b>Directors</b>	Tasia Pertsinidis; Janice Watson		

## COMMITTEES 2022-2023

### 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**

Margie Glover; Thelma Harvey; Ivanka Jovanovich; Louise Stevens

### Awards

**Convenor: Raema Mahony**

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

### Communication

**Co-Convenors: Maxine Panegyres; Tasia Pertsinidis**

Di Lancaster; Beverley Newberry; Lina Rogers

### Finance

**Convenor: Erica Majba**

Helen Joraslafsky; Desi Zed

<b>PUBLIC OFFICER</b>	Colleen Tomlian
<b>NATIONAL COUNCIL OF WOMEN SA</b>	Maxine Panegyres
<b>EX-OFFICIO</b>	Maxine Panegyres
<b>VISITORS BOOK</b>	Val Baldwin
<b>ARCHIVIST/ HISTORIAN</b>	Beverley Newberry
<b>VOLUNTEERING STRATEGY FOR SA</b>	Val Baldwin
<b>FACEBOOK</b>	Bev Gum; Di Lancastert

**We're on the Web! Zonta Club of Adelaide Inc**

**Club, International and District Box 3132 PO, Norwood 5067**

[www.zontaclubofadelaide.org.au](http://www.zontaclubofadelaide.org.au) zontaclubofadelaide@gmail.com

[www.zonta.org](http://www.zonta.org) (Member ID)

[www.zontadistrict23.org.au](http://www.zontadistrict23.org.au) Zonta Club of Adelaide

