



ZONTA

CLUB OF ADELAIDE INC

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



ZEPHYR

Newsletter of the
Zonta Club of Adelaide
DECEMBER 2023
Issue 387



KAYE ROBERTS-THOMSON

President's Report December 2023

As we come to the end of the year I will undertake some reflection. The highlight of the year has been the new members that have joined our Club. New members bring fresh energy, ideas and questions which are always important for a healthy club. Their contributions are being noticed and appreciated already and we look forward to their future efforts.

Other highlights have been the Young Women Leaders' Program, continued outstanding work in service to women and a revitalised advocacy focus.

At its recent Board meeting the Board began the development of a risk framework for the Club which we will complete early in the new year and then share with

with the Club. The Board approved in principle the development of a project for women in prison, which is likely to include assistance from an intern. It also approved the investigation of possible tax deductibility status for donations to the Club through the National Foundation of Australian Women. These projects will also come to the Club for approval before implementation.

There is a bill before State Parliament this month on prostitution which supports the Nordic model. This involves the decriminalisation of prostitutes and criminalises the clients. Evidence from countries where it has been introduced is not positive. The Advocacy Committee will liaise with Area 2 on possible action.

As I write the Walk for Respect is in a few days. It is an opportunity for many groups in Adelaide to come together to show the community that family violence is unacceptable. This is very important in that 3 women in Adelaide have lost their lives in the past few weeks.

There are no Club meetings in December and January, the next meeting is on February 7. The Board will meet on January 15. However, the Christmas celebration is on December 2 at 12.00 at Stamps Restaurant. The Amelia Earhart Breakfast in Botanic Park on January 21 at 9.30. Friends and family are welcome at the Amelia Earhart Breakfast. We look forward to these relaxed social oc-

A special reminder of the International Convention in Brisbane in June. Registrations will begin in January.

Thank you for all you do in supporting women and girls. We can look forward positively to 2024 as we work to create a better world for women and girls.

Kaye Roberts-Thomson
President
Zonta Club of Adelaide



Leanne Longfellow, Awards committee member, represented the club at the Adelaide High School assembly recently to present the Zonta Club of Adelaide awards to Lilly Collins and Kashish Gautam.

Lilly Collins Year 11

Lilly consistently demonstrates the Adelaide High School Values of courage, authenticity, excellence and kindness. She strives to do her best in all she does. Lilly played a vital role as a School Representative Council Leader in year 10; she is involved in the Math Club and represents the school in Netball. Lilly also volunteers her time to support school activities.



Kashish Gautam: Year 12

Kashish Gautam is an active member of the Adelaide High School community. As a member of the AHS Interact Club, she has been involved in the school's Peace Pole and Paper Crane initiatives. Kashish has represented AHS in school volleyball, including the knockout competition, while also representing AHS in volleyball as part of the Mac.Rob Exchange. As one of two Year 11 Adey leaders, Kashish supported the AHS school community to raise money for Guide Dogs SA by selling brownies and colourful socks. Kashish has applied herself academically to achieve consistently solid grades.



BREAST CARE CUSHIONS

Friday the 10th of November 24 women gathered together at Unley Park to produce 159 breast care cushions. It took us 5 hours but what an effort. We have much to be grateful for in having so many helpers through this cohesive and dedicated group that enables the Zonta Club of Adelaide to meet our production levels. We have also benefitted in the connection this group has provided in our fundraising initiatives through the open gardens scheme. Zonta definitely has supportive friends.



A successful Breast Care Cushions packing day was held on Saturday the 11th of November at Ivanka's home and we were able to deliver an amazing 159 cushions to St Andrew's Hospital that morning. It has to be noted that our new streamlined process in using cellophane bags for the packing has tightened our morning obligations in regards to time commitment for volunteers. This gives us more wonderful time to have a relaxed and delightful morning tea before the serious time in delivering the cushions.



BIRTHING KITS

Also, on Friday the 10th of November a birthing kit assembly was held at Adelaide High School. Many thanks to volunteers Trish, Annette, Raema, Maxine and my Co-Convenor Angela. The students assembled 400 kits packed birthing kits to be sent to developing countries through the Birthing Kit Foundation.



UPCOMING COMMITMENTS

I now have a large collection of gifts for the upcoming hamper packing day at the Eastern Adelaide Domestic Violence Service. So many of you have donated beautiful gifts to be included in the 55 pamper hampers that we produce.

I also appreciate the wonderful donations from members who have delivered gifts to my home. I'd have to say that the generosity of non-members has also been overwhelming. A significant number of you and others have tapped into the generosity of local pharmacists and other donors, including my book club and other personal friends who have been contributing over the last four years.

Could any members **who also have gifts to contribute please bring them along to the Christmas lunch at Stamps**. If you are not attending, please let me know and I can collect directly from you.

Just a final comment on this activity: the Service committee has held a defined commitment to the Service priorities of our club and I believe that our amazing helpers have more than fulfilled our objectives in addressing this arm of our primacies.

We front up every week to lighten the load of the hard-working case workers and often we work diligently for more than half a day as a weekly commitment. We use our own cars to deliver Oz Harvest foods to motels and we ethically sort and organise the clothing donations to either be displayed or to be delivered to other charities or recycle agencies where required.

FINALLY

I've tried to keep this short, but because the Open Garden is happening on the 27th and 28th of February at High Street Burnside I need to bring it to your attention. We have only one Club Meeting in February before the event. I've asked the club members, because of the unique situation in the limited kitchen facili-



So far this year, we have welcomed ten new members to our club. Two transferred from other clubs to ours; they are Michele Lensink and Bridget Mather. Five others joined us earlier in the year and they are already making a valuable contribution: they are Trish Palmer, Annette Brock, Mara Rains, Sue Jackson and Heather Luke. At our November meeting, three others were inducted.

We extend a very warm welcome to Bailee Phillips, Melanie Tate and Rosie Egan. Our newest members are pictured above, flanked by our President, Kaye, and membership committee members, Erica Majbe, Daina Long and Janice Watson. Kaye hosted our new members, our board and members of the Membership Committee to lunch at her home in late October and we thank her very much for her hospitality.

ADVOCACY COMMITTEE REPORT

Bev Gum and Bridget Mather

New research: One third of teens experience intimate partner violence – this is preventable (October 31, 2023)



Almost three in ten 18-19 year olds have experienced intimate partner violence in the past year, according to a national study by the Australian Institute of Family Studies (AIFS).

The research is based on data from Growing Up in Australia: The Longitudinal Study of Australian Children (LSAC), which has been tracking 10,000 children since 2004. In the 12 months before being surveyed, 25% of 18-19 year olds experienced emotional abuse, 12% experienced physical violence, and 8% experienced sexual abuse in their intimate relationships. A total of 29% experienced at least one form of intimate partner violence.

The research also revealed that teens having healthy relationships with parents and friends at 16-17 years played a critical role in reducing the likelihood of being a victim of intimate partner violence at 18-19 years. Specifically, high trust and good communication with parents during adolescence reduced emotional abuse victimisation by 39% and sexual abuse victimisation by 77%. If a teen had strong, supportive friendships throughout adolescence, the likelihood of being a victim of intimate partner violence was reduced by 36%.

Senior Research Officer at AIFS, Dr Karlee O'Donnell, said while the rates are alarming, the research points to the importance of strong relationships with parents and peers when it comes to harm reduction. 'As a parent, one of the most important things to do is to build a strong, trusting relationship with your child when they're young, and keep nurturing that all the way through secondary school,' said Dr O'Donnell.

Dr O'Donnell said encouraging supportive friendships is also important, as friends might observe unhealthy behaviours that could otherwise go unnoticed. 'Our research clearly shows that social support systems are key in reducing intimate partner violence. Parents and friends can help teens understand what healthy and respectful relationships look like,' Dr O'Donnell said.

Emotional abuse is characterised by a pattern of actions or behaviours that are intended to manipulate, control, isolate or intimidate another person. Physical violence includes the use of physical force with the intent to cause injury or harm, while sexual violence involves sexual acts that are committed or attempted without the explicit informed consent of the other person and/or despite their refusal.

See the full report: [Intimate partner violence among Australian 18–19 year olds](#).

[LSAC](#) is the largest and longest study of Australian children. In partnership with the Department of Social Services, AIFS has been tracking 10,000 babies and toddlers since 2004, asking them about key aspects of life, including health, relationships, work, education and lifestyle. AIFS conducts original research to increase understanding of Australian families and the issues that affect them; see aifs.gov.au



IF YOU PREFER A FOCUS ON THE 16 DAYS OF ACTIVISM

Running from 25th November to 10th December the campaign was started by activists at the inauguration of the Women's Global Leadership Institute in 1991. It is used as an organizing strategy by individuals and organizations around the world to call for the prevention and elimination of violence against women and girls.



Running from 25th November to 10th December the campaign was started by activists at the inauguration of the Women's Global Leadership Institute in 1991. It is used as an organizing strategy by individuals and organizations around the world to call for the prevention and elimination of violence against women and girls.

25 November has been designed as the Orange Day by the UNiTE to End Violence against Women Campaign. The colour orange symbolizes a brighter future, free of violence.



WHITE RIBBON BREAKFAST

Club members and family members attended the Annual White Ribbon Breakfast held on 17th November. With the theme, *Wake Up To Change*, Micaela Cronin, Domestic, Family and Sexual Violence Commissioner as guest speaker, outlined the priorities for the next few years, and her work with all states to address the needs across the country.



In March, 2012, Ms Melanie Tate, formed an organization named Puddle Jumpers, which cares for children with problems. Most children cared for by the organization are those not cared for by their birth parents, and camps are held for those children, generally aged between 6 months and eighteen years of age.

“We take them (the children) on camps to break up what is going on in their lives.

“There are all types of children, many live with their grandmothers, others with carers, and one child was touted as having leadership qualities,” Ms Tate said.

Ms Tate said that children needed “a positive role model in their life” and the “best role model was kinship care, with care either in the hands of their grandmother, uncle or auntie, while the next best things are foster care, and residential units,” Ms Tate said.

But children in foster care often could change homes as many as seven times, and children in residential units were “in a fish bowl situation often not knowing who is going to pick them up from school.”

“Then there were children in out-of-home care whose mothers were unemployed and homeless.

In fact, “many of the children are not with their parents because they did not have the financial means to look after their children.”

“We have become consistent in a very inconsistent world,” Ms Tate said.

Ms Tate said Puddle Jumpers wanted to remove financial barriers for those on camps, so it took along a truck loaded with fresh bedding, pyjamas, toys and books, and personal care items and clothes for those there.

“It is like children getting to come home with us – an experience about knowing what it is like.

“We also build a resilience network around these mums, in that they talk to us about their problems and we refer them to other services,” Ms Tate said. Ms Tate said that several weeks ago was the first week that a play group for mothers with young children was formed, named Young Puddlers. Trust was a problem, so Ms Tate took pictures to make them feel part of the group.

She said during the past six years, providing food relief had become a great necessity, and that while fifteen families initially needed loaves of bread, today Puddle Jumpers are feeding hot meals to 150 and 350 families a week, Ms Tate said. There was one refugee woman who needed help but was hesitant to take food, and our bus driver persuaded her to take some food, telling her that he had been in her situation in the past and that he no longer needs help, Ms Tate said.

Women in Domestic Violence situations often call from Emergency Hotels, and ask if they can have some food, those who cannot feed themselves and their children because they are too poor call Puddle Jumpers too. As with many other organizations, COVID hit Puddle Jumpers hard, and it had a great reduction in voluntary helpers but nurses on shifts and out-of-work comedians came to the rescue.

But Puddle Jumpers has continued to grow, from one to 13 different locations, and the organization is working on getting three more hubs; two in the south and one more in the northern suburbs.

Today Puddle Jumpers Western Food Hub, located at 266A Port Road, Hindmarsh, SA, provides food from – 10am to 2pm, and from 5pm to 8pm. It provides hot meals, bakery products, fruits and vegetables, the organization “delivers food,” provides haircuts, and a shower truck goes to that location three times a week to provide showers.

“Some people have difficulty accessing a clean shower in a first world country,” Ms Tate said.

Should you know anyone in need of assistance with food, haircuts or showers, please contact Puddle Jumpers Food Hub on 0400 999 349.





We wish
birthday to
bers in December 2023:

a happy
our mem-

4 Mara Rains
10 Carol Summers
19 Leanne Longfellow

DIARY DATES



DECEMBER 2023

- 2 Club Christmas Lunch
- 7 DV Christmas hamper packing

Merry Christmas and a Happy New Year to All Member and Friends

JANUARY 2024

- NO Club Meeting
- 15 Board Meeting
- 21 Amelia Earhart Breakfast

FEBRUARY 2024

- 7 First Club Meeting for 2024
- 17-18 Open Gardens
- 19 Board Meeting

MAY 2024

- 4 Area 2 Meeting

JUNE to JULY 2024

- 27/6 – 1/7 Zonta International Convention - Brisbane







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 2023-2024

<u>President</u>	Kaye Roberts-Thomson	<u>Vice President</u>	Colleen Tomlian
<u>Secretary</u>	Verena Colby	<u>Treasurer</u>	Erica Majba
<u>Directors</u>	Bridget Mather Tasia Pertsinidis, Janice Watson		

COMMITTEES 2023-2024

MEMBERSHIP

Convenor: Thelma Harvey

Members: Raema Mahony, Janice Watson, Margie Glover, Daina Long, Erica Majba

ADVOCACY

Co-Convenors: Bridget Mather, Bev Gum

Members: Kathy Ellis, Annette Brock, Colleen Tomlian, Miriam Zhu, Helen Pertsinidis, Heather Luke, Jill Olifent, Sue Jackson

SERVICE

Co-Convenors: Gerry Sanderson, Angela Vandellis

Members: Margie Glover, Thelma Harvey, Ivanka Jovanovich, Louise Stevens, Mara Rains

AWARDS

Convenor: Raema Mahony

Members: Annette Brock, Leanne Longfellow, Maxine Panegyres, Margaret Peters

COMMUNICATION AND PR

Co-Convenors: Maxine Panegyres, Tasia Pertsinidis

Members: Di Lancaster, Beverley Newberry, Miriam Zhu, Trish Palmer

FINANCE

Convenor: Erica Majba

Members: Helen Joraslafsky, Desi Zed, Carol Summers

ADVISORS:

Aileen Connon, Val Baldwin, Catherine Alcock, Deborah Lodge

PUBLIC OFFICER

Colleen Tomlian

NATIONAL COUNCIL OF WOMEN SA

Maxine Panegyres, Colleen Tomlian

VISITORS BOOK

Maxine Panegyres

ARCHIVIST/ HISTORIAN

Beverley Newberry

VOLUNTEERING STRATEGY FOR SA

Val Baldwin

FACEBOOK

Bev Gum; Di Lancaster

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

Club, International and District Box 3132 PO, Norwood 5067

www.zontaclubofadelaide.org.au zontaclubofadelaide@gmail.com

www.zonta.org (Member ID)

www.zontadistrict23.org.au

Zonta Club of Adelaide

