



ZONTA
CLUB OF
ADELAIDE INC

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District 23 Area 2

ZEPHYR

Newsletter of the
Zonta Club of Adelaide
OCTOBER 2025
Issue 407

PRESIDENT'S REPORT

BRIDGET MATHER & ERICA MAJBA



Congratulations to all involved in the successful Graduation evening for our Young Women Leaders held on 3 September. A huge effort by members – Melanie as the facilitator of the program, Bailee as the organizer of the event, Raema the leader of the program, Lucy our very professional MC and the mentors – Maxine, Vonny, Kaye, Lucy, Louise and myself. The girls' presentations were outstanding, demonstrating a sound knowledge of their project topic and their developing public speaking skills. Guest speaker Lucy Hood spoke well and shared her personal leadership story.

President Rosie will attend the Business and Professional Women event at Parliament House on 14 October. The event is to celebrate the contribution of SA women's organisations to our community. Initially it was thought our club had been allocated 4 places and the plan was to invite some of our newer members. Unfortunately, it was later discovered that these places were to be shared among the clubs. Thank you to Bridget for trying to set this up. Apologies to those members who missed out.

Our guest speaker for the club meeting this month is Erfan Abide who will speak about schools for girls in Afghanistan. Thank you to Bev for her suggestion and Kaye for continuing to provide us with a program of interesting and relevant speakers.

The recipients of club sponsorship to attend the National Leadership Forum in Canberra in August – Shamsia and Shaqeyeq Ikhlasli will also be our guests in October and have been invited to say a few words.

Bridget, Di, Bev, Kaye, Gerry and I attended the District 23 Conference in Devonport, Tasmania from 5 – 7 September. The event was well run and the speakers and workshops interesting. It was a great opportunity to catch up with Zontians not only from SA, but also WA, Vic and Tas (sadly there are no longer clubs in NT). Our Delegates to the conference will provide a report at the meeting.

Business to be discussed in October includes voting on District 23 Climate Award, and reimbursement for Delegates to attend District 23 Conference. The Board recommended both.

Bridget and I have shared the leadership roles of the club during the absence of President Rosie and Vice President Desi. It has been a pleasure working together and we have been well supported by others in the club. We have kept Rosie informed of the club happenings and she has been in frequent communication. Collaboration is one of the joys of Zonta. We look forward to welcoming back Rosie in time for the October Board meeting and Desi soon after..



The following members attended; Di Lancaster, Bev Gum, Erica Majba, Bridget Mather, Kaye Roberts Thomson and thoroughly enjoyed some excellent speakers. The business and voting was very smooth and in line with the club's discussions.

The theme was Sustainability, Spirit and Standing up for Human Rights and the speakers all addressed these issues. One significant voice was Jane Sargison an engineer, who used her skills to develop sustainable communities.

A highlight of the conference was Lisa Blair who is an honorary Zontian. She is best known for her amazing journey of sailing solo and unassisted around Antarctica. As well as achieving many records, she raises awareness of climate change and ocean health. Her yacht is named Climate Action Now.

The international winner of the Young Women In leadership, from Bendigo, Lilly Correll showed us that our future is in good hands.

Although overall membership in Zonta has decreased in Area 2, it is up in our club and we continue to lead in this area. There still needs to be attention to retention and engagement as well as recognising members' work and contributions.

There was some discussion on Zonta's core values:

- ☐ Global community – our external focus
- ☐ Friendship -our internal focus
- ☐ Equality and Inclusion – our vision
- ☐ Respect – our mutual understanding
- ☐ Integrity – our foundation

There was discussion on the difference between advocacy and service. Our club does service well but is still struggling with advocacy.

This conference reinvigorated us and gave a all of us renewed enthusiasm for the tasks ahead in an ever more difficult world. The conference in 2027 will be in Bendigo which is a lovely city so if you can get the time mark it in your calendars.



Amplify your voice. Build a better world for women and girls!

Our Advocacy Committee continues to progress a number of important initiatives, focusing on women's equity, safety and climate action. Here are key updates and discussion points for members:

1. Women in Prison

Bev is working with the **Seeds of Infinity** and her Area colleagues to determine if the advocacy required in this area could become an **Area Advocacy Project**. Concerns remain about inequities for women on remand in South Australia, particularly around access to essential personal items and remaining longer in custody.

Action: A draft letter for policy change has been prepared and will be submitted to the next Board Meeting.

2. 16 Days of Activism - 25th November to 10th December.

This year's program includes:

- **NCWA Partnership** – The club is part of the team exploring opportunities for joint activity for this important advocacy period. An update will be provided after the SA Presidents meet this coming Thursday night.
- * **Lighting Icons** – letters to Mayors/CEOs have been drafted encouraging councils to light up landmarks in orange. Letters will go to the next Board meeting for discussion
- * **Mt Lofty Vigil** – 2 December at 8.00pm. ZC Adelaide Hills is the lead and this will be one of the premier events during the 16 days. Put it in your diary now!
- * **Rotary Walk – 11 October, 9.00am, Victoria Square.** An Sea of Orange is encouraged! Please let us know if you need an orange shirt or cap.
- * **Social Media Campaign** - Messages on Facebook/LinkedIn during the 16 days that highlight issues and opportunities to eliminate violence against women.

3. Zonta Says Now – Thelma

We are expanding our **climate action program and various activities will be rolled out at Dinner meetings and community events over the coming months. Examples of activities include:**

- Possible 2026 guest speakers: Red Cross (disaster relief), Repair Café (Payneham), Botanic Gardens/ First Nations presenter (traditional plants and culture).
- Newsletter "Did you know" or "How to" tips will highlight practical sustainability ideas.
- We invite members to create **art, craft, performance or writing** linked to climate change and gender equality. These pieces may feature in our **November dinner meeting** as a Zonta Says Now Art Gallery.
- Other activities: raffle of waxed food covers, local advocacy letters to Norwood & St Peters Council, State and Federal MPs on climate issues.
- All members are encouraged to join the Australian Think Tank through this [LINK](#). The next Think Tank is on the 11th October 2025. This web site has a plethora of resources and information.

National Climate change News :

- Federal Government [Risk Assessment](#) / [National Adaptation Plan](#) released 18th September. An important read.
- COP 3 updates - we still don't know if it will be in Adelaide Australia, Turkey or Germany.
- [One Million Women](#) campaign and petition

4. Engaging Political Leaders

We are preparing strategies to strengthen advocacy:

- * Know your local members and Mayors .
- * Develop a **template** for members to use in direct advocacy.
- * Consider hosting a **panel of candidates** before the next State election.
- * A letter is to be drafted to go to the Attorney General commending the Coercive Control legislation - Board to ratify

5. Progress on the SDGs

*Australia's progress is outlined in the [2025 Gender Snapshot](#) report. The link takes you to an interactive infographic. Key challenges remain for women in employment, safety, and leadership. (See report here: [UN Women SDG Snapshot 2025](#)).

In Summary:



SDG Dashboards and Trends

Click on a goal to view more information.



Dashboards: ● SDG achieved ● Challenges remain ● Significant challenges remain ● Major challenges remain ● Information unavailable

Trends: ↑ On track or maintaining SDG achievement ↗ Moderately improving → Stagnating ↓ Decreasing ** Trend information unavailable

It's time once again to put on our orange shirts and caps and walk together for a cause that lies at the very heart of Zonta – **Zonta Says NO to Violence Against Women!**

A sea of orange is a powerful sightplease register (it's **FREE**) and join us for the 2025 Rotary Walk for Respect. Please also encourage your family, friends and colleagues to walk alongside you in solidarity.



Register here: [Rotary Walk for Respect 2025](#)

As in past years, when registering you'll be offered the chance to select a group to walk with— please select Zonta International SA.



Orange Shirts & Caps

If you already have your orange Zonta shirts and caps, please wear them proudly! If not, they're still available for purchase—let's make our Zonta presence strong and visible.

This walk is non-political, non-confrontational and peaceful—a united stand bringing together South Australians who are passionate about supporting survivors and working to eliminate violence against women and girls..

Let's walk together in 2025 to raise awareness, show our strength as Zontians, and continue the vital work of advocating for women everywhere.

ZONTA SAYS NOW

Thelma Harvey

We have the opportunity to call on the Australian government to set a stronger 2035 emissions reduction target for a cleaner and safer future. If you would like to do so, you can follow this link to have your say.

<https://1millionwomen.nationbuilder.com/open-letter-2035-emissions-reduction-targets>

The Nature Festival runs from 26th September to 12th October. Find out what is happening at www.naturefestival.org.au

The City of Burnside has organised a number of events which are part of the Nature Festival. Check your council website to find out what is happening in your area.

Get closer to nature at the website, *National parks and wildlife Service* at www.parks.sa.gov.au

Have your say on moves to address climate change by becoming a member of the WCC, Women's Climate Congress at www.womensclimatecongress.com

Or/And become involved with Women's Environmental Leadership (WELA) at www.wela.org.au

Did you know? Food waste in Australia generates an impact on the environment. Wasted food in landfill creates 13 million tonnes of CO2 emissions annually. Resources used to grow this food, such as water, energy and hectares of land are also wasted. You can help by celebrating The Great Unwaste Day on the 29th September. Find out more from the website, The Great Unwaste, at www.thegreatunwaste.com.au

Zonta Young Leaders Graduation

On Wednesday, 3rd September, we celebrated the graduation of our Young Women's Leadership Program, marking the conclusion of six months of hard work, growth, and dedication. Congratulations to every participant who bravely took the stage and presented with confidence and passion. Their commitment and leadership have been truly inspiring.

Throughout the program, participants undertook projects of their choice, consulted with industry professionals, and developed their leadership capabilities. Together, we explored public speaking, confidence-building, networking, and, perhaps most importantly, built meaningful new friendships.

Unfortunately I was not able to attend this year however, I was pleased to hand over the Event Organiser to Bailee Phillips who ensured it was a successful night. I would also like to thank the Zonta Mentors Erica, Kaye, Maxine and new Mentors Louise, Yvonne and Lucy for giving up their time to support their student project team and guide and encourage the student's to understand their topic and to formulate a graduation presentation on the 3rd September. Once again Mel Tate inspired the students during the course in her role as Facilitator and provided the students with many tips from her own leadership journey.

Gratitude also goes to Lucy Hood MP and the staff at Adelaide High School and Mitcham Girls High School, whose guidance and support were invaluable in making this program a success.

A Message from the students sponsored to attend Canberra Forum

The 2 Thebarton Community College students will attend our Oct club meeting to be introduced to our members and briefly share their experience at the Leaders Forum in Canberra. On receiving our invitation to attend Shamsia Ikhlasi wrote a lovely email here is an extract " It was not just the funding and money you gave me but the hope and belief. You believed that I have something to offer there, that I will learn something from there, and that I will give it back to the community.



Please take note of the following dates for upcoming Service activities before the end of the year:



1. CHRISTMAS PAMPER HAMPERS FOR THE CLIENTS AT THE EADVS

Historically the Zonta Club of Adelaide members always donate gift items that are suitable to include in beautiful pamper hampers that are distributed to the victims of domestic violence at Christmas. For some of these women, this will be the only gift they receive..

Usually, we ask that you spend up to \$30.00 on a gift that will make them feel spoiled at an emotional time of the year. The \$30.00 can be spent on either a single item or multiple less-expensive items like: scented candles, pretty scarves, nice body, face or hair products, costume jewelry, picture frames, chocolates, or you can just choose for yourself. Anything you think will make them smile.

I will ask the Secretary to distribute a flyer detailing suitable gifts and a reminder of the dates to deliver them . The most convenient delivery times are the Club meeting dates.

For those quick off the mark, it can be at the next club meeting on Wednesday the 1st of October, The following meeting on Wednesday the 5th of November There is also a last opportunity to bring the donation to the Zonta Christmas lunch on Saturday the 6th of December.

We call on at least 7 members who have the appropriate clearances, to help out on the day . The Christmas hampers packing day is scheduled for Monday the 8th of December. We aim to pack 50 – 55 hampers to cover the demand. This will require up to 7 members to help us out. We try to make this as efficient A process as we can and I always make sure that all the items are categorized and wrapped up in an attractive presentation before the packing day. The starting time is 9.00am and estimated finish time is 11.00am. Please check your diaries and see if you can help us out. This request is only open to members who have their SAPOL clearance as well as the Working with Children clearance.

2. OPEN GARDEN FUNDRAISER



Our next Open Garden Fundraiser is scheduled for Saturday the 22 and Sunday the 23rd of November.

The location is Kinclaven, 56 Waverley Ridge Road, Crafrers West. I will be distributing a roster to cover the two days at the October meeting. I know this is a very busy time for all of us but it is vital that we, as a club, continue to nurture our relationship with SA Open Gardens and that we make every effort to fundraise in order to finance our important projects.

3. BREAST CARE CUSHIONS DATES

The Breast Care Cushions Sewing day is to be held on Friday the 7th of November. The packing and delivery day is on Saturday the 8th of November at Ivanka's home starting at 9.00am. We encourage interested members to consider adding their names to the packing roster.

4. EADVS QUIZ NIGHT

To be held on **FRIDAY the 7th of OCTOBER**. I

have purchased tickets for a table of 10 at the EADVS QUIZ NIGHT FUNDRAISER to be held at the SanGiorio Function Centre, 11 Henry Street, Payneham. Zonta always supports this evening as it is the only fundraiser the EADVS holds each year. So far, I have 10 members at my table, but it would be really appreciated if others could think of organising a table too. Thelma has kindly distributed the flyer to members for your reference.

5. TRAINING DAY FOR VOLUNTEERS AT THE EADVS

On Tuesday the 11th of SEPTEMBER Alison Meneaud, Community Liaison Officer and Senior Case Worker at the EADVS, conducted a detailed training session for the regular volunteers on the topic of Domestic Violence. It was a very educational experience for all of us to learn what is domestic violence. What are the behaviours? Physical Trauma, Financial Control. Spiritual, Emotional, Coercive Control, Gaslighting, Stalking, Abuse to name but a few. The workshop was interactive and it was shocking to learn of the ways DV can be a ritualized code of deliberate controlling behaviour that seriously impacts and harms the female victims. As volunteers, we are in contact with these women every week and all of us feel more knowledgeable and able to see the serious role that the case workers play in the rescue, healing and recovery process.

6. SAFETY PROCEDURES POLICY AT THE EADVS

Zonta's EADVS volunteers have now undertaken Safety Training in case of an emergency. The protocols have changed in order to protect everyone onsite should a perpetrator be detected or if a threatening confrontation arises. All of us now need to register our presence on site on a digital platform as well as be aware of the location of alarms and protective behaviour safety rules.

7. BIRTHING KIT ASSEMBLY

On Saturday the 13th of SEPTEMBER. Zonta members, together with the Rotary Club of Campbelltown to complete the packing of 200 Birthing Kits. Many thanks to Georgia Tenney, Mark Tenney, Mara Rains, Heather Luke, Gerry Sanderson and former ZCA member Sue Watchman. Thanks to Bev Gum for organising this.

A person has expressed interest in our club via one of our new members, she will come to visit for the first time at our dinner meeting in October.

One person who initially expressed interest and attended our August meeting has decided not to pursue membership.

There have been a few enquiries via our website this month and I have responded to them by email.

There are members I still don't know so please feel free to come and introduce yourself and have a chat..

Members are reminded that our Billabong Walkathon will be held on Sunday 9th November. We already have Tony and Marks and a local orchardist on board for donations for our walkers. Meet at the Mary Harris Bundilla Reserve in Walkerville, right near Woolworths.

It should be a fun (and fitness) morning.

We hope to encourage more walkers to join us this year. So please ask family and friends to join with us on the walk and assist us raise funds for our educational programs.

There will be a prize for the young person who raises the most funds and gifts for all participants. I hope you can find your sneakers and practise in the lead up to the walk.

The planning committee is undertaking tasks to make the event a success.

Maxine Panegyres on behalf of Awards and Planning committee.



Billabong Walkathon 2025

Fundraiser to support
club scholarships and
our High School
Young Women Leaders Program

10.00am **
Sunday 9th November

Bookings through Trybooking



Billabong Walk-a-Thon

10.00AM * 9th Nov 2025

Follow the bitumen paths, suitable for pushers and wheelchairs, of the River Torrens Linear Park, through the suburbs of Walkerville, St Peters and Gilberton on a 5 km walk

Entry fee: \$20 adults, children under 12 free, Young people 12 - 18 \$10

Meet at the Mary P Harris Bundilla Reserve, located near Woolworths Registration desk opens at 9.30 a.m. Prize for the highest money raiser!

BOOK IN HERE

<https://www.trybooking.com/DFYTJ>

BANK DETAILS

Zonta Club of Adelaide Inc

BSB: 633-000 Acc No: 149452385

Let's walk together!





Billabong Walk-a-Thon 10.00AM * 9th Nov 2025

Entry fee: \$20 adults, children under 12 free, Young people 12 - 18 \$10
Meet at the Mary P Harris Bundilla Reserve, located near Woolworths
Registration desk opens at 9.30 a.m. Prize for highest money raiser!

Your Name:		
Name of sponsor	Amount pledged	Total sponsorship raised

BOOK IN HERE

<https://www.trybooking.com/DFYTJ>

BANK DETAILS

Zonta Club of Adelaide Inc

BSB: 633-000 Acc No: 149452385

DIARY DATES

OCTOBER

- 1 Club meeting Speaker Erfan Abidi on schools for girls in Afghanistan
Christmas hamper contributions
- 7 EADVS Quiz night
- 20 Board meeting

NOVEMBER

- 5 Club meeting Speaker: Katrina Ellis on matters related to superannuation
Christmas hamper contributions
- 7 Breast cushion sewing
- 8 Breast cushion packing and delivery
- 9 Walkathon in the Linear Park
- 17 Board meeting
- 22/23 Open garden Crafers West

DECEMBER

- 6 Club Christmas celebration
Christmas hamper contributions
- 8 Packing Christmas hampers

JANUARY

FEBRUARY 2026

- 4 Club meeting Speaker: Kate Ramsay, author of 'A Hell of a Glass Ceiling—Achieving gender equality in the workplace'
- 16 Board meeting

MARCH 2026

- 4 Club meeting

President Rosie Egan **Vice President** Desi Zed

Secretary Thelma Harvey **Treasurer** Di Lancaster

Directors Louise Stevens, Janice Watson, Yvonne Karpinski, Colleen Tomlian

COMMITTEES 2025-2026

MEMBERSHIP

Convenor: Melissa Klenke

Members: Annette Brock, Raema Mahony, Janice Watson, Margie Glover, Daina Long, Jan Wood.

ADVOCACY GROUPS

Convenor: Bev Gum, Bridget Mather

Members: Kathy Ellis, Colleen Tomlian, Helen Pertsinidis, Jill Olifent, Wendy Bruce, Thelma Harvey, Carol Summers, Mara Rains, Kaye Roberts-Thomson, Georgina Tenny, Jude Murphy.

SERVICE

Co-Convenors: Gerry Sanderson, Angela Vandellis

Members: Mara Rains, Margie Glover, Thelma Harvey, Ivanka Jovanovich, Louise Stevens, Wendy Bruce, Vonney Karpinski, Melissa Klenke, Annette Brock, Linda Mackenzie.

Karen Bellchambers - assisting with birthing kits.

AWARDS

Convenor: Raema Mahony

Members: Maxine Panegyres, Colleen Tomlian, Karen Bellchambers, Louise Stevens, Verena Colby, Lucy McDonald – helping with ZYWLA & Mentor on leadership projects

COMMUNICATION AND PR

Convenor: Maxine Panegyres

Members: Miriam Zhu, Trish Palmer, Isabella McCulloch, Melissa Klenke, Lucy McDonald, Kaye Roberts-Thomson.

FINANCE

Convenor: Erica Majba

Members: Di Lancaster, Helen Joraslafsky, Desi Zed

ADVISORS

Aileen Connon, Val Baldwin, Catherine Alcock, Deborah Lodge

PUBLIC OFFICER Verena Colby

NATIONAL COUNCIL OF WOMEN SA Linda Mackenzie, Karen Bellchambers

VISITORS BOOK Maxine Panegyres

ARCHIVIST/ HISTORIAN Maxine Panegyres

VOLUNTEERING STRATEGY FOR SA Val Baldwin

Actively involved across a number of committees - Bailee Phillips, Mel Tate



**We wish a happy birthday to our members
celebrating in October**

OCTOBER

- 9 Miriam Zhu**
- 14 Deb Lodge**
- 14 Janet Wood**
- 28 Jude Murphy**
- 31 Helen Joraslafsky**

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.

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

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www.zonta.org (Member ID)

www.zontadistrict23.org.au Zonta Club of Adelaide

