



ZONTA
CLUB OF
ADELAIDE INC

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District 23 Area 2

ZEPHYR

Newsletter of the
Zonta Club of Adelaide
DECEMBER 2025
Issue 408



PRESIDENT'S REPORT

ROSIE EGAN

As we come towards the end of the year, it's important to reflect upon our achievements in 2025. The Core Values of global community, friendship, equity and inclusion, respect and integrity have continued to guide our activities as we work towards building a better world for women and girls.

We'll be joining in with the 16 Days of Activism from 25 November to the 10 December to continue our commitment to end gender-based violence. There will be orange-lit buildings in a range of councils, thanks to the actions of Bridget, as well as daily social media posts from Bev, Bridget and Lucy. Many of us are attending the Mount Lofty Vigil on 2 December, while the annual Christmas Hamper provision managed by Gerry provides much needed support for women in the DV centre. At our Christmas lunch we'll recognise our club's accomplishments across the year, including our commitment to ending gender-based violence.

Salla Tuominen, President of Zonta International and Zonta Foundation for Women has issued an invitation to join in on 10 December for the [**Zonta Says NO to Violence Against Women Online Summit**](#), and highlighted also engaging men to engage in this movement.

She encourages everyone to sign the [**Zonta Says NO pledge**](#) to reaffirm your commitment to ending gender-based violence. Please consider joining in these powerful initiatives.

On November 13 I had the pleasure of attending the Adelaide White Ribbon Breakfast with Georgina Tenny. Titled 'Wake Up To Change', the panel, facilitated by Lauren Novak, focused upon the impact of domestic violence upon children and young people, with young speaker Jack Harrison sharing his experiences and the support he received. Jack recently participated as an advisor at the student summit for the Royal Commission into Domestic, Family and Sexual Violence. The event raises funds for community-led projects that prevent violence against women and children in South Australia.

I also attended the Service Clubs Association of SA AGM, along with Bridget, Maxine and Bev. The guest speaker, Fiona Dorman, President of the National Council of Women Australia, emphasised the value that service clubs bring to the community by providing advocacy for important issues, enabling powerful actions and creating a sense of cohesion in society. The awards panel for SCASA will be meeting to judge this year's awards, elevating leadership and recognising both outstanding individuals and community projects.

Our November speaker, Katrina Ellis, Deputy CEO of Super Consumers Australia, has had wide experience in financial and superannuation services and she provided an overview of superannuation for women. There are many challenges for women in this area, as career breaks, part-time work and care-giving tasks can result in a lower superannuation balance, meaning that upon retirement women usually have 25% less super than men. Single women and renters face a higher risk of poverty. The impact of health issues, including menopause, bring added complexities. Older women, aged from 55, are the fastest cohort of people experiencing homelessness.



There have been positive reforms in this area, including superannuation on paid parental leave from July 2025, with 95% of the beneficiaries of this initiative being women.

There is no minimal salary required since 2022, and the Low Income Superannuation Tax Offset will come into effect in July 2027. Improved workplace flexibility and violence leave are additional benefits.

Katrina also reminded us of the need to remain vigilant against cyber fraud, by creating strong passwords and using multi-factor authentication, as well as regularly checking funds and sharing cyber safety knowledge. Katrina recommended accessing the Moneysmart Retirement Planner at moneysmart.gov.au/plan-for-your-retirement.

I have a request for a new Keeper of the Flags. Long serving member Beverley Newberry has been looking after them but is unfortunately unwell. The flags signify the many countries where Zonta groups are represented. The Flag Keeper would need to look after the flags and bring these to meetings and significant events. Please let me know if you are interested.

Congratulations to Gerry and her dedicated team, who successfully catered at the Open Garden at Kinclaven, Crafrers, raising valuable funds for our projects as well as highlighting the 16 Days of Activism.

Finally, thank you to all for your valuable contributions throughout the year. Members Bridget and Erica stepped admirably in when Desi and I were overseas, and the Committee Conveners continued with our many successful projects, supported by enthusiastic and hard-working members, ensuring another successful year.



Fiona Dorman, guest speaker at
SCASA AGM



White Ribbon Breakfast



Our new member Georgina is passionate about gender equality, leadership, and community-focused policy reform. She is excited to be a part of Zonta and to help strengthen its work for generations of women to come. Below is an account of her recent achievements, in her own words.

Over the past two years, I have undertaken four international programs that have deeply shaped my commitment to advancing women's rights, ethical leadership, and sustainable community development. Each experience strengthened my belief in something Zonta has championed for over a century: when women are empowered, entire communities transform.

My Recent International Programs

1. Nepal Women's Empowerment Internship – GVI (Pokhara, Nepal)

2. My work in Nepal began with a women's empowerment internship grounded in SDG #5. I conducted research into gender-equality laws and delivered financial-literacy and small-business workshops for women facing entrenched socio-economic barriers.

A defining moment for me was when a young woman told me: *"I am proud to be a girl; I am proud to be Nepalese."* Her courage and optimism — despite limited opportunities — strengthened my resolve to help ensure women's rights become lived realities, not just written policies.

This internship laid the foundation for me to return to Nepal the following year as a researcher, committed to supporting community-driven strategies that enhance women's agency.

2. Nepal Research Fellowship – SDG #5 (Pokhara & Kathmandu)

My Research Fellowship focused on understanding why Nepal's progressive gender laws often fail to reach the women they were designed to protect. Through more than 20 interviews with women, NGO staff, Rotary leaders, and community organisations, I identified barriers such as patriarchal norms, low legal awareness, and uneven resource access — particularly in rural communities. I produced a detailed report, co-developed a Theory of Change with GVI staff, and shared insights with local stakeholders to guide program improvement. What resonated with me most was seeing women leading change despite scarce resources — from grassroots health initiatives to clean-stove programs. Their determination reflects the same spirit of service, resilience, and leadership that defines Zonta's mission. This fellowship directly informs my 2025 Honours research on women-focused policy reform.

3. Sri Lanka Leadership Development Program – AIESEC

In Sri Lanka, I participated in a marine conservation initiative and gained a deeper understanding of the relationship between environmental sustainability, women's livelihoods, and community empowerment.

Working with international volunteers highlighted how cultural expectations, language barriers, and global inequalities shape development work. These experiences strengthened my cultural adaptability and showed me what ethical, community-centered leadership looks like — mirroring Zonta's values of listening, partnership, and respect.

4. Vietnam Diplomatic Study Tour – Governance, Foreign Policy & Youth Leadership

In Vietnam, I joined a diplomatic training program with the Diplomatic Academy of Vietnam, meeting policy-makers, diplomats, and UN staff. I gained comparative insights into governance, women's leadership, and barriers to social reform across Southeast Asia. Beyond formal diplomacy, I was a part of a group with challenging environments — including navigating severe flooding — which strengthened my ability to remain calm, collaborative, and solutions-focused. These are skills I hope to bring into my future work in foreign policy and advocacy.



16 Days of Activism 2025: End digital violence against all women and girls

From 25 November to 10 December 2025, mark the [16 Days of Activism to End Gender-based Violence](#) under the theme: “UNiTE to End Digital Violence against All Women and Girls”.

Violence against women and girls affects [one in three women](#). It is a global human rights emergency that must stop. As the world marks the [30th anniversary of the Beijing Declaration and Platform for Action](#) – one of the most progressive international agreements on women’s rights to date – the UN Secretary-General’s UNiTE 2025 campaign focuses on one of the fastest-growing forms of abuse: digital violence against women and girls. This year’s campaign is also a reminder that digital safety is central to gender equality.

16 Days of Activism: #NoExcuse for online abuse

Online and digital spaces should empower women and girls. Yet every day, for millions of women and girls the digital world has become a minefield of harassment, abuse, and control.

From 25 November to 10 December join the UNiTE campaign and take action to stop digital abuse against women and girls.

What is digital abuse?

Digital tools are increasingly being used to stalk, harass, and [abuse women and girls](#). This includes:

- Image-based abuse/ non-consensual sharing of intimate images – often called revenge porn or leaked nudes.
- Cyberbullying, trolling, and online threats.
- Online harassment and sexual harassment.
- AI-generated deepfakes such as sexually explicit images, deepfake pornography, and digitally manipulated images, videos or audio.
- Hate speech and disinformation on social media platforms.
- Doxxing – publishing private information.
- Online stalking or surveillance/tracking to monitor someone’s activities.
- Online grooming and sexual exploitation.
- Catfishing and impersonation.

Misogynistic networks – e.g. [manosphere](#), incel forums.

These acts don’t just happen online. They often lead to offline violence in real life (IRL), such as coercion, physical abuse, and even femicide – killing of women and girls. The harm can be long-lasting and affect survivors over a prolonged period of time.

Digital violence targets women more than men, across all walks of life, but especially those with public or online visibility – such as activists, journalists, women in politics, human rights defenders, and young women.

The impact is even worse for women facing [intersecting forms of discrimination](#), including race, disability, gender identity, or sexual orientation.



Why is digital abuse so hard to stop?

- Weak regulation of the technology sector or lack of legal recognition of digital violence in countries.
- Lack of accountability from tech platforms and social networking sites.
- Normalization of violence in manosphere spaces.
- Artificial Intelligence creating new forms of abuse and amplifying digital violence.
- Growing backlash against gender equality.
- Anonymity of perpetrators and cross-border abuse make it harder to get justice.

Limited support systems for survivors of cyberbullying or personal data leaks.

Growing momentum for action by governments, the UN, and regional organizations

Thanks to years of advocacy by feminist and digital rights movements, major progress has been made:

The 2024 [Global Digital Compact](#) set the first UN-wide standards for digital safety and AI governance.

- In December 2024, Member States adopted the **UN Cybercrime Convention** – the first legally binding international instrument with implications for addressing digital violence.

The **UN General Assembly** adopted a [resolution](#) on Violence Against Women in Digital Environments in 2024, urging states to take immediate, effective action to prevent and eliminate digital violence and to strengthen regulation and accountability of platforms.

In 2024, the **UN Statistical Commission** [called for the development](#) of global methods to measure technology-facilitated gender-based violence, with work now underway.

Regional bodies also acted – from the [African Union's Convention on Ending Violence against Women and Girls](#) to the [EU's Digital Services Act](#).

What does the 2025 UNiTE campaign call for?

We must all act to stop digital abuse. To mark the 16 Days of Activism, the campaign calls on:

- **Governments** to pass and enforce laws that criminalize digital violence, protect personal information and strengthen tech sector accountability.
- **Tech companies** to ensure platform safety, remove harmful content, enforce codes of conduct and publish transparent reports.
- **Donors** to invest in feminist organizations working to end violence against women and digital rights advocates.

Individuals to speak out, support survivors, and challenge harmful online norms.

How can you take action?

From 25 November to 10 December, organize visible and bold activities to promote safety and justice online. Partners can include:

- Civil society
- Youth-led groups
- Academia
- Local governments and community leaders
- Private sector, and more

You can take action in many ways – learn and share information from this year's campaign, support local services that support survivors of gender-based violence, host or participate in digital safety sessions, support male allyship campaigns that reject and prevent digital violence against women and girls, and encourage governments and companies to adopt better laws and policies.



BUILD A BETTER WORLD
FOR WOMEN AND GIRLS

ZONTA SAYS
YES
to gender equity

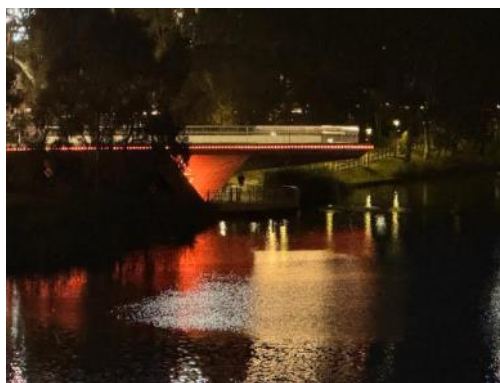
Each year, starting on 25th November - the international day for the Elimination of Violence Against Women and ending on Human Rights Day (10/12), Zonta clubs around the world unite for the 16 Days of Activism Against Gender-Based Violence, an international campaign that reminds us of both the urgency of the issue and the power of collective action. For Zonta Club of Adelaide, these 16 days are an important opportunity to educate, advocate and visibly stand with survivors—while reaffirming our commitment to creating a future where women and girls live free from violence. Keep an eye out for posts on our club [Facebook page](#) and 'like' and share with your friends and colleagues.

Across Adelaide, this commitment has once again glowed brightly through the **Lighting of the Adelaide ICONs**, where landmarks are illuminated in vivid orange—the colour of a brighter, safer future. These glowing beacons spark conversation, raise awareness and encourage our community to stand alongside us in saying **NO** to violence in all its forms and **YES** to gender equity.

A big thank you to Kaye for representing the club at **Reclaim the Night**, a powerful annual march on the last Friday in October each year, that gives voice to women reclaiming safety, autonomy and the right to walk freely in their communities—day or night. This will be added to our Zonta Adelaide's advocacy calendar as the event highlights the ongoing challenges many women face and underscores why our continued visibility and participation matter.

The next event for our current 16 Days is to join with sister clubs and organisations for a special moment of reflection and solidarity at the **combined clubs vigil on Mt Lofty on 2 December at 8.00pm**. As we gather at the summit, surrounded by the light that symbolises hope, we honour those affected by violence and renew our shared determination to drive meaningful change. Dinner is available before at 6.00pm and we already have a group of about 15 going from the club, so please join us if you haven't booked yet.

So..... dust off that vibrant favourite—**get out that orange shirt and cap!**let's stand out, speak up and shine together to build a better world for women and girls!.



FIRST OF ALL

A reminder for those of you who have not yet donated items for the Christmas hampers we gift to the victims of domestic violence at the EADVS. Your last chance to donate will be at **the Zonta Christmas lunch on Saturday December the 5th**. We don't need chocolates now because we've sourced them elsewhere. The wrapping day is Monday 8th of December.

BIRTHING KITS

On Friday the 21st of November a Birthing Kit assembly was held at Adelaide High School. Angela Vandellis led the activity with fellow Members Lucy MacDonald and Linda Mackenzie assisting. It was an enjoyable, smooth-running day and all of the year 9 students worked willingly and efficiently.

Angela gave a background talk to the Birthing Kit project and it was pleasing to note that some of last year's year 10 Leadership students also volunteered to assist.

An amazing 400 Birthing Kits were assembled and the destination for these life-saving items is Tanzania.

BREAST CUSHIONS

The last Breast Care Cushion construction day was held on Friday the 7th of November. With the Silent Sewers together with our regular Zonta team 126 were produced and delivered to St Andrew's Hospital after the packing day on the 8th of November. It was lovely that the hand-written cards prepared by one of the Leadership teams were able to be included in the gift packs destined to be read by women directly after their breast surgery.

Kinclaven at Crafers West Open Garden on the 21st and 22nd of November was a wonderful success. I thank former Zonta member Heather Luke, now a Friend of Zonta for helping me with the heavy lifting to set up for the event on the Friday before. I also would like to thank Deb Lodge for her super-efficient cake management. Di Lancaster and Heather also did the shopping in preparation.

A huge thanks for all of you who put your hands up for the roster, some of you covered 2 sessions and that was a very generous and much-appreciated contribution.

Kinclaven is a breathtaking property. It comprises a huge mansion built in 1888, sitting on 2 acres of land and set with fountains, a waterfall and an astounding collection of plants. Almost every space held beautiful discoveries in the curated landscaping.

The Silent Sewers took charge of the gate ticketing. How lucky is the club that we have this wonderful group of women who are so willing to support us. I am in awe of their kindness and their contribution.

Saturday was a challenge when the heavens opened and the rain flowed. We had to abandon our posts at an unpredicted 3.00pm but at least we had 100 customers in the morning.

The Sunday was a beautiful day that attracted 500 people through the gate. Not all of them were charged because they qualify for free entry, but we were very pleased with the cheerful flow of customers. We are still waiting for EFTPOS transfers to be registered so at this stage our final profit is unknown.

Thank you to all of you who supported this fundraising event.



This biennium, Zonta International will embed climate action into service projects; it will show how behaviour in one part of the world impacts another and it will support clubs to educate and raise their voices about gender-equal climate action. 80% of people displaced by climate change are women.

Did you know?: Madagascar, Mozambique and South Sudan are some of the countries most vulnerable to climate change globally. Zonta International has committed US \$1,000,000 to a United Nations Program to prevent climate-induced gender-based violence.

Find out more at zonta.org



PR and COMMUNICATION COMMITTEE REPORT

Maxine Panegyres

Thank you to Lucy McDonald for finalising and printing our club pamphlet in time for the open garden last weekend. As part of the process, Kaye Roberts-Thomson and I gathered information from each of our committees and formulated the pamphlet with their input. Lucy managed the design using this information. Melissa Klenke, Erica Majba and I have been updating the website throughout the year with assistance from committee convenors when required.

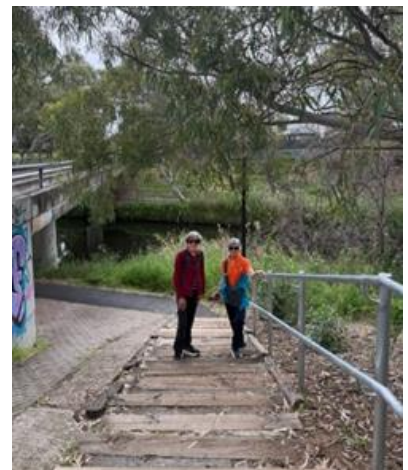
Thank you everyone who has assisted with this.



Thank you to those people who supported our walkathon on November 9th either by walking with us on the morning or making monetary donations to the club for the event. Once again it was a pleasant morning for walking along the Linear Park in the shade. It is a great walk.

We were also supported again by donations of fruit from Joel and Peter Brockhoff, hills orchardists, as well as Tony and Mark's for our walkers. We thank them for their generous donations.

Thanks also go to club members who supported us on the morning bringing friends and family and undertaking tasks at the registration desk.



Our raffle winner was pleased as was our youngest walker Charlie who won the Rebel Voucher.

Special thanks to Margaret Lynch who walked 15km on the day! Five to put out the ribbons, five with me and then another five to collect the ribbons ready for next time. Thank you, Margaret.

Adelaide High School 2026 Scholarship Winners

Louise Stevens was able to represent our club and the Awards Committee at the recent Adelaide High School Awards Assembly.

The school provided the following write up about the 2026 Zonta Scholarship winners: -

Year 12 scholarship

Sophy Crowley – the current year 11 scholarship holder is going into year 12 with a strong passion for politics and legal studies. She is recognised for her academic excellence and dedication to understanding social and political issues. She has built positive relationships with peers and engages thoughtfully in school and community initiatives.

Year 11 scholarship

Vani Shah is going into year 11. She is a dedicated and hardworking student who has consistently achieved academic success and maintained excellent attendance throughout her studies. Vani is renowned for her kindness and positive attitude.



MEMBERSHIP COMMITTEE

Melissa Klenke

Happy Christmas and a safe New Year to everyone.

We have one interested potential member who has recently attended our Open Garden fundraiser. I am in the process of following up about her experience. I am going to invite her to the Amelia Earhart Breakfast which will give her a more informal introduction to our club and its members. As usual this year has flown by and I am looking forward to 2026.



REPORT ON MEETING

President Claire Newland's report

We are very impressed with how SAPOL are now handling domestic violence cases.

At the White ribbon breakfast recently a young 16 year old boy spoke regarding violence he had endured from his mother and praised the response and handling received from the police.

The recently held Walk for Respect drew the attention of the Advertiser and 7 News.

Claire Newland has been asked to speak at Parliament House "Women in Leadership."

Speaker

Dr Abigail spoke on responses from the Minister's office regarding social statements.

Inequality and poverty

Disability inclusion

Health and mental health

These are a few of the topics which are fundamental to community wellbeing.

Abigail was thanked for her time and expertise and informed all correspondence has been passed on to relevant departments. Hopefully it will be addressed by end of year.

Other Business

Aluminium foil medication packages are currently being collected for recycling.

A new website is in place for 16 days of Activism listing events across SA.

www.NCWSA/16days

Please use or notify Claire to add any events that you have coming up in regards to this.

2 Icons have so far agreed to light up in orange over this period, being Town Hall and State Parliament

Event at UNISA 10/12 16 6-7.30pm is the Bradley Forum where three academics will speak on gender based violence. This is a free event and open to bookings. Registration and details on their website

RoZSI's voice are hold a candlelight vigil at Mawson lakes on 7/12 at 7.30pm.

Their Coercive Control Brochure is now available electronically in 6 languages

Other events

Adelaide Hills vigil December 2

Onkaparinga vigil at Ripples December 10

February 2026 council meeting Katrina Hildyard will be guest speaker on Royal Commission



DIARY DATES

DECEMBER

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

JANUARY

NO CLUB MEETING

- 18 Amelia Earhart Breakfast Botanic Park
- 19 Board meeting

FEBRUARY 2026

- 4 Club meeting Speaker: Kate Ramsay, author of 'A Hell of a Glass Ceiling—Achieving gender equality in the workplace'
- 14 Aelia Earhart Combined Event at Payneham Library
- 16 Board meeting

MARCH 2026

- 4 Club meeting Panel of politicians planned to discuss women's issues for the State election
- 6 International Women's Day Breakfast
- 16 Board meeting

APRIL 2026

- 4 Club meeting Speaker: Sharlene Lynch on work with survivors of domestic violence through Healing Through Love
- 6 International Women's Day Breakfast
- 16 Board meeting

MAY

- 2 Area 2 workshop at Victor Harbour
- 6 Club meeting
- 18 Board meeting

JULY

- 11-14 Zonta international Convention, Vancouver

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 December/ January**

December

03 Karen Bellchambers

04 Mara Rains

10 Carol Summers

19 Leanne Longfellow

29 Bridget Mather

29 Helen Pertsinidis

January

28 Lucy McDonald

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

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



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