



# ZONTA

CLUB OF  
ADELAIDE INC

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District 23 Area 2

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Newsletter of the  
Zonta Club of Adelaide

## MARCH 2026

Issue 410



### PRESIDENT'S REPORT

#### ROSIE EGAN

February has been a very rewarding month for our club. A group of our members attended the Our Watch presentation on the Royal Commission Update – how you can make a difference on 2 February. Minister Hon Katrina Hildyard shared information on addressing the safety needs of survivors as well as laying the foundation for sustainable long-term reform.

I represented the club on an Our Watch Change Starts With Us panel at the Adelaide Convention Centre on 3 February to speak about Zonta's role in addressing domestic violence in organisations and communities. It was very encouraging to hear of education and change within business, sport, community and government, shaping cultures of respects and equality, and how this leadership contributes to preventing violence against women.

I also attended the 15th Anniversary of the Adelaide Pakistani Women's Association at the invitation of founder Ayesha Fariha Safdar in the Old Chamber of Parliament House on 9 February, hosted by the Honourable Zoe Bettison MP, Minister for Multicultural Affairs. It was wonderful to make connections with this successful and positive community group.

Our club was well represented at the Amelia Earhart event on 14 February. Organised by Jenni Foreman on behalf of the Zonta D23 Area 2 Clubs, the event featured Kerrie Dougherty OAM and Heather Milhench discussing the work of the Satellite Girls in the 1960's. It was brilliant to hear of this positive collaboration between the D23 Area 2 Clubs.

At the SCASA Awards for the Service Clubs Association of SA, held at Auchendarroch House on 22 February, the Zonta Club of Adelaide was well represented with three awards. Congratulations to all involved in these prestigious awards – we can feel justifiably proud of our club!



Our Adelaide Zonta IWD breakfast is now at Living Choice, 123 Fisher Street, Fullarton. Please join us to celebrate this important day, supporting UN Women Australia. The event will be livestreamed from the Adelaide Convention Centre. The theme is Balance the Scales, with guest speaker, the 2026 Australian of the Year, Katherine Bennell Pegg outlining her amazing achievements in the aerospace industry.

Our February speaker, Leadership Consultant Kate Ramsay, has generously donated two of her books, 'A Hell of a Lot of Glass' to the club, one for a raffle and one for our book stall. In her talk at the February meeting, Kate examined the question of gender equity in the Australian workplace, using her own experiences, and those of her co-writers and interviewees.

Kate's talk on the history of women's employment, focused upon gender-based anti-discrimination and affirmative action legislation in Australia. The impact of the three elements of Sexism, Misogyny, and Patriarchy were assessed in relation to gender imbalance in the workplace.

With five teenage granddaughters, Kate is determined to ensure a more equal world for young women. Her observations, inspired by Julia Gillard, of the Glass Ceiling, Glass Cliff, and Glass Labyrinth detail the many impediments to female leadership. Kate concluded that cultural change must lie with leaders, to achieve equity in the workplace.

Thank you to Vonney for her donation of her beautiful original hand-painted cards. Vonney has provided 100 of these cards to be used for fundraising. The cards will be available for purchase at the IWD breakfast and at Club Meetings.

These generous acts remind us of the kindness and benevolence within our community, which enriches our club in so many ways.

### ZONTA REPRESENTED AT STATEWIDE DFSV LEADERSHIP FORUM

*President Rosie recently represented Zonta on a panel 'Building organisational cultures that prevent Violence' at a South Australian leadership forum focused on the prevention of domestic, family and sexual violence (DFSV). The forum, led by Our Watch and supported by the South Australian Government, brought together leaders from across sectors to advance practical, prevention-focused action in line with the Royal Commission's findings.*

*Rosie was joined on the panel by Arman Abrahamzadeh OAM, representing the Zahra Foundation, and Regan Mitchell, Director Aboriginal and Torres Strait Islander Strategy, Our Watch, with each sector leader contributing diverse perspectives on prevention, leadership, and cultural change. Rosie's contribution highlighted Zonta's long-standing commitment to gender equality, respectful relationships, and the elimination of violence against women and girls.*

*For many years, Zonta has been clear that everyone has a role to play in preventing DFSV. This forum reinforced that message by equipping leaders with confidence, tools and practical actions to shape environments of respect and equality, support victim-survivors, and promote behaviour change in those who use violence.*

*Designed as a space for learning, reflection and collective action, the forum underscored the generational opportunity before us to drive lasting change. Rosie's representation ensured Zonta's voice — and the vital role of civil society leadership — was clearly visible in this important statewide conversation.*



The Service Clubs Association of South Australia (SCASA) is an umbrella organisation that fosters cooperation and collaboration among South Australia's service clubs, including Zonta, Rotary, Lions, Kiwanis, Soroptimist and Apex. Through its leadership of the Premier's Community Service Awards, SCASA recognises outstanding community projects and individuals whose voluntary service makes a lasting difference.

The 2026 Premier's Community Service Awards, held on 22 February at Auchendarroch House, celebrated the depth, diversity and impact of service across South Australia. Zonta was proudly represented, with multiple awards and nominations recognising both club-led initiatives and individual leadership.

### **Community Education Award**

#### **Safe Beginnings Project – Zonta Club of Adelaide**

The Zonta Club of Adelaide received the **Community Education Award** for its *Safe Beginnings Project*, which combines education with practical service to improve maternal health outcomes in developing countries. The program includes information sessions on clean, safe birthing practices in more than 20 countries, paired with hands-on birthing kit assembly, delivered through a long-standing partnership with Adelaide High School.

Established over 20 years ago through the leadership of Angela Vandellis, the partnership continues today with her ongoing involvement, supported by Zonta Club members and, more recently, graduates of Zonta's Young Women in Leadership programs. Over 18 years, more than 600 students, including both young women and young men, have participated—learning about global maternal health while contributing to a practical intervention that supports safer childbirth for women and babies where medical resources are limited.

### **Social Inclusion Award**

#### **Working with Women in Crisis – Zonta Club of Adelaide**

The Club also received the **Social Inclusion Award** for *Working with Women in Crisis*, recognising Zonta's long-standing, practical support for women experiencing domestic and family violence. Through direct assistance, strong partnerships with frontline services and a trauma-informed approach, this work helps women regain dignity, stability and hope during periods of acute vulnerability.

### **Community Activity Award**

#### **Adelaide Hills Women's Expo – Zonta Club of Adelaide Hills**

The Zonta Club of Adelaide Hills was named Runner Up in the **Community Activity Award** for its *Adelaide Hills Women's Expo*. The Expo provided an inclusive space for women to connect with services, information and one another, while celebrating women's leadership, enterprise and wellbeing.

### **Allan Sloan Young Citizen Award**

#### **Georgina Tenny – Zonta Club of Adelaide**

Georgina Tenny, was awarded the **Allan Sloan Young Citizen Award** in recognition of her leadership and commitment to service. Her volunteer work—locally and internationally—demonstrates a strong focus on empowering women and girls, addressing structural inequality and contributing to positive social change.

Georgina was unable to attend the ceremony as she is currently undertaking an internship in Washington through the **Washington Internship Program for Students of Australian Parliaments (WIPCASP)**. Her parents proudly accepted the award on her behalf.

### **Heide Taylor Community Service Medal**

#### **Gerry Sanderson – Zonta Club of Adelaide**

Gerry Sanderson was nominated for the **Heide Taylor Community Service Medal** in recognition of her outstanding and sustained voluntary service. Over many years, Gerry has contributed to key Zonta initiatives supporting women experiencing domestic and family violence, alongside practical community service projects, fundraising and advocacy that enable the Club's work to be delivered with consistency and care. Her nomination recognises the essential role of committed volunteers in achieving lasting community impact.

### **Premier's Community Service Award**

The **Premier's Community Service Award**, was awarded to the **Garden Grannies** initiative of the **Lions Club of Blue Lake City**, recognising its long-standing, grassroots contribution to community wellbeing through practical support and social connection.



Members involved in Safe beginnings and Women in Crisis awards



Georgina Tenny



Adelaide Hills with their award



Area 2 President Jenni Foreman and Gerry



Georgina's parents with President Rosie

## International Women's Day 2026

The Zonta Club of Adelaide invites you to a special breakfast to celebrate International Women's Day. View the proceedings from the Adelaide Convention Centre on the big screen at the Auditorium, Fullarton.

**6th March 2026 6:45 - 8:30 am**

**The Auditorium**

**Living Choice Fullarton**

**123 Fisher Street Fullarton SA 5063**

**Cost \$40 per person**

(includes juices, breakfast choices, tea and coffee)



The Adelaide International Women's Day Breakfast (IWD) Committee and Senator the Hon Penny Wong are pleased to announce the special guest is **Australian Astronaut and 2026 Australian of the Year Katherine Bennell-Pegg**

**For Bookings - <https://www.trybooking.com/DJMJS>  
or QR code**



**Introducing Lucy McDonald, one of our youngest club members, whose hard work, passion and commitment to her studies and to Zonta is evident in the article below.**

I recently completed a Bachelor of Psychological Science at the University of Adelaide, where I actively engaged in academic, research, and extracurricular opportunities that extended my learning beyond the classroom.

In Semester 1, 2025, I completed a wellbeing internship at Charles Campbell College Junior School under the guidance of the school's wellbeing team. In this role, I supported the delivery of evidence-based mental health initiatives aimed at promoting emotional regulation and resilience among students. I facilitated small-group sessions that encouraged open conversations about wellbeing and contributed to a peer mentorship program for Year 5 and 6 students, designed to foster leadership and a stronger sense of community.

During the 2025 Winter School period, I participated in an Indonesian cultural exchange program across Java and Bali. We visited organisations such as the IDEP Foundation to learn about environmental sustainability and community resilience and met representatives from the Australian Consulate. This program deepened my cultural awareness, broadened my global perspective, and strengthened my understanding of the intersection between environment, culture, and human behaviour.

Most recently, I undertook a Summer Research Scholarship under the supervision of Dr Anastasia Ejova, examining trajectories of wellbeing in women following divorce and relationship dissolution. As part of this project, I worked extensively with large datasets, contributed to statistical analyses, and assisted in drafting sections of a manuscript alongside the research team. This paper is currently in its final stages and will be submitted for publication, with myself listed as second author!

Alongside these experiences, I completed the Global IQ Connect Program, the Adelaide Graduate Award, and the New Colombo Plan Scholarship. I was also recognised as a Top 15% Collegiate Scholar by the Golden Key International Honour Society, reflecting my academic performance and commitment to excellence.

In 2026, I will continue my academic journey by undertaking Honours in Psychology at Adelaide University under the supervision of Associate Professor Carla Litchfield. My thesis will focus on environmental and conservation psychology, with particular interest in how media representations influence human perceptions of marine life, such as sharks and stingrays (think – The Jaws Movie, Steve Irwin, etc.). The ultimate aim is to have my thesis published by a journal!

I am currently working at the Glenelg Community Child Care Centre, implementing age-appropriate activities to stimulate cognitive, emotional, and physical development in children. A massive part of my role as an Educator is fostering strong relationships with families and children and providing ongoing support as children progress. I am primarily working in the toddler room and loving it!

Outside of my professional and academic life, I am incredibly passionate about sustainability. The vast majority of my clothes are from an op-shop, handmade or second hand. I also love the ocean! Snorkelling in Port Noarlunga is one of my favourite activities.

What have I been doing with Zonta?

Social Media Manager for our club, managing the Facebook and LinkedIn pages.

Young Women's Leadership Program Mentor in 2025.

Taking care of our second-hand book collection and bringing these to our monthly meetings.

Designing pamphlets and handouts for the club

Active member on the PR & Communications Committee



Zonta says now on climate change.

Sally Quinn is the 2025 District 23 Women Taking Climate Action Award recipient. She established Green Collect. It is a charity and not-for-profit enterprise that has diverted 93% of items from landfill, items such as office furniture and fittings. Green Collect also hires a diverse workforce, prioritising people who are often and continually under estimated. By facilitating a circular economy, Green Collect saved over a million kilograms of Co2 emissions – that's like taking thousands of cars off the road.

Our latest Zontian gives information about Laaha: a digital safe space for girls. You may remember I mentioned in our last newsletter that Zonta International has provided US\$750,000 for the program. Earth Day is celebrated on 22nd April. Access the site at [www.earthday.org](http://www.earthday.org) to find out more about the event. One of the campaigns is called End Plastics and at our meeting, we will have more information about how you can be involved.

Wendy Bruce provided a link to a BBC article by Jocelyn Timperley called "Worried about climate change? The evidence shows these are the most impactful actions you can take. This was published on the 1st October, 2025. It points out that we have more power than we think to bring about change. You may like to look it up and subscribe to the Future Earth weekly BBC newsletter which is full of climate conversations and solutions.

Lobbying is one of the most effective ways that we can take action, according to the article and I will mention how you might help us do this at our next meeting. At a recent meeting of our Zonta says now on Climate Change group, Bridget compiled a list of groups to lobby and some sample letters.

Wendy also brought the Climate Council's letter to our attention which gives us another chance to lobby our federal parliamentarians. I have forwarded it to you all, hoping you might want to take action to highlight your concern about the escalating climate driven fire risk in Australian communities. I hope you will have time to petition your federal MP by following the links in the email. I completed it and it's so quick and easy to do.

**MEMBERSHIP COMMITTEE****Melissa Klenke**

I am in the process of scheduling a committee meeting to discuss several issues including attracting new members and looking after existing members. There is to be a D23 Membership Issues Think Tank on 24 February which I am unable to attend. Update on the two people who visited our club meeting in February - their feedback was positive. I have since sent follow up emails inviting them to upcoming events. One expressed interest in attending our next meeting in March. The other person has not responded.

On Friday the 6th of February we held a sewing day and produced 130 breast care cushions ready for packing on the Saturday at Ivanka's and then delivery to St Andrew's Hospital.

A big thank you, again, to the Silent Sewers for their wonderful commitment in supporting Zonta and for their continued determination to make a huge effort over many years, to support women facing a health crisis in a kind, significant and tangible way. Our next construction and packing dates are Friday the 15th of May and the packing/delivery date will be on Saturday the 16th of May. Again, at Ivanka's.

We had a surplus of over 60 cut out breast care cushions to either complete or partially complete before those dates.

I know that Rosie and Bridget have mentioned the SCASA event on Saturday the 22nd but as a Service Committee we were honoured to be acknowledged for SCASA Assisting Women in Crisis. This is a public recognition and endorsement of the hard work that we readily offer in significant and time-consuming ways.

Firstly, our regular Tuesday presence at the Eastern Adelaide Domestic Violence Service is a prime example of the way our hands-on assistance contributes a feeling of security and perhaps a light at the end of the tunnel for women fleeing from domestic violence. They need to know that they are not powerless because there are many willing people around them willing to help. We do everything in our power to provide healthy and culturally appropriate food offerings via our Oz Harvest sorting and delivery to the units on-site, as well as driving supplies to motel sites dotted around suburban Adelaide. They receive rescue packs of hygienic products plus they have access to carefully curated clothing items available on-site.

The EADVS case workers constantly reinforce our worth to them. 'We couldn't do this work without you,' is a constant refrain.

Breast care cushions and Birthing Kit Assemblies are also exemplary ways in which the Service Committee, and other club members, support women in crisis by the simple fact of having a gift wrapped, colourful breast care cushion awaiting them a hospital room after her cancer surgery has been completed. We receive such positive feedback from women who have received them, and how effective these cushions are in assisting the journey back to good health.

Birthing kits make a difference for women in crisis in undeveloped countries where hygienic birthing conditions are unavailable. This simple little kit can mean the difference between life and death for both the mother and the child.

The Zonta Club of Adelaide can receive this SCASA award with pride.

**WOMEN OF ACHIEVEMENT AWARDS**

The club is fortunate to have the City of Adelaide host our 2026 Women of Achievement Awards on 11 March at the Adelaide Town Hall. The Lord Mayor Jane Lomax Smith will open the ceremony and present the Awards, and the Minister for Women Hon Katrine Hildyard will be one of our official guests.

These outstanding women will receive the awards: -

**Science and Health**

Associate Professor Wendy Ingman

**Advocacy for Women and Girls**

Fiona Dorman

**Business Innovation**

Dr Katherine Christ

**Medicine**

Dr Fariba Behnia-Willison

**Youth Voice**

Amber Brock-Fabel

**Indigenous Women**

Vicky Welgraven AM

**Community Service**

Linda Fisk

**Community Service**

Anna Kemp

**CLUB SCHOLARSHIPS****Adelaide High School**

Year 12 Sophy Crowley

Year 11 Vani Shah

**Mitcham Girls High School**

Year 12 Hollie Knott

Year 11 Sharneeka Ferguson

**MARCH 2026**

**4 Club meeting** Panel of politicians planned to discuss women's issues for the State election

**6 International Women's Day Breakfast**

**11 Women of Achievement Awards at Adelaide Town Hall**

**16 Board meeting**

**25 Young Women in Leadership Awards at Government House**

**APRIL 2026**

**4 Club meeting** Speaker: Sharlene Lynch on work with survivors of domestic violence through Healing Through Love

**Presentation of the slate of nominations for Board and position for 2026-27**

**16 Board meeting**

**MAY**

**2 Area 2 workshop at Victor Harbour**

**6 Club Annual General meeting**

**8 Breast cushion sewing**

**9 Breast cushion packing**

**18 Board meeting—handover**

**JUNE**

**3 Club meeting.**

**15 Board meeting**

**JULY**

**1 Club meeting**

**11-14 Zonta international Convention, Vancouver**

**20 Board 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 March**

**March**

**22 Jill Olifent**

**24 Mel Tate**

**28 Colleen Tomlian**

**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.

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