

ISSUE 05

2020-2022

BIENNIUM

November 2020
Edition

Flinders Facts



PRESIDENT'S REPORT

THIS ISSUE

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Zonta Club of Adelaide
Flinders Inc

District 23, Area 2,

Club 993 Chartered
December 1981

DIARY DATES

Next Board Meeting

TBA (via Zoom)

Next Members Meeting

Wednesday 18th Nov

West Adelaide Football Club

Discussion

Themes, Goals & Advocacy
Fellowship / Community

Christmas Dinner

2/12

@ Westies

RSVP & Apologies to Isobel
0418953648

The Adelaide White Ribbon B/F
Unfortunately cancelled

White Ribbon Day
20/11

UN Day for the Elimination of
Violence against Women
25th November

Human Rights Day
10/12

D23 Conference- Bendigo
10-12 September 2021

Hello everyone, I am so overwhelmed by the wonderful array of interesting and diverse activities that our club members have been engaged in since the last Flinders Facts was published in October, that have been profiled in this edition. I am also very impressed with our members' commitment to the work of Zonta especially at a time when there are so many rules to follow when we congregate. Thank you all.

As we can see by the smiles in the photos taken at the 'Garage Sale' there were many willing workers. Fundraising has been difficult this year however with great will there have been some successes, the 'Garage Sale' being one and the 'Bunnings Sausage Sizzle' held earlier in the year another and now we have a second sausage sizzle to look forward to on the 29th November. Thank you to all those members and friends who so willingly give of their time to assist with these important fundraising activities.

It is sad on one hand to see the 'Food for Thought' project come to an end, but on the other hand it has been fabulous to be able to celebrate the culmination of such a wonderful project. There is an expanded story on page 6 of this newsletter. However what has not been said is that Kae Martin has come to the end of her contract with Zahra as the Interim CEO, she will be leaving at the end of the year to take on other roles. I will be meeting the new CEO on November 25th.

I would like on behalf of the members of the team involved with the 'Food for Thought' project to thank Kae for her support and leadership of the Zahra team throughout the project. She has enabled the project to move smoothly along even when we were confronted with the rules around Covid19. I know that Past President Heather Smigiel as our project lead was very appreciative of the way Kae worked with her, we will all miss Kae. I believe that while all involved in the project were important to its success there are some who contributed extensively, Heather and Kae who demonstrated how two organisations can work so well together, the women participants and our wonderful cook demonstrators who prepared the menus, purchased the food for the days cooking and prepared for the events. They all made it look so easy!

Best wishes to all, Lesley Siegloff PhD



Club Fundraiser – Garage Sale 17th and 18th October What an amazing weekend, so many wonderful people calling in to our Norwood location, and walking out with so many bargains, smiles all around. Thanks must go to Lindy and John Berketa for allowing us to use their garage and for coping with all of the goods and bric-a-brac that landed in their home in the weeks prior. Thank you also goes to the team of volunteers who gave up their weekend to ensure the success of this fundraiser.



YOUR SUPPORT IS NEEDED

- Members Breast Cushion Assembly - 10th Dec @ 19 on the Green from 9am. Sarah Cunningham – Coordinator Don't forget if any member is available to offer their time to assist the assembly of these most important items, please contact Sarah as soon as possible so that final arrangements can be put in place.
- Birthing Kit Assembly – looking at Weds 10th February, 19 on the Green. More details will be advised as they are confirmed.
- Fundraising Sausage Sizzle, Sun 29th November @ Edwardstown Bunnings. Lindy Berketa – coordinator. Please let Lindy know of your availability.



Lorraine Omond, Shila and Cintra Amos

Zonta International's Program for 2020-2022 is '**Delivering Survivor-Centered Response to Gender-Based Violence Survivors in Papua New Guinea and Timor-Leste**, with a funding target of US\$1,000,000 to UNFPA

Goal: All women and girls in Papua New Guinea (PNG) and Timor-Leste live life free from violence.

Objective: Women and girls who experience violence use quality essential services for long-term recovery from violence in Papua New Guinea and Timor-Leste.

BACKGROUND

With over 800 language groups, PNG is one of the world's most culturally diverse nations. 80% of the population live in rural regions, most of which continue to live with limited access to education, health care and other social services. Because of the highly patriarchal system, the devaluing and low status of women, those who hold the power have little or no interest in changing the status quo.

Shila Kolorako PAIA as the founding director of Women in Development PNG and Program Manager of **SOIL CHILD** PNG, was invited to speak at our October Members meeting. Shila who is currently studying a PHD at Flinders University said she felt empowered to be here in Australia. She told us her story which was enlightening, reminding members, that life in other parts of the world are not so supportive of women as in Australia.

Shila was a victim of domestic violence at age 19 yrs when she was coerced into an arranged marriage. In PNG, an arranged marriage is legal, however divorce is not permitted, even today in 2020, girls attending school, continue to be undervalued and hold a lower status in society than boys.

Shila, said that two thirds of women experience violence, with 40% of people living in poverty. We know that knowledge is very powerful in the world, but men are revered over women, who unfortunately have had to accept this subjugation and the violence. Shila reiterated that poverty is not a lack of money, but the right to go to school to learn how to work. The continued inequality of genders, the accepted suppression and women not having power to act, not having a 'voice' makes it difficult to change the 'status quo'.

To highlight these issues, Shila created the **SOIL CHILD** Project, one that aims at changing peoples' attitudes. Since 2007, the women leaders have come together to work on this project. **SOIL CHILD** highlights her own story, but also encapsulates stories of other women. The biggest challenge for this program is the difficulty in progressing women's 'rights', when men's attitudes are that women are not of value.

SOIL CHILD aims to break the cycle of poverty and inequality in these remote regions by providing opportunities for education, health care, agriculture and nutrition. The extensive process of community dialogue ensures that the initiative and responsibility for social change is shared by village members. This is so important for Zonta International's Program to succeed.

Shila is currently working with her sons, to educate and encourage them to share duties around the home/village, and is generally working on changing the way men think about empowering women. Her aim now is to empower women in Pt. Moresby, to understand that violence is not acceptable.

100 filled Toiletry Bags are donated to two women's shelters to be given to victims of domestic violence.

These women usually have had no time, or money, to collect personal items:

- 50 filled Toiletry Bags are presented to Women's Safety Services **Western Region Shelter**
- 50 filled Toiletry Bags are presented to Aboriginal Family Support Services **Olga Fudge Lodge**.

The bags are made from rubber-backed curtain fabric, cord and wooden beads to finish, and filled with the basic toiletries, and with any extras we can collect during the year. Small cards with a greeting from our Club are included.

This project is made possible firstly through the fundraising efforts of the club as well as by the support of club members who make monthly donations or donate cash which helps to reduce the fundraising requirements. Below is a list of ideas for those club members who are able make the monthly donations. However there is no obligation to donate or to donate in this order

- changing the donation on a given month is quite acceptable or
- in some cases members choose to make a one off cash donation by EFT into our Service Account.
- other members may choose to bring the year's toiletry donations in a bag by the April Meeting, which gives enough lead time to fill the gaps to a total stock of 100 of each item.

November	Deodorants (roll-on) / Toothbrushes (in toothbrush holders if possible)
December	Hairbrushes / Hair Ties / Toothpaste
January	Soap in soap holder if possible or Body Wash medium size
February	Ladies Cotton Briefs size 12, 14, or 16 / Emery Boards
March	Shampoo minimum size 100 ml / Tissues (Kleenex purse pack)
April	Conditioner minimum size 100 ml / Razors
May	Stocktake, purchase balance stock, make bags, pack, and present.

Other supplies are donated or purchased in bulk where possible. The Club purchases the sanitary items for the hygiene packs as it is important that these items are individually wrapped and handled with care.

As we approach Christmas at our last dinner meeting it was suggested that some members might like to make an individual donation towards Christmas gifts for women who may be spending their Christmas in a shelter. If any member would like to do this can they please either bring cash to our November meeting and give to me or make an EFT payment to the Service account. I will then make arrangements to deliver the funds raised to the shelter management.

Your continued support for this project is very much appreciated.

With thanks

Isobel MacFarlane

Susan MacDonald and I attended this event on Thursday 22 October.

It was held at the Adelaide Pavilion and, with tables of 10 spaced in accordance with COVID-19 rules; there was a sell-out capacity crowd of 120 - a good mixture of male and female volunteers from many different types of volunteer organisations.

CEO (and past member of Zonta Club of Adelaide Flinders) Evelyn O'Loughlin welcomed everyone and there was great energy in the room.

We were then addressed by Hon Michelle Lensink MLC, SA Minister for Human Services, and there was also a video link to Senator the Hon Ann Ruston, Federal Minister for Families and Social Services.

After business was completed, we heard from the guest speaker Sharyn Broer, CEO for Meals on Wheels SA and Meals on Wheels Australian President.

Sharyn told of the huge challenges they faced with the onset of COVID-19. With vulnerable seniors encouraged to stay home, early demand for meals soared by more than 20% to over 8,000 three course meals per day!

New initiatives such as frozen meals had to be explored, and Sharyn spoke of the wonderful corporate support received at this difficult time. For example, the Adelaide Convention Centre repurposed their commercial kitchen and teamed up with transport from Foodbank's refrigerated trucks to provide thousands of extra meals. This innovation also enabled dozens of staff to remain employed. Woolworths also came to the party, providing a 4-pack of toilet paper to be delivered to every single MOW client.

I found hearing about their journey through these extraordinary months of the Pandemic truly fascinating. And it was a nice surprise when Sharyn paid tribute during her address to Susan MacDonald, acknowledging her significant contribution as one of their valued Meals on Wheels Board Members in SA.

Cintra Amos

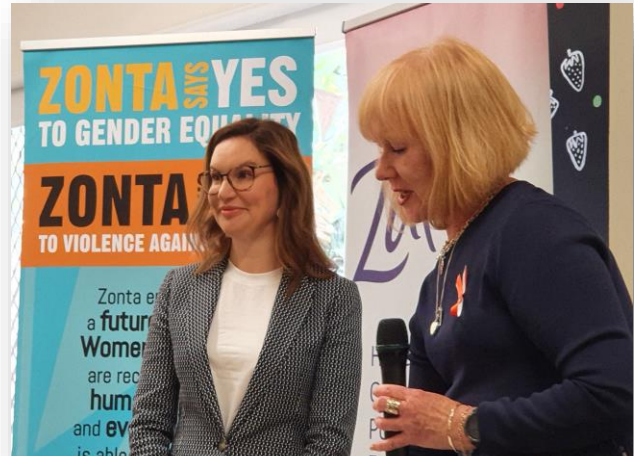
L to R Sharyn Broer, Susan MacDonald, Cintra Amos, Hon. Michelle Lensink MLC



'FOOD FOR THOUGHT' GRADUATION AND CELEBRATORY CEREMONY



L-R Lesley Siegloff, Kae Martin, Heather Smigiel
holding the special cookbook



Carolyn Power MP Assistant Minister for Domestic and Family Violence
Prevention Assistant Minister &
Kae Martin Iterim Executive Officer of the Zahra Foundation of Australia

In 2019 the club in partnership with the Zahra Foundation was successful in gaining a Zonta International Centenary grant to run the "Food for Thought" project. The Zahra Foundation were funded for this project.

The program was an outstanding success and the outcomes were celebrated at the Graduation Ceremony held on 5 November 2020 with the Hon Carolyn Power MP, Assistant Minister for Domestic and Family Violence Prevention presenting the certificates of completion to the 18 women participants. It was a pleasure to be able to welcome The Hon Carolyn Power MP and her assistant, District 23 Area 2 Director Chris Frick and Deputy Area Director Jane Morrison, two members of the Board of Zahra Foundation as well as the Interim CEO Kae Martin, one of Zahra team Ang, Fiona Dorman, President of the National Council of Women – SA as well as the graduates and the members of the Zonta Club of Adelaide Flinders Inc to join in the graduation and celebration. Besides the pleasure and pride shown by the women at receiving their certificates another significant aspect of the celebration was that following it one of the women presented President Lesley Siegloff with a certificate of appreciation of ZCAF from the Zahra Foundation. The significance of this was that the woman who made the presentation explained how her self-confidence had improved to such an extent that prior to the course she would not have been able to talk in front of so many people. All of the women spent some time after the presentation talking over morning tea, to those who had come to share their celebration. The pleasure and pride of the women was palpable.

A major project outcome has been the compilation of the recipes, photos, and anecdotal comments from the women into a 'Food for Thought' Cookbook. The cookbook was presented to each of the participants and volunteers who supported the project, it was also presented to the Hon Carolyn Power MP and was made available to other interested stakeholders and a limited number of remaining copies will be available from the Zahra foundation at a cost of \$10.

President Lesley Siegloff's opening remarks made following the Acknowledgement of Country ;

"I would like to welcome our special guest the Hon Carolyn Power MP, Assistant Minister for Domestic and Family Violence Prevention. I also would like to give a special welcome and recognition to the women who worked so hard to make this project a success, Kae Martin the Iterim Executive Officer of the Zahra Foundation of Australia the members of the Zonta Club of Adelaide Flinders who volunteered to support this project and importantly Heather Smigiel our Immediate Past President who has been club project lead.

This project initially occurred as a result of the successful partnership between Zonta Club of Adelaide Flinders and Zahra Foundation Australia when we undertook a pilot cooking project 'Cooking on a Budget' in 2018/19. This first project developed out of a germ of an idea that occurred over cocktails on a cruise that some of our members which included Susan MacDonald and Cintra Amos took following the Zonta International Convention held in Tokyo in 2017. 'Out of little things big things grow'.

At this time I would like to give a vote of special thanks to many people and organisations that helped to make this very special project the success it has been; Firstly Zonta International for awarding the Centenary Grant to the project and funding it through the Zahra Foundation. Secondly the City of Charles Sturt council for the use of these wonderful facilities for as very small service fee. We have always been so welcome here and the staff have been outstanding. We would like to make special reference to the wonderful way in which Michael Abbott has assisted us in preparation of the room and ensuring we have the equipment and also his wonderful welcoming manner when we were here doing the program. A special thanks to our cooking demonstrators Lindy Berketa, Susan MacDonald and Lorraine Omond also to Ang Koutsidis from Zahra Foundation who assisted with the development of the Recipe Book.

At the end of the ceremony attendees were treated to a wonderful power point presentation prepared by Catherine Middleton. Thank you everyone who contributed to and participated in this wonderful project.

HAPPY BIRTHDAY

Isobel MacFarlane - 25th Nov

Susan MacDonald – 13th Dec

Lyn Murphy - 19th Dec

BOARD 2020-2021

President – Lesley Siegloff

Vice President – Catherine
Middleton

Secretary – Melanie Roberts

Treasurer – Carolyn Colquhoun

Directors

- Cintra Amos
- Sarah Cunningham
- Susan MacDonald
- Isobel McFarlane

Club leads

Advocacy – Lesley Siegloff

Awards – YWPA - Sue Lear

Jane Klausman – Lesley Siegloff

STEM – Lesley Siegloff

Breast Cushion Project – Sarah
Cunningham

Birthing Kits – Sue Lear

Fundraising – Lindy Berketa

Membership – Jill Welsh

PR & Communication - Catherine
Middleton

Program – Cintra Amos

Meeting contact – Isobel
McFarlane

- *To improve the legal, political, economic, educational, health and professional status of women at the global and local level through service and advocacy.*
- *To work for the advancement of understanding, goodwill, and peace through a world fellowship of executives in business and the professions.*
- *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 service their communities, their nations, and the world.*



THE ZONTA THANKS

*Wherever your country of birth
whatever your faith or creed
give thanks for the meal we share in Zonta Fellowship
But remember too those who have no food today
not with guilt that we have so much
but with hope that through Zonta service and advocacy
they too may come to share the same
in peace and harmony.*

Just click on Links to Club Website and Facebook Page

Website: <http://zontaadelaideflinders.org.au/>

Facebook: <https://www.facebook.com/adelaideflinders/>