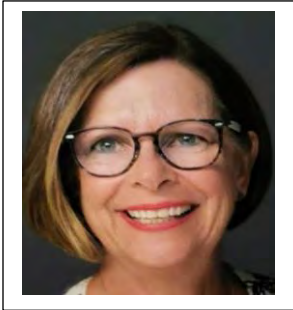


FLINDERS FACTS

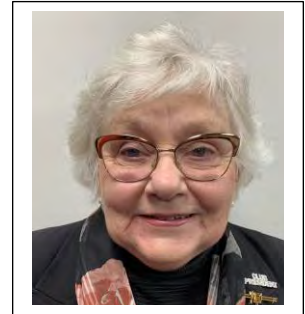
Zonta Club of Adelaide Flinders Inc
District 23, Area 2,
Club 993 Chartered December 1981



2022 - 2024 Biennium
Issue 7
June - August 2023



*From the Co-Presidents
June | August 2023*



Fellow Zontians,

It does not seem so long ago that we were penning our last report, but it is two months! They say time flies when you are having fun and we have certainly been packing a lot in the last two months.

Let's dissect this statement. Our Members Meetings have indeed highlighted areas where Zonta is working both in the wider world and in our own environs. We had a presentation from our International President, Ute Scholz talking about her trip to India and how the issue of child marriages has been implemented with incredible success. We then were very privileged to hear the story of how a special and inspiring woman overcame adversity via our prison system to go on and create a new life for herself. At our next meeting, we had a former Zontian Julie Irwin, who is now with SAWA raising funds to support a vocational training centre in Kabul. Together with a visual presentation, her presentation had great impact. The women of Afghanistan are showing such amazing resilience against incredible odds.

One must ask the question ... 'What can we do to make a difference?'

A great contingent of members from Adelaide Flinders will be attending the 2023 Conference in Bunbury at the end of this month. Details of speakers are available now and your chosen delegate and second will be canvassing your guidance on voting for the next District Board and the proposals to be put forward for adoption at this Conference. Voting at the conference will be via a digital platform and should be easy to navigate. We wish our two nominees every success, (Lindy as Vice Area Director and Lesley as Nominating Committee member).

Yes - they will be thinking 'What can we do to make a difference?'

Housing - both the provision of affordable options and the homeless was the Forum Focus run by Area 2 at Payneham Library last month. Quite a few of our members heard four very informative speakers tell us about different areas and approaches that are being made in this area.

Again: 'What can we do to make a difference?'

Cont:

Breast Cushions - We have both attended sewing sessions at The Reynella Neighbourhood Centre. Sarah Cunningham has been co-ordinating a group of very enthusiastic women who have volunteered one Thursday a month to make breast cushions for the RAH. This is taking up the huge gap left after our Noarlunga Zonta Club closed. Needless to say, it is a thoroughly enjoyable few hours, lots of chatting and sewing with likeminded women. Next session is on 31st August, and we are hoping for a great turnout. Hint - Please use your GPS to find the Centre as it can be tricky.

Several of our Members have been assisting Sarah to cover the hospitals allocated to Zonta Adelaide Flinders. So let it be known if you can assist.

Maybe.... 'What can we do to make a difference?'

Our Program Committee has been working away organising meetings for our Members. There are indeed some very interesting and informative meetings on the horizon so keep that third Wednesday of the month marked in your calendar.

They are thinking... 'What can we do to make a difference?'

Orange is a great colour. It conjures up a brightness, a sense of freshness, beginning of a new season. Our Advocacy Team have been planning and shaping the 16 Days of Activism in November as being one to set the bar high for years to come. To see the collaboration with other entities is encouraging, the sharing of ideas, the organising and the anticipation of a great outcome to put the issue of **'Zonta says No'** to the forefront of our community. You can positively support our Club and our Advocacy Group by saving the dates and coming **to the 'Clothesline Project'**, attending forums, participating in other Zonta Clubs activities. Keep yourself informed - we will send you out information via our E-mail.

Remembering: 'What can we do to make a difference?'

Many small things do make a difference, they occur when you least expect it, and are usually done without fanfare and fuss. Take time out to think, the flowers on our tables at Member Meetings, a smile and tick off the list when you walk in the door, the banners and room set up and the help to pack up our meeting room, the convivial conversation, the contributions to running of Club that are essential but unseen and just happen, the hand is raised so quickly when support is needed, the ear that is lent to listen and the kind word that is spoken - a gift beyond all gifts,

Keep thinking Yes; **'We can make a difference.'**

Yours in Zonta Fellowship,

Lindy Berketa and Lorraine Omond

Co-Presidents 2022-2024
Zonta Club of Adelaide Flinders Inc.



Guest Speaker Sarah - June 2023 Meeting:

Unfortunately, our guest speaker Sarah was not able to attend our meeting in June but she gave permission for our member Jessica Knight to present her story to us. Her story was a reflection of a truly inspirational woman who was able to openly share some of her deepest emotions as she transitioned through **some very 'dark days'** while in the prison system between 2016 - 2018.



The following are excerpts of her story which was provided by Jessica during the meeting and **we were all moved on Sarah's resilience and how through the adversity she endured has been able to make a significant contribution both professionally and personally to our community.**

'... In Nov 2016, I was sentenced to a term of imprisonment. I remember sitting in the cells under the courthouse just numb - no feeling just worries. My mum, who was and is, one of the biggest supporters of me, had died suddenly. ... I was numb from a variety of grief, but mainly for my family and not being able to support them. I remember being in D wing; I would touch the cold concrete wall in the night to give me comfort, it was cold to touch like skin would be if you'd been out in the cold. I couldn't eat, the phone systems were down, and I was scared. ... I settled in somewhat; I still cried all the time - but the friendships I found is something I wish everyone to find. I found that I could offer no one anything but myself and that was enough, I found that although I was here life goes on, I found happiness, but most importantly from the friendship I had from these women, I found me.

I was lucky in that I joined the U-turn infrastructure project, which was a joint venture between Department of Correctional Services (DCS), Total Space Design, TafeSA and Mossop Construction. We essentially became trade assistants to the trades working onsite ... Every day we got up and went to site and worked. This got me thinking. If these people can come from the outside and work with us every day and accept us, maybe my future isn't as dim as I think it is. In 2018 just before I was released, I was offered a position with Mossop in their head office doing estimating on buildings. I remember how nervous I was on my first day ... I remember the feeling of pride when I won my first tender and how proud Mossop were to have me.

*... I now sit on the board for U-turn and try to do a different fund raiser each year; to promote U-turn and to raise awareness of the importance to accept people exiting the justice system, giving someone a go and providing construction pathways for women. ... **For the past 2 years, I have been working for Australian Red Cross in the Justice Department where I'm the coordinator for Community Based Health and First Aid program.** The program is essentially giving women the tools they need to be better in their community by using a strength based approach, but also teaching them to look within themselves for solutions and seeing obstacles with a path around it, not a dead end. I run the program within **Adelaide Women's Prison** and the community. **This has been the most fulfilling thing I've ever done in my life.** I have seen my group of women grow, I have seen them crumble, I have seen them fail, **I've seen them succeed, I've seen them pick themselves back up, I have seen them laugh and I've hugged them when they cry.** I believe every woman in here can reset and try again. Every woman in here wants that as no one wants to be locked away. I have seen women get to those front gates with the absolute best intentions of never returning ... this is where I believe the real work starts for every single one of us - this is why it is so important to have women set up with the best support possible, to give them safe secure housing, genuine job prospects and to have organisations ready to support with a true understanding of what these women may be facing ...'*

Thank you, Sarah, for sharing your story of inspiration to us

Women of Inspiration Award & Induction of new Member - Barbara Spriggs:

Unfortunately, Barbara was unable to be present at our Mid Biennium Dinner to be recognised for her Woman of Inspiration Award. At our July meeting, Jill Welsh and our Co-Presidents on behalf of the Women of Inspirations benefactor Mr West Pickering, were able to present the award to Barbara. In addition, Barbara was also formally inducted into Zonta Club of Adelaide Flinders.

Barbara thinks of herself as an ‘ordinary person’, loath to make a fuss, more comfortable handing out compliments than criticisms. However, her commitment to making the aged care system accountable resulted in significant changes in the aged care system through the establishment of the Independent Aged Care Quality and Safety Commission, an ICAC investigation and ultimately a Royal Commission into aged care.



Rugs with Love Exhibition:



We recently received a letter from Pauline Glover, Coordinator for Rugs with Love:

*‘... please accept a donation of \$300.00 from the Rugs with Love group. We were able to complete 230 rugs in 2022-23 year and had **another very successful exhibition ... all rugs have been distributed to the Department of Child Protection houses (north, south, central and country) and Women’s Safety Services in the north...**’*

Don’t forget - if you have any spare time that you can knit some squares please do. Just bring them to Sue Lear or Carolyn Colquoun at our meetings



Zonta International - Important Reading:

Strategic Plan 2023 - 2030:



Further to the discussions at our recent Members meeting, Members are all encouraged to access the [Zonta International Strategic Plan 2023 - 2030](#) and the information supporting [Zonta Says Now to Gender-Equal Climate Action](#).

How Zonta will fully embrace climate justice will be an area of focus and further develop [Zonta Says NOW](#) as the flagship campaign for our activities to address climate justice at local, national and international levels and more!

The documents can be accessed via www.zonta.org

Importantly, these documents will provide the framework for our organisation into the future.

Zonta Says Now:



Both collectively and as individuals, we need to say **NOW** to:

1. **Increasing** climate change awareness and its gender-related consequences.
2. **Including** gendered climate change advocacy actions in our advocacy plans.
3. **Supporting** the inclusion of women at the national and local tables of decision-makers on environmental sustainability.
4. **Promoting girls' education, the inclusion of climate literacy in schools, and girls' participation in STEM studies to increase gendered scientific and technical contributions to climate change mitigation.**
5. **Advocating** for national policies that consider **women's economic opportunities and ensure their full and equal participation in the economy.**

Members out and About:



Meeting the SA Governor with members of the National Council of Women - SA Branch

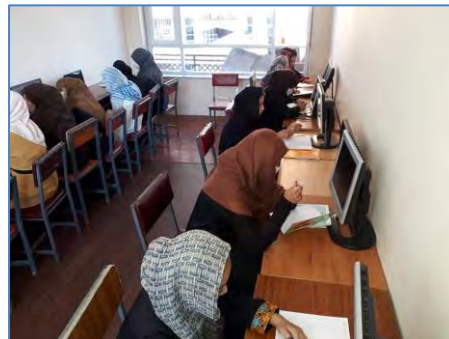
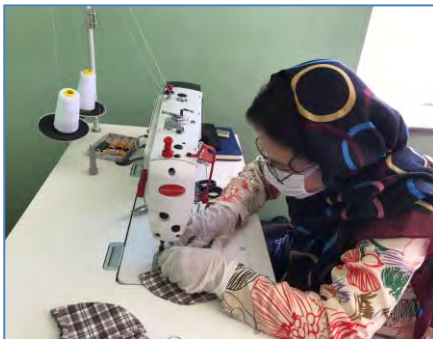
Guest Speaker: July 2023 Meeting:

We were privileged to have representatives from the Support Association for the Women of Afghanistan-Australia (SAWA-Australia) at our July meeting who gave a very touching presentation on the challenges facing women and children who are living in Afghanistan since Taliban seized power in 2021.

SAWA-Australia's is a registered charity with its major activity being fundraising for the advancement of the rights and livelihoods of Afghan women. In the early years of the organisation visits were made between Afghanistan and Australia and very strong links were forged. SAWA-Australia provided support for orphanages, schools, health clinics and student scholarships. Unfortunately, since the Taliban takeover in 2021 and the subsequent withdrawal of the US and Australian Embassies and troops it has been very challenging.

The economic situation is dire; millions are living in poverty; women's rights have been severely curtailed with access to education being stopped, women not allowed in the workforce and recently all hairdressing services have been ordered to close.

The primary focus now for the SA Branch is supporting the **Organisation for Promoting Afghan Women's Capabilities (OPAW)** who operate the Vocational Training Centre (VTC) in Kabul which was established in 2008. There have been many successful projects which have included sewing, learning use of computer and basic education.



The SA Branch continues to support the VTC staff and students with all donations going to the VTC and any related projects in Afghanistan. Recently there has been support for 19 families with applications for humanitarian visas to Australia.

It was unanimously agreed by our Membership that we would become a member of the SAWA and receive regular updates of the VTC. If you would like to know more about the work of SAWA-Australia or make a donation to support the projects in Afghanistan, please visit their website at www.sawa-australia.org



The Board has approved and supported five Service Projects for 2023 which include:

- Sewing Circle - Lead: Lesley Seigloff
- Breast Cushions - Lead: Sarah Cunningham
- Toiletry Packs - Lead: Isobel McFarlane
- Birthing Kits - Lead: Sue Lear
- Food for Thought - Lead: to be advised

Sewing Circle:

The Sewing Circle project is reviewing the opportunities to enhance membership and support and further discussions will be held later in the year.

Breast Cushions:

Our commitment to supporting key Breast Care Nurses in both metropolitan and rural locations in the provision of breast care cushions will continue as a priority. Sarah Cunningham has advised that there is a number of new hospitals that are now doing breast surgery so she has been supporting a number of additional **‘sewing and stuffing’** workshops.

We recently received a beautiful thankyou and donation of \$30 from a recipient of one of our cushions. The note read *‘... I would like to thank the Zonta Club for your kind donation of one of your lovely Breast Cushions ... when I received it I wondered ‘what do I do with this?’. But after my surgery I was so impressed how much it helped me and made my recovery so much more comfortable - Thank you so much’.*

Toiletry Packs:

A big thank to our Members who have been able to provide donations to support the requirements for our toiletry packs. We have received a lot of donations from **EFM - Unley** (thank you Kae), **Medical Surgeries** (thank you Sarah) and toothpaste from a local **Fullaton Park Dental Service** (thank you Lorraine). The donated products to support the completion of toiletry packs are distributed to the Western Shelter for Women and to Olga Fudge House.

As a reminder it would be very valuable if Members continue to provide donations of goods at our monthly meetings to support the ongoing stock that is required for the toiletry bags. The type of goods required are:

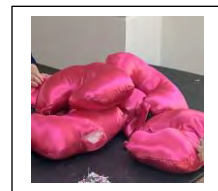
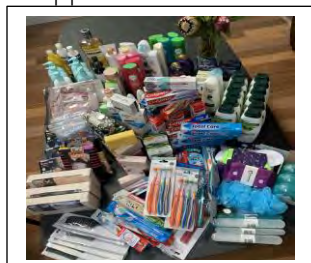
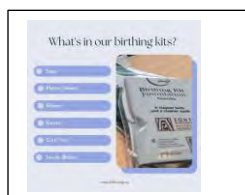
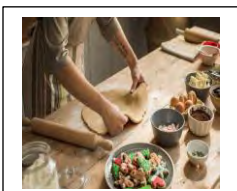
Deodorant’s : 70	Hair ties: 300	Razor : 90
Facewashers : 60	Shampoo : 65	Emery boards : 60
Hair brush : 75	Conditioner : 65	Soap : 100
Soap box cont. : 30	Tissues : 100	Toothbrushes : 100
Toothbrush holders : 30	Toothpaste : 20	

Birthing Kits:

Further information will be provided to members as soon as possible.

Food for Thought:

The Food for Thought project is reviewing the opportunities to enhance membership and support and further discussions will be held later in the year



Advocacy Project - 16 Days of Activism (25 November - 10 December 2023):

A big thank you to Lesley Hill Siegloff, Convenor and her working party who have been advocating with key stakeholders in the development of key events during the 16 Days of Activism.

All Members are encouraged to put the following dates in their diary and help support the 16 Days of Activism.

Save the Dates:



25 November 2023 : Rotary Says No to Domestic Violence March - City Walk

Location: Meet at Tarntanyangga (Victoria Park and completes at Elder Park (Park 26)

Time: 10am to 12 midday

Zonta is partnering with Rotary for this event. The focus of the walk is Coercive Control and we would like to get about 2,000 people walking alongside us. So please invite family and friends along.

Orange ribbons will be distributed around the walkers, **Orange Ladies** and Coercive Control banners will be carried during the walk. Zonta walkers are encouraged to wear orange t-shirts.



27 November 2023 : Western Collaborative Against Family and Domestic Violence

Location: Woodville Council, Woodville Road

Time: 10am to 3.30pm

Program includes presentations from Hon Susan Close MP, Kelly Barrett (**Women's Safety Service**), Representative from Power Community Ltd (creating role models for young men), Deb Moyle (impact of DV on Aboriginal Communities), Sergeant Justin Houston (Family and Domestic Violence Section of SAPOL), Magistrate Jay (impact of DV on Community from a legal perspective).

This will be a fantastic opportunity for Members to attend and support our focus on the issues surrounding Coercive Control



28 November 2023: Clothesline Project

Location: West Adelaide Football Club

Time: 5.45pm for 6pm and concluding at 7.30pm

Joint collaborative with the West Adelaide Football Club. Players (both men and women) will paint T-Shirts and personalise them with their Guernsey number as an affirmation, then hang them on the clothesline. Please visit theclotheslineproject.org for more information.

Can you please confirm your attendance to Lesley

Advocacy:



16 November 2023: White Ribbon Breakfast

Contact: Cintra Amos

Location: Adelaide Convention Centre

Time: 0700

Come and hear Ms Micaela Cronin, Australia’s inaugural Domestic, Family and Sexual Violence Commissioner at this years White Ribbon Breakfast

Please advise Cintra Amos of your interest in attending

SAVE THE DATES: Zonta Conferences:

Gathering with Zontians outside our club is a valuable opportunity to expand your Zonta network, your Zonta knowledge and have the opportunity to interact and socialise with likeminded women. As well as our own Area 2 Workshops, we have the opportunity to attend biennial conferences.

District 23 Conferences and Zonta International Conventions are held in alternate years.



1-3rd September 2023: District 23 Conference

Contact: Cintra Amos

Location: Bunbury, Western Australia

Registration: <https://events.humanitix.com/zonta-district-23-conference>

Registrations closed on 15th August 2023.

Full outline of events is available on D23 Website or Zonta Club Bunbury



27-30th June 2024: Zonta International Convention

Contact: TBA

Location: Brisbane, Queensland

This is only the 3rd time the International Convention has been held in Australia in **Zonta’s 103 years.**

Registrations open in January 2024 : Early registrations close on 15 March 2024

Further details (including Key Speakers) are available through www.zontaconvention.com

The making of Orange Ladies:

Thank you to Members and their family members who have been helping make our Orange Ladies. We have nearly 100 cut out with the next step painting.

As reported at the last meeting SA Power have indicated that we are unable to attach our Orange Ladies to the stobie poles so we are asking Members to ask around their community to see if any shops or business will support our project by displaying our Orange Ladies. A letter can be provided to Members to introduce the project to **organisation’s** if required.

Please contact Lesley if you can assist.





Don't forget to log in to the ZI website and check your personal details? Are your contact details up to date? It is your responsibility to make any changes if you move house or change your contact details.

Did you realise that our club website has links to other sites? They are in the black box at the bottom of the home page. Our QR code provides a direct link to our site. Go to: <https://zontaadelaideflinders.org.au>



At the bottom of the home page there are links to Zonta International, District 23 and also our club Facebook, and Instagram accounts.

Do check them out.

Woman of Inspiration Award: In memory of an inspiring woman - Trish Pickering

The purpose of this award is to recognise women who personify the spirit of humanitarianism of Zonta. Awardees have conquered adversity and as a result of their service the community is a better place to live.

If any member is aware of a potential nominee, please contact Lindy Berketa via email on lindyberketa@hotmail.com

The award is presented in May each year

Nominations close end of February each year



July & August 2023 Birthdays

We would like to wish the following members a very happy birthday:

- Di Cooper (17 July)
- Sue Lear (22 July)
- Lindy Berketa (24 July)
- Jennifer Hunter (3 August)
- Margaret Rowland (14 August)



Board & Leadership Roles

2022-2024

Co-Presidents: Lindy Berketa
Lorraine Omond

Vice President: Eronwy Edwards

Secretary: Vacant

Treasurer: Marcia Hakendorf

Directors:

- Jessica Knight,
- Sharon Vale, Kathie Guy, Lesley Siegloff, Sarah Taylor

Club leads

Advocacy

- Lesley Siegloff

Awards

- Lindy Berketa

Breast Cushion Project

- Sarah Cunningham

Birthing Kits

- Sue Lear

Correspondence

- Cintra Amos

Fellowship

- Marianne Kidd

Fundraising

- Sarah Taylor

Membership & Recruitment

- Jill Welsh

PR & Communication

- Eronwy Edwards

Program

- Jessica Knight

Service

- To be advised

Nominating Committee

- Jill Welsh

National Council of Women SA

- Lindy Berketa & Kae Martin

Objects of Zonta

- *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.*

Monthly Club Dinner Meetings

3rd Wednesday of the month at 6.15 for 6.45 pm

Venue - West Adelaide Football Club, Richmond

RSVP & Apologies to Isobel: 0418 953 648

Just click on QR Code or Links to Club Information

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

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

Instagram: [zonta_club_adelaide_flinders](https://www.instagram.com/zonta_club_adelaide_flinders)

Address: PO Box 27, Unley Business Centre, SA 5061

