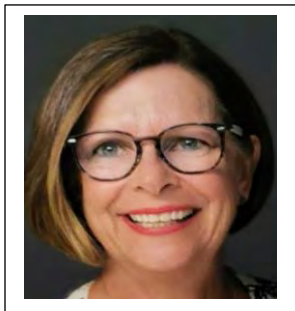


FLINDERS FACTS

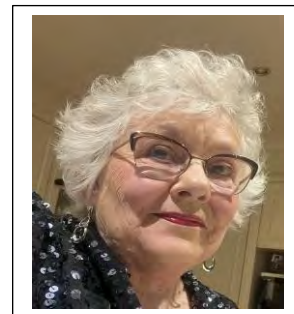
Zonta Club of Adelaide Flinders Inc
District 23, Area 2,
Club 993 Chartered December 1981



2022 - 2024 Biennium
Issue 9
November - December 2023



*From the Co-Presidents
November | December 2023*



Fellow Zontians,

What a fantastic two months we have just experienced culminating with **16 Days of Activism**.

To all members who assisted producing orange ladies, making ribbons, design and printing of advertising, construction of boxes for ribbons or placing the ladies in visible areas, we hope that you realise just how much you have assisted in promoting Zonta and **Zonta says NO**. Thank you.

We marched with our ladies through the streets of Adelaide - it was a splash of orange in a sea of purple! We heard speeches from civic leaders (and our own Lesley Siegloff), we saw media coverage, and we left the Pioneers **Women's Memorial Gardens with hope in our hearts** that something **WILL** be done. Sadly, it will not occur quickly enough; from four lives lost to now six in South Australia!

While we might temporarily pack our Orange Ladies away - they will be with us in the present and in the future, in our thoughts, our actions and our spoken word. **Enough is Enough**.

The burning question is - now that we have started - how do we go forward and stop this insidious, cowardly and coercive control of women and girls? We must keep the conversations and awareness happening until both levels of Government act.

Our Clothesline event "Drawing the Line" held in conjunction with West Adelaide Football Club was a great opportunity to interact with the younger generation of footballers from both men and women's teams. Their message went out on display in the public areas of the Club. We were also joined by 2 women from Zahra Foundation and 3 of their clients who were very enthusiastic. Jenni Foreman (our next Area 2 Director) also painted a t-shirt or 2.

Our Annual Breast Cushion and Birthing Kit Workshop with the Year 10 girls at Walford on 7th December was again another great opportunity to connect and engage with young women, to talk about the many issues concerning women as we travel through life. Small opportunity but big steps forward!

Thank you to Jenni Foreman for the detailed flyer we received, showing all the events planned by our sister Clubs. We do hope you were able to attend one or two of them.

National Council of Women lighted up the town on 6th December and again Adelaide Oval will be the first to turn Orange! Another reminder that **Zonta says NO!**

At this Festive time of the year, we all celebrate in many ways. For some it is a special day of the year in the Christian Calendar, for some a time of family, of holidays, of sharing gifts, catching up with friends and caring for others. Our Club celebrated with our Christmas Dinner at the Torrens Arms Hotel, a night of sharing of our Zonta friendship in a very festive way. A culmination of a very busy year.

We are busy planning our meetings for 2024 - Amelia Earhart Celebration is on 17 January 2024 being our first informal meeting of the year. Please see the flyer sent out to you all by e-mail and on Facebook.

We also take time to think of those who will not be enjoying this time of the year, both at home and overseas and wish them peace.

Your Co-Presidents would like to take this opportunity to sincerely thank you all for your support, especially over the past few months where so many have stepped up and gone above and beyond to make our contribution to **16 Days of Activism** so successful.

We wish you and your families, a safe and happy Festive Season, all the best for Christmas and the New Year,

Yours in Zonta Fellowship,

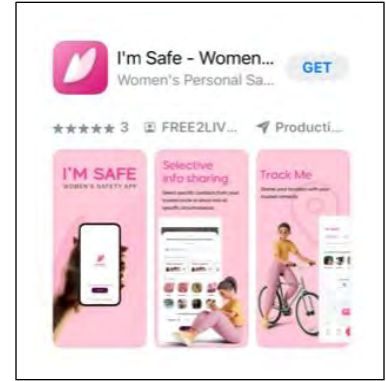
Lindy Berketa and Lorraine Omond

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



Guest Speaker - November Meeting, Samson Selladurai

Samson is a serial entrepreneur, pioneering many ventures in both the business and missional world. He mentors many budding professionals and students and his connections with well known social and business leaders across countries, are his strengths. An alumnus of University of South Australia, completing his Masters in International Business in 2008 and attended the prestigious Lachlan Macquarie Internship in Canberra in 2013, whereby leaders are trained in politics and public policy.



In 2019, Samson and his brother, cofounded the safety application for women, **'I'm Safe Women Safety App'** - a platform that delivers an effective and free solution to women's safety. 'I'm Safe' is a phone application whereby during an emergency or when someone is hesitant to call law enforcement, allows close contacts to be notified for help.

Features of the application include:

- Sharing your location with loved ones by updating when and where you are in real time.
- SOS sends out alerts to all your trusted contacts.
- Shares your location, photograph and records audio clips.

Upcoming features include:

- **I'm Safe Social** - connect with others who share similar interests.
- **Safety Marker** - provides an overview of the safest and most dangerous areas in a city.
- **I'm Safe Helpline** - confidential support to anyone feeling unsafe, staffed by trained professionals.
- **I'm Safe Quick Tips** - advice on personal safety and cyber safety.
- **I'm Safe Chat** - keeps in touch with family and friends. Creates groups and allows you to share photos and videos.
- **I'm Safe Market Place** - allows you to buy and sell through a safe "woman" environment.

Samson is passionate about getting the **I'm Safe Women Safety App** out into the broader community and devotes his own time in promoting the application to both the business and domestic world.

Annual Adelaide White Ribbon Breakfast - November 2023

On 16 November 2023 several of our members were present at the annual Adelaide White Ribbon Breakfast at the Convention Centre which was attended by around 700 guests.

The **guest speaker was Ms Micaela Cronin, Australia's inaugural Commissioner for Domestic, Family and Sexual Violence** who travelled from Canberra for the event.

It was an absolute privilege to be able to hear her speak at Adelaide White Ribbon Breakfast. In 2014, Ms Cronin was awarded the Robin Clark Leadership Award which recognises a leader who inspires others in achieving the best outcome for children, young people and their families.

Our own member Cintra Amos was Co-Convenor for the event and is pictured with past D23 Governor, Jane Smith.



16 Days of Activism - Lesley Sieglhoff

A big thank you to our club members, family and friends who supported our program of events to start the conversations within our communities about **'NO TO VIOLENCE AGAINST WOMEN'**. I would like to say thank you to the organisations and businesses that **'hosted'** our very own **'Orange Ladies'**. The concept of **'pop-up'** discussions at café's and gyms were great initiatives by one of our members and we will certainly look forward to expanding other business in our next years program.



25th November is the International Day for the Elimination of Violence against Women, which coincides with the **16 Days of Activism** against Gender-Based Violence and runs through 10 December Human Rights Day. It is the start of our **Zonta Says 'NO TO VIOLENCE AGAINST WOMEN'** campaign for 2023.

We have heard of the horrendous statistics of at least one woman a week being killed by a partner in Australia and disturbingly in South Australia 6 more women have died as a result of partner violence in the last month. As a Club we would like to acknowledge these women and all the other women, men and children who have and are suffering from family and domestic violence.

Through the **Zonta Says 'NO TO VIOLENCE AGAINST WOMEN'** campaign, Zonta clubs around the world are uniting to raise their voices to bring awareness to this issue and advocate on behalf of gender-based violence survivors. We advocate for equity, education, an end to child marriage and gender-based violence.

We are lending our voice to the call for a world where women's rights are recognised as human rights. Here in South Australia it is a pleasure to be working and collaborating with a range of organisations such as Zahra Foundation, National Council of Women (SA), Western Collaborative against family and domestic abuse, **Soroptimists International, Women's Shelters**, city councils and more recently Rotary.

This year Zonta is again with our partners advocating for an improvement in the circumstances which are among those that continue to put more and more women at risk including homelessness and coercive control.

Coercive control is an under-reported type of domestic violence where an abuser seeks to control a victim's behaviour. Whilst coercive control is not currently a standalone offence in South Australia, we are encouraged that the SA Government has drafted the Criminal Law Consolidation (Coercive Control) Amendment Bill 2023, which creates a new criminal offence of coercive control. Zonta is looking forward to this legislation being passed soon, resulting in the criminalisation of coercive control.

That will be one step forward.

On 24 November 2023, Zonta along with Embolden, Zahra Foundation and many other likeminded organisations called on the SA Government to hold a Royal Commission into Domestic Violence. Zonta in South Australia supports this call and asks that the government implement a Commission quickly so that the outcomes and recommendations can be acted upon and funded in a timely and positive manner.

Zonta will continue its work to advocate for a better world for women and girls. This will include calling on **members of the community to show respect to each other and demonstrate to our children and other adult's respectful behaviours.**

Enough is Enough - Say 'NO TO VIOLENCE AGAINST WOMEN'

Please enjoy the photos on the next page which shows just how much we were out and about during the 16 days of Activism

Gallery of Photos during the 16 Days of Activism



Zonta Adelaide Torrens is at Pioneer Women's Memorial Garden. - Follow
 25 Nov - Adelaide - 🌐
 2023 Walk for Respect
 Zonta Adelaide Torrens mem... See more

25 Nov - 🌐
 Today Zonta Club of Adelaide Flinders Inc joined the Rotary Clubs in saying NO TO VIOLENCE
 #16DaysOfActivism
 #ZontaSaysNO
 #zontainternational



Clothsline Event : 'Drawing a Line' - Lesly Sieglhoff

This year we again hosted our annual 'Drawing a Line' Workshop in collaboration with the West Adelaide Football Club. The evening was well attended with members from both the men's and women's team and staff from the Zahra Foundation.

The evening provided the opportunity to provide information to participants on the importance of being aware of 'inappropriate behaviour' and 'calling it out'. As a Club we were very pleased with the engagement of all participants and t-shirts are now proudly hanging in the dining room of the West Adelaide Club rooms.



Gallery of photos and posts on Facebook:



Service Reports

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. Further discussions will be held in the new 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.

The annual Walford Workshop was held on 7th December 2023. Students were enthusiastic, eager to learn machine sewing and some were already masters of hand sewing which was fantastic. A total of 92 cushions were completed and wrapped and a further 12 are ready for final stuffing.

Do you have any suitable material? - let me know if you might have some! (heavier satins, smooth / not scratchy unbacked curtain material, cottons Ok if soft. Avoid very pale colours, or stretchy or slinky as too hard to cut & sew!)

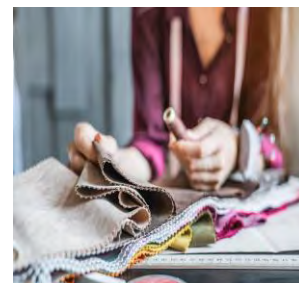
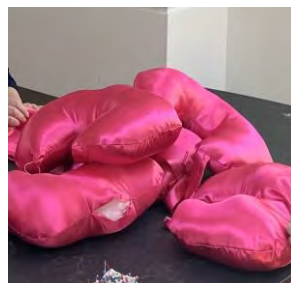
Birthing Kits:

The annual Walford Workshop was held on 7th December for the assembling of birthing kits. The 30 Year 11 students were so enthusiastic and focused with brilliant attention to detail which resulted in 600 kits being completed. The Birthing Kits have now been dispatched to BKFA for distribution.

We will be receiving a donation of \$1,000 towards the cost of the kits from the proceeds of 4 beautiful baskets that were prepared and raffled by the student - what a fantastic effort.

Food for Thought:

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



Toiletry Packs:

A big thank to our Members who have been able to provide donations to support the requirements for our toiletry packs.

At our October Meeting we collectively assisted in the completion of 25 **Toiletry Packs to support the various Women's Shelters** that are provided to the the vulnerable women in our community. Special thanks to Isobel MacFarlane who ensured that all of the requirements were readily available for members to pack the bags at our meeting.



The completed packs have now been delivered and were very much appreciated by the clients and staff.

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	



Important Information:

Have you ever been asked where is the best place to refer a woman who needs help? It could be someone seeking advice on what to do in a family violence instance or requiring financial assistance and / or counselling and / or supported short term accommodation. A quick reference for members to consider is **providing the details of the Women's Information Service which can provide a free confidential service.**



Advocacy:



17th January 2023: Amelia Earhart Meetin

Location: Aviation Museum, 66 Lipson Street, Port Adelaide (Note: entrance now at 16 Bedford Street, near corner of Perkins Drive)

Time: Meet at 1045 for 1100 tour

Cost: \$10.50 (please transfer funds to Z AFC Club Account)

Lunch: The Birkenhead Tavern

RSVP: ismcfarlane@gmail.com by Friday 12 January 2024

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.



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

Members Out and About





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



November and December 2023 Birthdays

- Penny Hepworth (1 November)
- Jill Welsh (7 November)
- Eronwy Edwards (7 November)
- Kae Martin (17 November)
- Isobel McFarlane (25 November)
- Bernadette Egan (8 December)
- Susan MacDonald (13 December)



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

Club leads

Advocacy

- Lesley Siegloff

Awards

- Lindy Berketa

Breast Cushion Project

- Sarah Cunningham

Birthing Kits

- Sue Lear

Correspondence

- Cintra Amos

Fellowship

- Marianne Kidd

Fundraising

- Vacant

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

