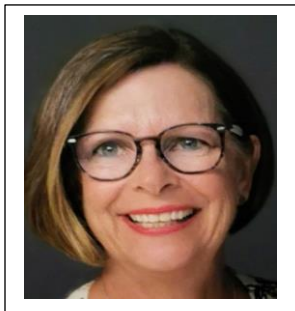


FLINDERS FACTS

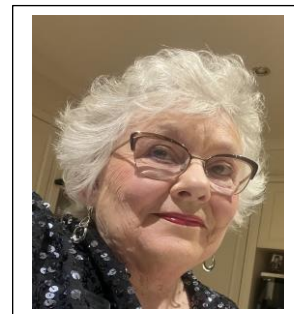
Zonta Club of Adelaide Flinders Inc
District 23, Area 2,
Club 993 Chartered December 1981



2022 - 2024 Biennium
Issue 11
March - April 2024



*From the Co-Presidents
March | April 2024*



Fellow Zontians,

This time of the Zonta year is usually spent reflecting on the past achievements, as detailed in the Annual Report. As this is our last newsletter before Handover in May, we would like to focus on what is in the future for our Club.

The Nominating Committee has submitted the Slate for 2024 and this will be voted on at the Annual General Meeting to be held on Wednesday 17th April 2024. After a short Members' meeting, we will then be joined by employees of the CMV Group to assemble 100 Birthing Kits. Their sponsorship is greatly appreciated. Thanks to Cintra Amos and Sue Lear for their work in bringing this Corporate sponsorship to fruition. We must remember that every kit gives one child a better start to life.

Organisation for the May Handover Dinner is well underway, and we have been very fortunate to secure Jake Battifuoco as the guest speaker. He is the General Manager for Power Community Limited, the not-for-profit arm of the Port Adelaide Football Club. He will address us on the Power's primary prevention and education programs and their key focus areas. This will be a great opportunity for us to hear how this successful Club operates in a community environment. Members are encouraged to extend invitations for partners and friends to join us for this evening.

The Women of Inspiration Awards for 2024 will be presented on this night and we are pleased to announce that we have selected three very worthy recipients of this award. We look forward to meeting with them and hearing their stories.

The Area 2 Workshop, "Who Will Fill Our Shoes" is to be held on Saturday 4th May at the Payneham Library. Three keynote speakers will address a diverse spectrum of topics. Don't forget to bring a pair of spare shoes - the brighter the better. We are collecting items for a raffle, please bring your donations to the April Meeting. Thanks to those members who have already donated. Please go online and register (<https://events.humanitix.com/zonta-area-2-workshop>) as numbers are required for catering etc. After the Workshop, everyone is invited to join members of the D23 Board at the Marryatville Hotel from 5.30pm for drinks and dinner.



Our Club's major fundraiser will be a film night to be held on Sunday 27th October at the Regal Cinema with the film 'Lee' (a first release) to be shown. Put this date in your diary please and let your friends and family know.

A large contingent from our Club will be heading to Brisbane for Convention in June 2024. We have registered our delegate and alternative and look forward to sharing with Members the proposals that require our vote. Information is now starting to come out and it is indeed looking at being an unforgettable experience.

As this edition goes to press, we are excited to announce that the Club has received a Grassroots Giving Program Grant from the RAA of \$2500 toward our Breast Cushion Program. With the greatly increased demand for breast cushions, this award is indeed appreciated and will enable us to support women facing a difficult time with cancer and surgery. Our sincere thanks to Vice President, Eronwy Edwards, together with our Breast Cushion Coordinator, Dr Sarah Cunningham, for preparing this successful submission. We look forward to working collaboratively with RAA in 2024. Indeed, a wonderful 'cheer up' for Eronwy as she recovers from a complete shoulder replacement.



There is certainly a lot going on in the next few months. A big thank you to all who have quietly supported us and your Club in the past. We hope to see you at the upcoming events.

Yours in Zonta Fellowship,

Lindy Berketa and Lorraine Omond

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



Rose Day - 8th March

On the 8th March, as Zontians we celebrated our fellow members who give their time and resources to ensure each day we make a difference for the women and girls within our communities. Is there someone who inspires you to empower women and girls and advocate for their rights?

Make Rose Day and International Women's Day even more special by making a tribute donation to the Zonta Foundation for Women in their honour at www.zonta.org/donate.



Nan Berret - January Guest Speaker: Social Media and Online Safety

It was a privilege to have former Zontian and Area 2 Director between 2014 and 2016 to provide information on Social Media and Online Safety.

Now based in the Clare Valley, with an office in Gawler, Nan is a former rural journalist, with 24 years' experience in media and proud owner of her own media business for the past 12 years.

With a love for gadgets, new apps and most technology, Nan keeps up with changes in the digital space which often confuse new business owners and others wanting to grow their enterprises or keep pace with the evolving world we live in.



Her work has included a specialisation in local government media requirements as well as social media training, support and management for local government and small business. Her client support includes social networking training (such as Facebook and LinkedIn), media training, media liaison, proofreading and editing for reports and submissions as well as grant content writing.

Nan presents workshops on the use of the versatile online graphic design tool, Canva, social media best practice, how to set up and optimise your online presence and so much more. She likes nothing better than to help businesses get the most out of digital technology and resources.

See more information about Nan on <https://www.nanberrett.com/about-3> or https://www.wordsolutions.com.au/nan_berrett_word_solutions

Members visit Olga Fudge for International Women's Day

A small pilot program of cooking onsite and providing a healthy meal was recently undertaken by our members at Olga Fudge on International Women's Day.

Olga Fudge provides fully supported accommodation and assistance for young Aboriginal women with children and provides advocacy and referral to appropriate agencies.

Each woman was presented with a yellow rose and small gift which were appreciated by all.

It is hoped that following an evaluation that this type of service activity will continue.



Mark Trebilcock - March Guest Speaker, Coordinator ((agedcare ALTERNATIVES)

Aged Care Alternatives commenced back in 2010, sponsored by Resthaven Inc. for the purpose of providing a free information service to help older people, their carers and families, to find and understand information about aged care services. They offer personalised face to face consultation at their Frewville premises and can also be contacted by phone and email.

In 2015, Aged Care Alternatives were selected as a Regional Assessment Service by Department of Health. They assess clients for the Commonwealth Home Support Programs across the metropolitan area, country areas of the Riverland, South East, Hills and Mallee southern regions.

More recently in 2023, they were contracted by Adelaide Primary Health Network (PHN), to deliver a care finder service to Senior Australians who are homeless or at risk of homelessness or have multiple reasons for requiring support to interact with My Aged Care. Under this program, clients can access the relevant support within the community across the Adelaide metropolitan region. This service is also in the process of being rolled out to the Riverland, South East, Hills and Mallee southern regions.

Whether it be registering for My Aged Care, Home Support Programs, Retirement Village living or understanding the steps required to enter into an aged care home, Age Care Alternatives are there, free of charge, to guide us through the ever so complex process of Aged Care.

For further information you can go to myagedcare.gov.au or call My Aged Care on 1800 200 422 or ask at your local Services Australia service centre and book an appointment with an Aged Care Specialist.



XYZ (extend Your Zonta) Social Evening

On the evening of 14 March 2024, a very enjoyable evening was had socialising with fellow club members and members from Mt Barker and Adelaide Torrens clubs at a fashion parade held at Blue Illusion, Norwood. A big thankyou to everyone who participated and bought some lovely pieces to wear.



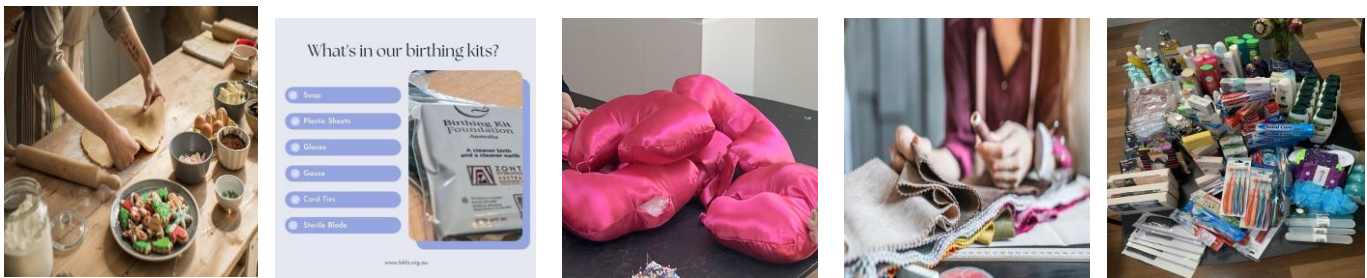
Service Reports

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

Further discussion and updates on the progression of the Service Areas will be held at our future meetings. As outlined in our Co-Presidents Report we are very pleased that:

- Members from CMV Group who provided us with a grant will be with us at our April 2024 meeting to assist in the assembling of 100 Birthing Kits; and
- We are very grateful for the awarding of a Grassroots Giving Program Grant from the RAA of \$2500 towards our Breast Cushion Program






As a reminder it would be very valuable if Members can 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	



Lesley Siegloff, Area 2 Director and Cintra Amos recently attended Government House to witness the staff of the Zahra Foundation being presented with certificates of appreciation from Her Excellency, The Honourable Frances Adamson AC for their commitment to supporting women on their journey of recovery from domestic and family violence.

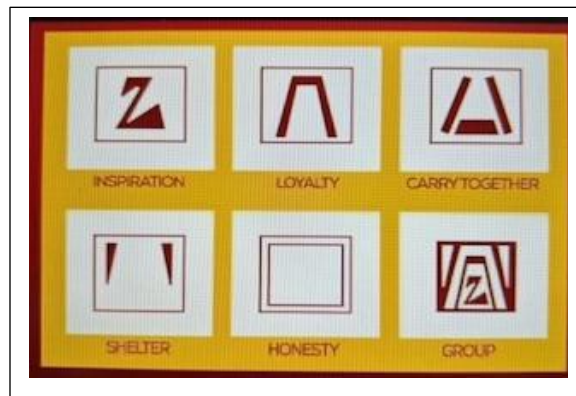
Save the Dates:

<p>2024 Area Workshop ‘Who will fill our Shoes?’</p> 	<p>Date: Saturday 4th May 2024 Time: 10.00am - 4.30pm Location: Payneham Library Meeting Room, 2 Turner Street, Felixstow Cost: \$40.00 (includes M/T and Lunch) Bookings: https://events.humanitix.com/zonta-area-2-workshop</p> <p>Key Note Speakers:</p> <ul style="list-style-type: none"> • Sandy Venn-Brown, Director, Zonta International & Zonta Foundation for Women • Kay Fyfe, Director of Development, Trinity College Gawler • Melanie Dancer, CEO - Girl Guides SA
<p>2024 Handover Dinner</p> 	<p>Date: Wednesday 15th May 2024 Time: 6.30 for 6.45pm Location: Sturt Pea Room, West Adelaide Football Club Cost: \$45.00 (includes 2 course meal); BSB 105 149, A/C 558 685 640 Bookings: RSVP 10th May 2024 to Isobel McFarlane</p> <p>Guest Speaker - Jake Battifuoco, GM of Power Community Ltd Presentation of 2024 ‘Women of Inspiration Awards’ Induction of incoming Board Members</p>
<p>Movie Night LEE</p> 	<p>Date: Sunday Time: INALTBA Location: Regal Theatre Cost: TBA Tickets: TBA</p> <p>The movie LEE is an intimate portrayal of former model and fearless WW2 photographer Lee Miller with Kate Winslet playing Lee.</p> <p>This will be our major fundraising event so ensure that you save the date and let your family and friends know.</p>

Did you know how the Zonta International logo was developed?

It was built on 6 key elements:

- Inspiration
- Loyalty
- Carry Together
- Shelter
- Honesty and then
- Group all the elements together



Other Club News:



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



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, 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

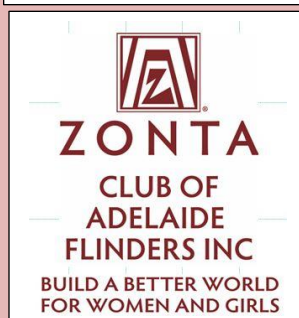
- Jill Welsh

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

