



# ZONTA

CLUB OF  
PARA DISTRICT  
AREA INC

MEMBER OF ZONTA INTERNATIONAL  
EMPOWERING WOMEN  
THROUGH SERVICE & ADVOCACY



## Mission

Zonta International is a leading global service organisation of professionals empowering women worldwide through service and advocacy.

## Vision

Zonta International envisions a world in which women's rights are recognised 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

## Theme

Empowering Women Through Service and Advocacy



## President's Report



Dear friends

It is now time to consider my role as President over the past month, and when I do so I realise that in some ways it has been another month of reflection interspersed with others of action, and it is these that I will refer to at the beginning.

The presentation of Zonta Awards has now occurred at eight of the ten schools involved, and although each ceremony is different, they have all been a real celebration of the efforts of the girl who was announced the winner. I myself have been to Torrens Valley Christian and Modbury High Schools, and I was accompanied by Alexa to the valedictory ceremony of Banksia Park International High School. I thank

Alexa for making the presentations at both Golden Grove and Salisbury High Schools; Lyn for attending St Patrick's Technical College; Liz and Carmen for attending the ceremony for Parafield Gardens High School and Liz and Lyn for representing the school at Playford International College. On speaking to them all they have reported that the Zonta Award was an occasion where the club and our work were recognised in the wider community. It was somewhat disconcerting for Liz and Lyn to see the inaugural winner at Playford International College burst into tears when her name was announced, but she proved to be a worthy winner and was feted by her peers for this achievement. It was interesting for me to shake the hand of the winner at Torrens Valley as I had met her two years ago when she had won an Australia-wide award in an Essay competition – she has continued her successful academic career. At the Banksia Park celebration, it was wonderful to have the winner of the Award in 2017 come along and sincerely congratulate the 2018 winner, and to give her some useful advice to ensure her successful studies continue into her final year of secondary schooling. It also gave us the opportunity to observe just how much encouragement she got from receiving the Award last year – she has certainly done well academically and in other areas of her schooling, achieving a great deal. In speaking with her she expressed her gratitude for this encouragement, telling us what books she had obtained and how she had used the book plate and also the certificate itself (which had assisted in her obtaining a Global Citizen's Medal).

Alexa and I also travelled to Nuriootpa on Wednesday last to assist with the Birthing Kit Assembly Day run for the Year 10 Child Studies class at the school. The girls concerned showed interest in the concept of the kits and were able to view a brief video clip provided by the Foundation which showed the impact of the kits in the lives of women giving birth in Uganda. It was an interesting exercise to ask them what they could purchase for \$3 from the school canteen – and it put into their consciousness the idea that they could assist a woman they didn't know simply by foregoing one purchase from that outlet! The class had been assisted in preparations by some Year 8 students who were in an after-school hour's program – they had folded the plastic sheeting and placed each in a zip-lock bag. In just over an hour we successfully completed the task of packing 200 kits.

As for last month, my reflections have largely been about the future direction of the club. I thank all members for their opinions and ideas as put forward at the November meeting. As a result, we invited Area Director Eronwy to join us at the Board meeting held last week. Eronwy was very gracious in asking that we conduct the meeting in the usual way, saying that this would give her a better picture of the club and our activities. To say that she was interested is an understatement – she had not realised the work that we do within the wider community, and she was most impressed that a small membership appeared to be no barrier to our involvement. Towards the end of the meeting we spent time looking at the problem that we all realise could affect the viability of the club – that of declining numbers. As Pam was unable to join us, we involved her in this discussion via a telephone link-up. A variety of strategies were discussed as to how we can increase our membership – it won't be easy, but it is achievable if we all play our part. Eronwy helped us to see that with a proud history behind us and our current level of activity we should not be down-hearted. I believe that we all left that meeting feeling more positive than the mood in which we had begun proceedings.

I would like to sincerely wish all members a blessed and peaceful Christmas, and a very happy, prosperous New Year bringing good health and sufficient wealth to all. Please enjoy the break from your normal routines to celebrate with family and friends, as well as to recharge the battery of life.

Love

*Aileen.*



## Diary Dates

<b>2018</b>		
<b>December</b>	4	Dinner Meeting
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<b>2019</b>		
<b>January</b>	12	Quilting Workshop—date and venue to be confirmed
	31	Board meeting—7 PM
<b>February</b>	5	Dinner Meeting—6:15 for 6:30 PM; Ibis Styles Adelaide Manor
	9	Quilting Workshop
	28	Board meeting—7 PM
<b>March</b>	5	Dinner Meeting—6:15 for 6:30 PM; Ibis Styles Adelaide Manor
	9	Quilting Workshop
	28	Board meeting—7 PM
<b>April</b>	2	Dinner Meeting—6:15 for 6:30 PM; Ibis Styles Adelaide Manor
		Area 2 Workshop hosted by ZC of Clare and Districts
	13	Quilting Workshop
<b>September</b>	6-8	<b>Combined Districts Conference, Brisbane</b>
<b>November</b>	9	<b>Area 2 Centenary Celebration of ZI - Hotel Grand Chancellor</b>
<b>December</b>		<b>Club function in lieu of December Dinner Meeting — details to be confirmed</b>



## Quilting Workshops



**\*Please note, due to renovations at Helping Hand Parafield Gardens, there will be no workshop in December 2018**

*All dates are for a Saturday, and the workshops run from 1.00 pm – 5.00 pm.*

Please remember that our quilting workshops are a rare opportunity to spend time with fellow Zontians in a relaxed atmosphere – and the resulting quilts will benefit those in our wider community who have special needs.



## Christmas is a necessity.

There has to be at least one day of the year to remind us that we're here for something else besides ourselves.

-- ERIC SEVAREID



# Club News

## Women of Achievement presentations - 2 October 2018

Acknowledging local women for their contributions to our communities.



*The worthy recipients - (L to R) Amanda Jackson-Brown, Christine Clark, Coralie Wright and Barbara Wingard.*



The evening's guest speaker, Cathy Perry, the first female president of the Rotary Club of Salisbury, gave an inspiring presentation about her many occupations that have led to her current job as Office Manager and Administrator in the office of Zoe Bettison, MP.



# Club News

Some highlights of the Club's Zonta Awards, as described by Aileen in her President's Report.



20 November - Alexa Little with recipient Emma Clark



22 November - Aileen Eldridge and Alexa Little with recipient Cassandra Cromie at Banksia Park International High School's Valedictory Function. Guest speaker and former student, Tony Clark of *Rising Sun Pictures* gave an inspiring presentation about his eventual successful career after not so successful year 12 results.



30 November - Liz Bice, centre, and Lyn Furner-Smith with Playford International College recipient, Michaela Hallett.



30 November - Salisbury High School's Speech Day was attended by Alexa Little. Despite not having access to a photo of her and recipient, Dikchhaya Gautam, Alexa was impressed by the guest speaker, former student, Vanessa Broughill, a serving member of the Royal Australian Navy and competitor in the 2018 Invictus Games.



Alexa also witnessed former Para District Area Zontians, Delwyn Ayling and Dot Griggs, present awards to deserving students.

Delwyn Ayling



Dot Griggs

# Nuriootpa High School Students Assemble 200 Birthing Kits

*Aileen and Nat getting the inclusions ready to assemble BKFA Birthing Kits.*



*The second of two boxes, each holding 100 kits, almost ready to be sealed, ready for pick-up, overseen by Nat Chapman (Nuriootpa-Tanunda Uniting Church), two helpful students and Fiona Ramsey (teacher) in back row, with Para District Area Zontians, Alexa Little and Aileen Eldridge, in front.*



On Wednesday 28 November 2018, students from Ms Fiona Ramsey's Year 10 Child Studies Class at Nuriootpa High School assembled 200 birthing kits to support pregnant women in the most marginalized and remote communities in developing countries.

The small, lightweight birthing kits hold supplies for a clean childbirth, which reduces the risk of infection for both baby and mother. These include a plastic sheet, disposable gloves, soap, gauze, sterile scalpel blade and string. All this for less than a cup of coffee per birthing kit!

Through this experience, students learnt about the important work of the Birthing Kit Foundation of Australia (BKFA) in reducing the incidence of infant and maternal mortality and morbidity through education, training and community development. Comments from students included:

*"It was a great experience to help those who aren't as lucky in the world, the volunteers were really nice as well. The kits were really easy to put together and so simple but can change people's lives."* (Angie Couzner)

*"It was rewarding to know that such a small task in a double lesson could change so many lives."* (Emily Langmair)

*"It was a good and different experience that I'm grateful I got to experience and take part in. Because mothers in Africa and other areas are very disadvantaged when it comes to this, it feels good to know that you have changed people's lives and helped them."* (Joanna Rosenzweig)

Nuriootpa High School's Pastoral Care Worker, Rose Hegarty, was delighted to have a role in coordinating the assembly of these birthing kits – which started weeks beforehand with students from Nuriootpa High School's afterschool Breakthrough Program folding and packaging the plastic sheets for the kits. Sincere thanks is extended to Natalie Chapman from Nuriootpa-Tanunda Uniting Church for working alongside Breakthrough students, as well as cutting the string to length in advance, and assisting during the assembly morning. Thanks also to members of the Zonta Club of Para District Area Inc. for financial support, and for travelling and assisting with the assembly morning too. For more information about BKFA, visit [www.bkfa.org.au](http://www.bkfa.org.au)



IN BRIEF



# 10 ESSENTIALS FOR ADDRESSING VIOLENCE AGAINST WOMEN

## PRINCIPLES



Interventions for **ALL women**, and in particular for those experiencing multiple forms of discrimination and high-risk groups



**Women's right to physical integrity, safety and well-being** and recognition of States' responsibility to respect, protect and fulfill these rights



**Civil society, women's movement and affected communities**, in particular women survivors, are engaged in the planning and implementation of all interventions to address violence against women

1	Comprehensive <b>laws addressing violence against women</b> in private and public spaces that not only provide for prosecution of offenders but also for protection of, support and reparations to survivors, as well as for prevention of violence
2	<b>Non-discriminatory laws</b> which provide equal rights for women in marriage, divorce, property and child custody, thus enabling them to leave an abusive relationship
3	<b>National action plans</b> with clear benchmarks, timelines and allocated resources to implement laws
4	Access for all survivors of violence to <b>immediate protection and quality support</b> provided in a coordinated and integrated manner, including medical treatment and police interventions, social, psychological, legal assistance and safe accommodation
5	Systematic <b>training of service providers</b> , especially the police, lawyers and judges, social workers and health personnel to ensure that they follow quality standards and protocols
6	<b>Prevention</b> interventions to address gender inequality and the social norms that condone violence against women, through awareness-raising, community mobilization, educational programmes and programmes that aim at the social, economic and political empowerment of women, including their right to the city (e.g. access to education, employment, leisure, politics)
7	Systematic collection and analysis of <b>data</b> on the magnitude, causes and consequences of violence against women, disaggregated by age, ethnicity, disability, place of occurrence, and other relevant characteristics, to inform laws, policies and programmes
8	<b>Monitoring and evaluation</b> of the impact of laws, policies and programmes and analysis and dissemination of good practices
9	Allocation of adequate <b>resources and coordination</b> among different sectors to ensure implementation of laws, policies and programmes
10	<b>Integration</b> of actions to end violence against women into broader policies such as poverty reduction, housing, education, gender responsive planning, and development policies at all levels

## Good Practices



**THE JUDICIAL ACADEMY IN VIETNAM** has developed, in collaboration with UN Women, training modules to train judges, prosecutors and lawyers on international standards to address violence against women. It is expected this will contribute to the quality of the services provided.



**THE ORGANIC ACT 1/2004 ON INTEGRAL PROTECTION MEASURES AGAINST GENDER VIOLENCE IN SPAIN**

was developed with strong involvement from women's organizations; it contains a wide definition of violence, including psychological violence and coercion and deprivation of free will; and it establishes comprehensive and multidisciplinary measures that include not only judicial and penal measures, but also a wide range of educational, healthcare and social assistance measures.



**A CARICOM MODEL FOR CONDUCTING NATIONAL PREVALENCE**

**SURVEYS ON VIOLENCE AGAINST WOMEN IN THE CARIBBEAN** was developed with the support of UN Women in 2014. The model is based on globally agreed methodological and ethical standards; it has involved from the onset all relevant stakeholders who will ultimately use the data for policy and programming; and it includes a strong capacity building component, through the engagement of a regional institution and the establishment of a regional pool of experts, which will promote ownership of data and address the challenge of over-reliance on external international expertise in future surveys.



**THE 2016-2019 ACTION PLAN FOR A LIFE FREE FROM GENDER-BASED VIOLENCE WITH A GENERATIONAL**

**APPROACH IN URUGUAY** has specific benchmarks and timelines. This will help hold the government accountable and monitor and evaluate the progress of the plan's implementation.

For more detailed and comprehensive guidance on the elimination of violence against women, see: (1) UN Women, ILO, UNDP, UNESCO, UNFPA, UNOHCHR and WHO (2015), [A Framework to Underpin Action to Prevent Violence against Women](#) (2) UN Women, UNFPA, WHO, UNDP and UNODC (2015), [Essential Services Package for Women and Girls Subject to Violence- Core Elements and Quality Guidelines](#) (3) UN Women (2012), [Handbook for Legislation on Violence against Women](#) (4) UN Women (2012), [Handbook for National Action Plans on Violence against Women](#)



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# OBJECTS OF ZONTA INTERNATIONAL

- 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 members.
  - 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 serve their communities, their nations and the world.
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## ZONTA THANKS

Wherever your country of birth, whatever your faith or creed, give thanks for the meal we share tonight in Zonta fellowship. But remember too those who have had 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.

*Tricia Summerfield, Zonta Club of Perth*

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### MEETING NIGHTS

#### South Australian Clubs

Adelaide	1 <sup>st</sup> Wednesday
Adelaide Hills	4 <sup>th</sup> Wednesday
Clare & District	3 <sup>rd</sup> Tuesday
Gawler	2 <sup>nd</sup> Wednesday
Mt Barker	3 <sup>rd</sup> Tuesday
Riverland	1 <sup>st</sup> Tuesday

Adelaide Flinders	3 <sup>rd</sup> Wednesday
Adelaide Torrens	2 <sup>nd</sup> Tuesday
Fleurieu Peninsula	4 <sup>th</sup> Tuesday
Noarlunga S.Vales	4 <sup>th</sup> Wednesday
Port Lincoln	4 <sup>th</sup> Tuesday
Lower Eyre	3 <sup>rd</sup> Tuesday

*Meetings held first Tuesday of each month  
from February to December*

6.15 pm for 6.30 pm start at  
Ibis Styles Adelaide Manor  
cnr Main North Rd and Port Wakefield Rd,  
Gepps Cross  
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