



# ZONTA

CLUB OF  
PARA DISTRICT  
AREA INC

MEMBER OF ZONTA INTERNATIONAL

EMPOWERING WOMEN  
THROUGH SERVICE & ADVOCACY



# ZEAL

## March 2018

### 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



Yet again we have had a busy month. Just after our last meeting there was a Combined President's Meeting and then the wonderful Combined Advocacy Meeting. Last Saturday saw us join with some of the Salisbury Stitches group to make some Breast Cushions.

At the Presidents' meeting there was further discussion on the Constitution. We discussed this at our last meeting and the sub-committee has met. This committee has sought advice from Area Director Pru. Basically our constitution has references to the International Bylaws and Rules of Procedure whereas the proposed new constitution recommended by an Area 2 sub-committee has the detail of those sections imbedded in it. Unfortunately, we now do not have the 30 days to give notice with the proposed constitution to you so that this can become an Agenda Item for the AGM. As a consequence, once we have resolved the issue, we will need to give 30 days' notice and call a special general meeting to discuss and

vote in the proposed changes. There has been a request from the Zahra Foundation for the Zonta Clubs in Area 2 to donate a total of \$5,000.00 for them to have a film made on Pathways to Empowerment, Our Journeys. If the total amount is donated then the Zonta emblem would be on the credits of the film. The next Area Workshop is to be on Saturday May 5<sup>th</sup> 2018 at a venue to be determined.

I am sure those who attended to Combined Advocacy Meeting where the speaker was Greg Gebhart from the Office of the Children's eSafety Commissioner have mentioned it to the others. It was just amazing how the talk on eSafety had changed so much since the September District Conference. The reason for the change was because of how much growth in the area the Commissioner is now allowed to work. It is now not just safety for children and teenagers, but women and elderly people as well. I talked with Greg after the presentation and we are able to organise a public meeting when he has some free time when he is in Adelaide on other work. I feel sure that this would be a very worthwhile service project. He also commented on the wonderful work in this area of Sonya Ryan in South Australia.

Finally, the Breast Care Cushions. Florina, Alexa and I had a very productive cutting out session which was followed by another with Alexa and Aileen. Alexa and I then prepared all the straps and bows and did the stay stitching and overstitching on the "gaps" of many shells of the cushions before the workshop last Saturday. Many cushions were finished on Saturday and we have some more to finish off. However, there was an added bonus for me. Quite some years ago we provided a seeding grant to Yvonne to help set up "Chrissies' Quilts" which are given to Cancer patients of the Lyell McEwin Hospital. Many of the members of the Salisbury Stitches group are making these quilts and we were told by Yvonne Brennan, the sister of Chrissie de Brenni, that on average 10 quilts per month are donated to the Lyell McEwin Hospital oncology unit. This is only about a third of what would be required should all patients receive one. To think that we helped this project to start, to see how successful it become was most rewarding to me and it should be for all of our members.

Tonight we will decide on the receivers of our Service Funding. I do hope that we will be able to look back with much pride in years to come on our deliberations.

Yours in Zonta Service

*Liz Bice*



## DIARY DATES

<b>2018</b>		
<b>March</b>	6	Dinner Meeting—6:15 for 6:30 PM
	8	International Women's Day
	10	Quilting Workshop—1:00 to 5:00 PM
	24	Annual High Tea fundraiser - tickets available from Marian Carpenter (See flyer on page 6)
<b>April</b>	3	Dinner Meeting—6:15 for 6:30 PM
	14	Quilting Workshop—1:00 to 5:00 PM
<b>May</b>	1	Handover Dinner Meeting - 6:15 for 6:30 PM Launch of Major Raffle
<b>June</b>	5	Dinner Meeting—6:15 for 6:30 PM
	9	Quilting Workshop—1:00 to 5:00 PM
	25	Combined Groups Film Morning - details to be confirmed
<b>July</b>	3	Dinner Meeting—6:15 for 6:30 PM
	14	Quilting Workshop—1:00 to 5:00 PM
<b>August</b>	7	Dinner Meeting—6:15 for 6:30 PM
	11	Quilting Workshop—1:00 to 5:00 PM
	18	Quiz Night - details to be confirmed
<b>September</b>	4	Dinner Meeting—6:15 for 6:30 PM
	8	Quilting Workshop—1:00 to 5:00 PM



### Next Quilting workshop is 10 March 2018

*Dates for 2018 Quilting Workshops have been arranged with the Helping Hand Aged Care Complex Parafield Gardens, 437 Salisbury Highway. 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.

## Area 2 COMBINED SERVICE and ADVOCACY GROUP meeting organised by Zonta Club of Adelaide Torrens

Saturday 10<sup>th</sup> February 2018 E safety for Women [www.esafety.gov.au](http://www.esafety.gov.au)



This recent meeting was very well attended with more than half our club present. The presenter was *Greg Gebhart* the Senior Trainer for the Office of the eSafety Commissioner. Greg has provided presentations to more than 500,000 participants at state, national and international events.

Initially the Australian government formed this unit to ensure children could be safe online, but it now covers e-safety for all sectors of the community. It handles complaints about serious cyberbullying and illegal online content. If there is deemed to be a problem and working with the providers, it is possible to have

offensive material removed in less than 20 hours. In 2017 there were 18,000 images removed from the internet.

A little test of some new terms. Do you know that

FOMO means Fear of missing out  
JOMO means joy of Missing Out  
FINSTA is a Fake Instagram Account  
PHUBBING is snubbing someone in favour of a mobile phone  
SHARENTING Parents share too much of their children's information  
TL; DR too long: didn't read



Cyberbullying is the use of technology to bully an individual or group with the intent to cause them harm. It is estimated that 1 in 5 children aged 8-17 have been cyberbullied and it is the 12-16 year olds who are in the peak aged group. Young women are particularly susceptible, and it is usually female to female.

Boys are targeted more than girls with offensive language and this is especially in gaming programmes.

Greg showed a short video of Kara; "Rewrite your story" (<https://www.esafety.gov.au/rys-kara>)

Reports of offences can be made by a parent or guardian without the child's consent or by a responsible person who has been authorised by the child. It is recommended that reports are made to the social media service and evidence such as a URL or screenshots are helpful. If images are not removed within 48 hours a report can be made via the website

Online abuse especially sexting (sending naked photos has increased dramatically 60% increase in the last 12 months. Of the young people surveyed

90% thought it happens all the time

40% said it happens often

5% had actually sent a nude photo

22% of the females and 8 % of the males had been asked to send a naked photo

Reasons for doing it

Everyone else is doing it

Sharing images is normal behaviour in a romantic relationship

Peer pressure or threats

Flirting and exploring their sexuality'

51% of young women surveyed said they had been pressured to take sexy photos with 5% saying it was acceptable while 82% said it was not acceptable

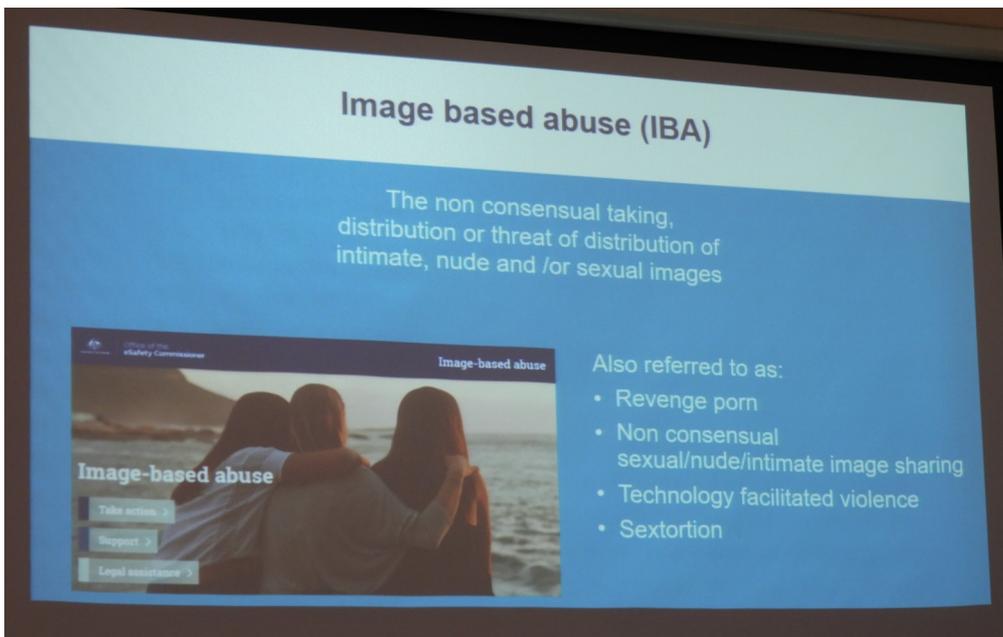


Image Based Abuse sometimes called revenge porn is facilitated by our technology and may lead to threats. Over 3000 websites have featured revenge photos and many are hosted overseas in countries like the Philippines. There are 15-20 reports each week complaining about these images. They can be reported online, and the resources online include a template of the types of questions you are likely to be asked by the police when you report.

18-24 year olds are the most harassed age group and especially women.

Technology has also enabled the tracking of individuals and there is a technology check you can do to see if this is enabled on your devices. Look at [www.eSafety.gov.au/women/checkup#](http://www.eSafety.gov.au/women/checkup#). It will take 5 minutes.

The website has a lot of information and resources, help and support. There are case studies on the front page Also useful is a parent portal with a quick guide to popular social media sites and apps and the top100 used by kids. The new programme 'Be connected' will be launched in the next 2 months. Other useful resources are their twitter feed, and if you would like to get their newsletter you can register on [www.esafety.gov.au/cyberzine/](http://www.esafety.gov.au/cyberzine/)

It was a very informative session and raised a number of questions about use and abuse of technology.



Naomi Reschke thanked Greg Gebhart and presented him with a thank-you gift!

# Club News



At the February 2018 dinner meeting, President Liz presented Lyn Furner-Smith with her 20-year Service badge.

Well done, Lyn!

## Breast Care Cushion workshop at Salisbury Stitches Inc.

**Saturday 3 March 2018**

Four Zontians attended this workshop - Aileen, Alexa, Liz and Pam. Alexa and Liz stitched cushion shells on their sewing machines whilst Aileen and Pam dealt with ironing completed shells, weighing the filling, stuffing the shells and hand-sewing the opening. Along with the Zontians present, some Salisbury Stitches' members, Helen Stephenson, Julie Sinclair, Val Oakley and Val Potter also assisted with the production.

Prior to the workshop considerable effort was made in preparation for this day. 97 sets of cushion components were cut out, by a number of Zontians, and the straps, with their bows, for the 97, were stitched ready for assembly by the machinists. Also, 7 of the 97 were completely stitched, ready for stuffing, so that there was work for the non-machinists to be going on with whilst the machinists got to work on more shells. In total, about 55 shells were machined at the workshop, 25 cushions were finished and about another 25 shells and sets were taken home to be machined, filled or stitched closed. This has given the club a good supply of sets awaiting assembly and shells awaiting filling. All in all it has been a very productive few weeks of joint effort.

Left to right - Zontians, Liz, Pam and Aileen, and Salisbury Stitches' member, Val, busy with the Breast Care Cushions production.





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## **HIGH TEA**



**Saturday 24th March 2018, 2.30pm**  
**27 Golf Drive, Fairview Park**

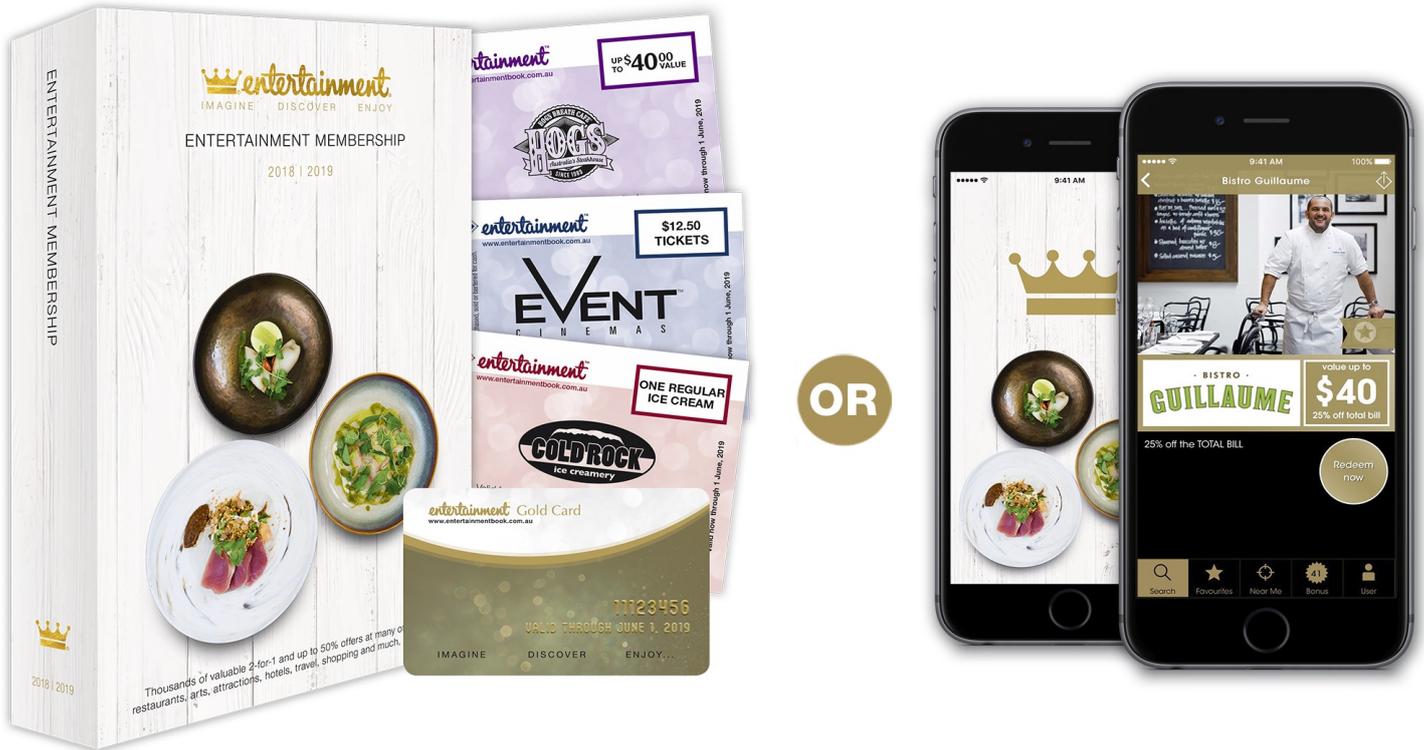
**Enjoy a welcoming glass of champagne**  
**on arrival, followed by a delicious**

**High Tea.**

**Tickets \$20.00**

**RSVP by 19<sup>th</sup> March to**  
**Marian Carpenter, ph 0411 104 958**

**Funds raised go towards Zonta Projects**



**The NEW 2018 | 2019 Entertainment Memberships**  
**will be available from**  
**mid March!**

**Pre-Order online from 15 February 2018 at**  
**[www.entbook.com.au/163j482](http://www.entbook.com.au/163j482)**

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# OBJECTS OF ZONTA INTERNATIONAL

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- 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 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 Flinders	3 <sup>rd</sup> Wednesday
Adelaide Hills	4 <sup>th</sup> Wednesday	Adelaide Torrens	2 <sup>nd</sup> Tuesday
Clare & District	3 <sup>rd</sup> Tuesday	Fleurieu Peninsula	4 <sup>th</sup> Tuesday
Gawler	2 <sup>nd</sup> Wednesday	Noarlunga S.Vales	4 <sup>th</sup> Wednesday
Mt Barker	3 <sup>rd</sup> Tuesday	Port Lincoln	4 <sup>th</sup> Tuesday
Riverland	1 <sup>st</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  
Phone: (08) 8349 4999**

**PRESIDENT: Liz Bice—08 8251 1868**

**VICE PRESIDENT: Florina Fernandes—0417 813 928**

**SECRETARY: Aileen Eldridge—08 8265 4583**

**secretary@zontaparadistrict.org.au**

**CORRESPONDENCE: enquiries@zontaparadistrict.org.au**

[www.zontaparadistrict.org.au](http://www.zontaparadistrict.org.au)

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