



ZONTA

CLUB OF
PARA DISTRICT
AREA INC

MEMBER OF ZONTA INTERNATIONAL
EMPOWERING WOMEN
THROUGH SERVICE & ADVOCACY

Celebrating over
40 Years of Service

Chartered 3 January 1978
ABN 57 454 752 150

ZEAL

September 2021

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



1919 - 2019

President’s Report



Dear Friends,

We continue to experience covid restrictions and although we are not in lockdown, we still need to reconsider our actions and plans. As I said last month, a decision was made to cancel our planned Quiz Night on August 14th based on concerns raised by our usual participants. We will revisit this at our September meeting and determine if we can find a suitable venue which will allow the required social distancing. Also the club is investigating a different version of our Spring Fashion Parade. We have recently worked with Lesley’s of Gawler and they have changed their parade to be in store only. Given that this would mean travelling to Gawler we will consider whether it is possible to organise transport and morning tea arrangements. More news about these events soon.

Our club is moving forward with organising another birthing kit assembly day and will advertise this when we have determined a time and place. Again we are promoting the purchase of birthing kits as a life-saving present and those who have paid \$5 to allow us to purchase a kit will be invited to join us on the assembly day. Nearer Christmas we will suggest these are appropriate presents and will hopefully get a similar level of interest.

Zontians almost had a face-to-face District 23 Conference with Bendigo as a venue. Not surprisingly it has not been able to be run there and members have been invited to participate virtually. The programme has been altered but will still run over the three days with Zontians able to access the conference from their homes. What is possible and details are yet to emerge, is for non Zontians interested in our guest speakers on Saturday to pay a small amount to access the sessions. We will provide these details via email when they are finalised and encourage you to consider participating in this way. I will provide details as we know them within later pages of this newsletter.

Our Area Advocacy meeting was held on August 21st and a good crowd of more than 30 gathered to hear guest speakers and to share some of the advocacy work planned for later this year, especially during the 16 days of Activism. A more detailed report is included in this newsletter.

During the 16 days of Activism, we currently have displays at The Parks Library at Angle Park and Tea Tree Gully Library booked and are progressing our sticker design as well as a brochure along with letters to councils, businesses and organisations inviting them to participate in some way. If you have ideas of people or organisations who could support us, please let us know. We would really love for this to be a community supported period with increased knowledge of the importance of decreasing violence against women. The club has also been offered the opportunity to partner with other organisations to have clothesline workshops and displays. More news as this develops but you could look at this website which explains the origins of the project. [About the Project | \(clotheslineproject.info\)](http://clotheslineproject.info)

If you have not already purchased a ticket in our major raffle you have lost the chance to win our Early Bird prize, the crocheted shawl. This will be drawn at our September 7th meeting. However, prizes to the value of \$1200 still remain. Final draw will be at our December meeting on December 7th. Tickets are great value at \$5 and club members can supply you with tickets. Thank you for your support and Good Luck!

Yours in Zonta Fellowship,

Pam Fletcher

Diary Dates & more



2021		
September	7	General Meeting - Roulettes Tavern; 6:00 PM
	10-12	D23 Conference - Virtual
	11	Quilting Workshop - Cancelled due to virtual/online broadcast of D23 Conference Presentations
October	5	General Meeting - Venue and time to be confirmed
	16	Quilting Workshop - Please confirm attendance with Liz on 8251 1868 NOTE - change of date
November	2	General Meeting - Venue and time to be confirmed
	13	Quilting workshop - Please confirm attendance with Liz on 8251 1868
	19	Adelaide White Ribbon Breakfast
	25	UN's International Day for the Elimination of Men's Violence against Women
	25/11-10/12	16 Days of Activism campaign
December	7	General Meeting - Venue and time to be confirmed
	11	Quilting Workshop - Please confirm attendance with Liz on 8251 1868
2022 June	25-29	ZI 65th Convention - Congress Center, Hamburg, Germany

PLEASE NOTE

Monthly General Meetings will be on the first Tuesday.
 Quilting Workshops will be on the second Saturday of each month at the home of Liz Bice.
 Dates and venues may change due to member availability and Covid-19 restrictions.

Quilting Workshops



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 and Friends of the club in a relaxed atmosphere – and the resulting quilts will benefit those in our wider community who have special needs.



ZONTA
 INTERNATIONAL
 DISTRICT 23
 EMPOWERING WOMEN
 THROUGH SERVICE & ADVOCACY



Conference 2021
 Bendigo, Vic

2021 DISTRICT 23 CONFERENCE
10 – 12 SEPTEMBER 2021 – NOW ONLINE!



Guest Registration for Saturday 11th Sept Conference Webinar is now open!

General Public welcome – \$20 online registration:
Register by Thurs 9th Sept via –
<https://events.humanitix.com/zonta-district-23-conference-2021-nqsuly6s-b94amei6>

Join us on Saturday 11th September at 12 noon* for a
fantastic afternoon of inspiring guest speakers and
panel discussions.

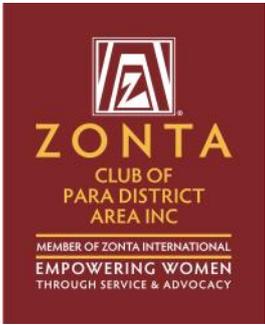
*12 noon AEST, 11.30am ACST, 10am AWST

Featuring:

Keynote Speaker – Jess Hill – Journalist and author of *See What You Made Me Do*

Panel discussion – Gender Equality and Climate Action – featuring
Natalie Isaacs, founder of 1 Million Women

Panel discussion on Learning the First Peoples Journey – facilitated by
Sharon Nelson-Kelly, Senior Advisor First Peoples Programs and Strategy –
Australian and New Zealand School of Government



2021 Major Raffle

\$5 each Drawn Tuesday 7 December 2021

Early Bird Prize

Drawn 7 September 2021

1st Prize



2nd Prize



3rd Prize



5th Prize

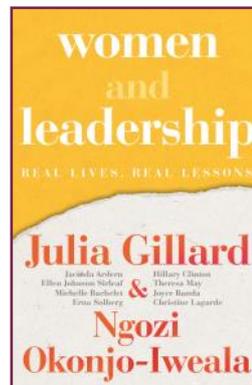
6th Prize



4th Prize



8th Prize



9th Prize

10th Prize



7th Prize



Email: enquiries@zontaparadistrict.org.au

Website: www.zontaparadistrict.org.au



@zontaparadistrictarea



Pam Fletcher 0455 866 408

Club News

To accompany the flyer on page 4, here is the list of prizes in this year's Major Raffle.



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2021 MAJOR RAFFLE

Double bed Quilt made by Chris Houlson	\$550
Bottle of Glenfiddich 15-year-old Single Malt whisky	\$125
Drinks and nibbles picnic table	\$110
Voucher for Drummond's Golf Store	\$100
Large wooden cheese paddle	\$70
Crocheted baby blanket	\$65
Quilted Coverlet set cover	\$55
Quilted bag with bubbles and nibbles	\$50
Signed copy of Julia Gillard's book <i>Women and Leadership</i>	\$45
Bone China Teacup and saucer	\$35

Early bird prize Drawn 7 September

Crocheted large Shawl Value \$125

TICKETS \$5 each

District 23 Area 2 Advocacy Workshop

Hosted by The Zonta Club of Mount Barker

'Moving Forward'

Saturday, 21 August 2021, Hopes Café

The event was designed to take a look at what happens when you are faced with domestic violence and try to access the services available.

With a focus on achieving clarity of where the gaps lie, so we can advocate effectively going forward. Below please a summary of actions, followed by the minutes of the workshop.

SUMMARY OF ACTIONS:

- 1) Clubs working with a domestic violence service, ask the question, Where do they see gaps in their system? What would they like to see us advocate for? What do they need to enable them to do a better job?
By end of Sept direct your replies to Leann, Chris, Jane and Lesley, they will form a proposal.
- 2) Re the Budget, asking every party, not just the one in power. What are you doing, what is in your plans for women's services?
- 3) 16 Days of Activism: Clubs to put together their plans and discuss/share at next Advocacy meeting.

LORRAINE'S STORY:

Lorraine is a girl from the South, who has experienced a lot of domestic violence, it was Lorraine's best friend Karina who committed suicide, and left four children, aged 12, 7 and twins 3 years of age. It was Lorraine who took those children, and the dog, home and looked after them for 9 months
Lorraine shared her 20 years of experience with domestic violence. She left her husband 10 years ago unfortunately she is still quite heavily involved with her ex-partner, due to the family court and his abuse of the system.

Lorraine was part of Southern Action Group, which opened in the South, and Karina was involved as well, as they were both struggling to find services. They found they didn't meet the criteria for the Southern Domestic Violence Services because they weren't in immediate danger.

You can receive six sessions with a counsellor or support service, then your 6 sessions are up, you don't get to work with someone longer term. If you receive another 6 sessions, you end up with a different counsellor, and you have to go through the whole story again.

SALLY McLAREN/CENTACARE:

Sally is an excellent practitioner and manager and has a great understanding of systems and how they work.

We used to have more services in the south, but things changed when the then Labor state government commissioned a review called the McCann Review, there were many cuts proposed in the state health system, which was around the time the service delivery went from a primary prevention model to a clinical model with a one-on-one delivery. From 2013 there used to be the Southern Women's Health Services, not for children, but a centre for women around all issues to do with women, and they helped a lot of people, that service had been there for over 20 years, but in those cuts, we lost those services, in that time, government departments were not able to be part of collaborations or networks, only able to work within SA Health.

In Onkaparinga we had the Onkaparinga Collaborative Approach, and we used to have Centrelink and SA Health and all the major players at that collaboration where we would talk about all major services around domestic violence. After the change it has been an uphill battle, whereby we moved toward a clinical model, i.e., government funds 6-10 sessions for psychologist, with less community type services for families.

Domestic Violence is a very difficult and complex issue, Sally shared a true story, to illustrate why

women don't leave.

Some main points on domestic violence:

- It does not end when you leave.
- It is never black and white, there are different factors in every situation, but there are also similarities.

Women often stay for the following reasons:

- Want family, somewhere to belong
- Want to be loved
- Often perpetrators meet women when they are vulnerable
- Money and friendships have been controlled
- Most perpetrators can be charming and loving
- The perpetrators behaviours are minimised by themselves and their partners
- At the centre of most power-controlled relationships the common belief is that his thoughts/ideas/needs are more important than hers
- The woman doesn't want to be lonely and isolated
- Her self-esteem has been removed
- If they leave they will have no money, no assets, nowhere to live
- They don't want to be a homewrecker
- No job, no money
- Takes a lot to get police to listen
- She is in constant fear or worry, struggling with children, and he has demoralized their mother to them/maternal alienation
- She is unable to work, due to abuse, no confidence, can't even speak to people
- Domestic violence can be shaming, creep up on people, especially with no term of reference
- Religious beliefs, core values
- A deep sense of grief can be experienced, grieving for the lifestyle they had
- Financially disadvantaged when leaving

There are many myths relating to domestic violence, here are some truths:

- Happens in all ages, whether you are religious or non-religious, all social economic groups, cultures, and different areas of the country
- Mental health, alcohol and drugs do not cause domestic violence, but they can exacerbate it
- Family and domestic violence can cause trauma, ongoing and pervasive, it can cause hypervigilance, seeing dangers everywhere.
- The system can continue the abuse in different ways, it is not always fair, it is based on what is legally right, but not morally right, necessarily. It is not trauma sensitive.
- Victims will often experience flashbacks
- DV women are 70% more likely to suffer with mental illness
- Hard to leave, especially when abuse does not necessarily stop

What is available to women when they leave?

Funding around domestic violence is based on homelessness, around crisis management. If you are not at risk of homelessness, they can't really help you.

There was a cut in funding to SAPOL a few years ago around family and domestic violence.

There used to be a family and domestic violence team in most major police stations, now there are only 4, across the whole of Adelaide. No extra funding and no more people.

When the new intervention orders came in, police were able to put in place an intervention order even



The value of your identity

Importance of identity documents

Identification documents, such as your birth certificate, help you to prove your identity when dealing with a range of organisations that look after your personal and sensitive information. For example, you'll need to use ID documents to open a bank account, access services, obtain a passport or apply for a driver's licence. Parents and carers need to present ID documents when enrolling children in kindergarten or school.

It's important to carefully guard your identity documents and information. With your personal information scammers could:

- access your bank account, open new accounts in your name, or take out loans or lines of credit
- purchase expensive goods in your name
- take out phone plans and other contracts
- steal your superannuation
- gain access to your government online services
- access your email to find more sensitive information
- access your social media accounts and impersonate you to scam your family and friends.

A 2019 report by the [Australian Institute of Criminology: Identity crime and misuse in Australia](#) found that an estimated 25 per cent of Australians have been a victim of identity crime. Identity crime can take years to recover from, both financially and personally.

Making your ID documents more secure

Governments are constantly looking at ways to safeguard your information and to prevent important ID documents being copied or used by fraudsters.

New security paper will soon be used for certificates issued by Births, Deaths and Marriages Registries across Australia. The new paper includes state-of-the-art features to keep these important identity documents secure and help protect Australians from identity crime.

Life event certificates are often the primary means for Australians to prove their identity or manage estates in the event of a death. The new features, both visible and hidden, will make these identity documents almost impossible to copy and any attempted tampering will also be easily detectable.

The security features include:

- Five distinct watermarks depicting a cascading eucalyptus leaf, best viewed by holding the document up to the light
- Embedded security fibres that illuminate under UV light
- The word 'COPY' is revealed in the background print when the document is photocopied
- Located in the lower right hand corner of the document, the three letter abbreviation of Australia AUS becomes apparent when viewed by holding the document up to the light.

The new paper will be used for certificates from 2 August 2021.

Information about [applying or a birth, death or marriage certificate](#) is available on the [SA.GOV](#) website.

Tips to protect your identity

Follow these tips to help keep your identity safe from scammers:

- If you're unsure if someone is legitimate, do not provide your personal information.
- Do not send money or provide personal details to anyone you don't know
- Lock your mailbox.
- Shred sensitive documents you no longer need.

Access a free copy of your [credit report](#). If there are loans or debts in your report that you don't know about, it could mean someone has stolen your identity.

More information

For more information or to report a scam, [visit the national Scamwatch](#) website.

This information was published by Consumer and Business Services section of the SA Government, in the Seniors Card *Weekend Plus* publication, issue 213, 6 August, 2021.

An inspirational article.....

Building a fashion brand from regional South Australia by Gabrielle Hall (Courtesy of The Lead)

From her farm just north of Burra, Emily Riggs is building a business based on her passion for the wool industry, her love of horses and a desire to make her mark as a leader in slow fashion.

It appears she is on the right track, with her Iris and Wool clothing label – featuring 100 per cent Australian wool – experiencing a massive 385 per cent sales growth in the past 12 months.

While the COVID pandemic initially hit hard at Iris and Wool's in-store sales across Australia, Riggs said it was now one of the drivers behind the business's incredible growth.

"In the current climate, people are becoming increasingly aware and mindful of consuming less and turning to more quality pieces," she said.

"People in lockdown have turned to online shopping rather than going into an actual shop.

"My marketing has been gaining attention and social media influencers have been seen endorsing Iris and Wool, including Mia Freedman, Emma Hawkins, Elle Ferguson and Catriona Rowntree."

Riggs said she was proud to be able to run her business from rural South Australia, where she lives on a sheep and cropping property with her husband Tom, and her two small children Sam and Lucy.

"I don't feel disadvantaged at all being based regionally," Riggs said.

"I love being able to showcase farm to fashion to our city community.

"I found an interesting statistic recently, that in Australia 83 per cent of Australians list their connection to farming as 'distant' or 'non-existent', and in a world where we have never been more technologically connected this startled me.

"Every day food and fibre is part of our lives and it is pivotal to shaping the world we live in.

"I want to bridge this gap."

Riggs's wool brand has enabled her to combine her passion for fashion with her lifestyle.

"I'm married to a Merino sheep producer and I've always had a love of fashion, so when I was exposed to the Merino fibre I thought, why not combine the two and start my own label all made from 100 per cent Australian Merino wool?" Riggs said.

"I just love that wool is a natural fibre, it's biodegradable and it breathes so well. I believe it's the best fibre in the world and it sells itself.

"Wool is so incredibly versatile: it's not just chunky knits but it also works so well in sportswear and can be really fine gauge which means it's perfect for thin, summer garments.

"I've also been able to incorporate Merino wool into equestrian wear – combining my other passion, horse riding – with some base layer tops as well as wool/cotton jodhpurs, along with a new range of men's and women's Merino wool denim."

There is something else special about Iris and Wool and it is all in the name, a gentle embrace to Riggs's late mother, Jane, whose favourite flower was the Iris.

It is in her memory that Riggs made the decision to donate five per cent of all sales to the McGrath Foundation to support breast care nurses in the community.

"The McGrath Foundation is very close to my heart," Riggs said.

"My mum died from breast cancer at the age of 43. I was just 11 and at the same time, I was having chemo myself for non-Hodgkin's lymphoma.

"We lived in the country at the time and had to move closer to the city for our treatment. It was such a difficult time, and I just think perhaps if mum had access to one of these breast care nurses things might have been different.

"One thing I do know for sure is that mum would have been so proud of what I'm now achieving, delighted that I'm happy and following my dream, and just quietly chuffed I think."

Now a mum herself, Riggs's business has branched out.

A new children's range was launched this year, along with merino wool accessories including hugely popular cable knit gloves and scarves.

"I'm hoping that, eventually, I can use our own wool from the property here in Burra," Riggs said.

"It's something really exciting and something to strive towards, making it a true 'farm to fashion' story.

"I want Iris and Wool to be a global brand and would love to be recognised as a leader in the slow fashion movement, showcasing the amazing qualities of Australian Merino wool to the world."



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- LAUNCESTON
- NEWCASTLE
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- WAIKATO
- WELLINGTON

The savvy way to give!

Buy today and **20% of the purchase** goes directly to our fundraising cause.

SUPPORT US & BUY NOW

Zonta Club of Para District Area Inc.

Order your membership online today! www.entbook.com.au/163j482

“Birthing Kit Drive”

Our Zontians have decided to have a Birthing Kit Drive. As the cost of assembling these kits has risen to \$5 a kit we have used our shopping centre displays to encourage people to donate towards one or more kits. When we have raised sufficient for the minimum 200 kits, we will contact those who have donated and are interested to our assembly day inviting them to participate. We think that this would be one way people could see a direct value in their donation and we could spread the word about birthing kits. It could be made as a donation or present to relatives and friends who really do not need gifts.

Birthing Kit donation form



I want to help save a mother and child by providing the funds for a birthing kit to be assembled and sent overseas to those in need. Each kit costs \$5 to assemble, pack and send.

Name:

Email:

Landline/Mobile number:

I would like to donate \$_____

Please contact me when kits will be assembled as I may like to attend

Yes / No

Thank you for your donation of \$_____ toward the assembling of birthing kits.

We appreciate your support and if you have indicated interest, we will contact you when we organise the assembly day and you will be invited to participate

Please print, complete and return form with payment to:

PO Box 715

Salisbury SA 5108

Donations can also be made as a Direct Deposit

Account Name: Zonta Club of Para District Area Inc.

BSB: 105056

Account Number: 237631040

Please send notification of your donation to Treasurer@zontaparadistrict.org.au



@Zontaparadistrictarea

www.zontaparadistrict.org.au



enquiries@zontaparadistrict.org.au

or contact **Pam Fletcher** 0455 866 408

pamelajune6@bigpond.com

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.

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

MEETING DAYS/NIGHTS (each month) South Australian Clubs

Adelaide	1st Wednesday	Adelaide Flinders	3rd Wednesday
Adelaide Hills	4th Wednesday	Adelaide Torrens	2nd Tuesday
Fleurieu Peninsula	4th Tuesday	Gawler	2nd Wednesday
Noarlunga Southern Vales	4th Wednesday	Mt Barker	3rd Tuesday
Port Lincoln	4th Tuesday	Riverland	1st Tuesday
Lower Eyre		3rd Tuesday	

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

Alternate format/venue is being used until further notice due to Covid-19 restrictions. Please contact President Pam for information regarding meetings.

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