

# Z Files

## December 2022

### From the President:



Hi Everyone,



As we prepare for the December edition of Z Files, we are in the middle of the 2022 16 Days of Activism Campaign.

Zonta clubs across South Australia have combined to put together an amazing calendar of events – focused on advocating for an end to gender-based violence in our community. The signature colour – orange – will be splashed across South Australian communities. It will be used to ice donuts, light up silos, create silhouettes, light up SA icons and highlight displays.

Look out for orange – remember those who have died as a result of a violent partner in the last year, and spread the word so that next year there will be fewer to remember.

Judy has done a fabulous job collaborating with the Burnside City Council to once again create a “16 Days” display in the Burnside Library. Our orange lady silhouettes border the path leading into the library. If you get a chance, please visit the display and show your support for the campaign to end gender-based violence in our community.

### Diary Dates

Date	Event
9 Dec	ZCAT Christmas Party
21 Jan 2023	Amelia Earhart Event
14 Feb 2023	Club Dinner Meeting

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## From the President (Continued)

While we are focused on our vision to “Orange the World”, we also appreciate that we are barrelling headlong into the “silly season”

While most of us are fortunate and enjoy the company of family and friends at Christmas, some women and children in our communities are not so fortunate. We are advocating for a stop to gender-based violence at a time of year when violence and mental health issues are more likely to escalate.

This year consider whether you can help to “Orange the World” over the Christmas and New Year period – perhaps

- Add some orange to your Christmas lights and decorations
- Tie an orange ribbon on your letter box
- Check in with your neighbours – put a Christmas card in their letter box
- Cook a meal for a family in your street
- Volunteer on Christmas Day

As a club we are looking forward to celebrating Christmas on December 13<sup>th</sup> and will then enjoy a short break before our Amelia Earhart event being hosted on January 21<sup>st</sup>.

Our guest speaker for the event is Kerrie Dougherty, and her topic is “Females of the Final Frontier: Celebrating Women in Space”.

Kerrie is a space historian, curator, educator and author of “Australia in Space”. Formerly Curator of Space Technology at the Powerhouse Museum, Sydney, she has 35 years' experience in communicating space to the public through museum exhibitions, outreach programs and writing for both popular and scholarly audiences

This will be a fabulous event – put it in your diary now and make sure you don't miss out!

Best wishes to you all for a Christmas focused on joy and peace

*Jenni Foreman*

Together – we will make the world a better place for women and girls.



## Breast Cushion Project



2022 has been a very active and successful year for the breast cushion project. It was great to be able to hold a couple of "Sip and Stitch" sessions which enabled the combination of work and collegiality. Special thanks to Carol, Shirley and Jenny H who ably assisted me throughout the year with cutting forms, stuffing and sewing.

We were grateful to receive fabric donations from members of the public. I would like to thank Hilton Hemz, Air Diffusion Agencies and the City of Burnside for their support during 2022.

The highlight of the year was our appearance on Channel 7 "Little Ray of Sunshine". Our appearance on this segment focused on the great work that Zonta does in supplying the Breast Cushions and has led to national coverage in "The Senior" (<https://www.thesenior.com.au/story/7993211/cushions-soften-post-surgery-pain/>)



From "The Senior";

Zonta Club of Adelaide Torrens makes about 30 cushions a month, which are supplied to the Breast and Endocrine Centre at Adelaide's Burnside Hospital. McGrath Breast Care nurses pass the cushions onto patients. The club also gives cushions to women in need who may not necessarily be patients at Burnside.

The club's breast cushion coordinator Judy Lovett said the group does it because they like to support women in need.

"There is great satisfaction in women working together to support other women and the Breast Cushion project is just part of this," she said.

"We run this project because there is a very significant demand for cushions."

## 16 Days of Activism

As we go to print, we are actively promoting the issues surrounding gender inequality and Domestic Violence at our display at Burnside Council. Club members are attending the display where possible and report good interest from members of the public. Some Club members have also attended 16 Days events organised by other Adelaide Zonta Clubs.

There has been considerable interest on Facebook promoting the "16 Days of Activism" by Zonta Clubs worldwide in many different formats.



**ZONTA SAYS NO**  
**TO VIOLENCE AGAINST WOMEN**

Welcome to our new Members!

We are delighted to welcome Bronwyn Porter and Marnie Joyce to membership of the Zonta Club of Adelaide Torrens! Marnie has rejoined after a break of a few years so its great to have her back. We look forward to working with both of you in the New Year.





## **Amelia Earhart Afternoon**

Join us to celebrate the achievements of Amelia Earhart and raise funds for Zonta Amelia Earhart Fellowships  
Saturday 21 January 2023, at 1.30 for 1.45 pm  
Venue: Payneham Library & Community Facility  
Address: 2 Turner St, Felixstow

### **Guest Speaker: Kerrie Dougherty**

### **Females of the Final Frontier: Celebrating Women in Space**

Kerrie is a space historian, curator, educator and author of "Australia in Space". Formerly Curator of Space Technology at the Powerhouse Museum, Sydney, she has 35 years' experience in communicating space to the public through museum exhibitions, outreach programs and writing for both popular and scholarly audiences

Cost: \$25, includes a glass of fizz on arrival & afternoon tea  
Book via Trybooking: <https://www.trybooking.com/CDZKH>

## Fundraising Opportunities

### Tupperware



Giving Tupperware this Christmas supports our Birthing Kits project – you give useful gifts and we send birthing kits overseas to women in Africa.



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## Entertainment

### Entertainment Book Sales

Sales of the Entertainment Books continue to be a useful fundraiser for the Club. Note that your membership runs for 12 months from the day of purchase so do consider getting on board. The link for purchase is given below, along with the relevant QR Code.

<https://www.entertainmentbook.com.au/orderbooks/160042m>





Here's a great opportunity for some Christmas gifts! Tickets are \$2 each and all funds remain with the Club. To purchase tickets, go to <https://www.communitylottery.com.au/collections> Click on the "Buy Tickets" button on the top right corner of the website, then search for Zonta Club of Adelaide Torrens. Our page comes up immediately, click on our logo and it takes you to the page to buy your tickets.

As always, the prizes are excellent and the top three prizes are Toyota hybrid cars which is good to see.

Lisa Vardon

The advertisement is split into two horizontal sections. The top section has a dark green background. On the left, it says "A Christmas gift that keeps giving!" in yellow text above a yellow outline of a gift box. On the right, the "People's Choice COMMUNITY LOTTERY" logo is in a red speech bubble. Below the logo, text in yellow and white says: "Buy your family or friends \$2 tickets in the People's Choice Community Lottery this Christmas to show your support for us plus they will go into the draw for a chance to WIN one of 42 prizes worth over \$300,000!". At the bottom right of this section, the website "communitylottery.com.au" is listed in yellow. The bottom section has a light green background. On the left, a dark green circle contains the text "1st Prize". Next to it, a white Toyota Kluger Hybrid GX is shown from a front-three-quarter view. Above the car, the text "Toyota Kluger Hybrid GX" and "RRP \$59,551" is displayed. To the right of the car, an orange circle contains the text "Tickets only" and "\$2". At the very bottom of the advertisement, small white text provides legal information: "Full T&amp;Cs communitylottery.com.au. SA Lottery Licence No. M14289. Vic Raffle Permit No. 10454/22. Declared Organisation No. 58545. ACT Permit No. ACT R 22/00176. NSW Art Union Authority no. GOCAG/2470".



## Malvern Place and Baby Baskets

Last week I visited Malvern Place to deliver some cutlery which had been donated.



I found out that there is a new team leader named Carly Thomson. This explained the reason for emails that I had sent asking whether any more support was required. I explained to Carly the philosophy and aims of Zonta and the specific support provided by our Zonta Club. She was totally unaware of this.

So, I now know that there are two pregnant women being housed at Malvern Place. As one is due to give birth in December Jenny Hatchard will put together a baby bundle that I can deliver in the next couple of weeks.

I explained to Carly the way that the filing kits worked and she is willing to keep supporting women in the use of these. As we have some money in our budget I will put together several more packs and deliver these at the same time as the baby bundle. I also spoke with her about our members who can give support with sewing, knitting and literacy skills, so she will give some thought to how we can provide sessions.

*Carol Pearce*

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## Northern Area Secondary College

A member of my mah jong club belongs to a quilting group. One of the women wanted to pass on excess material. Jenny Hatchard has a friend who also donated material, patterns and threads. So I packed my boot with these. Another of Jenny's friends donated a brand new sewing machine.

Last week I delivered all of these. The faces of the students and other supporters were a delight to see. Cathy, the textiles teacher, will have a quiz to determine who will receive the machine. She will ensure that the recipient sends a thank you note to Jenny's friend.

*Carol Pearce*

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## AFFLIP (Australian Foundation for Fostering Learning in the Philippines Inc.)

I have received an email from Loch Mitchell, who is in charge of scholarships for AFFLIP:

"Thank you for your ongoing, wonderful support of the AFFLIP scholarship program. The purpose of this email letter is to introduce you to your 5 new Grade 4 scholars for the school year 2022-23. 5 of your club's scholarship recipients are now in Grade 5 and 4 are in Grade 6. So this year ZONTA is supporting a total of 14 scholars – truly outstanding!

The current school year commenced late August. It's been a disrupted start because not all schools were ready for a full return to campus when the school year commenced. The aim is to have all students in all schools across the Philippines back in their classrooms by early November.

With this timeline in mind, our collaborators in the 15 Talomo District schools preferred to revert to the original intent for scholarship funds to assist with uniforms, books and other stationery, school fees and extra-curricular activities. We aim to provide you with two progress reports during the next year for all 14 scholars. The first of these should be issued in March 2023 at the end of the first Semester."

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## AFFLIP (Continued)

My understanding is that we have provided funds for these young women to be supported with a scholarship for year 4 only so our club will need to consider whether we can continue to support them for the next two years of their schooling.

Carol Pearce



Sumaiya Said Sulaiman Al Siyabi (Stars of Science)



Jasmine Harrison (Instagram)



Margaret Ramsay-Hale (U/W)



Taylor Swift (Instagram)

### Firsts for Women: October 2022

Zonta International celebrates "firsts for women" in all different sectors in countries and communities around the world.

Looking back on last month, we acknowledge the following women:

- Donna Adams – first woman to serve as commissioner of Tasmania Police.
- Yara Alhagbani – first woman tennis player to represent Saudi Arabia at the professional level.
- Sahar Al-Rumaih – first woman appointed as deputy governor for the Central Bank of Kuwait.
- Sumaiya Said Sulaiman Al Siyabi – first woman to claim the title of top Arab innovator on Qatar Foundation's *Stars of Science*.
- Kasey Badger – first woman referee to take charge of a men's Rugby League World Cup game. She has been a referee for Australia's National Rugby League (NRL) since 2019.
- Carolyn Bertozzi – first woman Harvard College graduate to win Nobel Prize. She was one of three scientists awarded the Nobel Prize in Chemistry for the development of click chemistry and bioorthogonal chemistry.
- Mia Bhuta – first woman of Indian descent to appear in a World Cup game for U.S. Soccer.
- Mariam Saleh Bin Laden – first woman, first Arab and first Saudi to swim across the Red Sea between Saudi Arabia and Egypt.
- Maria Sole Ferrieri Caputi – first woman to referee a Serie A soccer match.
- Cardi B – first woman rapper to earn two 11-times Platinum certificates and first woman rapper to have more than one song surpass Diamond status.
- Liz Dawson – first woman to serve as president of the New Zealand Olympic Committee.
- Annie Ernaux – first woman from France to win the Nobel Literature Prize.
- Pauline Ferrand-Prévot – first woman rider for Ineos Grenadiers, a British professional cycling team that competes at the Union Cycliste Internationale (UCI) WorldTeam level.
- Colonel Antoinette 'Toni' Gant – first Black woman to serve as a division commander in the U.S. Army Corps of Engineers and the first active-duty Black woman to reach the rank of Brigadier General in the history of the Engineer Regiment.
- Jasmine Harrison – first woman to swim the entire length of the United Kingdom from Land's End to John O'Groats.
- Jessikah Inaba – first blind, Black, female barrister in the United Kingdom.
- Cynthia Ishimwe – first woman to officiate a Beach Soccer Africa Cup of Nations match.
- Laura Kavanagh – first woman to serve as commissioner of the New York City Fire Department (FDNY).
- Nicole Aunapu Mann – first Native American woman to launch into space and the first woman to command a SpaceX Crew Dragon spacecraft to the International Space Station (ISS).
- Giorgia Meloni – first woman prime minister in Italy.
- Cathy Merrick – first woman grand chief of the Assembly of Manitoba Chiefs.
- Divya Nettimi – first woman to launch a billion-dollar hedge fund.
- Margaret Ramsay-Hale – first woman chief justice of the Cayman Islands.
- Zeinab Rezaie – first Afghan woman to complete the Ironman World Championship.
- Filiz Saraç – first woman elected president of the Istanbul Bar Association.
- Taylor Swift – first person to have five albums debut with over 1 million units sold in their first week in U.S. Nielsen history and the first artist to claim all top 10 entries on the Billboard Hot 100 in a single week. She is also the first female artist to have 11 albums debut at #1 on the Billboard 200 and the most streamed artist in Spotify history.
- Jessica Watkins – first Black woman to complete a long-term spaceflight.
- Elizabeth Wichmann – first woman air traffic control manager for the Federal Aviation Administration at The Eastern Iowa Airport.
- Anna May Wong – first Asian American to appear on U.S. currency.

As an organization that has fought for gender equality for more than 100 years, Zonta International believes it is important to celebrate and honor women who are making history. Each month, we will recognize women who have broken the glass ceiling and set an example for future generations to come.

Do you know of a first for women moment that should be recognized? Share with us at [pr@zonta.org](mailto:pr@zonta.org).

1 NOVEMBER 2022

## Zonta Club of Adelaide Torrens



### Leadership Team

President: Jenni Foreman

Vice-President: Judy Lovett

Treasurer: Jenny Weaver

Secretary: Prue Cowled

Board Member:

Jenny Hatchard

Website: [Under construction](#)

Facebook:

Zonta Adelaide Torrens

Mailing Address:

P.O. Box 142 Kensington Rd.,  
Kensington Park, 5068.

Email: [ATZonta@gmail.com](mailto:ATZonta@gmail.com)

Our meetings are held on the  
second Tuesday of the month at  
The Republic Hotel, Norwood.  
6.00p.m. for 6.30p.m.

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## 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 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 serve their communities, their nations and the world.

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### Saying of the month;

“A good life is when you:

- Assume nothing,
- Do more
- Need less
- Smile often
- Dream big
- Laugh a lot and realise how blessed you are”

From “The Soul Journey” with Sarah Moussa and supplied  
by Shirley Lamb

