

# ADELAIDE HILLS "GLOBE"

NEWSLETTER JUNE 2009 ISSUE 243 ABN 26 402 475 242

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

**BUSINESS NAMEPO BOX 117, FULLARTON SA  
5063**

## PRESIDENTS REPORT

Hello everyone,

The Conference is fast approaching and those members attending have organised their transport and accommodation. It is not too late, however, to register and join in the fun and fellowship.

What an inspiring speaker we had at the July meeting. Sabitra Kaphle is a doctoral student at Flinders University who works in primary health care in her home country of Nepal and has an amazing story to tell. It was sobering to hear first hand, and to see pictures, of the difficulties faced by women giving birth in remote regions of her country. I found it especially sad that the mother could not be touched, after the delivery, until a week had passed.

On a lighter note, it

seemed that almost our entire club contingent had been on a holiday in the past month to places near and far. As Raelene said "Who's running the country?" Alice Windle has agreed to be convenor of PR and Communication as Arlene is unable to continue in this role due to pressure of work. Thankyou for your contribution to date Arlene and we are pleased that you will continue to contribute to this committee.

The fundraising committee are hard at work and our next fundraiser will be the "Guess who's coming to dinner?" at the end of the month and members have also started to arrange their individual events and projects to convert \$10 into \$100 (or more). This was a good excuse for me to get some friends around for soup (and a

glass or two of wine) by the fire on a rainy Saturday recently, introduce them to Zonta and raise some money at the same time. I know other club members are arranging innovative ways to fund-raise too.

We are all excited about the Domestic Violence Rapid Response Alarms that we are supporting for the Adelaide Hills districts and the project will be placed on the White Ribbon Foundation website. We are looking forward to having a tour of the police station to see how the system works in practice and Jane will let us know when this will take place.

I would like to remind all members that you may attend board meetings if you wish. You would be most welcome.

Love to you all,  
Di Bartel

## **GUEST SPEAKER: SENIOR CONSTABLE SAM MASSEY—DV ALARMS**



**Zonta Club of Adelaide Hills Inc**

Member of Zonta International

*Advancing the Status of Women Worldwide*

### BOARD 2009—2011

**President:** Di Bartel

**Vice President:** Sherry Proferes

**Secretary:** Raelene Gaffney

**Treasurer:** Margaret Bunfield

**Directors:** Beryl Lester

Lynley Evans

Jane Abdilla

Tamra Dempsey

### MEETING DUTIES

**Chair:** Di Bartel (Pres)

**Minutes:** Barbara Waddell-Smith

**Thanks and Objectives:**

Heather Broad

**Cashier:** Anne Fuller

**Hostess:** Doone Winnall & Alice Windle

**Intro of Guest Speaker:** Jane Abdilla

**Vote of Thanks:** Kristina MacAulay

**All members**

**Please bring a gold coin donation for the raffle**

### **Dinner Meeting Wed August 26**

Belair Country Club  
Upper Sturt Rd.,  
Belair  
6.45 for 7pm start

Cost \$28

Please call Doone Winnall by Monday before the meeting if you unable to attend  
8278 2676

If you fail to advise of your inability to attend you will be invoiced.

## LIDS FOR LIMBS

Some of our newer members may have wondered why some of our club members have been seen bringing fused ring-tabs to meetings.

One of our past members brought to our attention the "Lids for Limbs" project. This project is Australia wide and was originally brought to Australia by a Rotary Club in Western Australia. It is also referred to as "Lids for Legs" in some literature.

The "Lids for Limbs" project supports the work of Thailand's Dr. Thedchai Jivicate who has developed a process of making artificial limbs entirely from recycled material. The limbs are provided free to the people of Thailand living in impoverished, rural areas who have been the victims of landmines left over from wars in Cambodia and Burma. These wars have left thousands of innocent victims, particularly children, maimed for life.

The material being used by Dr. Jivicate to make the artificial limbs is recycled ring tabs off aluminium cans. The rings contain titanium, silicone and copper. Just half a kilogram of ring tabs will produce a limb for a child. The cost of a limb is ten times the weekly wage of a rural worker, so to defray the cost Dr. Jivicate has turned to the concept of recycling ring tabs.

Dr. Jivicate works for the Prosthesis Foundation at Chaingmai University's Faculty of Medicine. He is head of the Mobile Artificial Legs Production Unit. He has been making artificial limbs since 1966 and travels throughout Thailand providing free services to rural villages.

All ring-tabs are useful in the project. Your rings from baked beans, fruit, tomatoes, etc. Beer cans, soft drink cans, pet food – anything with a ring pull tab.

The ring-tabs can be easily removed from the lid by holding the lid with a cloth and twisting it, being careful not to cut yourself. There will be a container at the dinner meetings for you to leave your ring-tabs, or give them to Anne Fuller.

You can involve your family and friends in the project, and appreciation certificates will be given to those family members who have contributed a number of ring-tabs at the end of the year.



## Domestic violence cycle

A pattern of behaviour, known as the 'cycle of violence', can often be identified in domestic violence situations (see figure 1). However, it is important to remember that not everyone's experiences are the same. Sometimes a 'phase' does not occur, or two or more 'phases' can occur simultaneously.

### Build-up Phase

In the build-up phase, tension increases and is often marked by increased verbal, emotional and/or financial abuse, poor communication and isolation. In a non-violent relationship, these tensions can often be resolved.

### Stand-over Phase

In a domestic violence situation, the build-up usually leads to a stand-over phase, where the violent partner uses both their strength and the belief in their 'right' to dominate, in order to control and 'put down' their partner.

### Explosion Phase

When an offender commits domestic violence it can be likened to an 'explosion'. This is the most dangerous period and can involve; physical, sexual and verbal violence as well as threats, intimidation and coercion.

### Remorse Phase

The remorse phase is often marked by the offender feeling ashamed of what has happened, or they may be afraid of the consequences. The offender may seek to justify the behaviour or minimise their actions by blaming others.

### Pursuit Phase

During the pursuit phase, the offender often promises never to be violent again and may try to win back their partner with gifts and promises. They may threaten to kill themselves, claiming they could not live without their partner. If these tactics do not work, the offender can also revert to the use of more threats and violence.

### Honeymoon Phase

This can lead to the honeymoon phase where the relationship appears to be working - the 'incident' is forgotten and no abuse is taking place. However nothing is resolved and it is only a matter of time until tensions begin to build up and the offender's behaviour can escalate from controlling and abusive to dangerous. Victims have described this period like 'walking on eggshells' that can continue until another explosion occurs and the cycle starts again.

This cycle can occur hundreds of times in an abusive relationship. Each stage lasts a different amount of time and the total cycle can take anywhere from a few hours to a year or more to complete. Typically, the violence escalates over time with the interval between each phase shortening. It is common for the honeymoon phase to become shorter, the longer the relationship continues. In some cases, this phase will become non-existent.

### Break the cycle

Domestic Violence is against the law, Police will support victims and hold offenders accountable for their actions. Police encourage all victims of domestic violence to contact police on 000 (in an emergency) or on 131444 for police attendance.

**Toni Castley**  
**Business Development**  
**Manager / Personal Alarms**



**WEST COAST**  
**SECURITY**  
Telephones & Data

Think smart, think West Coast Security  
**Telephones & Data**

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 **TEL:** (08) 8682 0048

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**PORT LINCOLN 5606**

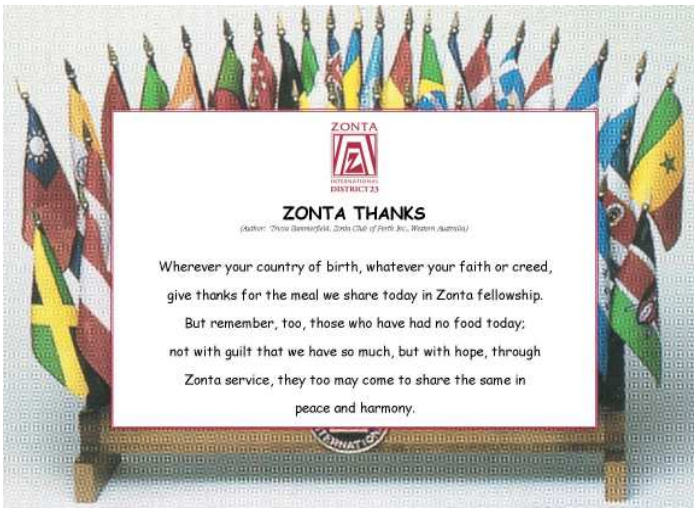
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- Zonta Objects*
- To improve the legal, political, economic, health, educational and professional status of women; through service and advocacy.
  - To work for the advancement of understanding, goodwill and peace, through a world fellowship of executives 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 programmes and to provide mutual support and fellowship for members who serve their communities, their nations and the world.



*HAPPY  
BIRTHDAY*

September 5th  
September 7th

Judy Little  
Doone Winnall

A fundraising event for Hamlin Fistula Relief and Aid Fund  
Supporting the work of the Addis Ababa Fistula Hospital

# JOURNEYS

A CELEBRATION OF WOMEN IN SONG & DANCE  
Sunday 13th September 2009, Higher Ground, Adelaide

Featuring award winning singer/songwriter  
**HEATHER FRAHN**  
& her choir Born on Monday

plus one of Australia's best known bellydancers  
**NAYIMA HASSAN**

Also featuring Feelso... (Catherine Blanch & Caroline Perks)  
Nikolina & Bojana / Comedienne Lori Farmer / Claire Gurry  
Studio Flamenco / Women with Latitude / Rowey G

Silent Auction / Henna Tattoos by Humna Mustafa / Glamour makeup /  
Tasty food and drinks / fully licensed venue

proudly supported by all proceeds go to

Higher Ground, 9 Light Square, Adelaide. Doors open at 5.30pm. Performances from 6pm-11pm  
Tickets \$15+booking fee or \$20 at the door. Concession \$10. Tickets available at [www.moshix.com.au](http://www.moshix.com.au)  
1300 GET TIX (438 849) or on your mobile at [www.moshix.mobi](http://www.moshix.mobi) and all moshix outlets

Rockin' Highway Halloween with  
**Chocolate Rush**

Building the dance and  
feel good hits  
of the 60s to 90s.  
Dance | Party | Sing Along

Door & Refills  
Prices  
Complimentary  
first drink

Presented by  
**Zonta Club of Adelaide Hills**  
Saturday October 31 2009  
7:30pm - 12pm  
**The Highway**  
290 Anzac Hwy, Plympton  
Tickets \$30 available from the Highway or Zonta Adelaide Hills  
Light supper provided

**Tickets will be available at the Dinner Meeting**



## The Importance of Walking

Walking can add minutes to your life. This enables you at 85 years old to spend an additional 5 months in a nursing home at \$7000 per month.

My grandpa started walking five miles a day when he was 60. Now he's 97 years old and we don't know where he is.

I like long walks, especially when they are taken by people who annoy me.

The only reason I would take up walking is so that I could hear heavy breathing again.

I have to walk early in the morning, before my brain figures out what I'm doing..

I joined a health club last year, spent about 400 bucks. Haven't lost a pound. Apparently you have to go there.

Every time I hear the dirty word 'exercise', I wash my mouth out with chocolate.

I do have flabby thighs, but fortunately my stomach covers them.

The advantage of exercising every day is so when you die, they'll say, 'Well, she looks good doesn't she.'

If you are going to try cross-country skiing, start with a small country.

I know I got a lot of exercise the last few years,..... just getting over the hill.

We all get heavier as we get older, because there's a lot more information in our heads. That's my story and I'm sticking to it.

## DIARY DATES

Please read this and put the dates in your diary

### AUGUST

29 Guess Who's coming to Dinner

### SEPTEMBER

9 Board Meeting  
20 City to Bay Walk/Run  
23 Dinner Meeting at Belair Park Country Club  
24 District 23 Board Meeting Ballarat  
25–27 District Conference at Ballarat

### OCTOBER

31 Chocolate Rush at the Highway

### NOVEMBER

27 Pancake Night

## MEETING NIGHTS—LOCAL CLUBS

Adelaide	1st Wednesday	Adelaide Flinders	3rd Wednesday
Adelaide Hills	4th Wednesday	Adelaide Torrens	4th Tuesday
Clare & District	3rd Tuesday	Fleurieu Peninsula	4th Tuesday
Gawler & Districts	3rd Monday	Noarlunga S. Vales	4th Wednesday
Port Lincoln	4th Tuesday	Para District	1st Tuesday