

# Zonta Club of the Adelaide Hills Inc

FEBRUARY 2009 ISSUE 239

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## Zonta Club of Adelaide Hills Inc

Member of Zonta International

*Advancing the Status of Women Worldwide*

### Club details

Club No.23.02.1180

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## President's Report

We have a great fund raising event coming up this week end – so make sure you are going to be at The Highway on 21<sup>st</sup> February to hear Chocolate Rush do their stuff! If you don't want to dance, just listen and enjoy the beat, chat to your friends and partake of a glass of champagne. This dance is now in aid of the Victorian Fires as well as our other Zonta Projects. It gives more meaning to what fund raising is all about when we can help people in our own country who have endured so much heartbreak – and no doubt with much more to come.

If you have not let Di Bartel have your ideas on new projects you would like the club to support – there is still time. Spread your wings, think outside the square. Fund Raising too is an area where new ideas are always welcome. Put all your ideas and research in writing – we want this Zonta year to be the best yet!

You will be hearing in the next two weeks from a member of the Nominating Committee. Try and make time to meet over a coffee so that you can really have a good in depth discussion on your

views of our club and the part you feel you can play over the next two years.

Paula Loriet, President of Zonta Club of Noarlunga Southern Vales and I met for coffee last week to discuss our joint meeting in March. Their members are looking forward to being with us and joining in this event which now has reached the "annual" bracket! Make sure you are in attendance so that we can give them our usual big "Adelaide Hills" welcome!

Hasta luego  
Beryl Lester

### MISSION:-

Zonta International is a global organisation of executives and professionals working together to advance the status of women worldwide through service and advocacy.

### Dinner Meeting Wed Feb 25th

*Belair Country Club  
Upper Sturt Rd.,  
Belair.*

*6.45 for 7pm start*

**Cost \$26**

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

\*\*If you fail to notify your inability to attend you may be invoiced for \$30

### Meeting Duties:

**Chair** Beryl Lester (Pres)

**Minutes** Lynley Evans

**Thanks and Objects**  
Barbara Waddell-Smith

**Cashier** Judy Little

**Hostess** N/A

**Intro of Guest Speaker**  
N/A

**Vote of Thanks** N/A

**All members**

**Please bring a Gold coin donation for the raffle.**

## Zonta International 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.

### Guest Speaker

No Speaker

### Planning Meeting

## Thanks

Wherever your country of birth, whatever your faith or creed, give thanks for the meal we share today in Zonta fellowship.

But remember too those who have had no food today, not with guilt that we have so much, but with hope through Zonta service, they too may share the same in peace and harmony.



## Guest Speaker at the January meeting Jodie Benveniste



A young wife sat on a sofa on a hot humid day, drinking iced tea and visiting with her Mother. As they talked about life, about marriage, about the responsibilities of life and the obligations of adulthood, the mother clinked the ice cubes in her glass thoughtfully and turned a clear, sober glance upon her daughter. 'Don't forget your Sisters,' she advised, swirling the tea leaves to the bottom of her glass. 'They'll be more important as you get older. No matter how much you love your husband, no matter how much you love the children you may have, you are still going

Our Guest Speaker, Jodie Benveniste, whose topic was WORK FAMILY FLOW has published two books, runs workshops and speaks about her profession of Parent Wellbeing talked mainly about attaining inner happiness. 50% is in our genes and we cannot do anything about that, 10% is circumstantial

but it is the remaining 40% that we can train to improve our feeling of wellbeing. The guidelines were: G for Gratitude (appreciate what's good in life) O for Optimism (looking at the positives in a situation) E for Engagement (being in the moment - thinking about past

and future positive experiences) S for Signature Strengths (the person that you are - not what you are good at) Jodie gave us a little task to do each day, or week. Write down Three Good Things, and acknowledge where the goodness came from.

### A message about SISTERS

to need Sisters Remember to go places with them now and then; do things with them." Remember that 'Sisters' means ALL the women...your girlfriends, your daughters, and all your other women relatives too. 'You'll need other women. Women always do.' What a funny piece of advice! the young woman thought. Haven't I just gotten married? Haven't I just joined the couple-world? I'm now a married woman, for goodness sake! A grownup! Surely my husband and the family we may start will be all I need to make my life worthwhile! But she listened to her Mother. She kept contact with her Sisters and made more women friends each year. As the years tumbled by, one after another, she gradually came to understand that her Mom really knew what she was talking about. As time and nature

work their changes and their mysteries upon a woman, Sisters are the mainstays of her life. After more than 50 years of living in this world, here is what I've learned:  
 THIS SAYS IT ALL:  
 Time passes.  
 Life happens.  
 Distance separates.  
 Children grow up.  
 Jobs come and go.  
 Love waxes and wanes.  
 Men don't do what they're supposed to do.  
 Hearts break.  
 Parents die.  
 Colleagues forget favours.  
 Careers end.  
 BUT.....  
 Sisters are there, no matter how much time and how many miles are between you. A girl friend is never farther away than needing her can reach.

When you have to walk that lone-some valley and you have to walk it by yourself, the women in your life will be on the valley's rim, cheering you on, praying for you, pulling for you, intervening on your behalf, and waiting with open arms at the valley's end. Sometimes, they will even break the rules and walk beside you...Or come in and carry you out. Girlfriends, daughters, grand-daughters, daughters-in-law, sisters, sisters-in-law, Mothers, Grandmothers, aunties, nieces, cousins, and extended family, all bless our life!  
 The world wouldn't be the same without women, and neither would I When we began this adventure called womanhood, we had no idea of the incredible joys or sorrows that lay ahead. Nor did we know how much we would need each other.

### Birthing Kit Korner

The Birthing Kit project is progressing ahead of plan. At our recent planning day meeting it was encouraging to review our strategic plan for the period 2007 - 2011 to see we had achieved 90% of our targets already.

With regard to our Rotary partnership we have had NO registrations of interest on our website. This was the only area of disappointment for the foundation. We know of a proposal from clubs in the USA for 4000 kits for Ethiopia which will take another 6 months to materialise. We are hopeful for support as Rotary clubs organise their projects and budgets for the next year after June 30.

The positive side is the increased PR in local papers about our project, and Rotary working with Zonta and the foundation.

The monitoring teams to Ethiopia, Vietnam and Tibet are finalising their itineraries and vaccinations.

There is much on the agendas to be achieved by these teams. Going to Ethiopia are Di Bartel and Joy O'Hazy, and to Vietnam and Tibet are Maggi Gregory and Jenny Weaver. Last year, the team to Vietnam was able to get over USD\$27,000 in support for training programs in the south and for the supply of locally made kits in the north.

Probably the most exciting thing happening at the moment is the development of the new website. It will be more interactive and should be up and running by late March. There will be facilities for secure online donations and renewal of membership, as well as a world map where it is possible to google exactly where the kits are going. There will also be videos or the training seminars in Kenya and of the monitoring trips, as well as much more information about the individual projects in each country.

This is very exciting.

Regards Julie



Birthing Kits being distributed in Chad



Midwife in Tibet with Kits



New Mum outside hut, Vanuatu



Midwife with a kit in Kenya

## Meeting Nights Local Clubs

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



## Composition of Committees 08-09

**Finance & Fundraising: Convenor - Linda A'Bear**, Marilyn Little, Jo Wilsen, Lisa Thorne, Heather Broad, Rachel Bonython, Coraine Sopru, Yvonne Shinnors, Jill Davis

**PR & Communications: Convenor - Lynne Willis**, Kristina Macaulay, Raelene Gaffney, Alice Windle. **Webmaster - Sherry Proferes, Newsletter - Lisa Thorne**

**Service & Status of Women: Convenor - Tamra Dempsey**, Jane Abdilla, Barbara Waddell-Smith, Anne Waddell-Smith, Jill Heylen, Lorna Caire, Judy Little, Anne Fuller,

**Organization, Extension, Membership & Classification: Convenor - Sherry Proferes**, Jill Barrington, Janet Stephenson, Doone Winnall

**Nominating Committee: Lynley Evans**, Marilyn Little, Sherry Proferes

## Club Projects

### International:

Zonta International Service Projects

Alola Foundation donation

World Vision (Sponsor Child)

### District 23:

Birthing Kit Project

Breast Care Cushions

### Local:

Bramwell House

Book Awards to local High Schools

Donation to Special Olympics World Games-Rhythmic Gymnastics Program

Lids for Limbs Program

Family Entertainment Bags

Assisting local Refugees

Sponsorship of young women in a specific field

## Dates for your Diary

**Feb 21**

**Highway Rock with Chocolate Rush**

**April 4**

**Area 2 Workshop  
Council Chambers  
City of Victor Harbor,  
Encounter Bay**

## Joke of the Month - Women and Aging

It is important for men to remember that as women grow older, it becomes harder for them to maintain the same quality of housekeeping as when they were younger. When you notice this, try not to yell at them. Some are oversensitive, and there's nothing worse than an oversensitive woman.

My name is Dave. Let me relate how I handled the situation with my wife, Peggy. When I retired a few years ago, it became necessary for Peggy to get a full-time job along with her part-time job, both for extra income and for the health benefits that we needed. Shortly after she started working, I noticed she was beginning to show her age. I usually get home from the golf club about the same time she gets home from work. Although she knows how hungry I am, she almost always says she has to rest for half an hour or so before she starts dinner. I don't yell at her. Instead, I tell her to take her time and just wake me when she gets dinner on the table. I generally have lunch in the Men's Grill at the club so eating out is not reasonable. I'm ready for some home-cooked grub when I hit that door. She used to do the dishes as soon as we finished eating, but now it's not unusual for them to sit on the table for several hours after dinner.

I do what I can by diplomatically reminding her several times each evening that they won't clean themselves. I know she really appreciates this, as it does seem to motivate her to get them done before she goes to bed. Another symptom of aging is complaining. I think

For example, Peggy will say that it is difficult for her to find time to pay the monthly bills during her lunch hour. But, boys, we take 'em for better or worse, so I just smile and offer encouragement. I tell her to stretch it out over two or even three days. That way she won't have to rush so much. I also remind her that missing lunch completely now and then wouldn't hurt her any (if you know what I mean!). I like to think tact is one of my strong points. When doing simple jobs, she seems to think she needs more rest periods. She had to take a break when she was only half finished mowing the yard. I try not to make a scene. I'm a fair man. I tell her to fix herself a nice, big, cold glass of freshly squeezed lemonade and just sit for a while. And, as long as she is making one for herself, she may as well make one for me, too. I know that I probably look like a saint in the way I support Peggy. I'm not saying that showing this much consideration is easy. Many men will find it difficult. Some will find it impossible! Nobody knows better than I do how frustrating women get as they get older. However, guys, even if you just use a little more tact and less criticism of your aging wife because of this article, I will consider that writing it was well worthwhile. After all, we are put on this earth to help each other. Signed, Dave  
EDITOR'S NOTE: Dave died suddenly on May 27 of a perforated rectum. The police report says he was found with a Calloway extra long 50-inch Big Bertha Driver II golf club jammed up his rear end, with barely five inches of grip showing, and a sledge hammer lying nearby. His wife Peggy was arrested and charged with murder. The all-woman jury took only 15 minutes to find her not guilty, accepting her defense that Dave somehow, without looking, accidentally sat down on his golf club very quickly.

## Newsletter Cameo—Joy O'Hazy



Salesians – Secondary / Adelaide Uni - Tertiary

**3. How many siblings?** 1 brother and 2 sisters

**4. What is your happiest memory?** Summer time down at the beach.

**5. If you were having a dinner and could invite any 3 guests who would they be?** Barack Obama, Harrison Ford & Yvette &

Sue - my sisters ( don't make me choose) .

**6. What is your favourite Adelaide restaurant?** Regattas Bistro, on the side of the River Torrens.

**7. If you weren't at work where would we find you?** Taking classes /practicing /organising or performing music .

**8. What is your profession** Medical Practitioner

### 9. What are you reading?

What is America , This is your brain on music and National Geographic's – Mysteries of the Maya.

### 10. What brought you to Zonta?

When I was 28, Heide Taylor introduced me to a network of intelligent women from many areas of endeavour in my neighbourhood who were interested in Status of Women issues internationally.

**1. Where were you born?** Adelaide

**2. Where did you go to school?** St John Bosco - Primary / St Mary's &

**Happy Birthday**  
For March

Marilyn Little Barbara Waddell-Smith

Yvonne Schinner Jane Abdilla



## Birthing Kit Foundation

**You can become a member of the Foundation for \$25**

Please speak to Margaret Parsons Julie, Monis-Ivett, Joy O'Hazy or Di Bartel