

ADELAIDE HILLS "GLOBE"

NEWSLETTER MAY 2011 ISSUE 255 ABN 26 402 475 242

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PRESIDENTS REPORT

Hello everyone,

As we approach the Handover Dinner this month we can look at taking the club forward with a strong membership base and increasing our involvement in improving the lives of women in our community and nationally. A new executive was elected at the AGM and, with Sherry as our new President, we will be in very good hands. I look forward to the change and new ideas that this board will bring to the club.

Many of the committees have held meetings and have begun to act on the ideas that were generated by our two planning sessions. Thank you for all the good ideas and to Jane for

organising this for us.

There has been some publicity generated through the YWPA award with articles in two local Hills newspapers. Diane Strutton has been tireless in getting our name out there. We may hear from Amanda Salha at the Combined Legislative Awareness and Advocacy Group Forum next month on 5 June so we have provided many opportunities for her in the process of winning this award.

The film afternoon on Sunday was a great success and I would like to thank all the fundraising committee for fitting in this last event and to all members for bringing along your friends and relatives again to support us. The two quilts that were in the raffle were beautiful.

As you are aware, Lynley is leaving the club and this is her last newsletter. She has made a significant contribution to our club over many years and will be missed by us all. Thank you, Lynley, and we hope that we will see you return to the club in the future.

Thank you all for your help and support during the last two years. I have enjoyed my role and have learned much about the workings of our club and the Zonta organization in general and I would encourage everyone to think about stepping up to a leadership role.

Love to you all,
Di Bartel

GUEST SPEAKER:

HELEN PITT

TOPIC:

**STRENGTH IN ADVERSITY—
WOMEN WITH DISABILITY IN
ETHIOPIA**



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 Objects: Corraine Sopru

Cashier: Tamra Dempsey/Margaret Bunfield

Hostess: Lynda A'Bear/Lynley Evans

Into Guest Speaker: Joy O'Hazy

Vote of Thanks: Julie Monis-Ivett

All members

Please bring a gold coin dona-

Dinner Meeting Wed May 25

Belair Country Club
Upper Sturt Rd.,
Belair

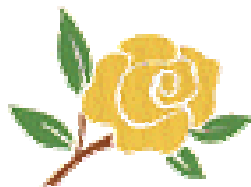
6.45 for 7pm start

Cost \$26

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

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

ZONTA CLUB OF THE ADELAIDE HILLS, INC



The members invite you to join us for the

HANDOVER DINNER
Induction of Incoming Board by
Area Director, Erica Majba

WEDNESDAY 25 MAY 2011

Belair Park Country Club,
Starting at 6.30pm

Guest Speaker: Helen Pitt
Topic: Strength in Adversity –
Women with Disability in Ethiopia.

Cost: \$26 per person

Guests and partners welcome.

RSVP 23 May 2011
Doone Winnall – 8278 2676

11th District 23 Conference



**Melbourne,
7 - 9 October 2011**

DIARY DATES



4 June 2011
25 June 2011
7-9 October 2011

CLAAG Meeting
New Members afternoon
11th District 23 Conference—Melbourne

HAPPY BIRTHDAY



**MONTH OF
MAY/JUNE**

Tamra Dempsey
Jill Langford
Joy O'Hazy
Margaret Parsons

FEISTY

A feisty 70-year-old woman had to call a furnace repairman. After a quick inspection the man put some oil into the motor and handed her a \$70 bill for labor.



"Labor charges!" she exclaimed. "It only took you five minutes."

The repairman explained that his company had a minimum one-hour charge on every house call.

"Well, I want my remaining 55 minutes of labor," the lady responded, and she handed him a rake. The repairman spent the next 55 minutes in her yard bagging leaves.

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
The Riverland	1st Tuesday		

Domestic Violence and Self-Esteem – Low Self-Esteem Linked to Domestic Violence

Importance of Self-Esteem in Preventing Domestic Violence in Future Generations From Toni Collinson

In many cases, self-esteem and domestic violence go hand in hand. Low self-esteem can be brought on by a variety of factors, and can be a serious issue for women (and men) who are victims of domestic violence.

Contrary to what many believe, domestic violence is not just about physical violence. It can also include sexual abuse, emotional abuse, financial abuse, and stalking. Basically, domestic violence offenders always feel the need to be in control of their victims. The less in control an offender feels, the more they want to hurt others.

If victims of domestic violence have low self-esteem, it can cause them to stay in an abusive relationship. This can lead to serious injuries and even death. Maria Phelps, a survivor of brutal domestic violence and the blogger behind A Movement Against Domestic Violence, notes:

Self-esteem alone cannot combat domestic violence. A woman with high self-esteem can be affected by domestic violence, but I feel that the woman with better self-image will be more empowered to leave a relationship where there is abuse, and that is the important thing to focus on.

Women with low self-esteem feel that they cannot do better than the situation they are in, which makes them far less likely to leave than a woman who has high self-esteem and can stand up for herself. Domestic violence offenders tend to prey on women who have low self-esteem, realizing that the victim will want and need them no matter what they do.

Because of the connection between self-esteem and domestic violence, it is critical to teach children about self-esteem. According to Overcoming.co.uk, a website that focuses on mental health issues, "Crucial experiences that help to form our beliefs about ourselves often (although not always) occur early in life." It is therefore essential that children are introduced to the concept of self-esteem at an early age. In order to help prevent domestic violence in future generations, children need to understand if what they are feeling is healthy, and learn positive ways to feel better about themselves.

Alexis A. Moore, founder of Survivors In Action, observes:

Women don't leave because of fear and self-esteem. Most women, if we ask them to say the truth, are fearful of going out on their own. It's a self-esteem issue primarily that is compounded by fear that they can't make it alone without their batterer.

Offenders are very aware of this and use it to their advantage. If an abuser feels that his partner is becoming more empowered to leave, he'll turn on the charm to convince the victim that he actually does love her, then take something away from her to control and dominate her. That something could be the victim's right to money or privacy, or any number of other rights. He may tell the victim that she's nothing compared to him, causing the victim to feel vulnerable and afraid. Even if a victim seems like she has nothing else to lose, an offender can still find something to control and that usually has a significant impact on the victim's self-esteem, causing her to stay with her abuser for just that little bit longer.

Women dealing with domestic violence need to remember that they are not alone. Friends and family members of victims should provide ongoing reminders that they can get out of the situation and lead a normal life. Victims need support to feel empowered to live a life free of violence.

Phelps, who was battered for years by her husband -- a teacher and a martial arts black belt -- knows how hard it is to leave. Yet she has one response to domestic violence victims who ask what they should do:

The only answer to this question is to run. It is never the right choice to stay in a relationship where there is abuse involved. A victim of domestic violence should form a safety plan and get out of the situation at the first chance they can.

Every victim of domestic violence needs to remember that it doesn't matter how small and vulnerable your attacker makes you feel. You are worth more and deserve to be treated with respect and dignity...just like everyone else.

New Positions for 2011 - 2012

EXECUTIVE

President: Sherry Proferes

Vice President: Tamra Dempsey

Treasurer: Margaret Bunfield

Secretary: Anne Fuller

Directors: Di Bartel, Raelene Gaffney, Lynda A'Bear

COMMITTEES

FINANCE & FUNDRAISING

Coraine Sopru	Margaret Bunfield
Joy O'Hazy	Kristina Macaulay
Jane Abdilla	Marilyn Little
Di Bartel	Janet Stephenson
Janet Stephenson	

ORGANISATION, CLASSIFICATION & MEMBERSHIP

Doone Winnall - Convenor

Jill Barrington	Beryl Lester
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Julie Monis-Ivett	Lisa Thorne
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PUBLIC RELATIONS

Jill Langford – Newsletter /Bulletin Editor

Di Lancaster	Tamra Dempsey
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Heather Broad	Margaret Parsons
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SERVICE

Jill Heylen - Convenor

Di Strutton

Jo Wilson

Raelene Gaffney

Lorna Caire

Barbara Waddell-Smith

Judy Little

Anne Fuller

LEGISLATIVE AWARENESS & ADVOCACY

Lynda A'Bear - Convenor

Diane Strutton – Young Women in Public Affairs

ARCHIVES

Doone Winnall

HISTORY

Doone Winnall

Barbara Waddell-Smith

BREAST CUSHIONS

Lorna Caire

PARLIAMENTARIAN

Jane Abdilla

PUBLIC OFFICER

Beryl Lester

WEBMASTER – Sherry Proferes

PLEASE NOTE: if anyone is unhappy with their position to please let the board know what their concerns are so that we can address them

MEMBERSHIP AFTERNOON

Venue: Home of Beryl Lester,
Time: 2.30—4.30 pm
Date: June 25th, 2011



Please bring a plate to share.

New members are not required to bring anything other than themselves.

A cheque for \$500 has been sent to Carla Tongan for her project as was agreed at the planning day.

We have approved a donation of \$200 to a young high school student from the country to assist her to attend a leadership workshop and camp in NSW.

We have purchased and delivered a baby cot and mattress and mattress cover to Bramwell House. So our service projects are moving right along and we are using the funds that we have raised for our projects.

A selection of storage goods will be available for purchase at the May dinner meeting

Enjoying His Dinner

A woman is enjoying a good game of bridge with her girlfriends one evening. “ Oh, no! I have to rush home and fix dinner for my husband! He’s going to really be ticked if it’s not ready on time.”

When she gets home, she realizes she doesn’t have enough time to go to the supermarket, and all she has in the cupboard is a wilted lettuce leaf, an egg, and a can of cat food. In a panic, she opens the can of cat food, stirs in the egg, and garnishes it with the lettuce leaf just her husband is pulling up.



She greets her husband and then watches in horror as he sits down to his dinner. To her surprise, the husband is really enjoying his dinner.

“Darling, this is the best dinner you have made for me in forty years of marriage. You can make this for me any old day.

Needless to say, every bridge night from then on, the woman made her husband the same dish. She told her bridge cronies about it and they were all horrified. “You’re going to kill him!”they exclaimed.

Two months later, her husband died.

The women were sitting around the table playing bridge when one of the cronies said, “You killed him! We told you that feeding him cat food every week would do him in! How can you just sit there so calmly and play bridge knowing you murdered your husband?”

The wife stoically replied, “I didn’t kill him. He fell of the mantel while he was licking his paws....”

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.

