



NewsFlash



May2020



Dear District 23 Zontians,

I'm so proud of you all. You've taken up the challenge the world has thrown at us over the last three or so months and continued to enact Zonta business in the best possible circumstances for your clubs and members. Well done!

Last week I installed three new club boards via Zoom, held a meeting for all club presidents, attended my own and other club's AGM's and general meetings, and spent some time with an Area Meeting of presidents. I travelled to Bendigo, Melton, Geelong, Melbourne and South Australia—all from the comfort of my study, and perhaps with a glass of wine or two! Plus a few more places to visit before the end of the month.

As we start to work our way to some sort of "new normal", I know you will all take with you what we've learned recently. Connections and concern matter. Zonta business can be done efficiently in an electronic environment. You can have an effective, albeit different, club meeting via Zoom. As we move forward I've no doubt there will be many discussions at club level about keeping some aspect of electronic business. Perhaps those members who may be in an at risk group may continue to attend meetings via Zoom, when small numbers of members may be able to gather together.

As we slowly work towards meeting face to face again, please ensure you follow your state regulations to the letter. 10 people means 10, not 11!

Fundraising

Unfortunately one of the more problematic aspects of clubs not operating in their normal fashion has been the loss of most of our fundraising endeavours, and this will likely affect clubs for some time to come. In a discussion with Presidents earlier this week, some fundraising ideas were raised, including:

- Wine or chocolate drives where orders can be placed online
- Members donating some or all of their dinner costs that are currently not being expended
- Online raffles or lucky number draws (check your own state regulations on permits required etc).

Email Communication

Over the course of this biennium we have looked at efficient ways of disseminating information to members, and have settled on MailChimp for our Newsflash and also where we wish to email every member directly. General communications are sent via normal email channels directly to clubs. I am always conscious of the many emails we all receive and have tried very hard to only send relevant and timely information without too much repetition. MailChimp gives us the ability to have statistics on the open rate of distributions. For my last update, which had important information for all members, we only had an open rate of 61%, so there is room for improvement. I'd love to see the open rate higher for this Newsflash!

Business without Convention

Zonta International have advised that all business requiring voting by delegates will be carried out 3—8 July 2020. This does not mean a delegate has to be available for the whole 6 days, only that voting will be open for that period.

Delegate and alternate notification need to be advised to ZI by 15th May. If you are having difficulty with this process it is important you contact your Area Director.

There will be training offered for delegates and alternates once the platform to be used for the process has been agreed upon. Further detail will be provided in due course. The new Zonta International/Zonta International Foundation Boards and Governors will be installed on 17th July, which is when the new biennium will commence.

Coming Events

Join District 23's first Webinar.

In lieu of our Area Meetings the District 23 Board will be offering a Zoom Webinar to all members on Saturday 30th May. The webinar will run for approximately 2 hours. Registration will be via TryBooking. There is no charge. Along with some specific D23 general business we have engaged the following speakers:

- Loren Days – Director, Practice Leadership, Our Watch
- Shani Cain—D23 YWPA recipient, now CEO of Oaktree.
- Christine Hepburn—D23 Advocacy Chair

Whilst we may be all be a bit "Zoomed Out", we hope this webinar will be something a little different, informative and entertaining. Please join us!

Training for incoming club office bearers.

Areas 1 & 4 in Victoria have an active Past Presidents Group. Each year the group present a training day—Building Better Boards. We are offering training sessions via Zoom across the whole district on Saturday 13th June for the following positions: President—presenter Beryl McMillan Treasurer—presenter Lyn Symons Secretary—presenter Debbie Schmidt Open to those who are currently mid term in one of the above roles, or about to step in to a role. Registration details will be sent to club presidents.

Again, thank you all for adapting your Zonta lives to suit our current circumstances. You are all doing a great job.

CENTENNIAL ANNIVERSARY
ENDOWMENT CAMPAIGN

BELIEVE • INVEST
EMPOWER

PIP Val Sarah
CAEC Committee Member



Dear Zontians

As we near the end of our very special Centennial biennium, the ZI Endowment Committee has been reviewing the Centennial Anniversary Endowment Campaign, and we'd like to share our thoughts with you.

Historically, Zonta International has had an Endowment Fund since 1988. It was designed to put unallocated service funds to good use. Quietly accumulating gifts during the intervening years, the Fund had reached **one million US dollars** by 2014.

At that time a formal Centennial Anniversary Endowment Campaign was raised, and it was considered that the Fund needed a critical mass of **ten million US dollars** to generate sufficient interest from the investment for a worthwhile project to be undertaken.

Once achieved, action would then be recommended by the elected ZI/ZIF Board of the day, and presented at Convention for approval by the voting body.

Overall, the Fund now stands at half our target total, and is an amazing achievement when we consider that Zontians are

- paying increasingly higher fees and dues
- giving one-third of the funds they raise to the Zonta International Foundation to meet our obligations to finance international Award Programs and Service Projects
- injecting a *further* two-thirds into their local communities worldwide, *then*
- giving as individuals, as members of their Clubs and Districts
- pledging future gifts, and
- enrolling in the Mary E. Jenkins 1919 Society.

It is generally believed that a campaign of this nature will take a decade to become a reality.

It is breaking new ground for individuals and for the Organisation.

It *has* broken new ground for all of us! We now have an active, formal Endowment Fund.

As the Centennial Anniversary biennium draws to a close, the Campaign will cease but the Fund lives on and we offer our heartfelt thanks for all that you have done to create a new reality for Zonta.

With your gifts, we can ensure our ability to offer hope of a better life through financial support to women and girls, their families and communities ... in perpetuity.

THANK YOU!

PIP VAL SARAH



ENDING CHILD MARRIAGE ([from the ZI website](#))

Worldwide, almost 650 million women alive today were married before their 18th birthday and an estimated 280 million more girls are at risk of becoming brides. If current trends continue, the number of girls and women married as children will reach nearly 1 billion by 2030

Child marriage is a global violation of human rights that can be found in cultures, religions, ethnicities and countries around the world. Recognizing that only a long-term strategy will ensure the desired outcomes, UNICEF and UNFPA

have joined forces and formally launched a multi-country initiative to protect the rights of millions of the world's most vulnerable girls. The [Global Programme to End Child Marriage](#) brings together governments, civil society, families and young people in a collective effort to prevent girls from marrying too young and to support those already married as girls.

To date, more than 1 million girls have been reached through life skills and school attendance support and 1.67 million individuals have been engaged in

community-based behavior change and sensitization activities



Area 1

Di Hillman

Area Director 2018-2020



It has been amazing to see clubs so readily accept and adapt to the current limitations. All clubs are using the Zoom platform to conduct both General and Board meetings, with a few also running "Wine and Cheese" catch-ups.

After celebrating our Centennial last year, there was a feeling that if our organisation was to continue for another 100 years, then a new outlook was required. While the current situation was undoubtedly not part of the thinking, nonetheless, here we are, confidently adopting new ways of communication.

In January, Mornington held a very successful brunch as their Amelia Earhart event. Excellent speakers and delicious food complemented the great organization.

International Women's Day was recognised by clubs in various ways and many members attended community events. Sadly, our Area Meeting Day in Ballarat was unable to go ahead because of current restrictions.

All clubs are implementing strategies that will allow them to continue functioning and remain open to our communities.

Our "hands on" projects of Breast Cushions and Birthing Kits are ideal for this time, as they can be completed individually at home. Fundraising will prove a challenge but new ideas are being sought and members are encouraged to think outside the square. The possibilities are there.

Conducting AGMs on line has certainly been different but just as rewarding.

I encourage all those taking up new Board positions to continue being creative and confident as you lead our clubs into the next biennium.



ZCME participated in this IWD activity at their March meeting, highlighting the theme #EachforEqual.

DISTRICT 23 BOARD 2018-2020

GOVERNOR

Jane Adornetto

LT GOVERNOR

Sandra Burns

SECRETARY

Debbie Schmidt

TREASURER

Lyn Symons

ZI LIAISON

Christina Rylander Bergqvist

AREA 1 DIRECTOR

Di Hillman

AREA 2 DIRECTOR

Eronwy Edwards

VICE AREA 2 DIRECTOR

Lynda A'Bear

AREA 3 DIRECTOR

Faith O'Brien

AREA 4 DIRECTOR

Catherine Taylor

AREA 5 DIRECTOR

Georgie Hutchinson

Area 2

Eronwy Edwards
Area Director 2018-2020



Lynda A'Bear
Vice Area Director 2018-2020



What interesting times! As recently as 14 March members of the Zonta Club of Port Lincoln relaxed together after another capacity packed IWD and Presentation of Women of Achievement Awards brunch. Little did everyone know that this way of doing things would come to a halt for the foreseeable future.

New times bring new ways, but for members of the Zonta Club of Adelaide it has led to a reversion to women's traditional ways. When they realised that the usual fund-raising methods would not be possible with social distancing, an imaginative former chef decided that a return to the past may be the way to go. The club has already raised over \$2000 this year from the sale of jams and preserves she has made.

Members source the glass jars and ingredients, and arrange the marketing, orders and distribution. The club prides itself on sustainability with recycled glass jars and packaging

materials.

Across SA, our twelve clubs are transforming and finding that some new ways of doing things may have advantages. Member communication and well-being has been a priority, especially when many members are struggling. There has been much shared learning so that we can continue our work in Zonta within our clubs and within our communities and beyond.

Clubs have held on-line meetings, discussion groups and chats, and plans are underway for the 2020 Area 2 Advocacy Workshops to continue in an online format.

I express my pride in the way club leaders and members in all clubs have shown such resilience and inventiveness while also maintaining a wide range of valuable service projects.

Eronwy E



Zonta Club of the Riverland's Zoom meeting



Zonta Club of Port Lincoln members relaxing after a successful IWD Brunch



Zonta Club of Lower Eyre members and guests made and flew paper planes at the Amelia Earhart Brunch at the Port Lincoln Airport

Area 3

Faith O'Brien

Area Director 2018-2020



Area 3 Clubs started 2020 showing strength and determination. The **Zonta Club of Bunbury** held a very successful "Music in the Park" afternoon on 12 January. A fabulous garden setting with the weather behaving itself and helping to provide an enjoyable and entertaining afternoon for a large crowd.

This was followed by the **Zonta Club of Peel** holding an Evening Cocktails event for an Amelia Earhart presentation. A great venue on the canals of Mandurah, an evening enjoyed by all.

March saw most clubs host International Women's Day functions with each event having inspirational speakers. Well done to the clubs for the very successful events that were held – a great way to spread the word of the work of Zonta International.

It was unfortunate that world events intervened, and the Area 3 2020 Workshop was forced to be cancelled. All Area 3 clubs are coping well with adapting to a new method of conducting meetings. **Zonta Club of Dunsborough** Committee enjoyed their meeting with a difference. It has been a challenge for each club to include all members into these meetings, but with perseverance (and each club seems to have a "tech savvy" person to help) the clubs are succeeding.

Each club is utilising Zoom, email and phones, to keep in contact with individual members as well as to conduct their committee meetings. It is encouraging to see that there have also been several new members inducted during these electronic meetings. .

I am confident that with the enthusiasm members are showing at tackling the different ways of keeping contact and conducting Zonta business, it will go well towards encouraging more younger women to consider becoming members.

The **Zonta Club of Swan Hills** have individual members (and friends) in isolation busy sewing Breast Care Cushions. It is fantastic to see the different and individual ways each club is utilising, to keep members informed and enthusiastic, and women and families throughout many communities are benefitting because of "isolation".

I wish all our clubs well in their AGMs and Changeover meetings and look forward to helping to welcome in the new Presidents and their Boards.



Zonta Club of Dunsborough "Meeting with a Difference"



A group of guests participating and enjoying the Zonta Club of Bunbury event where the Guest Speaker was Graham Edwards AM.

Zoom Induction

New member Sue Martins receives her badge, roses and new member pack from ZC Perth President Carole Theobald (note social distancing!)

Sue was inducted by Zonta International Director Judy Gorton during the Zoom Club Meeting



Area 4

Catherine Taylor
Area Director 2018-2020



Not so long ago all Clubs were starting their Zonta year and looking forward to their dinner meetings, International Women's Day Breakfast and Dinners, fundraising projects and all things Zonta! I was excitedly looking in my calendar at the clubs I would be visiting. In a few short weeks, we have all turned into eClubs. When I first heard about eClubs years ago, I thought they would be a great idea for someone living in far flung areas of our country, but here we are.

I need to congratulate all Area 4 Presidents and members for embracing new technology like Zoom and WebEx and having their meetings online. Some clubs are having happy hour and morning and afternoon teas in order to stay connected with their members and I believe this is a great idea.

Some clubs have already conducted their Annual General Meetings, which have all worked extremely well. Next, clubs will be having their Changeover Meetings and I am available via zoom to swear in new Boards if needed.

Even though fundraising events have come to a halt, some club members are finding innovative ways of keeping up with their Service projects with members producing breast cushions and assembling birthing kits at home.

One event I did get to early in March was Wangaratta's International Women's Day Year 11 Girls Career Breakfast with Governor Jane.

This was a great occasion with year 11 students from the North East Tracks LLEN (Local Learning and Employment Network), plus students from Wangaratta, Yarawonga and Rutherglen who heard three keynote speakers speak about their careers. Local Business and trades people sat with the students and will act as mentors throughout the year.

Governor Jane spoke about the District 23 Young Women in Public Affairs Award and presented it to Madalynn Baumanis, who is the 2019 District 23 recipient. Madalynn was inspirational when she addressed those in attendance and spoke about them being ready to accept their careers which may make some twists and turns in order to get where they want.

This Breakfast was excellent and a real credit to the Zonta Club of Wangaratta.

Our next President's Meeting is in May and I look forward to seeing many smiling faces then!



Left is Area 4 Director, Catherine Taylor, District 23 YWPA Award winner, Madalynn Baumanis, District 23 Governor, Jane Adornetto and ZC Wangaratta President, Christine Haddrick

Area 5

Georgie Hutchinson
Area Director 2018-2020



After the energy generated from the Centennial celebrations in 2019, Area 5 Clubs started the year with a burst enthusiasm.

In January, clubs held planning meetings to set goals, tease out fundraising ideas and develop Calendars of Events.

The **Zonta Club of Devonport** held a formal meeting and actually had a greater attendance than any other month! Starting the Zonta year in January was definitely viewed favourably!

A new initiative by the **Zonta Clubs of Hobart and Hobart Derwent** was to hold a High Tea on January 11 to celebrate the achievements of Amelia Earhart. Guest speakers were a young female flying instructor and a retired female pilot who demonstrated a drone. Everyone enjoyed the occasion and the scrumptious high tea!

Zonta Club of Cradle Coast held their AGM in March before Alwyn Friedersdorff relocated to the mainland. A huge thankyou to Alwyn for all that she contributed to the formation and viability of this new club. We wish you well! The club is developing good links with UTAS and looking at supporting girls in a STEM Coding activity. Meeting nights are now first Tuesday of the month and the club's 'Coffee chats' at a local café have been replaced with Zoom meetings.

Unfortunately, the **Zonta Club of Devonport's** 21st Breast Cancer Awareness Breakfast on April 7 had to be postponed, but members continue their service in the community by volunteering with Meals on Wheels and preparing and delivering meals for Loaves and Fishes.

The **Zonta Club of Launceston** continues to be the conduit for Area 5 with RANT to support the Women's' Art Prize Tasmania, but this year's Opening in Launceston on April 3 was not able to proceed, but the art had been judged and the event will still tour the state as planned later in the year. The club's **Making Opportunities Real** through **Education** will support two young female artists. Many thanks to President Sue Dyson, who is now stepping down after kindly being President for three years.

The **Zonta Club of Hobart** were fortunate to hold their Bunnings BBQ fundraiser before restrictions were put in place, and they held their AGM early in April by email.

The **Zonta Club of Hobart Derwent** also held an electronic AGM with excellent reports and efficient Nominating Committee procedures. Many thanks to Wendy Quinn and her Board who have completed their terms. The club is using Zoom regularly to connect with members.

Like Zonta Clubs throughout the world, clubs in Area 5 are being innovative and resilient, but looking forward to life back on the bright side. Stay safe everyone.



Carol Fuller from the Zonta Club of Launceston received the City of Launceston's 2020 Citizen Award



Members of the Zonta Club of Hobart Derwent before social distancing. looking forward to working together again soon.

Membership

Sandra Burns
D23 Governor Elect 2019-2020
Membership Chairman 2018-2020



It is exciting to see Clubs in our District inducting new members via Zoom. As clubs take to this new way of operating it is encouraging to see that potential members are also joining in the discussions via Zoom. This is a great sign for our organisation and opens up opportunities for those who may not have been able to attend face to face dinner meetings but feel they can join in from home or their office. Anecdotal it appears the club meeting attendance via Zoom has exceeded the usual dinner attendance numbers. There is also an opportunity to invite past members to join in your meetings as you may find that electronic meetings may now appeal to them.

As of April we have 802 members across the District. This is lower than the 833 we had at the start of the

biennium and last May, of 815. Many clubs have worked hard to increase membership but retaining members must be a priority for us all. With the loss of one club last year, we now have 37 clubs in the District.

Membership across areas:

Area 1 95; Area 2 249;
 Area 3 174; Area 4 194;
 Area 5 90

There are 15 Young Professionals in our clubs and listening to and encouraging the ideas of these members will enliven our projects. At the start of our second century we must embrace change and given the opportunity, these new members will inspire us to move in different directions. Clubs have also been encouraged to invite former award recipients to join. Consider putting invitations to club dinner/ Zoom meetings on your Facebook page. Other clubs sponsor members to encourage diversity and have sponsored indigenous youth and overseas students as members.

As we come to the end of our Zonta year, it is every important to encourage continued membership. We should support those who may face short term financial constraints by offering a payment plan by the club.

Some clubs have generous members who anonymously support a member with fees to help them through a difficult time. Membership fees to District and Zonta International still need to be paid but at a club level you have the means to assist with this. I remind clubs to offer Zonta Individual Membership as an alternative to club membership for a resigning member.

Give special care to current members to keep them engaged with the club. Setting up a phone or Zoom system to ensure each member receives a call from someone in your club weekly. Coffee via Zoom.

The District still have some Zonta 100 pins so when inducting new members please ensure you obtain these from your Area Directors.

There is much work to do to empower and improve the lives of women and there is no shortage of people in our communities who believe in our mission. We need to embrace them and be flexible in the way we encourage them to join us. Transition, Change and Opportunities, the new theme for the next biennium, will allow us to explore a variety of options for membership .



28 members, a new member, a ZI Individual member and 2 potential members on the zoom meeting.

Service

Jasmine Koch
Service Committee Chairman
2018-2020



D23 Service Projects @home

Zonta sewing bees and birthing kit assembly days held in groups may be on hold for the moment but the need for breast cushions and birthing kits has not diminished.

Are you bored staying at home? Looking for something uplifting to do?

Well, look no further...

The Birthing Kit Foundation Australia has introduced Kits at Home to enable individuals to assemble lots of 40 kits in their own homes. Refer

KITS @ HOME :

<https://www.bkfa.org.au/get-involved/kitsathome/>

There are 2 ways kits can be assembled/ordered.

In lots of 200 @ usual kits \$5 each (\$1000) or Earth Kits @ \$10 each (\$2,000)

Supplies are delivered to 1 destination, prepacked in lots of 40 so 5 people can collect supplies, make them at home and return to the collection place.

In lots of 40 @ usual kits \$5.75 each (\$230) or Earth Kits @ \$11 each. (\$440)

Supplies are delivered to each place and collected when completed. The transport costs are higher and that is reflected in the increased costs.

Because of COVID 19, all kits will be quarantined

The opportunity also exists to make ZONTA breast cushions@home. What can you do? Can you sew and do you have a sewing machine? If you don't sew, can you iron on logos and stuff cushions?

Different stages of the breast cushion making process can be completed in isolation in your home and then delivered to the next person in the production team and ultimately the completed cushions delivered to hospitals. A club breast cushion coordinator would organise supplies for both sewers and

non- sewers. A minimum of two in a team – a sewer and a non-sewer.

It won't be the same as a group sewing bee, but you will be using your time productively and have the satisfaction of knowing you are helping others. Zonta breast cushions are an 'essential' item and highly regarded by BCN and recipients.

Don't forget to observe strict personal hygiene:

- Wash hands thoroughly with soap and water and dry thoroughly or clean hands using an alcohol based hand sanitiser.
- Keep smoking, food and drinks away from the area.
- Clean surfaces/equipment with disinfectant.
- Wipe the delivery bag with disinfectant.
- Store cushions in bag for a few days before delivery to next participant in the production team or if completed, delivery to hospitals.

Contact the hospital you normally deal with to find out if there are any special arrangements/new procedures to enable delivery of the cushions.

ZONTA BREAST CUSHIONS @ HOME

Hygiene instructions

Observe strict personal hygiene by washing hands thoroughly with soap and water and dry thoroughly or clean hands using an alcohol based hand sanitiser.

Smoking, food and drinks must be kept away from the area.

Clean surfaces/equipment with disinfectant.

How long does Coronavirus last on surfaces?

Response from the World Health Organisation:

'It is not certain how long the virus that causes COVID-19 survives on surfaces, but it seems to behave like other coronaviruses. Studies suggest that coronaviruses (including preliminary information on the COVID-19 virus) may persist on surfaces for a

few hours or up to several days. This may vary under different conditions (e.g. type of surface, temperature or humidity of the environment).

If you think a surface may be infected, clean it with simple disinfectant to kill the virus and protect yourself and others. Clean your hands with an alcohol-based hand rub or wash them with soap and water. Avoid touching your eyes, mouth, or nose.'

Under experimental conditions, it was found that the virus remained viable in air for **three-hours** and was not detected on various types of surfaces after the number of hours shown below:

| Hours | Type of surface |
|-------|---------------------------------|
| 3 | fabric, porous |
| 4 | copper, wood |
| 24 | cardboard |
| 72 | metal, stainless steel, plastic |

Clean hands thoroughly and only touch the components of the breast cushion you are working on and sewing equipment – do not touch clothes, face, hair or anything else. If you do, please wash and dry hands again.

Wipe the delivery bag with disinfectant. Store cushions in bag for a few days before delivery to next participant in the progressive production line or if completed, delivery to hospitals.

Contact the hospital you normally deal with to find out if there are any special arrangements/new procedures to enable delivery of the cushions.

Another option, if convenient, is for the BCN to collect from a club member's front doorstep

Zonta International Foundation (ZIF)

Margaret Lynch

ZIF Ambassador 2018-2020

With only a few months left in this our centennial biennium it gives me pleasure to update you on the achievements of our Clubs in District 23.

As at the end of **MARCH 2020** the total giving by D23 Clubs and Individuals to International Projects, ZISVAW, Awards, Scholarships, and Rose fund was **US\$77,196.59**

- 46% of Clubs in District 23 have donated to the Endowment fund, a total of **US\$43,880.54**
- By the end of this biennium **100% of Clubs** in D23 will have donated to ZI.
- The total numbers of individual members donating has increased from 8% to **now over 15%**



This is a great achievement and a testament to the ongoing commitment and generosity of Zontians in D23. On behalf of the Zonta International Foundation I extend a big thank you to each and every member of D23.

Also, in relation to the increased numbers of individual donations, I received from the Foundation recognition pins for Zontians reaching milestones in their overall donations. I had hoped these would be given out at our Area meetings but as these have not taken place they are now in the post or with your Area director to distribute.

As we move towards the end of the biennium I encourage each and every one of you to log onto the Zonta

website to see the updated stories and videos being shared on the dedicated website pages of the international projects. Here you will also find stories regarding the site visits. There are also several 'Zonta Talks' that cover the projects.

It is not too late to donate more to the Foundation and you are strongly encouraged to do this online. Go to zonta.org/donate.

Once again thank you all for your continued support of the Zonta International Foundation.



Mental Health First Aid Project Update

Judy Rothe

MHFA Project Coordinator 2019-2020

Thank you to the three D23 Zonta clubs that have accepted the challenge to pilot the new Mental Health First Aid project:

ZC Kyneton - Area 4

ZC Melbourne South East - Area 1

ZC entral Goldfields - Area 4

As you would imagine, the project is not able to be delivered at this time due to current physical distancing requirements.

However, we know that there is going to be a huge need in the community for Mental Health First Aid skills, not just now, but in the months to come following this current crisis.

Every year, one in five adult Australians will experience a mental health problem. This summer Lifeline <https://www.lifeline.org.au/> received a sustained 10-15% increase in calls as a result of the bushfires, and now they are now receiving up to 3000 calls a day (that's a call from an Australian in crisis every 30 seconds) with 23% of calls discussing novel coronavirus.

Our pilot clubs are being supported by the D23 MHFA project Coordinator, Judy Rothe, to continue their planning for the project from isolation where possible, so that when the time is right we are able to roll out the project in a timely way and be responsive to the needs of women in our communities at this time.



If any other clubs would like to take the opportunity to look at this project, the MHFA project guide is the best starting point, which can be found under 'Service Projects' on the D23 website: zontadistrict23.org.au. This manual is now available to all D23 Zonta club members.

Please contact me if you need any assistance .

Advocacy

Christine Hepburn
Committee Chairman 2018-2020



It is exciting to be a part of an organisation with 100 years of service and advocacy history. This means we have a considerable amount to reflect on and be proud of.

It also means we have an exciting future to focus on. To be part of an organisation that now has the opportunity to continue great work into the future, albeit in a different way to those first 100 years.

One thing we can count on is that change is our constant companion, and change is happening at a faster pace than ever. Regardless of whether it's within a commercial organisation, small business, or Zonta, change is ours. It has always been that way, otherwise we would still be wearing corsets and advocating for the right to vote, taking ships to London instead of flying there within 24 hours, cranking engines instead of driving keyless cars. The list of changes is an extensive one.

We can choose to resist change, preferring to look back on "how things used to be", or we can look forward and disrupt the status quo to design "how we will do things to thrive into the future".

Kodak was once a household name, while owning a Blackberry was the choice of most executives. These two organisations didn't look inward and evolve with the changing world around them, so today we not only don't own one of their products, many in our midst no longer even know their brand name. No matter how comfortable we may be with what was, nothing is gained by driving forward while looking into the rear view mirror. If we give it a chance, each change soon becomes our new familiar.

One thing that is a constant is the need for us to continue our advocacy, so it's important to evaluate how we in District 23 embrace change, for us to help each other look forward, and to continue in ever evolving ways to support those who need us to advocate on their behalf. We are blessed with having the internet, telephones, online platforms, with a world of information at our fingertips. In Zonta we have great minds paired with the enthusiasm for making a difference. Advocacy issues and opportunities are always available to us, just as there are many ways to continue taking up these issues.

One small way we have adapted to need is to record the D23 Area Workshop Advocacy presentation with the aim of making it readily available for online access and use within your own club. There also is the potential for Area clubs to come together on Zoom to share in workshoping the presentation.

Keeping engaged with our purpose and moving forward is consistent with Zonta values. It's simple to achieve if we continue to hold virtual versions of club meetings to identify, develop and action advocacy opportunities.

For example, we can listen to our local news and research local community issues to identify those fitting with our D23 goals or ZI guidelines. There are issues such as mental health, domestic violence, forced child marriage, issues relating to the increased use of alcohol, homelessness, a range of isolation issues for individuals or groups within our communities, superannuation etc. Local radio interviews are often available to us, and these can be conducted via the telephone.

Our social media pages can share links to local resources, guidance, help etc. For instance, one link we can share in Tasmania is <https://www.women.tas.gov.au> where a range of information specific to women is available. With the internet at our fingertips, compiling suitable links for your own area is easily done.

Everyone benefits if Clubs share their advocacy ideas and actions with their Area Director to forward on and Club Presidents' speak with other Presidents on what they are doing or to ask questions of each other. Let's reach out. Often, we hear the words "we are all in this together" and those words mean even more when we add the word Zonta.

We can still partner with like-minded organisations to support their submissions, or we can make phone calls, write letters and send emails from wherever we are. For instance, these calls, letters and emails can go to our local or State Government representatives. New ways to take action or pursue our connections with others will be discovered if we regularly evaluate our parameters. Women and girls need our support so let's explore possibilities and demonstrate our resilience.

D23 is maintaining a partnership with, and contributing to, advocacy opportunities with eS4W and some of its member organisations, despite our diverse geographical locations. Some of what we're doing may now look different, yet we continue to achieve our goals. Brainstorming new ways to operate is yielding surprising results.

If you look at the eS4W website, <https://www.security4women.org.au>, you will find a list of member and partner organisations who may operate in the fields you've identified. In this case, visiting the website of one of those organisations you may uncover submissions they've made to Government that can be endorsed or added to.

Let's move forward together. I can't wait to see each of your clubs share how adaptable you are.

With the ongoing spirit of Zonta, continue to support and empower each other, stay safe, stay well, stay uplifted, and most of all, thank you for your commitment, energy, enthusiasm and future focus!

Amelia Earhart Fellowship

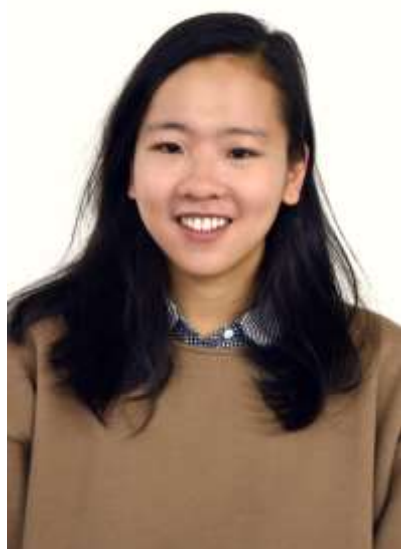
Belinda Wise

Co-ordinator 2018-2020



The Zonta International District 23 2019 Amelia Earhart awardee is Dea Daniella Wangsawijaya. In January 2020 District 23 Governor Jane Adornetto presented Dea with her wings and certificate at the Zonta Club or Mornington Peninsula's Amelia Earhart function.

It has been my honour and pleasure to interview Dea.



Can you tell us a little more about yourself and what you like to do in your spare time – any hobbies outside of work that you enjoy?

I enjoy reading in my spare time. Jane Austen is always a favourite (she's very witty!), but currently I'm reading Primo Levi's book when I take a break from thesis writing. I also enjoy crocheting and cycling. I cycle to uni, and sometimes my friends in lab arrange a cycling and camping trip over the weekend; that is always good fun. I enjoy jazz, opera, and movies.

Usually, I watch an opera and a few jazz concerts/sessions in a year, and if I have time I go to the cinema or film festival (if any) over the weekend.

I have read that you crochet for the Royal Women's Hospital. Can you tell me more about the baby bundles?

This is designed to help new parents who are experiencing unfortunate circumstances. Volunteers crochet or knit things that a newborn needs: blankets, sweaters, booties, beanies, and some toys. The Royal Women's collects these from volunteers and bundles them into parcels that will be distributed to those in need. Although, I have to say that I haven't been active since last year (I am finishing my PhD, but I'm hoping to help again after I submit my thesis.)

You were born in Jakarta, do you still have family there?

Yes, I do. My family live in Jakarta.

With your field of work studying the physics of turbulent flows, how did you become interested in this field?

It's a long story. Aeroplanes fascinated me as a kid (they don't fall from the sky, after all). However, I grew up in the 90s – I'd never seen a female pilot or a female engineer back then. Pilots were always a man wearing sunnies and that white shirt with striped epaulettes. The engineer was always a man wearing a yellow helmet, looking over a blueprint. My parents did not encourage me either; they had hoped that I would be a (medical) doctor. And then, completely by chance, I saw a Japanese drama titled "Good Luck!" that was aired on an Indonesian TV channel (<https://www.imdb.com/title/tt0399971/>). The drama centred around a (male) first officer and a (female) flight mechanic. I was fascinated, and for the first time, thinking: I can actually pursue this as a profession. This is why, I think, the work that Zonta does is very important: helping girls to pursue their

education and helping women who work in a (still) very much male-dominated field. In my personal experience, this has never been truer. You can't be what you can't see. Initially, I wanted to become a pilot, but I am short-sighted and not tall enough. Besides, flying school is very expensive! I decided to do my undergrad in aerospace engineering instead. I went into the program knowing nothing and expecting nothing. As any other undergraduate program in aerospace engineering, I had to study fluid mechanics and aerodynamics extensively over the course of 4 years. The physics of fluids is governed by Navier-Stokes equations: a set of 3 equations that tell us how the mass, momentum, and energy are conserved in fluid flows. Very concise, and yet they reveal so many things. When it was time to decide on my final project, I decided to take fluid mechanics project, which continued throughout master program Turbulent flow is one of many subjects in fluid mechanics. It is chaotic; the physics are complex, and, according to Richard Feynmann, one of the most important unresolved problems in physics. So I went in as a PhD student at The University of Melbourne, at that time, knowing very little about it.

What are your goals for the future in your field of work?

I would like to continue working as a researcher, which means that it can go in two ways: either I work as an academic in university or conduct research in a research facility. In my case, this will be an experimental facility, such as wind tunnel. We'll see what happens.

(cont'd)

Amelia Earhart Fellowship

(cont'd)

What exactly are turbulent flows and how do they work?

Turbulent flow is a fluid phenomenon characterized by chaotic motions. We call these motions “eddies” (think of swirling motions). The opposite is the laminar flow, which flows rather smoothly. Usually, the flow starts as a laminar flow and then it transitions into a turbulent flow. If you can imagine a cigarette burning: the smoke starts out as a laminar flow and at some point away from the tip of the cigarette it turns turbulent. Because of these chaotic motions, turbulence is highly energetic. A good thing if you are a golfer (golf ball dimples are designed to make the flow turbulent), not so much if you are a passenger in a flight going through bad weather.

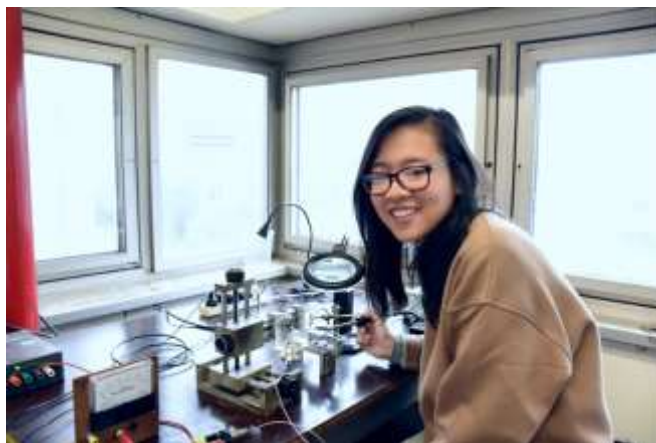
You have attended and presented at a number of conferences and no doubt to a large number of men. Are women well represented in this field of work?

No, I don't think so. I don't have the numbers, but I've met female academics at these conferences, and there are so few of them compared to male academics. In terms of the number of PhD students or postdoctoral fellows, in my experience they are pretty much still male-dominated, regardless of the university or research centre where the research group or the lab is situated.

Can you define what Aeronautics and astronautics means?

If I'm not mistaken, aeronautical engineering refers to a branch of engineering that studies the development and design of aircraft – anything that flies in the atmosphere: passenger jet, fighter jet, helicopter, etc. Astronautical engineering studies spacecraft, or vehicles that operate in the outer space. If this included space shuttle, rocket, satellite etc.

I wish Dea all the best in following her dreams in her field of research. What an inspirational and inspiring role model Dea is to all the young women who will follow in her footsteps



Jane M Klausman Women in Business Scholarship

Sharona Smith JMK Co-ordinator 2018-2020



District 23 Zonta Clubs are reminded that the Jane M. Klausman Women in Business Scholarship runs concurrently with Zonta International's eight recognised fields of business studies at Australian universities/ colleges.

Last year a check-list was sent to clubs to help them in the management and assessment of applications, therefore, it is timely to remind them again of Zonta International's key requirements

1. The electronic [JMK 2020 Application](#) form from the Zonta International website can only be used, as it outlines general information about the scholarship and the minimum requirements that an applicant must reach in order to be eligible.

2. Under [How Do I Apply](#) there is a list of specific documents that must be attached. In particular, an applicant must ensure her academic transcripts are validated and up-to-date, one each recommendation from a faculty member in the major field of study and an employer/academic advisor are signed/dated. The required 500 word essay must clearly describe academic and professional goals, the relevance

of her program to the business field, and how the scholarship will assist her in reaching her goals.

It is the responsibility of each club promoting the JMK Scholarship to receive electronic applications generally in April/May. The club evaluation committee will select one recipient (NB a club monetary award is optional). The application is then forwarded to the District 23 Governor by 1 July 2020. A district evaluation committee will select one district recipient whose name and application will be submitted to Zonta International. Official announcement of district and international recipients will be made in December.

Women in Technology Scholarship

Tyril Houghton
Scholarship Coordinator 2018-2020



The world economy, industry and sciences are becoming increasingly digitized, and these developments are disrupting society and familiar social processes. Women, however, are still largely underrepresented in technology fields. To create a world with equal opportunities, women need to have an active role in technology and technological developments. This scholarship encourages women to pursue education, career opportunities and leadership roles in technology.

ZIF awarded 30 district/region scholarships of US\$2,000 each and six international scholarships of US\$8,000 each. Offered as a pilot in 2019, the future of the program will be decided at the Zonta International Convention in July 2020. If the Scholarship does continue, we anticipate that the next round of scholarships will be awarded in 2021.

District 23 Scholars

The nine applicants from our 38 clubs are listed below. They demonstrate the variety of fields using technology and this will help clubs source future applicants assuming this scholarship continues in 2021.

| NAME | ZONTA CLUB | AREA | FIELD OF EXPERTISE |
|--------------------------|------------------------|------|----------------------|
| Draga Doncila Pop | Melbourne on Yarra | 1 | Computer Science |
| Ruqaya Al-Hasany | Bunbury | 3 | Civil Engineering |
| Shakila Rathnayke | Perth | 3 | Geospatial Science |
| Irina Kuznetsova | Swan Hills | 3 | Bioinformatics |
| Bimila Dhakal | Adelaide Torrens | 2 | Biotechnology |
| Nigar Rashida | Geelong | 1 | Materials Engineer |
| Nicole Kemp | Mornington Pens. | 1 | STEM Educator |
| Alexa Nguyen | Adelaide | 2 | Data Scientist |
| Michaela Taylor-Williams | Perth Northern Suburbs | 3 | Biomedical Physician |

Congratulations to Nigar Rashida, our District winner who is studying for a Masters in Engineering at the Institute of Frontier Materials at Deakin University in Geelong



Note the **fields of study** of the International recipients below. By contacting your Universities, clubs can source applicants for 2021 round of scholarships, assuming the pilot continues.

International Recipients

| District | Name of Applicant | Club | Field of Study/Department |
|----------|--------------------|--------------------------------------|---------------------------------|
| 4 | Lindsey Tulloch | Niagara Falls, Canada | Computer Science |
| 9 | Lucy Pei | Newport Harbor, USA | Informatics |
| 18 | Sedinam Worlanyo | e-Club of West Africa, Ghana | Learning, Design and Technology |
| 24 | Jessica McBroom | Hornsby Ku-ring-gai, Australia | Educational Data Mining |
| 27 | Amal Tawakuli | Luxembourg Multiculturel, Luxembourg | Computer Science |
| 28 | Giorgia Di Tommaso | e-Club of Italy, Italy | Data/Computer Science |

Catherine Hamlin Dies at 96

Catherine Hamlin, the great pioneer in treating obstetric fistula, died in Addis Ababa on Wednesday 18 March 2020. She and her husband Reg went to Ethiopia in 1959 and worked there for the rest of their lives, ultimately setting up a specialist hospital to treat women with fistulas.

Fistulas occur when a tear during childbirth leaves a woman incontinent. It is especially prevalent in Ethiopia due to the high numbers of young mothers. The consequences can be lifelong as women with the condition are often abandoned by their communities.

When Reg and Catherine discovered this, they determined to do something to improve the lives of these outcasts. They set up the *Addis Ababa Fistula Hospital* in 1974 which has treated over 60,000 women. It is a massive lifetime achievement and Catherine has won many accolades for her ground breaking work.

Some of you may have read *The Hospital by the River* covering Catherine's life and detailing the journey she went through to develop the highest quality treatment for fistula patients. The wholistic care they developed includes physiotherapy. I was horrified to see women bent double from months of confinement in small huts, exiled by communities repulsed by untreatable incontinence.

Once physiotherapy renders them fit enough, and this can take many weeks, they undergo the operation to close the tear. About 84% of women fully recover and they return to their communities. For those who don't have a successful outcome they are given a new life at Desta Mender, a Hamlin-run rehabilitation centre on the edge of the city, set up as a closed community with training facilities and a farm producing crops to sell to the hospital and beyond. It is a really beautiful place which provides a long-term solution for those who cannot return to their former life.

I went to Addis Ababa with Julie Monis-Ivett in 2010 for the Birthing Kit Foundation and we stayed near the hospital. We spent many days working with the staff there to see their midwifery training, to initiate local birthing kit production, to evaluate their distribution of birthing kits and to make promotional material. We met Catherine several times. When the picture below was taken, she was just on her way to operate. Remember she was 86 then. She was bright and lively and still loved living and working at the hospital.

She was a truly inspirational woman and her work was lauded within Ethiopia and across the world. There are five hospitals in the Hamlin group and we also visited the Barhirdar Hospital in the north of the country.

There, young women who looked like teenagers and draped in embroidered blankets that were gifts from Zontians in Australia, waited patiently for recovery from their fistula operation so they could return home to restart their lives.

In Barhirdar we met Dr Andrew Browning. He was awarded an AM recently for his work operating on and treating fistulas, work he commenced in Addis Ababa with Catherine. He continued this specialty in Tanzania and Rwanda and has run "fistula camps" in Malawi, Sierra Leone, Kenya and Chad. He now works with his aunt, the famous Valerie Browning, in Afar in the north of Ethiopia.

Catherine Hamlin was one of the reasons I joined Zonta. I was invited to hear her speak at what was an Area Workshop in the early 1990's. I was so impressed by her and the support she received from Zonta that I went on to seek membership of Adelaide Torrens.

Catherine and her husband have made a huge contribution treating this uniquely female condition, their surgery and techniques are renowned around the world and have expanded throughout Africa with the work of Andrew Browning. Catherine, and the wholistic care model she initiated, changed the lives of thousands of women giving them hope, dignity and a new healthy life when all seemed

Jenny Weaver
Zonta Club of Adelaide Torrens



August 2010 Addis Ababa Hamlin Fistula Hospital

Catherine Hamlin with Julie Monis-Ivett and Jenny Weaver. The other woman (whose name I have sadly lost) was one of Catherine's fistula patients many years ago and went on to become a fistula surgeon herself