



ZONTA
INTERNATIONAL
EMPOWERING WOMEN
THROUGH SERVICE & ADVOCACY

NEWSLETTER

September 2023

Area 3—District 22

Charter Date 2.6.97

Dinner Meeting **TUESDAY 19 SEPTEMBER**

6.15PM FOR

6.30PM: DINNER MEETING

VENUE: FUNCTION ROOM
AFL TIGERS CLUB
28 ASHTON STREET
LABRADOR

COST: \$30.00

Apologies/Guests: Please notify
Jeanette Lewis 04990340244 by
10am Friday 15th September
(If an emergency requires a late apology,
please ring Jeanette before noon on
Tuesday. This is a courtesy call and may not
remove the necessity for payment)

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www.zontadistrict22.org and
www.zonta.org (International)

PRESIDENT'S MESSAGE:

How fast is this year going, into September and the next we'll know, it will be December.

Each Committee is working well together, Jenny and her Service Advocacy Committee are concentrating on the 16 Days of Activism, and Marian and Membership are slowly increasing our numbers.

Jeanette and Fundraising are preparing for a busy 2024.

In the next couple of months I intend to attend a meeting for each committee, either via zoom or in person to assist in any way I possibly can.

This month it is the Service and Advocacy's turn.

- **The future belongs to those who believe in the beauty of their dreams.**

Merrilee

PLEASE NOTE THAT TUESDAY'S DINNER MEETING WILL COMMENCE AT 6.30PM

UPCOMING DATES:

024 June 66th ZI Convention – Brisbane, Australia

If you choose to direct credit your **DINNER MEETING** cost to the Club's bank account, details are as below:

ZONTA CLUB OF PARADISE POINT INC – ADMIN
BSB 124-022 ACCOUNT 10421645

Please ensure you mention in your details you name so that the Treasurer knows who it is from.



Zonta International

Last week, Zonta International President Ute Scholz travelled to Mozambique to see firsthand the programs preventing child marriage as part of our Ending Child Marriage international service project with partners UNICEF USA and UNFPA.

Read more about her experience and about how Ute continues to campaign to [#endchildmarriage](#)

here: <https://www.zonta.org/.../PresidentUteVisitToMozambiqueFe...>

Contributed by May McPhail

DONATION OF TOILETRIES ETC.

Reminder from Jenny Gamble for members to bring toiletries, tampons, personal items to the dinner meeting please. Jenny has been in touch with the co-ordinator of Rosies and they are very short of tampons at present.

INDUCTION OF NEW MEMBERS

Lisa Sattler and Jo Schultz were inducted and welcomed as new members at the August Dinner Meeting.



Lisa (left) and Jo (right) are photographed with Merrilee Lisle, President.

MEMBER PROFILE – JO SCHULZ

After a typical 50's early childhood, followed by 5 years of boarding school in Adelaide I emerged with absolutely no plans for the future. All I knew was that neither nursing nor teaching were going to feature. Surprisingly I rather enjoyed a local secretarial course, found a position which kept me home for a further 12 months before heading back to Adelaide and falling into the job of my dreams – a career in share-broking. I was on my way. Enter Jon. The good-looking boy from the bush. Plans dashed. Little Miss Somebody had become – girlfriend, fiancé, wife and soon after mother of two. Gave up my name - I'd gone. Swallowed up in the family farm and all that rural community life entails. Was fun though and like most others I survived – if somewhat facelessly.

With offspring in tertiary, we decided to sell up and head out into the great unknown. 5 weeks after packing, stacking and storing we found ourselves in Malaysia for a 3 month stint which lasted 6 years. That was developing Aerial Fertilizing which involved every aspect of the industry bar flying. Over the following years, 4 were spent in Pakistan in dairy development (northwest frontier), 4 in Bangladesh developing an export quality meat industry, and 4 in Kenya and beyond developing plantations and related industries for an Indian company.

At last my 23 years as unpaid help and chief offsider in 1st world agriculture was paying off in spades. Jon and I travelled together as there are many places in the 3rd world where males of the unrelated variety are Haram (forbidden). Enter Jo!!

With expat grandchildren about to attend university in Australia it was time to return. We are the sum of our experiences; our life, which has been full to overflowing, is one I'd recommend to any who wish, or dare, to give it a go.

Jo Schultz.

BREAST CUSHIONS UPDATE

On Saturday, 9 September, 11 of us met up to complete the stuffing, sewing up and packing of the breast cushions we worked on in July. Thank you very much to everyone who took part and to Viv who updated the Zonta leaflet. It was a fun day with lots of interesting conversation.

I have spoken to the Breast Care Specialist Nurse at Pindara and will be arranging for her to take delivery of the cushions and will let you know when as some of you may wish to be present. I think we have approximately 150 ready for delivery and Unice arrived on Saturday with many more cushions to be stuffed so we will arrange another sewing session in a month or so.

Cushions, cushions everywhere!





A Team Effort Left to right: *Angela Aitken-Smith, Ros Scott, Janet Burrage, May McPhail, Unice Brimblecombe, Irene Williams, Marian Buttery, Barbara Geoghegan and Kathryn Janovsky.*



New member, Jo Schultz expertly packing up the cushions ready for delivery.

Zonta Breast Care Cushions

- **Initiated by** Zonta Club of Botany Bay in 1995
- **Adopted by** other Zonta Clubs in District 24 and District 23 progressively from 2000
- **Endorsed as a District 24 Project** 2005
- **Also adopted by Zonta Clubs around the world** since being showcased at the Zonta International Convention in Melbourne in 2006. The project has been active in places as far flung as Germany, Canada, the USA, New Zealand and Macedonia (where the project was kicked off in March 2007 to mark the third anniversary of the chartering of the Zonta Club of Skopje), and most recently begun in Sri Lanka in 2012 by the Zonta Club of Colombo.



FROM A SIMPLE IDEA TO HELP WOMEN RECOVER...WHERE DID IT COME

FROM?

Possibly the most widely known Zonta service project in Australia, the Zonta Breast Care Cushion was the brain child of a local District 24 Zontian, Ann Selle OAM. A member of the Zonta Club of Botany Bay Inc, Ann designed the cushion in 1994 after hearing from a friend about the difficulty of recovering from breast surgery.

Since then, thousands of women in New South Wales and around Australia have benefited from this project. By early 2013, over 50,000 cushions had been made and delivered across Australia!

The Zonta Breast Care Cushion aids recovery by allowing the woman to sit, sleep and rest comfortably, as well as by preventing hurt from bumps while walking around and any discomfort from wearing seat belts. (About 2% of breast cancers occur in men, and the Zonta Breast Care Cushion is certainly provided to men on request.)

The Breast Care Cushion project has been an endorsed service project in all Districts in Australia since 2001 and thousands of women have benefited from receiving a cushion.

HOW DOES THE PROJECT WORK?

Basically, a Zonta club undertakes to keep one or more hospitals supplied with the Zonta Breast Care Cushions and the staff undertake to ensure that each person undergoing breast surgery receives a cushion to take home.

While some clubs make the cushions from beginning to end using the work of club members, many clubs are assisted by club supporters and a variety of people in their local community. For example, local high school students, textile students at a local college, nursing home residents, community sewing circle members or other 'friends of Zonta' lend their hands to sew the cushions up to the stage of being 'flat' – before the filling is added.

After a supply of 'flat' cushions has been built up the community group or the Zonta club members, along with friends, family, colleagues and neighbours will get together for a working bee – often over a good coffee or even a glass of champagne!

Once the stuffing has been added and final sewing done, helpers will wrap the cushions ready for delivery. How they are packaged varies according to the club and individual hospital guidelines, but most clubs enclose with the cushion some information about Zonta and our work in the wider community.

If you would like to know more about this project, or enquire about receiving a cushion for someone who has had breast surgery, just email us at breastcarecushions@zontadistrict24.org

Thank you to Kathryn for suggesting I include this article on the origin of the Breast Cushion which can be found on the District 24 website.

<https://zontadistrict24.org/what-we-do/d24-service-activities/breast-care-cushions/>