



Looking towards Mt Kelly from Mt Inkerman

# ZONTA CLUB

## Burdekin Inc

### PRESIDENTS REPORT OCTOBER 2010



Area 5  
Club No 1475  
CHARTERED 10.5.1994

**President:**

Rita Cranitch

**Vice President:**

Raelene Grantz

**Minutes Secretary:**

Ruth Diehm

**Correspondence Secretary:**

Leith Kennedy

**Treasurer:**

Lyndy McCathie

**OMC**

Raelene Grantz

**SOW**

Karen Clarke

**SERVICE**

Peta Bird

**PR&C**

Mary Lynch

**Meeting Time**  
6pm for 6.30pm start  
YVETTE'S PLACE

The Club meets on the second  
Tuesday of each month  
(except January)  
**Postal Address**  
PO Box 2204  
AYR Q 4807



INTERNATIONAL

66 countries  
1200 clubs  
31,000 members

### Hi Ladies

Congratulations to Peta and Karen for the organisation of the Birthing Kits activity. Thanks to Raelene and Peta (I hope I haven't left anyone out) for morning tea and to all the ladies of all ages who took part. These kits, after a few mishaps, should be on their way to Kenya and Ethiopia.

Our next bonding experience is due to take place on Sunday October 17<sup>th</sup> again at the Kumon Centre. This time it will be, in Mary's words, 'stitching, stuffing and sipping' and we will have breast care cushions to show for our efforts. If you have a sewing machine, please bring it with you. We are also hoping to complete four care packs for victims of domestic violence at this time.

Check your diaries for Wednesday, November 10<sup>th</sup> as this is the ZONTA Birthday celebration in Charters Towers. If our numbers are enough we will be hiring a bus for the event. We also need numbers for our Christmas function to decide the size of the bus that needs to be booked.

Part of Janice's role as Area Director is to offer training sessions for club presidents. However, this is not restricted to current or prospective club presidents. I would encourage anyone interested in finding out more about how ZONTA clubs operate to attend. This training session takes 30 minutes and is scheduled for Monday October 25<sup>th</sup>. If you are interested and able to attend, please let me know so we can have a venue that will have space for everyone.

On a more solemn note, I ask that you keep Lyndy and her family and especially her daughter, Leisa in your thoughts and prayers over the next few weeks. Lyndy has given me the okay to share this news with you as at the moment she is not emotionally able to talk to anyone about it. I am sure you can each understand and respect her feelings. Although tests are not yet conclusive, it appears there is a 90% chance that Leisa may have cervical cancer. Leisa will be undergoing surgery as soon as it can be arranged.

We wish Robyn a pleasant six week jaunt to South America – does she ever stand still in one spot?

*See you Tuesday evening at Yvettes.*

*Rita*



## ADVANCING THE STATUS OF WOMEN WORLDWIDE

**ATTENDANCE OFFICER**

**BETH HANCOCK**

**Phone 4783 2663**

**Please advise Beth by 10.00am on FRIDAY if you cannot attend the meeting or will not be staying for the meal.**

- Fees: Meeting & dinner \$25
- Meeting only \$5
- Fee if apology received \$5
- Fee if no apology made \$25



**RAFFLE**

Tonight: Margaret Culpan  
Next month: Rita Cranitch (Oct)

**BUDDY SYSTEM**

- |                    |                  |
|--------------------|------------------|
| Peta Bird          | Lyndy McCathie   |
| Rita Cranitch      | Ruth Diehm       |
| Karen Clarke       | Majella Meehan   |
| Pierina Dalle Cort | Giovanna Gabiola |
| Mary Anne Fraser   | Judy Scanlon     |
| Jill Giddy         | Beth Hancock     |
| Raelene Grantz     | Rosemary Menkens |
| Robyn Haller       |                  |
| Jan Hollingsworth  | Dianna Moschen   |
| Beth Honeycombe    | Mary Lynch       |
| Leith Kennedy      | Janice Micola    |
| Margaret Culpan    |                  |

*Ladies have you made contact with each other recently?*

**GUEST SPEAKER  
OCTOBER MEETING  
Dr Paul Bunungam  
PNG Medico**

**October Birthday  
Pierina Dallecort**



**CLUB BOARD 2010-2011**

President: Rita Cranitch

Vice - president: Raelene Grantz  
Treasurer: Lyndy McCathie

Correspondence Secretary: Leith Kennedy  
Minutes Secretary: Ruth Diehm

**COMMITTEE MEMBERSHIP**

**STATUS of WOMEN**  
*Karen Clarke Chair*

- \* International Womens Day
- \* Woman of Achievement
- \* Birthing Kits

- Janice Micola
- Rosemary Menkens
- Leith Kennedy
- Giovanna Gabiola
- Jill Giddy

**PUBLIC RELATIONS & COMMUNICATIONS**  
*Mary Lynch Chair*

- \* Publicity
- \* Newsletters
- \* Guest Speakers
- \* Education
- \* Website Maintenance
- \* United Nations
- \* Archives

- Robyn Haller
- Mary Anne Fraser
- Beth Hancock

**SERVICE**  
*Peta Bird Chair*

- \* Breast Care Cushions
- \* Driver Reviver
- \* Care Kits
- \* Anzac Day
- \* Taste of the Burdekin

- Beth Honeycombe
- Pierina Dalle Cort
- Dianna Moschen
- Margaret Culpan

**ORGANISATION and MEMBERSHIP**  
*Raelene Grantz Chair*

- \* New members
- \* Information Sessions
- \* Classifications
- \* Mentoring
- \* Social

- Lyndy McCathie
- Majella Meehan
- Ruth Diehm
- Jan Hollingsworth

**Don't forget Sunday October 17<sup>th</sup> Breast Care Cushions and Care Kits at Kumon.**

International Website: [www.zonta.org](http://www.zonta.org)  
 District Website: <http://zontadistrict22.org/>  
 Club Website: <http://burdekin.zontadistrict22.org>.  
 Countries: 66  
 Clubs: 1,200  
 Members: 31,000

**Quiz Questions**

- How do we define "Service Hours"?
- What is the limit to club office?

*Answers page 5*

# Birthing Kits

Many thanks to those who were able to attend last Sunday's Assembly Day. It was with great pleasure we welcomed back for a few hours our friend Joan. As you can see from these photos, we were all concentration to be sure! It was a good few hours spent which will help 200 ladies in Kenya and 800 in Ethiopia.

Many thanks to Peta for the use of her Kumon centre, to the ladies who provided the food (essential) and to Karen and Neville who took the time to consign the kits at the post office. From one who has done this part of the job, it is heavy work and extremely time consuming. If one bag is over by the smallest amount there is shuffling between bags to get it spot on.

Something we did learn on the day was how to make a 2,4,6,8 cake compliments of Mary. 2 eggs, 4 ozs butter, 6 ozs sugar and 8 ozs SR flour. Add milk as required. (Hope that is right Mary.)

Thanks also to Eliza Bird and her international friend Alice Smrckova whose Dad is an immunologist and allergy specialist. Dr Marg promptly suggested he might like to migrate!



Mary, Leith, Eliza and Rita working on in spite of the music. On ya Eliza.



Working hard on the assembly line. Looks like you are spinning a good yarn Mary. Well Leith thinks so anyway.



Alice, Peta (Den Mother) and DJ Eliza.



Joan & Margaret  
..counting...counting...counting...



Janice, Raelene & Jan. An absolute study in concentration there Jan.

**In 1999 the Zonta Club of Adelaide Hills Inc assembled and distributed 100 simple birthing kits to women in Milne Bay Province, Papua New Guinea.**

The Birthing Kit Foundation (Australia) (BKFA) became a legal entity (company limited by guarantee) in September 2006, and started administering the Birthing Kit Project when a new contract was signed with AusAID in April 2007.

The BKFA has distributed over 600,000 kits to date to over 30 countries through over 40 organisations.

We have developed training programmes in Vietnam, Kenya, DR Congo, Ethiopia and India, with over 5000 birth attendants trained. In Vietnam, one training programme was funded in country and 19,000 kits were also funded and made in country. In Ethiopia we are holding a training programme to complement the in country production of their own birthing kits. Sustainability is happening. Monitoring visits create the avenues to advance the processes towards sustainability.

Zonta involvement.

Zontians have always been and will continue to be an important part of the Birthing Kit Project. The majority of all Assembly Days are organised through Zonta clubs, and Zonta clubs contribute over 50% of the annual funds to the Foundation.

The project has grown exponentially under the administration of the Birthing Kit Foundation (Australia) (BKFA), and with the support of Zonta clubs, many individuals and organisations.



## VIETNAM



Vietnam was one of the first countries where the Birthing Kit Project expanded. There are many Australian organisations based in Vietnam carrying out humanitarian work. The maternal mortality rate is 130:100,000 live births. The remote mountainous regions with ethnic minority groups have a higher maternal mortality rate. The BKFA targets our kits for these regions where there are many home births.

**CENESA** The BKFA has established a long and successful relationship with Professor Hoang Trong Quynh, a toxicologist and world specialist in Dioxin (Agent orange). Professor Quynh and his assistant Ms Chau work through CENESA to support our project. He is a respected health professional throughout Vietnam. Through Professor Quynh we have been able to initiate [5 day health training programmes](#) in remote regions of poor provinces where village nurses and traditional birth attendants are educated in health, nutrition, hygiene and midwifery. These training programmes complement the distribution of our clean birthing kits. To date over 5000 individuals have been trained. In 2008 – 2009 training programmes were carried out in the provinces of Ha Giang and Thahn Hoa in the north and Binh Phouc in the south. AusCHAM in Ho Chi Minh City funded the training program in Binh Phouc Province. Right BKFA representatives with a traditional birthing attendant after a training session.



## ETHIOPIA



Ethiopia is a country of 80 million people in Sub Saharan Africa where 2.75 million women become pregnant every year and 93% deliver in the home. The issue of unhygienic births is of particular concern in remote areas where there are high rates of poverty. The local customs that involve women choosing to give birth at home, together with the mountainous terrains, lack of roads and inaccessibility of health services in these areas, particularly where there are nomadic lifestyles, provided the impetus for the provision of clean birth kits.

**Hamlin Fistula Hospital and Outreach Centres** The BKFA has a strong affinity to help at this hospital with its founders being two Australian gynaecologists, Catherine and Reg Hamlin. The Hamlin Fistula Hospital (HFH) is a Non Government Organisation created in 1973. The BKFA has supplied over 50,000 kits primarily through the Hamlin Fistula Hospital in Addis Ababa since 2004.

## KENYA



In Kenya 70% of women deliver at home and traditional birth attendants have no access to materials, hence the importance of a clean birth kit.

**Mission in Health Care and Development (MHCD)** Dr Luc Mulimbalimba Masururu, the Medical director of MHCD, is our key person who coordinates the distribution of our kits along with 3 - 5 day Midwifery training seminars in Kenya and DR Congo. At the seminars the women are accommodated and fed while they discuss hygiene, nutrition and midwifery issues and each attendee / birth attendant receives a pictorial instruction book in the local language to take back to their village.

## AFGHANISTAN



Afghanistan has one of the highest maternal mortality rates in the world, estimated at 1900/100,000 live births, and a **lifetime risk of maternal death is approximately 1:9**. The women are either geographically restricted or culturally not allowed to use health facilities. BKFA started working in Afghanistan in 2006. The project grew as more organisations were recommended to our project from organisations like UNICEF. BKFA has targeted Afghanistan as a country of high priority for our future support.

Most of our kits are transported to Afghanistan via our Australian Defence Force.

## PNG



Papua New Guinea was the very first country that received our kits in 1999. The success of the project in PNG initiated our passion to spread to other needy countries. The lifetime risk of death in childbirth is 1:7 in rural PNG with a maternal mortality rate of 300:100,000 live births. The need was great and the impact from the first 100 kits showed that at least anecdotally there was a significant reduction in maternal deaths.

### Participating Organisations

The kits were originally distributed to Milne Bay Province in 1999 and by 2003 the local women were making their own kits. However once the key person left the project dissolved. The kits are currently distributed throughout Papua New Guinea to the following provinces of Central, National Capitol, Western, Gulf, Oro, Milne Bay, Morobe, Madang, East Sepik, Sanduan, Eastern Highlands, Simbu, Western Highlands, Enga, Southern Highlands, East New Britain, West New Britain, New Ireland, Manos, Bougainville and Goroka.



## SoW Karen Clarke

- **Birthing Kits** – the day went well - thanks to Giovanna (black plastic), Peta (venue) and Leith (filling in for me) and all the ladies who attended and helped out – 200 of our kits are going to Mission in Health Care and Development - Kenya and 800 of our kits are going to Abraham's Oasis Rural Outreach Project in Ethiopia
- **Breast Care Cushions** – Peta as offered Kumon – please diarise for 17<sup>th</sup> October
- **Care Kits** – still looking for donations of sample/hotel supplies – we hope to start making them on the same day as above.

## PR & C Mary Lynch

General Business:

**Prospective Members:** We believe it is imperative that these ladies should be followed up by their nominators.

**Care Kits:** We felt that a small box of assorted clothing rather than a standard type garment would be more suitable and could be kept with the Care Kits. Most victims are mid twenties.

**Wine Dinner:** We felt that July was a good month to have this but were rather non fazed about the Christmas in July theme.

**Domestic Violence:** We discussed the Chaplaincy role in the prevention of future Domestic Violence. We felt a strong desire to support it and suggested discussion with Jennie Dowie to see how we could help somehow within our ZI guidelines.

**Health & Well Being:** We are committed to this event going ahead and will work together towards a March date.

**Press Release:** A press release has been sent to the paper (quite unlike as reported) and another is set to go to the press next week.

## Quiz Questions Answered

### a. How do we define "Service Hours"? (Page 133)

"Service Hours" refers to actual hours spent delivering an activity to individuals or groups outside of Zonta. It does not include hours spent at Club meetings or hours spent in fundraising activities. It includes the total number of hours the club has taken part in service. The time determination is based on the time commitment for the project, rather than the number of participants. For example, if a club has agreed to provide volunteers at a women's rape crisis centre for 10 hours per week for 3 weeks, then the hours recorded will be 30 hours (10 hours x 3 weeks). It does not mean 2 members spend 15 hours each or 5 members spend 6 hours each.

"Service Hours" does not include time members spend on projects that the club has not formally adopted as a club project, even though these may be consistent with Zonta's aims. It does include the hours spent planning for the club service activity.

### We have many local needs. Why should our members also support programmes through our Zonta International Foundation?

Our Foundation is part of what unites us as a truly international organization. The Zonta International Board adopted (January 1997) the following policy:

*Zonta International is a worldwide service organization of executives in business and the professions working together to advance the status of women, and Zonta supports special service programmes and projects at the international level that unite the clubs and individual members globally. This basic element of Zonta carries the expectation that every Zontian contribute to building the Zonta International Foundation into an effective tool for assisting the advancement of women. Although the ZI Board recognizes that clubs and districts carry out their own (local) service projects to help advance the mission of Zonta International, such activities must not interfere with the basic obligation of individual Zontians and clubs to support the Zonta International service programmes and projects selected at the international level.*

**It is recommended that 1/3 of the service funds raised by the clubs be donated to one or more of the Funds administered by the Foundation.**

### b. What is the limit to club office? (Page 130)

A club officer or director may serve no more than two consecutive years in the same office, except the treasurer who may serve no more than four.

## Young Fistula Advocates Go to Schools and Communities in Liberia



Ms. Pewu, second from right and her colleagues are quite privileged. They receive an education, they have friends and they are even allowed to mingle within their communities — rare luxuries for some young women in Liberia. Still, they care about less fortunate girls their age who face isolation, abandonment, stigma and discrimination as a result of a terrible birthing injury — obstetric fistula.

“It is a dream come true,” remarked Ms. Mariam Pewu, 18, as she saw the first team of the Fistula Girls Club leave St. Matthew Lutheran High School in Monrovia to begin an awareness campaign in Gobachop Market.

Speaking during the launch ceremony, Ms. Pewu, the club’s acting coordinator, said she conceived the idea “to advocate on behalf of women living with fistula and to spread messages to fight the problem” after meeting a fistula patient in May 2009 at a local hospital in Monrovia.

The group now brings together students from at least 10 high schools and aims to carry out fistula awareness activities among students and communities. Their motto: Healthy Women, Healthy Nation.

**In recognition of the need to address the issue, UNFPA, the United Nations Population Fund, and the Liberian government launched the Liberia Fistula Project in 2007, with activities partially funded by [Zonta International](#).**

### ANNOUNCEMENT ON THE UNITED NATIONS FUND FOR POPULATION WEBSITE

**Zonta International, a global organization set up to advance the status of women, recently approved a US \$500,000 grant over two years to support UNFPA fistula activities in Liberia. The funds will be used for key strategic interventions in at least nine areas of the country. The decision was approved at the organization’s annual convention in San Antonio, Texas, in late June. Zonta International has supported the national obstetric fistula programme in Liberia since 2008.**



*Whilst the following story happened in Tanzania the same scenario would be happening in Liberia.*

*When Dorothea got up on a rainy morning in the small village of Makundi, she could not have imagined the nightmare her life was about to become. As she prepared food for her three children and husband, she didn’t know that two days later she would wake up in a hospital bed after losing her baby and suffering severe internal damage, leading to a dreadful birth injury — obstetric fistula*

#### **Delay**

It was getting dark when Dorothea first felt the pain of labour and quickly asked her mother to call the local traditional-birth attendant. For the next 11 hours she would lay on a small mat on the muddy floor of her house. Each passing hour increased her suffering to an almost unbearable level. The sun was already rising when the family finally took the decision to take Dorothea to a hospital.

First, a wheel cart was used to carry her to the nearest dispensary accessible by road. From there, Dorothea’s family had requested a car to pick her up, but heavy seasonal downpours had turned the road into an almost impassable mash; it took six hours for Dorothea to be on the road to the hospital. A flat tire further delayed the journey. It was getting dark again; Dorothea waited for another car in a blur of throbbing pain. When she eventually arrived at the hospital, the only doctor had already gone home for the day. They sent for him; when he returned to help Dorothea, what she delivered was a dead baby.

#### **Nightmare**

Dorothea thought that nothing could surpass the tragedy of losing her baby; the numbing pain of the loss and 28 hours of labour made it impossible for her to move or think. However, the following morning the nightmare was still not over. She woke up in a puddle of urine.

She went back to her village leaking without stop, the sharp smell filling the small hut. A nurse at the local dispensary explained that she had developed an obstetric fistula. The birth injury — a rupture between the vagina and the bladder and/or the rectum caused by the pressure of the baby’s head during the many hours of labour — had left Dorothea incontinent.

Estimates suggest that approximately 1,200 new cases of obstetric fistula occur annually in Tanzania (Tanzania Fistula Survey, Women Dignity and UNFPA, 2001). Because they are usually ostracized by their families and communities, women with fistula tend to be isolated, often for many years. Sadly, most women living with the condition can’t afford it, or do not know that treatment is available.

**Majella:** On 12th October, I leave for Rome on a pilgrimage for the Canonisation of Mary McKillop. I will then have a few days in Paris and use that time to find the grave of my mother's uncle, who was killed in the WW1, in the Jeancourt Cemetery, in North East France. I'll only be gone for a fortnight, so I'll hardly know I have been away.

**Karen:** Neville and I are going to Sth Africa for Christmas. Their past Rotary Exchange Student, Kelly, who did give a talk to Zonta, is turning 21 on 23<sup>rd</sup> December. Our trip had been kept a surprise since May when we first spoke to her parents and decided to go, but she has just found out. As her Mum said, the remaining 11 weeks to go of excitement and anticipation for Kelly will be worth more than the one minute of surprise. We are spending 3 weeks with her family, Christmas, New Year and a visit to a game park. The excursions by ourselves will be a few days at a golf resort, and a week in Cape Town.

**Robyn:** Graeme and I are off in the opposite direction going to South America. We tour the Everglades then board a cruise ship heading off to Colombia, through the Panama Canal where we hop in a dugout canoe to see the Embera Native Tribe in the jungle (I am a bit worried about the piranhas) and then enjoy shore excursions along the west coast of South America in Ecuador, Peru, Chile, round Cape Horn, Falkland Islands, Uruguay and Argentina. We finish at Buenos Aires seeing the Iguassu Falls before heading back home.

## CALENDAR 2010 – 2011

June 2010	Changeover; 3 <sup>rd</sup> Riyawat the movie
July	15 <sup>th</sup> Cook up Karens; 17 <sup>th</sup> Food Fair
August	Charity bowls; 19 <sup>th</sup> New member info
September	19 <sup>th</sup> Birthing Kits
<b>October</b>	<b>17<sup>th</sup> Breast Care Cushions + Care Kits Kumon Pot Night ??? Girls Night In ???</b>
<b>November</b>	<b>10<sup>th</sup> ZI Birthday Charters Towers Club (meeting on bus plus extras!)</b>
<b>December</b>	<b>4<sup>th</sup> Christmas Party</b>
January 2011	26 <sup>th</sup> Driver Reviver
February	
March	IWD; Yellow Rose Day; Annual fees due
April	Area 5 Workshop Whitsundays; Anzac Day (Book PR)
May	Club birthday; AGM; Biggest Morning Tea

There's nothing wrong with a woman welcoming all men's advances, darling, as long as they are in cash. Zsa Zsa Gabor