



NEWS

Zonta Club of Caboolture Inc
Charter Date: August 3, 1993
District 22 ... Area 1
Club Number 1428

JULY 2013

President: Carole Tomvald - 0402 547 835
Treasurer: Karen McNab - 0439 629 195
Secretary: Ann Buckler - 5428 1097
Newsletter Editor: Patricia Clunes- 0410 617 825

We are charged for 20 meals regardless of how many attend our dinner meetings

Treasurer, Karen

FROM THE PRESIDENT'S DESK

Thank you all for a successful first Dinner Meeting with the new Board. We were very nervous, but with all the support we received we came out the other end with smiles on our faces.

After the presentation to our Club by Simon from Family Haven, quite a few members voiced their concerns about Zonta's involvement with their project. This will be discussed at the next Dinner Meeting.

There are a couple of exciting projects coming up on the horizon for us to become involved in.

Just a reminder that the pre pack birthing kits day Tuesday 6th August will be at my house.

Diary dates: 3rd August-20th birthday at Place 2b
28/29 September District Conference at Noosa.
Cheers Carole

IMPORTANT INFORMATION FOR THE TREASURER!!!

Treasurer's report should have been received by now.

The cost per member for our dinner meetings is \$30. **If you miss a meeting** regardless of apology, you need to pay \$5.00 at the next meeting you attend.

If you are unable to attend a meeting please give Patricia a telephone call on 0410 617 825 or via email. If she doesn't hear from you by midday Monday PRIOR to the meeting she will presume that you are attending. If you then unable to attend after this time **you will be liable for the cost of the meal - \$30.00.**



BIRTHDAYS

Chris Ellis - 10 August
Sue Droughton - 13 August
Karen McNab - 17 August

43rd Wedding Anniversary to Patricia and Neil - 8 August



SERVICE

No Report
Chairman



MEMBERSHIP

"Roaring Twenties" Themed Twentieth Birthday Cocktail Party Luncheon:

This celebration of our Club's past twenty years is a purely fun, social event. Apart from advising RSVPs and payment the only preparation for members and their guests is to have lots of fun finding suitable Twenties style clothing to wear and then enjoy the food, refreshments and ambience.

Date: Saturday 03 August 2013

Time: 12.00 noon to 2.30pm

Venue: "The Place 2 b", 120 Mt. Mee Road, Delaney's Creek.

Menu: Generously-filled platters of delicious warm and cold savoury finger foods followed by platters

of sweet finger foods catering for all dietary requirements.

Drinks: A selection of non-alcoholic punches. Corkage is included on BYO alcohol. Further soft drinks, juices, tea and coffee are available at individual cost at the venue.

Cost: \$35.00 per person. So far 23 have indicated that they are attending but a couple of extra guests will not cause concern with the catering. Therefore if you are now able to attend please advise.

Dress: Roaring Twenties theme.

Looking forward to seeing you at "The Place 2 b" next Saturday at High Noon.

Interesting Facts About Our Past Twenty Years from our Charter Date of 03 August 1993 to 31 July 2013:

- 88 past and current members.
- Dinner Meeting venues have included the former Bistro at the Sundowner Hotel-Motel, a Granny Flat of a member with catered food, the former Board Room of the Caboolture RSL Club, The former Board Room at the Caboolture Sports Club, the former A La Carte Restaurant at the Caboolture Sports Club, the Party Room at the Macdonalds near the Sundowner Hotel-Motel, The Private Room at the Bistro of the Morayfield Tavern and our current venue of the Function Room at the Centenary Lakes Functions Centre.
- It would be interesting to check back through our Archives to find the total of funds raised during our twenty-year history and what percentage of this amount was provided both locally and internationally. It would give us a great sense of accomplishment.
- Similarly it would be interesting to check the range of the various Service and Advocacy Projects that we have completed in our two decades. Again this would remind us of why we all are members of the Zonta Club of Caboolture

Sandra Cooke for the Membership Committee -
Chris Ellis Chairman

Advocacy Report

Discussed the Afripad Project and with Sandra's and Robyn's major effort prepared:

- Procedural Guidelines
- Action Plan
- Letter to Afripads Foundation seeking further information
- Score Card explanation for Zonta International and Caboolture Club
- Letter offering Presentation and Booking Forms
- PowerPoint Presentation, Presenters information and slides.
- Presentation Feedback Form.
- Donation Information Leaflet .

Still In Preparation:

- Sequence of process
- Train Presenters, Costings and Club Funding.
- Refine and finalise documents.

Robyn requested Susan Shields be the Chairperson for Advocacy

Zonta says No Campaign

Apex Park has been booked for the 10am to 12md slot on the 24th Nov. The area is between the playground and the road

Envisaged a multicultural display with flags and possibly candles, costumes and guest speakers.

T shirts are available through Karen before 31st July for Club members wishing to buy.

To be confirmed by the Board the purchase of 100 orange ribbons.

Funding for a sign that could be used each year as an ongoing yearly project is being sought.

Artist preparing portrait, possibly for display in Libraries etc.

Robyn contacted Deb Baxter for information regarding multicultural input and will organise a meeting.

Sue to contact indigenous groups.

Suggestions for guest speakers on going.

The Haven project discussed and Sue will coordinate and follow through with Gayle and bring more information to the next committee meeting



Resolved by the Committee

- Sue to organise the Haven Sub-committee
- Robyn Afripads Sub-committee
- Chris Zonta says No Sub-committee

I would like to thank all the committee members who have helped get the Advocacy Committee up and functioning and to everyone who has been so helpful to me during the initial stages

Chris Ellis
Chairman



FINANCE AND FUND RAISING

We are still accepting donations of shoes and handbags - remember if you donate 2 or more items you'll go in the draw for a \$50 Myer card. I'll circulate the flyer again but please let all your friends/contacts know so people are aware of when/where we are selling them. Glenda has already organised a notice in this week's paper and Patricia and I had a photo shoot so there should be more newspaper coverage this week.

Tuesday 6th August at 6.30 to 9pm is our Dianna Ferrari night. We need another 10 people to attend or we may have to consider cancelling. Tickets are \$10 each and, like last year, we will give away a \$50 DF gift voucher on the night so that's pretty good odds. Please circulate the flyer.

Twelfth Night Theatre has been booked and the flyer being produced (thanks Glenda). Tickets will be \$50 each with our usual bubbles and nibbles after the show.

- Saturday 14th September 2013 - "When Dad Married Fury" - John Wood
- Saturday 19th October 2013 - "The Book Club" - Amanda Muggleton

Sara Allard
Chairman

You may have seen an article in last weeks paper advertising our Shoe and Bag Sale. Hope you are all able to pop in for a little while to purchase some shoes or bags.

This week a photo might be in the free paper.

Glenda Moor
Chairman

UNITED NATIONS REPORT

No Menstrual Hygiene For Indian Women Holds Economy Back

By Natasha Khan & Ketaki Gokhale - Jul 25, 2013

Sushma Devi, a mother of three in Northern [India](#), stores her "moon cup" on the window sill of the mud-brick veranda that shelters the family goats.

In a village where few have indoor toilets and the Hindi word for her genitals is a profanity, 30-year-old Sushma struggles to talk about how she manages her period and the changes brought by the bell-shaped device she inserts in her vagina to collect menstrual blood.



Cloth sanitary napkins are shown to village women in Rupaspur, around 60 kms from Agra. Many Indian women make do with little more than scraps of old cloth when menstruating, often risking their health, say aid workers trying to make clean and cheap sanitary napkins available.

Photographer: Manan Vatsyayana/AFP via Getty Images



Sustainable Health Enterprises (SHE), with technical assistance from North Carolina State

University and Massachusetts Institute of Technology, has designed the SHE Launch Pad, a menstrual pad that utilizes patent-pending technology to transform agro-waste, in this case, banana fibers, into highly absorbent material without the use of chemicals.

Photographer: Elizabeth Scharpf/SHE via Bloomberg

"It's a thing from hell," she says of the malleable, silicone cup, which she received from a [Massachusetts Institute of Technology](#) research group. "I have to keep it far from the house, from where I pray."

Across the world's largest democracy, where a decade of [economic growth](#) nearing 8 percent a year has tripled per-capita income, millions of women are held back by shame around their most basic sanitary needs.

Teenage girls and young women are encouraged to go to school and enter the workforce, yet have little access to the infrastructure and products - separate bathrooms, sanitary pads - that will help them succeed. Taboos around sexual health reflect a level of discomfort with the female body that affects women's contribution to the economy and marks India as the third-worst nation in [Asia](#) for gender inequality.

"When our periods start, it becomes much harder," explains Sushma, who wears a faded floral-patterned sari with silver toe rings and colourful glass bangles jangling on her arms. She was 15 years old when her mother showed her how to use fabric torn from discarded saris to handle her monthly period.

Economic Impact

Until a team of researchers from MIT's Abdul Latif Jameel [Poverty Action Lab](#) taught her how to use the menstrual cup, which she washes and re-uses, she'd sneak out at night to bury her soiled rags in the dirt.

For Sushma and many others in India, puberty didn't just mark the process of becoming a woman. It brought a source of humiliation and an obstacle to learning.

"Many girls, when they get their period, say it means the end for them," says Lizette Burgers, who headed Unicef's water, sanitation and hygiene

[program](#) in India from 2004 to 2011. "It's taboo to talk about it."

Persistent differences in women's health, education and economic participation can only become detrimental to India's growth, the [World Economic Forum](#) said in an October report on the [global gender gap](#). Giving women more opportunities could boost the country's economic growth rate by about 4 percentage points, Lakshmi Puri, the assistant secretary-general of UN Women, estimated in 2011, according to a [report](#) from the Center for Strategic and International Studies in [Washington](#).

Gang Rape

India ranked equal to Congo on the United Nations Development Programme's [gender inequality](#) index for 2012. Female participation in the [labor force](#) was 29 percent in 2011, 2 percentage points below [Sudan](#) and less than half of [China's](#) 68 percent, according to [World Bank data](#). Only 65 percent of women can read or write, compared with 82 percent of men, according to India's [census data](#) for the same year.

The vulnerability of women attracted international attention last December when a female medical student was gang-raped aboard a bus in [New Delhi](#) one evening. Her death sparked nationwide demonstrations calling for a government and police crackdown on sex crimes.

Sushma says she was never molested when she left the house at night to bury her rags, though she knows women who were and she felt exposed and fearful.

"I've always struggled to understand why there is such little attention on this issue that impacts dignity, education, health and women's involvement in the workplace," says Virginia Roaf, an adviser to the [United Nations](#) Special Rapporteur on the [right to water](#) and sanitation.

Old Rags

Of the 355 million reproductive-age women in India, only 12 percent use absorbent pads or another sanitary method to stem the blood flow during their periods, a report by AC Nielsen and Plan India found in 2010. The rest tend to rely on old fabric, husks, dried leaves and grass, ash, sand or newspapers.

Menstrual cups, designed to be re-used and collect rather than absorb blood, have been around since

the 1930s. Brand names and manufacturers include Diva International Inc., maker of the DivaCup; Mooncup Ltd., the U.K. company that was first to make the device with silicone; and Mumbai-based MediAceso Healthcare Pvt., supplier of the device Sushma uses.

The consequences aren't just economic. There's a public health toll. India accounts for 27 percent of the world's cervical cancer deaths, according to [World Health Organization data](#). The incidence rate there is almost twice the global average, and doctors studying the disease say poor menstrual hygiene is partly to blame.

Cringe Factor

The homespun solutions raise the risk of vaginal infections that can suppress the reproductive tract's natural defenses. A weaker immune response can compromise the body's ability to fight the sexually transmitted human papillomavirus, the microbial cause of most cervical cancers, says [Robert Tindle](#), an emeritus professor of immunology at the University of Queensland in Brisbane who has studied HPV.

There isn't good data to show the role menstrual hygiene plays in the prevalence of cervical cancer in India, according to Rajesh Dikshit, chief of epidemiology at [Mumbai's](#) Tata Memorial Hospital, India's biggest cancer treatment center. Some analysis points to a link by way of clean water access, he says.

"Where there is no water in India, there are very high rates of cervical cancer," Dikshit says. "Where you have water, you don't have the cervical cancer."

Busting Myths

[Kimberly-Clark Corp. \(KMB\)](#), [Procter & Gamble \(PG\)](#) Co. and other makers of feminine hygiene products are working to wrench open a market that could be worth billions. Things are moving slowly.

Sales of sanitary protection products in India reached \$236 million last year and that number will probably only swell to \$442 million by 2017, according to London-based researcher [Euromonitor International](#). That compares with a projection of \$13.2 billion that year for China, which [according to](#) the United Nations has 42 million more women.

Procter & Gamble, the maker of [Whisper](#) sanitary pads, found by working with local schools to educate girls and their mothers about feminine hygiene and

biology that they were "busting myths and cultural superstitions," says Shweta Shukla, a spokeswoman based in Mumbai. Kimberly-Clark is also conducting awareness programs for school-age girls to help them understand the changes the body undergoes at puberty.

"Women asking for more comfortable desks is one thing," says Clarissa Brocklehurst, a water and sanitation consultant in Ottawa who headed Unicef's water, sanitation and hygiene division in [New York](#) until June 2011. "Being forced to speak out about an issue that everyone gets a bit shy and cringing about is another."

School Dropouts

Companies tend to focus on schools because that's where the exclusion begins. At least one in five girls drop out when periods begin, according to research by AC Nielsen and [Plan India](#), a New Delhi-based non-profit organization. Those who persist typically miss five days of school each month due to inadequate menstrual protection.

"The schools they study in, the spaces they play or relax in, the markets, farms and offices they work in, do not design facilities with this simple and recurrent biological need in mind," [Chris Williams](#), executive director of the Geneva-based Water Supply and Sanitation Collaborative Council, wrote in a May [note](#).

Procter & Gamble's Shukla says the Cincinnati-based company has worked to bring sanitary napkins "out of the closet" by showing actual pads in advertising instead of relying on euphemisms, and encouraging retailers to move the packs from the back of the store to the front.

Banana Pad

Besides Procter & Gamble and Kimberly-Clark, India's [health ministry](#) is working to bolster awareness by selling pads at a subsidized rate of 6 rupees per pack of six to adolescent girls under the brand name Freeday.

There is also research into cheaper products better suited to [developing countries](#). New York-based [Sustainable Health Enterprises](#) has developed technology to make a sanitary pad with cheap local materials such as banana stem fibers as the absorbent core.

And the research team from MIT's Abdul Latif Jameel [Poverty Action Lab](#) last year introduced the

moon cup -- a device used by a handful of environmentally conscious women in the U.S. and [Europe](#) -- to Bihar, where 54 percent of the population lives below the poverty line, [more than in any other](#) Indian state.

The lab dispatched 50 field staffers to a district called Jehananbad, an expanse of green paddy and wheat fields dotted with tiny mud-hut villages outside Bihar's capital, in SUVs to reach villages so remote many weren't connected by roads.

No Praying

The workers often had to walk the final 3 to 4 kilometers (2-2.5 miles) of dusty terrain to meet the research team's goal of introducing the cup to almost 200 women. More than 40 percent of the women approached had never seen a sanitary absorbent.

"Going to these villages is like going back in time," says Vivian Hoffmann, an economist and the lead researcher on the project investigating whether the menstrual cup can become a viable alternative to pads and rags for rural women. "There's a real gap in the literature when it comes to this population. So if we're going to find an impact from

menstrual hygiene anywhere, we're going to find the impact here."

Menstruating women can't perform religious rituals, touch idols, pray, visit temples, cook, serve food and touch drinking water in many traditional Hindu homes because they're considered impure. Sushma, who says the cup has improved her life and stoked envy from other women, will still cook but not pray.

A few households in rural [Uttar Pradesh](#), the state just west of Bihar, have a separate area for menstruating women to sleep, according to a report from Unicef.

Sushma isn't ready to ditch the taboos she grew up with. While she says she will discuss these issues with other women, and has showed them her cup, she goes out of her way to keep her husband and sons in the dark.

"We absolutely don't talk about it with men," she says, protectively cupping the head of her 6-year-old son. "It is dirty. Why should they know about it?"

Lorraine Samaraweera
Chairman