



ZONTA
INTERNATIONAL
EMPOWERING WOMEN
THROUGH SERVICE & ADVOCACY

NEWSLETTER—June 2021
Area 3—District 22
Charter Date 2.6.97

Dinner Meeting
Wednesday 16 June

5.45PM FOR
6.00PM: DINNER MEETING

VENUE: FUNCTION ROOM
BAYVIEW SHORES
5 BAYVIEW STREET,
RUNAWAY BAY
(SEE NOTE PAGE 2 FOR DIRECTIONS)

Apologies/Guests:
Please notify Jeanette Lewis
by 10am 14 June (If an emergency
requires a late apology, please ring
Lyn before noon on Wednesday.
This is a courtesy call and may not
remove the necessity for payment)

President: Jeanette Lewis
Phone:
Email:

Vice President: Sheila Ponting
Phone:
Email:

Secretary: Jen Leggo
Phone:
Email:

Treasurer: Viv Devlin
Phone:
Email:

Newsletter: Kay Loughlin
Phone:
Email:

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

DIRECTIONS FOR THIS MONTH'S DINNER MEETING

Directions have been removed for privacy

PAYMENT OF DINNER FEES

Whilst payment can be made in cash put in an envelope and brought to the meeting, it is preferable to direct credit your **DINNER MEETING** cost (\$30.00) to the Club's bank account, details of which are:

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

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

UPCOMING DATES:

2021 15 June World Elder Abuse Awareness Day
31 July Trivia Night

2022 25-29 June ZI Convention – Hamburg, Germany
2024 ZI Conference – Brisbane, Australia

BIRTHDAY WISHES:



Jenny Williams - 30 June
Sheila Ponting - 14 July

Hope you enjoy your "Special Day".

PRESIDENT'S MESSAGE:

I am amazed to realise that we are now halfway through the year! I hope you are all keeping warm. At last month's Dinner Meeting, Jo Diessel, Area 3 Director kindly attended and inducted the new Board. It was a happy and enjoyable evening.

On Saturday 22 May, Merrilee Lisle, Viv Devlin, Michele Bell and Janet Burrage attended a morning tea and presentation ceremony for the Northern Gold Coast Volunteer Awards and received on behalf of our club, from The Hon Stuart Robert, MP, recognition and acknowledgement of our contribution to the community.

Michele, Jenny and the Service Committee have arrangements well in hand for the Trivia Night on Saturday 31 July. Such a lot of work goes on behind the scenes for these types of events and I am very appreciative of their hard work.

Many of you will have met Cherrie Ludemann at our last Dinner Meeting and I am thrilled that she has now joined our club and am sure she will be a great addition to our team of members.

Michele received an invitation from Jane Wilson of Coombabah State High School who liaises with her and Lyn with regards to the Bursary we award to a deserving Year 11 girl student, to a morning tea which was hosted by the students (boys and girls) who are doing a Hospitality Course. Jenny Williams and Viv Devlin joined Michele and were full of praise for the wonderful food and beautifully done High Tea. You will see the amazing spread of food in the photos and they also used delicate old fashioned china which of course most of us are familiar with but sadly rarely see these days.

It feels incredibly good for our club to receive recognition for our efforts and all members should be extremely proud for whatever contribution they are able to make.

I know you will all join me in sending our best wishes to Lyn Reynolds who is recovering from a knee replacement and we look forward to seeing you at Zonta next month Lyn.

Warm Regards, Jeanette



NORTHERN GOLD COAST VOLUNTEER AWARDS 2021

The Hon. Stuart Robert MP presenting the award in recognition of service and commitment to the community 2021 to the Zonta Club of Paradise Point.

From left: Stuart Robert, Viv Devlin, Janet Burrage, Merrilee Lisle and Michele Bell.



Left to Right, Jenny Williams, Viv Devlin, Michele Bell and Jane Wilson.



Left

INDUCTION OF 2021-22 BOARD

It was a pleasure to welcome our Area 3 Director, Jo Diessel to our May dinner meeting. Jo talked briefly about her role as Area 3 Director and then inducted our Club's new Board for the 2021-22 year. Congratulations to all those members elected to the Board.

Lto R: Lee Deegan, Merrilee Lisle, Jenny Williams
Jo Diessel Area 3 Director, Sheila Ponting,
Viv Devlin and Jen Leggo



TRIVIA NIGHT UPDATE

Trivia Tickets: Tickets for the Trivia Night have been printed and wonderful news - they are almost sold out! If there are any returned or unsold tickets, Michele will have these available at the Dinner Meeting.

Important: Where possible those of you who have sold and/or distributed tickets could you please let people know that the sausage sizzle will be **cash only** – no cards.

Raffle Tickets: So far, we have raffle prizes of a \$100 voucher from the Lazy Lobster; a Gourmet basket, a Manicure & Pedicure voucher, a Hair voucher, and a set of Crystal glasses. The Service Committee is hoping to secure one large gift for the main prize – if you have any contacts, please advise Michelle.

Kay will bring raffle tickets for members to sell to either those coming to the night or to the wider community. They will be \$2 each or 3 for \$5 although she has stapled the tickets together in groups of three **BUT** please ensure a name and contact number is on each and every butt – not just the top one you sell. The prizes will be finalized at our Dinner Meeting next week and Kay will email each of you the list, so you know what the prizes are when selling the tickets. The aim is to try and sell a book of 100 tickets each – more if we can! Let's see how we all go.

Gourmet Basket Items: A reminder - could everyone please remember to bring a gourmet item for the hamper raffle to next week's Dinner Meeting. If you are an apology, perhaps you would be able to give this to one of our members who will be attending. Jenny Williams has kindly offered to make up the gourmet basket for the raffle prize.

WORLD ELDER ABUSE AWARENESS DAY

A Violation of Older People's Human Rights

According to World Health Organization, elder abuse can be defined as "a single, or repeated act, or lack of appropriate action, occurring within any relationship, where there is an expectation of trust, which causes harm or distress to an older person." Elder abuse can take various forms such as physical, psychological, or emotional, sexual and financial abuse. It can also be the result of intentional or unintentional neglect.

In many parts of the world elder abuse occurs with little recognition or response. Until recently, this serious social problem was hidden from the public view and considered mostly a private matter. Even today, elder abuse continues to be a taboo, mostly underestimated and ignored by societies across the world. Evidence is accumulating, however, to indicate that elder abuse is an important public health and societal problem.

Scope of the problem

A 2017 study based on the best available evidence from 52 studies in 28 countries from diverse regions, including 12 low- and middle-income countries, estimated that, over the past year, 15.7% of people aged 60 years and older were subjected to some form of abuse. This is likely to be an underestimation, as only 1 in 24 cases of elder abuse is reported, in part because older people are often afraid to report cases of abuse to family, friends, or to the authorities. Consequently, any prevalence rates are likely to be underestimated.

Although rigorous data are limited, the study provides pooled prevalence estimates of number of older people affected by different types of abuse:

- psychological abuse: 11.6%
- financial abuse: 6.8%
- neglect: 4.2%
- physical abuse: 2.6%
- sexual abuse: 0.9%

Globally, the number of cases of elder abuse is projected to increase as many countries have rapidly ageing populations whose needs may not be fully met due to resource constraints. It is predicted that by the year 2050, the global population of people aged 60 years and older will more than double, from 900 million in 2015 to about 2 billion, with the vast majority of older people living in low- and middle-income countries. If the proportion of elder abuse victims remains constant, the number of victims will increase rapidly due to population ageing, growing to 320 million victims by 2050.

Addressing Elder Abuse

(An article from the United Nations website)

Between 2019 and 2030, the number of persons aged 60 years or over is projected to grow by 38%, from 1 billion to 1.4 billion, globally outnumbering youth, and this increase will be the greatest and the most rapid in the developing world and recognizing that greater attention needs to be paid to the specific challenges affecting older persons, including in the field of human rights.

Elder abuse is a problem that exists in both developing and developed countries yet is typically underreported globally. Prevalence rates or estimates exist only in selected developed countries - ranging from 1% to 10%. Although the extent of elder mistreatment is unknown, its social and moral significance is obvious. As such, it demands a global multifaceted response, one which focuses on protecting the rights of older persons.

Approaches to define, detect and address elder abuse need to be placed within a cultural context and considered alongside culturally specific risk factors. For example, in some traditional societies, older widows are subjected to forced marriages while in others, isolated older women are accused of witchcraft. From a health and social perspectives, unless both primary health care and social service sectors are well equipped to identify and deal with the problem, elder abuse will continue to be underdiagnosed and overlooked.

GC BULLETIN ARTICLE – “AFFORDABLE LEGAL HELP HAS LANDED”

Recently there was an article in the GC Bulletin raising the issue that too many women are unable to access the legal help they need to escape a violent situation. I have attached the article as a separate document for those who might not have read it. It certainly is a step in the right direction to make access more affordable.

MEMBER PROFILE - *Contributed by Merrilee Lisle*

Profile details have been removed for privacy

NOT ALL THIEVES ARE STUPID.

Note how seemingly? innocent? entries can be turned against us!

NOT ALL THIEVES ARE STUPID

1. LONG - TERM PARKING

Some people left their car in the long-term parking at the airport while away, and someone broke into the car. Using the information on the car's registration in the glove compartment, they drove the car to the people's home and robbed it. So, I guess if we are going to leave the car in long-term parking, we should NOT leave the registration/insurance cards in it, nor your remote garage door opener. This gives us something to think about with all our new electronic technology.

2. GPS:

Someone had their car broken into while they were at a football game. Their car was parked on the green which was adjacent to the football stadium and specially allotted to football fans. Things stolen from the car included a garage door remote control, some money and a GPS which had been prominently mounted on the dashboard. When the victims got home, they found that their house had been ransacked and just about everything worth anything had been stolen. The thieves had used the GPS to guide them to the house. They then used the garage remote control to open the garage door and gain entry to the house. The thieves knew the owners were at the football game, they knew what time the game was scheduled to finish and so they knew how much time they had to clean out the house. It would appear that they had brought a truck to empty the house of its contents. Something to consider if you have a GPS - don't put your home address in it. Put a nearby address (like a store or gas station) so you can still find your way home if you need to, but no one else would know where you live if your GPS were stolen.

3. CELL PHONES:

I never thought of this! This lady has now changed her habit of how she lists her names on her cell phone after her handbag was stolen. Her handbag, which contained her cell phone, credit card, wallet, etc., was stolen. Twenty minutes later when she called her hubby, from a pay phone telling him what had happened, hubby says, "I received your text asking about our Pin number and I've replied a little while ago." When they rushed down to the bank, the bank staff told them all the money was already withdrawn. The thief had actually used the stolen cell phone to text "hubby" in the contact list and got hold of the pin number. Within 20 minutes he had withdrawn all the money from their bank account.

4. PURSE IN THE GROCERY CART SCAM:

A lady went grocery-shopping at a local mall and left her purse sitting in the children's seat of the cart while she reached something off a shelf. Wait till you read the WHOLE story! Her wallet was stolen, and she

reported it to the store personnel. After returning home, she received a phone call from the Mall Security to say that they had her wallet and that although there was no money in it, it did still hold her personal papers. She immediately went to pick up her wallet, only to be told by Mall Security that they had not called her. By the time she returned home again, her house had been broken into and burglarized. The thieves knew that by calling and saying they were Mall Security, they could lure her out of her house long enough for them to burglarize it.

Moral lesson:

A. Do not disclose the relationship between you and the people in your contact list. Avoid using names like Home, Honey, Hubby, Sweetheart, Dad, Mum, etc.

B. And very importantly, when sensitive info is being asked through texts, CONFIRM by calling back.

C. Also, when you're being texted by friends or family to meet them somewhere, be sure to call back to confirm that the message came from them. If you don't reach them, be very careful about going places to meet "family and friends" who text you.

THE COOK'S CORNER:

BREAKFAST MUESLI

Makes a large quantity

1. Put the following ingredients into a large roasting dish:

800gr Rolled Oats
200gr Bran
200gr Wheat Germ

2. Heat the following in a pot:

1 x Cup Olive Oil
500gr Pot of Liquid Honey

3. Pour the heated oil and honey over the dry ingredients and stir.

4. Cook for 40 minutes at 160C degrees, stirring after each 10 minutes.

Meantime: Chop up nuts and dried fruit (e.g., Brazil nuts, apricots, cranberries, pumpkin seeds – basically whatever you like).

Remove dish from oven. When cool add the nuts, fruit etc.

***Note:** This is really nice and crunchy.
I also added pepitas into the mix when roasting.*

DATE & GINGER SLICE

125gr Butter	500 grams chopped dates
250 grams finely chopped ginger	1 cup brown sugar
4 cups rice bubbles	Coconut

1. Melt butter in a large saucepan. When melted add sugar.
 2. Add dates and ginger, stir over low heat until dates melt into butter and sugar
 3. Remove from heat and stir in rice bubbles.
 4. Line a lamington tin with baking paper and sprinkle with coconut.
 5. Press combined mixture into lined tin.
 6. Sprinkle with coconut.
 7. Place in fridge until set.
 8. Cut into serving pieces as desired.
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DATE BLISS BALLS

Total Time: 20min **Prep:**20min **Serves:** 36

Ingredients

- 300 g Dates, pitted
- 100 g dried fig(s), coarsely chopped
- 1/4 cup(s) desiccated coconut, (20g)
- 1/2 cup(s) raw cashews, unsalted (75g)
- 1/4 cup(s) dry rolled oats, (20g)
- 1/4 cup(s) cocoa powder, (25g)
- 30 g Seeds, chia, (2 tbs) white variety

Instructions

Using a food processor, process the dates and figs until finely chopped. Add the coconut, cashews, oats and cocoa and process until the mixture forms a firm paste. Add 1-2 teaspoons water if necessary to bring the mixture together.

Place chia seeds on a plate. Roll 2 level teaspoons of mixture into balls and roll in the chia seeds to coat.

THOUGHT FOR THE MONTH

Your Body
Achieves
What The Mind
Believes