



ZONTA
INTERNATIONAL

DISTRICT 20

EMPOWERING WOMEN
THROUGH SERVICE & ADVOCACY

**“Nothing is impossible, it might only take some time.”
– Helvi Sipilä**

9 November 2019

Sirkka Sainio

Foundation Ambassador

Living in Tanzania

Riitta Heino has been living in Tanzania for a total of 20 years. She is a priest and a teacher. Her family includes her husband, four grown-up children and nine grandchildren. She wrote to me about her life and work, that I could tell you much about. Tanzania has over 100 tribes and the position of the woman in these tribes is very different. She told me that a long time ago, she realized that the life of a young woman can be quite tough.

The male relatives within the Iramba tribe teach young female family members the skills they will need when they move to live in the city. Because nearly always, girls brought into the city by their own relatives end up working as barmaids and in prostitution.

Riitta Heino wrote about a young family of a mother, a father, and three young children were very close in age. The grandmother of the family looked after the four children of the unmarried daughter that worked in prostitution in a bigger city. When the grandmother died, the four children moved into the young family's home. The children's biological mother does not visit nor look after them. Even though the young family's parents work very hard, they find it very difficult to get food to their family every day. The oldest daughter Pili is in secondary school but now she no longer wants to go there. One day she came home from school with a swollen arm. The family found out that the teacher hits the girl because she hasn't bought a new Physics book. The book costs the same amount of money as the whole family's daily food shopping. Pili also faces a big problem to look after her menstrual hygiene because of the family's economic situation. The three daughters of the family do not have a mattress to sleep on. Instead, they sleep on pieces of foam plastic. In the evenings, the women and children in Tanzania moisturise their faces. The family cannot afford to buy facial cream so the girls use some cooking oil instead. The cooking oil attracts ants, which lead to Pili's ear getting infected. The younger sister, Happy, got bitten by a scorpion in her cheek. To help the family, Riitta Heino bought the girls a mattress, some facial cream, hygiene products and school books.



We are needed

After hearing about Riitta Heino's experiences, I get a feeling that a lot still needs to be done, even if we have already achieved a lot. I believe that we Zontians are needed.

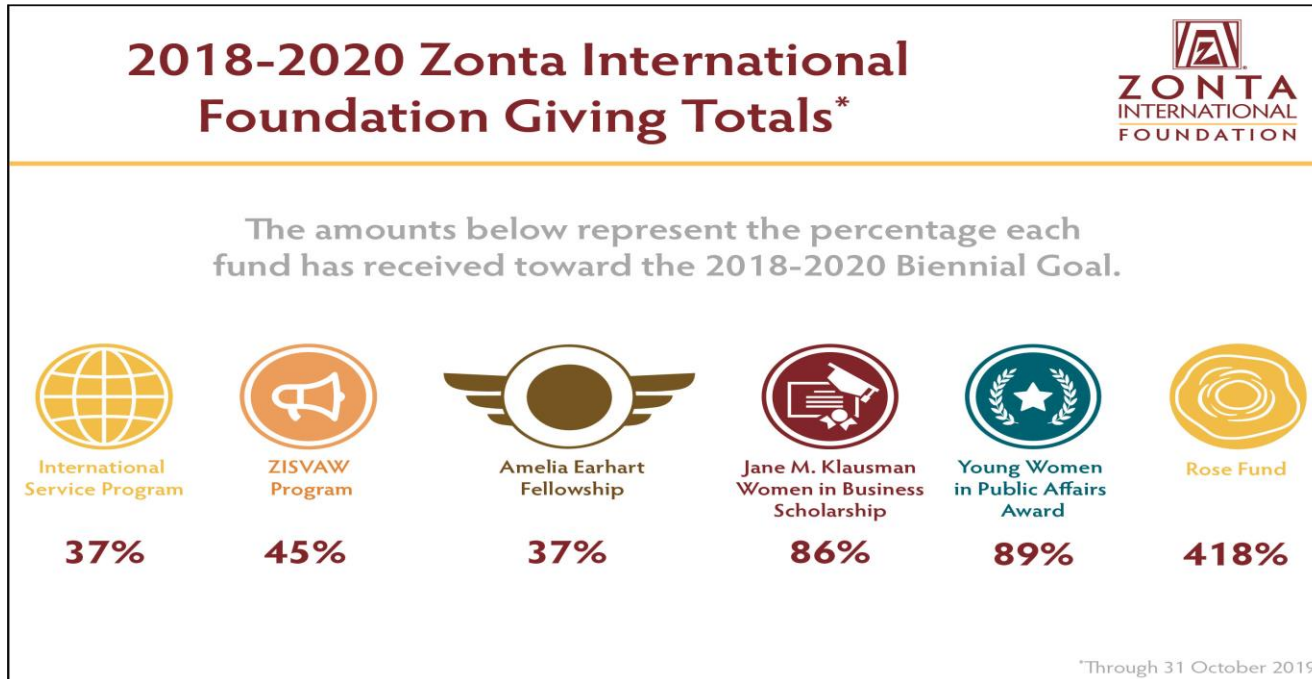
We participate in international service and scholarship programs that raise funds to improve the position of women and girls in partnership with our partners.



District 20 has two funds: We donate the proceeds to the Helvi Sipilä Fund to various programs of the Zonta International Foundation's Service Fund, and we donate the proceeds to the Lisa Andström Scholarship Fund towards biennial scholarships for female students and researchers.



Donations 31 October 2019



DISTRICT 20

\$ 33,391.89 \$ 36,768.80 \$ 4,594.82 \$ 4,255.78 \$ 1,840.40 \$ 8,679.42 \$ 89,531.11



Donation “cup collection”

The district government proposes that we do the traditional “cup collection” and donate the proceeds to our international guests.

“When we look after those that are far away, they become close to us.”

- Paula Sainio

