

## A word from your President



Wow, soon Perth Northern Suburbs will be able to get a job as an "event planner!"

Our International Women's Day Breakfast was exemplary. The ambience and dynamics in the room was humming; so

many women together to celebrate our successes, to give thought to our challenges and give gratitude to the women of the past. The women who had the courage and wisdom to stand up and be counted. To insist that all women deserve to live not just exist!

Once again **Dr Barbara Nattabi** did not disappoint with her words of wisdom. **That equality cannot exist without equity.** That without equal opportunity there can be no equity. The comparison between an educated woman and an uneducated woman in their ability to support family and themselves is obvious, but so easily ignored. The opportunity of education for all women was a common demand by the women who began National Women's Day.

A B-I-G "THANK YOU" to all the Club members who worked to make the day perfect. **Genevieve Rose, Chris Tapley and the Fundraising team, Marion Brown, Kaye Metaxas and Irene** for setting up and managing the audio visual effects.

Another B-I-G "THANK YOU" to **Ross and Wendy Dowling** for sourcing so many fabulous raffle prizes. Without their willing support we would never have achieved our \$3,000+ profit. That was the icing on the cake and a wonderful help to our service budget.

**Carolyn Punster**, guest speaker at our last dinner meeting from the Stroke Foundation, reminded us of the sanctity of life; that we should not ignore any unusual symptoms and to act quickly. Better to be mistaken than to have any regrets! Carolyn left us with some useful **Think Fast** hand-outs to recognise stroke.

**F: has the face drooped?**

**A: can they lift both arms?**

**S: is their speech slurred and can they understand you?**

**T: Call 000—Time is critical!**

Apart from our Guest Speaker in April, we will be briefed by **Donelle Slater** from Balga Senior High School who is coordinator of the **Aboriginal Children Learning Together Program**. Our Club



has agreed to support this initiative and is interested in learning more about it. Geoff Harris (a Board member at Balga High) and his wife Judy will also attend.

Another project we will be supporting is **Phoenix Australia's Trauma Sensitive Yoga**. This will take the form of a one six-week course. These classes enable sexually abused women to re-connect with their bodies and have proven to be very successful. We assisted this group last year.

**Dawn and Elaine** never shy away from driving up to Perth to support our Club or a member so let's show our gratitude by meeting them for lunch at their local Irish Pub in Mandurah. Those members interested in having a fun day out will meet at Perth Underground Station at 10am Wednesday 19 April. Further details will be available shortly.

You can't beat a little fellowship so you will have another opportunity to enjoy a day out at the **Area 3 Workshop on 29 April**. This is being hosted by the **ZC of Perth** on behalf of our **Area Director Pauline Vukelic**. This will be held at St Catherine's College UWA in Crawley. Booking details will be emailed soon.

If you fancy something even more social but more entertaining, we have a **Fashion Show** fundraiser planned for Tuesday evening **9 May** at the **Sorrento Tennis Club** in Duncraig.

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## IWD Highlights



more over...

Cont'd from p.1



New winter fashions will be on show and available for purchase plus other discounted garments. The \$25 cost includes nibbles and a glass of bubbles.



It was certainly all roses at the Marmion Angling & Aquatic Club on March 10 when more than 80 guests were treated to a hot tasty breakfast and a presentation by **Dr Barbara Nattabi** focussing on the United Nation's International Women's Day theme—**"Embrace Equity"**.

Barbara commenced by saying—

*"I would like to tell you the story of two very different women if just to emphasize how important education is in our endeavour to embrace equity."*

This centred around the Ugandan women in her life, particularly her mother and mother-in-law, both of whom had very different educational opportunities. Fortunately, Barbara's parents were ambitious academics and wanted their children to be educated. Barbara's younger sister has an MBA from a UK University and works in the USA, her brother works in Uganda with a Masters in Engineering and she herself has several degrees, one from a London University. For the past 12 years she has been a Senior Lecturer at UWA's School of Population and Global Health.



Barbara with her mother upon completing her PhD

Barbara's mother-in-law was one of two girls in a family of more than 10. All the boys were well educated but Barbara's m-in-l had never stepped into

Chris is hoping to attract 80-120 guests to make it a huge success for everyone involved. I have personally emailed all my contacts so let's see if we can make Chris a very happy little Vegemiter!

Following this on **13 May** we have our **Birthing Kit Day** when we will assemble 1000 kits that have been sponsored by **Franca Sala Tenna** who, incidentally, will be our guest speaker in April.

Then moving onto **August 9**, we will be hosting our signature event for the year in our **Young Women in Public Affairs Award** at the Lake Karrinyup Country Club. PNS started its life here in 1981

and for some years we held our dinner meetings at this venue so it will be nice to revisit. As in the past it will be a very special evening.

I thought last year was busy but it seems 2023 has started off with a bang, especially of late with so many events celebrating women, as you will see later in this newsletter. Of course the BIG events we need to plan for are the District 23 Conference in Bunbury and next year's Zonta Convention.

What a whirlwind existence I'm living!

Sue Pertile



L-R: Sue Pertile (President), Dr Barbara Nattabi, Pauline Vukelic (District 23 Area 3 Director) and Mark Irwin (Mayor City of Stirling)

a classroom, could not write and didn't speak any English. She went on to have 10 children, 5 of whom did not reach adulthood. Barbara's ex husband was the only one to go to university. The last time Barbara saw her she was living in a grass thatched hut in northern Uganda.

In contrast, Barbara's mother—an academic with a PhD in microbiology, which she started while looking after three children under the age of three—retired last year from the University of Botswana. Amazingly she achieved much over her career: supervising PhD and Masters students, teaching, conducting research studies and was awarded fellowships in the US and Japan. She was one of the first female veterinarians South of the Sahara.

These two women have the same inherent values regardless of what they have attained. They are from the same country but the difference in their lives was just one decision a parent made. One decision that made all the difference that shaped their destinies.

Sadly, millions of girls in low and middle income countries face a lifetime of destitution, poverty, high numbers of children, maternal mortality and other reproductive problems, lack of empowerment, family and domestic violence,

sexual abuse, unwanted and unplanned pregnancies, early marriage, polygamous marriages, HIV and other sexually transmitted infections. So basically, the inability to chart their own destinies.

*"My point is that if you educate someone, it is a gift that keeps on giving."*

As Barbara's title indicates, she is very much interested in global health, HIV being at the forefront of her research. Sub-Saharan Africa is the region with the highest prevalence and incidence of HIV in the world. The person most likely to contract HIV today is a young woman in Sub-Saharan Africa aged 15-19 with six of every new seven infections globally in this age group and population. Girls aged 15-24 are twice as likely to have HIV as boys of the same age.

Worldwide it is estimated that 18 million women and girls live with HIV, the biggest number in eastern and southern Africa. For example compared to 4.3 million in South Africa alone, there are only 2600 women living with HIV in Australia. Studies have shown that poverty has an impact on girls and makes them vulnerable to HIV.

Women, especially young women in poor and rural areas, have far fewer opportunities than men and boys to

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### IWD Highlights, cont'd

earn an income. Therefore transactional sex can be a means to a girl's education, covering costs of schooling and basic necessities. Needless to say, sex has become an exchangeable commodity for these young women. If girls were less poverty stricken and able to access education, it is probable the prevalence of HIV would reduce.



Living up to her 'motto'—

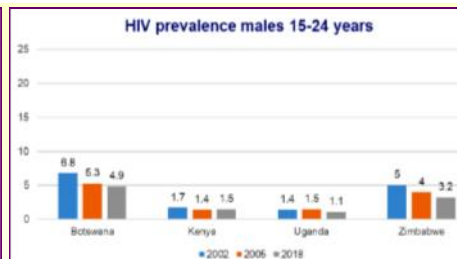
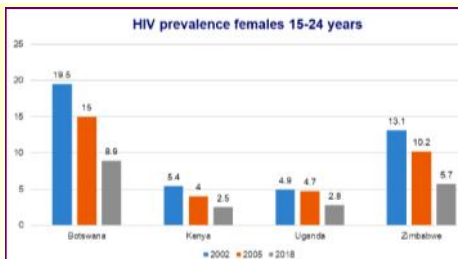
**The gift of education:  
the gift that keeps on giving**

Barbara has generously assisted two young female family members with their education, paid for a young man's high schooling and financed her son into university. She said—

*"Thus, in my own small way, I have tried to empower a few young Africans, family and otherwise, by providing an education, hoping that it will prevent a life of destitution and disease. Each of us women here today has an opportunity to create a legacy, to give a hands up to people we don't know and will probably never see."*

Other prizes included career coaching, a bike and jewellery/wallet. The Silent Auction items were many and raised over \$1,600. They varied from a hiking tour to restaurant vouchers to three overnight stays, one being at the RAC's Karri Valley Resort. Once again, our **sincere thanks to the Dowlings** for their support in sourcing these prizes. And, of course, to the donors, who graciously responded to Ross' pleas—**Aloft Hotels, Crown Towers, a Guided Hiking Tour group, Mandoon Estate, Pedal Perth, RAC Travel** and **Sandalford Wines**. There was also a door prize.

This year's Breakfast was another great success due, in no small way, to guests



Barbara reflected on how, without education, she would probably be living somewhere in a village in Africa, waiting for a Zonta made birthing kit, on her 10<sup>th</sup> child, browbeaten, possibly HIV positive, fetching water from a contaminated well and firewood from miles away, with absolutely no prospects. Many girls and women in developing countries need skills in entrepreneurship, small business and budgeting; skills that will enable them to support themselves. For Barbara, education is a more empowering and sustainable gift.

After her inspiring and thought-provoking presentation, we were left to ponder her closing remarks—

*"In order to Embrace Equity, let's give a gift of education—the gift that keeps on giving."*

Our Club took the opportunity to raise some funds by auctioning off several generously donated items and running a raffle. 1st Prize raffle winner was **Lynne**



**Bowes** shown at right with **Chair of the Fundraising Committee Chris**. She scored a Rendezvous Staycation which she was, no doubt, very chuffed about.

*cont'd below...*

like these happy Zonta 'friends', who wanted to hear Barbara's presentation and support the work we do.

L-R: **Alison Butler, Janene Martin, Clare Fowles, Glenda Cooper, Sue Shepherd** and inset, **Lynne Bowes**.

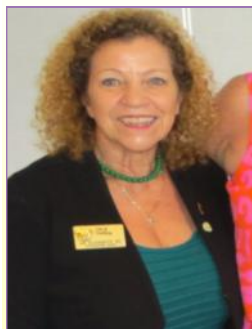


Janene has supported our Club on a number of occasions but she hasn't found the time, yet, to join us! She is far too busy travelling at the moment. Maybe she hasn't realised we could just about run a travel consultancy with members who have visited almost every corner of the globe !!

Of course **Genevieve**, who lead the planning and coordinating of the event, must be congratulated, along with her helpers. Another box ticked and a well deserved pat on the back!

What a team!

We had a wonderful response from our 'Friends & Supporters' group all of whom, I am sure, enjoyed the event as much as our members. Here we have **City of Stirling Councillor Elizabeth Re** and to the right **Kath Mazzella OAM**, long time advocate for women's health and the **2005 Area 3 'Woman of Achievement' Awardee**.



It's always nice to catch up with these ladies as members **Elaine** and **Ruth** did with **Barbara Goulden** (centre), a past Zontian from the Swan Hills Club.



President **Sue**, as we all know, is very passionate about women's issues and never loses an opportunity to remind us

of the sacrifices our forebears made advocating for women's rights. Her emceeing is always forthright and adds colour and humour. Well done Sue!



## WA Women's Hall of Famers

**Sue, Alison** and **Linda** shared a most enjoyable event at Government House on 7 March when they attended the **Western Australian Hall of Fame Induction Ceremony**. They are shown here with **2021 Hall of Fame inductee Kedy Kristal**, currently **Policy Officer, Women's Council for Domestic and Family Violence Services**. Kedy is well known to most of us in relation to her work in this area.

Sixteen women were inducted into the Hall of Fame this year. Their achievements were in the areas of scientific, social, economic, historical, cultural and political endeavours, all of which have



added value to our State. Also, four deceased women, who had made great contributions to Western Australia in the past, were acknowledged (read more about all inductees [here](#)).

**Jenny** also attended, shown here with **Christina Matthews** CEO of the WACA (at right) who was recognised for her

outstanding achievements in the cricket community.

Not only were the 2023 inductees celebrated, but also all women whose work with their families, friends, workplaces, communities and their other endeavours have helped to make the world a better



place. Needless to say, a number of Zontians have been recognised in the past for their contributions.

March is certainly a very busy month for we women!

## Breakfast with Ishar



But one of the busiest women in our Club—and there are a number—is **Linda**! One never knows where she's going to turn up next!

Recently returned from a holiday in NZ, Linda couldn't resist attending a fund-raiser breakfast on 16 March at Frasers in Kings Park to support the 30 years of work that Ishar has been doing in the areas of Multicultural Women's Health Services. The focus was to raise funds for Ishar's Young Women's Services. Our Club has had a long history of supporting various programs at Ishar.

Linda reported that—

*"Special Guest Speaker Rabia Siddique spoke so eloquently about her very interesting work as a Human Rights Lawyer, Major in the British Army, Best*



*selling author, humanitarian and mother of triplet boys. It has always been a rewarding experience over the years to meet up with Rabia and hear her absorbing presentations."*

As part of the Program, **Monica Vos** conducted a very interesting and informative interview with Rabia who mentioned she will be a speaker at the 2024 Zonta International Convention in Brisbane. If other speakers are of the same calibre as Rabia, it will be well worth attending. For many of us this may be the only opportunity to attend a Zonta Convention—right on our doorstep and a good time to holiday in Queensland! Start planning now as time is slipping away!

The emcee was **Andrea Creado** CEO of this not-for-profit organisation. She is also a City of Stirling Councillor (Balga Ward) and is shown here with Linda after the event.

Linda said It was a pleasure to attend such an enjoyable breakfast, to support the ongoing work of Ishar and to take the opportunity to catch up with these ladies in person.



## Celebrating the life of another special lady

It was with great sadness that we learnt former Club member—**Gillian Cuss**, finally succumbed on 19 February to the melanoma she bravely struggled with over 3-4 years. Her funeral was held in Albany on 4 March.

Gillian joined our Club in June 1985 and it was clear she was going to make a wonderful Zontian. Initially she served on the Service and Membership Committees and became Editor of the 'Zontapreneur' (which she named). In 1990 she joined the Board and stepped up as President in 1992, taking over the reins from Dawn.

Gillian presided with diplomacy, caring and inclusivity, always with the best interests of the members at heart. It



was no surprise that in 1994 she became D23 Chair of the United Nations Committee.

Unfortunately for us, Gillian left the Club in 2000 to live on a farm in Narrikup where she and Mike raised Boer goats.

Having been a career nurse and always affiliated with this profession, Gillian has left a \$10,000 legacy to our Club—'**Gillian's Gift**'—for student nurses who are struggling financially. She was very happy to sanction this initiative. We are working with the Faculty of Nursing and Midwifery at ECU to make 10 x \$1,000 grants over the next two years.

This very substantial, thoughtful and amazing bequest epitomizes Gillian's humanitarianism and human traits. We miss her already, Zonta misses her and everyone who knew her has lost a very special friend.

RIP Gillian





## Women's health in the workplace

'Transforming work places so that women can thrive at work'

The below article was written by Kath Mazzella OAM and published on the Australian Institute of Management's website under—



"Workplaces are traditionally not places where personal information, especially women's health information, is shared easily and safely. However, the modern working woman expects her workplace to be inclusive and responsive to her health needs. And in a modern society, where sharing your life publicly has become a lifestyle, workplaces need to develop a culture where women's health issues can become as accepted as other health conditions.

Too often we hear stories of women who have a deep sense of purpose and connection to their employment but lack the strategy necessary to navigate health-related issues that are sensitive. Consequently, they leave jobs they love because they don't possess the skills, knowledge and confidence to negotiate flexible working arrangements.

### Courageous conversations

This issue also partially lies with managers, who don't create open communication with their workers about health issues or offer flexible work options, or work modifications to accommodate health challenges.

Imagine if this could be rewritten through courageous conversations between female employees and their managers around women's health issues such as infertility, hysterectomy, menopause and gynaecological cancers.

You may hear my story, or other women's stories and think it's not relevant to you because you don't have that problem. Though you may not have the same issue now, you may have it in the future. You may also have a partner, sister, mother, aunt, niece, daughter, or friend who is currently suffering in silence.

A female executive who has supported my advocacy work for over a decade developed a gynaecological condition. She hadn't fully realised the depths of how impacting the condition could be until it was happening to her.

*"It was the inconvenience of how this was going to affect my work life that caused me the most grief," she said.*

*"I could no longer go through a normal day without needing to get up and move around because it was uncomfortable to sit for long periods. Some days I couldn't even wear underwear, it was too painful.*

*Suffice to say, it required tremendous courage, some serious conversations with my workplace, and a shift to working mostly remotely for me to continue to be able to do my work."*

Issues relating to women's health appear to be missing from the agenda for many workplaces. There are millions of women in workplaces today suffering in silence, too embarrassed to speak out about their experiences, or leaving due to not feeling supported nor understood.

If we can become more aware, we can know how best to attend to these issues in their infancy, so they don't result in major interruptions to productivity and workplace relationships.

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And most importantly of all, we can improve the quality of life for women.

### How to make your workplace supportive of women's health

Becoming a workplace of choice for women involves three main themes:

1. *Showing empathy. Be genuinely curious, sensitively address the subject, actively listen and demonstrate compassion in responses to disclosures. Asking a woman how she wants a workplace to respond to her needs is a good starting point rather than making assumptions.*
2. *Being educated about women's health issues. It prevents women having to be asked for detailed explanations.*

*Questions like "what's that?" when a woman is explaining a health issue result in her having to explain the symptoms of her condition, which can be embarrassing. Know what support services are available to supplement employment assistance program services.*

3. *Offering flexibility within the role. Provide flexibility to work remotely, to take regular breaks, to have ergonomic equipment that allows her to sit, stand or lie down. Create workplace cultures that accept these variations from the standard work practices.*

Women's health can be challenging for all involved, but being supportive and flexible cannot be undervalued. Create

a balance between the needs of the workplace and the needs of the female worker.

Women who are well supported and informed will continue to be productive throughout their work life span and their wisdom won't be lost to our workplaces."

Published on—

[www.aimwa.com/workplaceconversations](http://www.aimwa.com/workplaceconversations)

Many thanks to Kath for sharing this most interesting article. There are more such stories on the Institute's website for those who may wish to explore further. Click on the link above.

## Area 3 workshop 2023

Hosted by:  
Zonta Club of Perth

**Saturday  
29 April  
2023**

Make the most of and value-add to your membership by joining other Area 3 Zontians for a day of learning and camaraderie.

It will also be an opportunity to meet **Kay Stewart our District Governor** who will bring us the latest Zonta International news as well as what's happening around our District.

These events are always well worth attending. Book via the flyer that has been emailed by Alison.

**St Catherine's College**  
2 Park Road Crawley  
WA 6009

**9:00 am–5:00 pm**  
Registration 8:30 am – 9:00 am

**Tickets \$65 pp**

**Please book by: Friday 14 April 2023**

**Scan this code to book your seat! or follow this link**  
<https://events.humanitix.com/area-3-workshop>

## Around the Club

Interested in a Zonta number plate? We have one for sale via the Department of Transport for \$260.



This plate belonged to one of our Charter members, **Margaret Field**, and was part of a fundraiser we had many years ago. Margaret resigned from PNS in 2016 after 35 years of dedicated service. She graciously offered it to the Club as a fundraiser.

If you are interested in acquiring this unique registration plate (they are no longer available), please make enquiries through Alison Martin—  
alisonmartin00@gmail.com

With a full diary, busy running her business, planning a wedding and overseeing her Dad's move to a residential facility and selling his house, **Jenny** has decided to take six months' leave. We wish Jen well and look forward to her return in September.

**Bev** is also on leave for an extended period but will join us for some of our more social events when time permits.

Vice-President **Rosemary** also requires some space and has taken leave.

**Wendy** has flown off to New Zealand again to be with her mother who is not at all well.

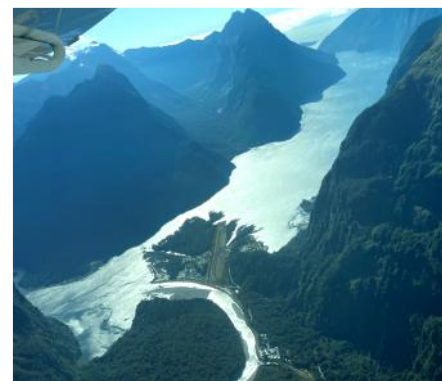
**Dagmar** is recovering from her second hip replacement and we believe is being 'nursed' (spoiled) by some relatives from the eastern states.

We wish all these members the very best and look forward to them returning to Club life in due course.

It seems **Linda** is having a great (but busy) life of late. She has offered some more snippets from her NZ holiday—  
“While in Rotorua in a National Park for the great Redwood trees, lo and behold, I saw this Zonta sign. Remember we tried to get the same type of sign in agreement with the City of Stirling?”



**Marg and I** have been having a wonderful time enjoying our travels. We are currently at Fox Glacier.



My very well travelled friend Phillip, whom I met in Cape Town, told me that I must not miss doing the flight over Milford Sound. So Marg and I did the flight and cruise, one of my more memorable tourist experiences—a continuous and extensive majestic sight!

Queenstown, which I like, is a lively and vibrant tourist city. Apart from some adjustments, we have been able to keep to our itinerary for most of the time. The accommodation has been very good.

cont'd below...



Today when we had taken a gondola to the summit of Mount Bob to see splendid panoramic views of Queenstown, and a paraglider representative was trying to encourage me to do paragliding as their oldest client was 92, I told her I was a physical coward !!”



Thank you Linda for sending this update—makes me want to re-visit NZ!

Seems like New Zealand is the flavour of the month! **Letitia** and **Ambrose** tripped over for a special anniversary!

### “The Green Hills of Home

The original idea was to celebrate our Ruby Wedding Anniversary on a trip back to NZ, spending four days in Melbourne en route, taking in a seven-day cruise on Queen Elizabeth and enjoying a couple of weeks catching up with family and friends around the central North Island. We left Perth on 10th February and in Melbourne, duly caught up with dear friends. We also discovered after a couple of phone calls re-embarkation time that our cruise had been cancelled. The email was in Perth, so with our travel agent we swung into Plan B.

We arranged a flight back here poste haste, and set about organising a direct flight to Auckland to arrive as per original date to carry on with arrangements already in place: car hire, accommodation and so forth. That done, we settled in, using this extra time home to finalise arrangements for the National Lions Convention on the Gold Coast later in April/ May. The Depiazzi Duo do not do drama!

Seeing the green hills of home, lots of white woolly sheep and being able to enjoy splashing barefooted in puddles was joyful. The Bay of Plenty and the Waikato (river and area) is 'home' for me. While this was a family and friends holiday, we did make a trip to Taupo to see the mighty Waikato river gushing through Huka Falls after all the rain—soul enrichment at its best!

Missing the cruise was not a big deal—we had previously been there and done that—and we did have a great time. Even better when we arrived home on 7th March, we learnt our number 3 Great Granddaughter had arrived while we were in transit.

During our midway week back in Perth, only family and neighbours knew we were here. No Lions or Zonta—it brought back memories of the odd truancy days of long ago! Hidden in plain sight and being time-free to indulge in reading the book intended for the cruise!”

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### Cont'd from p.6 ....

Members will have noticed that we have new logos creeping into our admin documents. ZI has redesigned these to make them more generic for the future and have therefore produced the new tag line separately. There are also transparent ones which can be overlaid onto any colour background. Your 'Visibility Committee' will endeavour to produce these over the Club's stationery. We



**BUILD A BETTER WORLD  
FOR WOMEN AND GIRLS**



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FOR WOMEN AND GIRLS**

may be able to set up some email signature blocks for anyone who would like one. However, having said that, from previous experience, it seems these depend on the email programs being used.

### Annual Reports

Committee and other reports are now due for **Kaye** to incorporate into our AGM documents. Club Officers and Chairs should liaise with Kaye regarding formats, etc. asap.

### Elections

Our **Nominating Committee** will also be seeking candidates for any vacant positions. Holding office of any sort is a privilege and a great way to get to know your 'fellow' members and to learn more about the workings of Zonta.

A 'Greenie' or 'Leprechaun' in our midst! Does anyone know who belongs to these pinkies? If

you do, let your Editor know and you may score an Easter egg on 5 April!!



It looks like **Lesley** had a top time at our recent Breakfast sharing a table with **Jill** and her colleagues. She was happy to thank Dr Nattabi for her presentation and looked pretty smart with her new hair style!



By the way, **Irene**, our marathon champ will be running in the **HBF Run for a Reason 2023** for the **Lions Eye Institute**. If you would like to support/donate to her fundraising page, here's the link—

<https://runforareason23.grassrootz.com/lions-eye-institute/irene-o-leary>



**Fashion Show**

Tuesday 9 May  
Start 6.30pm  
\$25pp  
(includes nibbles and a glass of bubbles)  
Raffles & Door Prizes

Venue: SORRENTO TENNIS CLUB  
Warwick Road, Duncairn

BOOK VIA THIS LINK—  
<https://events.Humanitix.com/zcpns-fashion-parade>

**New Winter Fashions on Show**

Discounted Clothes

Come along and enjoy an entertaining evening with your Zonta friends.

All proceeds will be directed to our service projects and programs.

[www.zontaperthns.org.au](http://www.zontaperthns.org.au) ABN 69 616 440 942

You can help save the lives of mothers and babies by volunteering at our **BIRTHING KIT ASSEMBLY DAY**

KINDLY SPONSORED BY  
Online Compliance Training Australia

DATE/TIME: Saturday 13 May 2023—8 am to 11 am  
PLACE: All Saints Floreat Uniting Church, 48-50 Berkeley Crescent, Floreat  
RSVP: Before Thursday 10 May by registering via this link—<https://events.humanitix.com/birthing-kit-assembly-day-2023>  
ENQUIRIES: Connie 0417 184 640 or email Secretary—[alisonmartin10@gmail.com](mailto:alisonmartin10@gmail.com)

MORNING TEA PROVIDED

To book for these events, click onto the above flyers.

**HON DONNA FARAGHER MLC**  
Member for East Metropolitan Region  
Shadow Minister for Community Services:  
Early Childhood Education,  
Seniors & Ageing, Youth

invites you to a

**HIGH TEA FOR A CAUSE**

Moort Care was founded to assist members of our community who may need a helping hand. Their projects include hospital blankets for people undergoing medical treatment, food hampers and support for seniors. This high tea is fundraising for Moort Care's 'Mother's Day Hampers' which are gifted to seniors who may not receive a gift on this special day.

Please join me for high tea in support of this great organisation.

**THURSDAY 4TH MAY**  
10am  
Guildford Grammar School Foundation Pavilion  
Near the Preparatory School, off Great Eastern Hwy

While this is a FREE event it would be greatly appreciated if you could bring an item (see below) that can be provided to seniors supported by Moort Care

Please RSVP to:  
9379 0840 or [faragher.eastmetro@mp.wa.gov.au](mailto:faragher.eastmetro@mp.wa.gov.au)  
Ground Floor, 108 Swan Street, Guildford  
by Wednesday 26th April

**HAMPER ITEMS**

Moort Care have requested the following items to go towards their 'Mother's Day Hampers' gifted to seniors who may not receive a gift on the day. If you would like to make a donation please support us through the collection of any of the items below. Your donation will make a real difference.

Hand cream - Hand Towels  
Hair Brushes & Combs - Face Washers  
Shampoo & Conditioner - Soaps  
Body Wash - Nail Clippers  
Nail File - Face Powder  
Perfume - Deodorant  
Lip Balm - Moisturizer

If you are unable to attend but would like to make a donation:  
Please note all donations are tax deductible and receipts will be sent to donors.  
Online - <https://www.moortcare.org.au/>

Credit Card - Visa \_\_\_\_\_ Mastercard \_\_\_\_\_ Amex \_\_\_\_\_

Cardholder Name: \_\_\_\_\_ Amount: \$ \_\_\_\_\_  
Card Number: \_\_\_\_\_ Expiry: \_\_\_\_/\_\_\_\_/\_\_\_\_  
Signature: \_\_\_\_\_  
Contact Details: \_\_\_\_\_

Full Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Email: \_\_\_\_\_ Contact Number: \_\_\_\_\_

A special thank you to  
Guildford Grammar School for kindly providing the venue for this event.

Readers might like to support this **High Tea for a Cause**. It is FREE, but guests are asked to donate Items which will be given by **Moort Care** to seniors on Mother's Day. If you would like to attend with a donation please RSVP to **9379 0840** or [faragher.eastmetro@mp.wa.gov.au](mailto:faragher.eastmetro@mp.wa.gov.au) by **Wednesday 26 April**. Otherwise a monetary donation would be very acceptable. The Minister has supported our Club in the past so this could be an opportunity to be able to reciprocate.

don't look a day over  
**FABULOUS!**

**HAPPY APRIL BIRTHDAYS**

5 Irene  
8 Dawn, Elaine & Gillian  
22 Marion  
24 Chris

Can you believe it—Easter is almost here!

What I've learnt from the Easter Bunny—  
**"Some body parts should be floppy!"**



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