

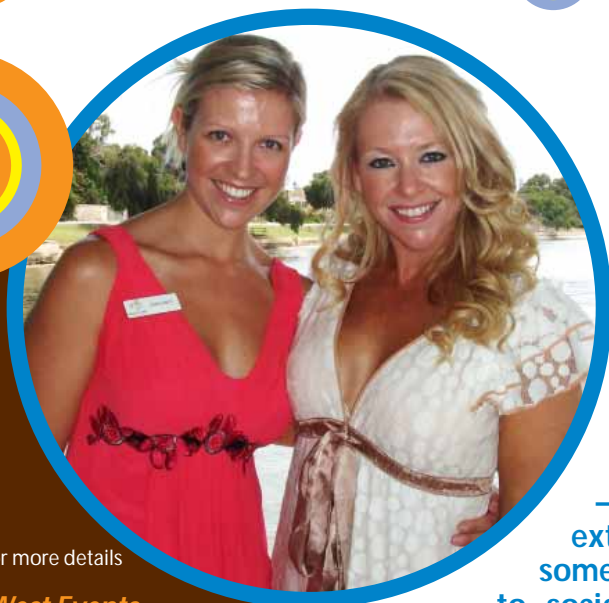
Women of the West

FUNDRAISING FOR PMH FOUNDATION

April Newsletter

'10

Women of the West members and supporters meet regularly to socialise, network and ultimately raise funds for Princess Margaret Hospital.



Events Calendar

Phone 9489 1100 for more details

Women of the West Events

- **21 April** @ Scotch College, Swanbourne Back to Basics Info Seminar. Email invite to follow, tickets on sale 30 March
- **4 June** 6:30pm *Sex and the City II* Movie Screening, Windsor Theatre, Nedlands Email invite to follow, tickets available soon
- **July** (Date TBC) Accessories and Shoes Reinvention VIP Fashion Exclusive. Presented by Karrinyup Shopping Centre. Email invite to follow, tickets on sale May 2010
- **9 November** WOTW Melbourne Cup Luncheon. Venue TBA. Tickets on sale September 2010

PMH Foundation Events

Check out the website pmhfoundation.com

2010 Committee

Amanda Phipps
Annika Howells
Claire Harris (Coordinator)
Connie Sandberg
Debra Gerreyn
Laura Baugh
Lexie Wilkins
Sue Watson

Join our Mailing List

If you would like to join Women of the West's mailing list and receive invitations to events, special offers and our newsletter please email wotwpmhf@bigpond.com

Chocolate breakfast event wrap-up

You can't ever go wrong dining at Mosmans – the river location, light and bright venue and extensive menu are reasons alone for taking some well-earned time out of our busy schedules to socialise with friends and family...but throw chocolate (an abundance of it!) into the mix and you have the ideal breakfast setting. Which is what 120 of us did on February 20...which also happened to coincide with the Rotto swim – and I know where I would have rather been!

The morning couldn't have been sunnier or the river more clear. There was lots of chatter and laughter in the room and our special guest speaker Alison Braun – 2008 The Biggest Loser runner-up, Channel 10 (TBL) blogger and motivational speaker, was absolutely lovely and inspiring. Alison shared a few of her most poignant TBL experiences and realisations with us and also reminded everyone that it was OK to put themselves first... something I know a lot of us seem to easily forget. Alison also gave us a brief insight as to how she has continued to evolve into such a healthy, happy and successful woman (post TBL) without Shannon her trainer and the luxury of being able to train up to 10 hours a day. It seems that a busy career, three children and everything else that everyday life throws at her has made this great woman even greater. If any of our members or supporters would like to approach Alison about a speaking engagement please email wotwpmhf@bigpond.com for contact details and in the meantime check out the event pictures on the next page!

It goes without saying that successful events like these can't happen without our

members and supporters attending them, but they definitely would be less fun and exciting without our sponsor's support and commitment to the event itself, goodie bags and quality raffles we hold at each event. I'd like to personally thank Marni Alexander from Active in Motion Personal Training (www.activeinmotion.com.au) for donating an 'Awaken in Bali' trip valued at \$1295, Micaela Anderson & Tracey Guelfi from Chokeyby Road Subiaco for the huge hamper and cute chocolate hearts, Christina Sardinha and Irene Johnson from commercial/corporate cleaning company **Westralian** and Connie Sandberg – WOTW committee member and Principal of **Settlement Group Pty Ltd** (www.settlementgroup.com.au) for their generous corporate event sponsorship. I'd also like to acknowledge **Choice Hotels** (www.choicehotels.com.au) and WOTW committee member, Debra Gerreyn for a generous \$250 accommodation voucher, **Mortgage Choice – Wembley** (www.mortgagechoice.com.au/mark.wilkins) owner and WOTW committee member Lexie Wilkins for donating the luxurious chocolate body hamper and M&Ms enjoyed by our guests, Walt Disney Studios Motion Pictures WA Representative and Publicist Karen Smith

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PRINCESS MARGARET HOSPITAL
FOUNDATION

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for donating *Alice in Wonderland* in-season double passes and a movie prize pack (www.aliceinwonderlandmovie.com.au), Allens confectionary for the Fantaes and hot chocolate sachets taken home by guests and last, but not least – Ricky from White Cargo Gourmet Hampers. Phew!! After thanking these wonderful people and their affiliated businesses it just goes to show how much support we had on the day and additional value our guests received for attending a wonderful event – which is a win, win for everyone.

It's also just as important to report how your sponsorship and support \$\$ were spent and I'm pleased to be able to report we were able to purchase two kangaroo pumps for the hospital after the event – which means that two children were able to return home from

their hospital stay earlier than planned. I've attached a picture of a pump over the page so you can see what you're contributing to and next issue we'll follow up with one or two of the pump recipients so you can hear first-hand about the gift you're giving to a PMH patient.

In the meantime, check out our exciting events calendar which details what's coming up – namely our 'Back to Basics' health and beauty information seminar on 21 April, which will focus on additive-free cooking and the benefits of using basic, raw and natural products throughout the day. Our exclusive *Sex and the City II* Movie Premiere is booked in for Friday 4 June @ the Windsor Cinema in Nedlands. Bring along your girlfriends and family to see what promises to be the most fabulous sequel ever! In July you're invited

to our Karrinyup Shopping Centre shoes and accessories reinvention event, where you can see how easy it is to reinvent one outfit up to three different times to suit three different occasions (work, home and town) – just by changing the shoes and accessories! You could also be one of our lucky guests who will have an outfit reinvented on the night! It promises to be one very exciting, interactive event so look out for your VIP invites via email shortly. In the meantime head out to Karrinyup from the 16th March to 10th April for the Accessorise, Accessorise, Accessorise display in centre court.

Until next time...

Claire Harris

WOTW Committee Coordinator



What you told us...

Thank you to everyone who provided feedback at the Chocolate Breakfast. It's reassuring to know that 97 per cent of the 73 guests who responded found the event either enjoyable or very enjoyable and most of you hear about our events by email or word of mouth. Event-specific aspects you enjoyed on the day included the food, venue, guest speaker, relaxed atmosphere, gifts, prizes, organisation, presentation and time to talk. Aspects you didn't enjoy so much were the

food queues, unavailability of hot food items, hot chocolate, wine and champagne and absence of name tags. More info on the key speaker prior to the day was also requested. You also told us you enjoyed events such as breakfasts, lunches, cocktail functions, movie screenings, fashion VIP previews and networking/guest speaker and health expos... so the committee is currently busy organising our April 'Back to Basics' information/seminar event, the *Sex in the City II* movie preview on

4 June and our Karrinyup Shopping Centre Fashion and Accessories Reinvention Event.

We plan to get feedback at all of our events and hope you'll let us know how we're going throughout the year so we can improve in areas you're not happy with and continue providing the event aspects that keep you coming back and supporting WOTW and PMH Foundation.

Member profile Janis Nugawela



I qualified as a Chartered Accountant too many years ago to remember but it was at a time when the profession was predominately male! How times have changed, and

for the better! I have been running my own business – Janela Financial Services - for the past 21 years.

I first went to a WOTW function several years ago at the invitation of a friend who was then on the Committee. I was impressed by the scope of the fundraising that WOTW undertake and for such a worthy cause. As a mother of three boys (who have all survived into adulthood) I

have made many trips to Princess Margaret Hospital when they were children. I had no hesitation in becoming a WOTW member and in a small way giving back to the Hospital.

I have had the opportunity at functions to visit facilities and see firsthand where the money is spent, not to mention listen to some fantastic speakers and network with some lovely ladies over the years.



What we are fundraising for...

Kangaroo™ 924 Enteral Feeding Pump

Your valuable attendance and raffle contributions are being put towards the purchase of several kangaroo feeding pumps – which deliver correct and consistent nutrition, and allows a child who needs to receive nutrition this way to continue with their recovery at home.

Corporate member profile

“Marni Alexander – WOTW Corporate Member, founder and director of Active In Motion Personal Training “Focus on today and let the future surprise you!”

I have attended several WOTW functions in the past year and am extremely proud to help raise funds and support PMH Foundation in any way which benefits so many children who are suffering.

Having a business in the health industry myself I see firsthand what happens when your health suffers and exercise plays a HUGE part in keeping you both physically and mentally as healthy as possible. Whether you have a child who is in hospital or perhaps it's a niece, nephew or grandchild, if you're stressed out and worn down, your own health may suffer and you may become of little use to care for a child in need.

Attending the WOTW Chocolate Breakfast in February, I was proud and happy to present a lucky woman with a prize to “Win a trip in Bali”, not only will she enjoy the surrounds of an overseas holiday, but she'll also begin her own personal



journey to discovering the happiness and benefits that exercising regularly can provide. It's my way of giving life back to the community and returning people from sedentary office jobs into the great outdoors again!

I am passionate about providing health and fitness needs that fit into YOUR every day life so that 'exercise' won't ever be a dirty word again and if I'm doing it right, you'll actually look forward to it!

I look forward to meeting more beautiful women at upcoming events and supporting this wonderful committee!

ACTIVE IN MOTION - 'AWAKEN IN BALI' RETREAT... your invitation

If you feel like a holiday that will awaken your senses and guarantee to rejuvenate you from the inside out, join Marni for her “Awaken In Bali” retreat. Wake to the sounds of the jungle coming alive, and fall asleep watching the fireflies at night. With views of the rice paddies and mountains from your bed, beautiful fresh fish caught that very morning from nearby Lake Batur, freshly picked fruit on awakening, the most beautiful banana (or apple) pancakes, and complimentary lemongrass tea on your balcony 24/7, you really can't resist the temptation of this amazing retreat.

Full program details available online:

www.activeinmotion.com.au and click on 'Bali Retreat'

Retreat dates:

23 May 2010 • 30 May 2010 • 15 August 2010 • 31 October 2010

e marni@activeinmotion.com.au

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