



# Bear Facts



Princess Margaret Hospital Foundation Newsletter Autumn 2006

## How PMH changed my life

Seventeen-year-old Athena Thompson has been a patient at PMH for more than ten years. Now, with most of her treatment behind her, Athena would like to share her story...

My childhood was filled with a lot of teasing and unpleasant experiences.

You see, in 1988 I was born with a very rare chromosomal condition called Sotos Syndrome. The condition causes a larger than average head, elongated shape, high forehead, long chin and slightly wide-spaced eyes that tend to slant downwards.

The not so noticeable characteristics include early childhood development delays, slow motor skills and behavioural problems. I



*This is me at pre-school before my treatment began at PMH.*

was also born with an advanced set back lower jaw and buckteeth that resulted in slurred speech and extra taunting.

I used to come home from school in tears because I was teased so much. The bullying caused me to have really low self-esteem and self-confidence, and I became a very withdrawn person.

It wasn't until 2003, when I moved to Perth from Margaret River, that everything began to change. The turning point was when I started orthodontic treatment at PMH to correct my six-inch overbite, which was done for health and not cosmetic reasons.

As well as having braces fitted, I also had a major operation that involved breaking my jaw at the joints to bring it six inches forward. My jaw was also cut halfway down the side to narrow it and shorten the chin.

I now have four steel screws and three steel plates that will be there forever. Looks like I'll be setting off the metal detectors from now on in!

All of the work I received at PMH literally changed my life. As soon as the braces were put on the taunting stopped, and I had the confidence to stand up for myself more. I also started getting involved in performing arts, which is something that I could not have done before the treatment.

Currently I am at TAFE studying business administration and visual arts. I am also auditioning for a place in the full-time performing arts course (majoring in dance) at the Western Australian Dance and

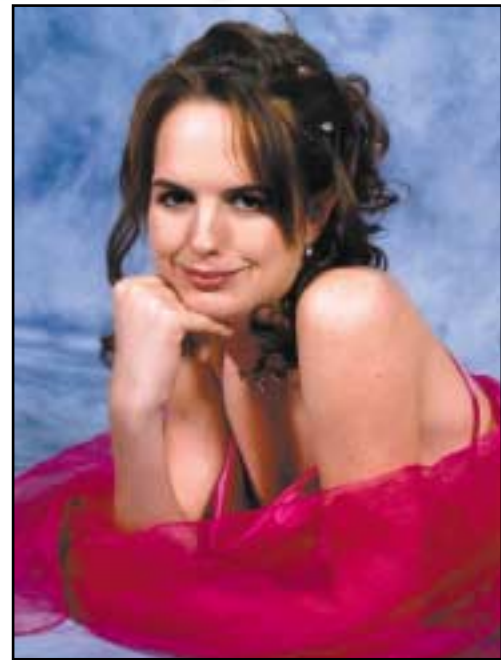


Photo by Craig Stewart Photography

*My Year 11 Ball photo! This was taken after I started the treatment.*

Drama Academy. My goal is to travel the world, then come back to Perth and open a dance company.

Looking back on how my life has changed, I am so grateful to PMH for helping me gain the confidence I needed to pursue my dreams. If it wasn't for the treatment I had, and the support of my family and close friends, I don't think I would be doing the things I am today.

As Hans Christian Anderson once said, 'an ugly duckling turns into a beautiful swan.'

Well this one has.

### Inside this edition...

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PRINCESS MARGARET HOSPITAL  
FOUNDATION

# Our new look

It's the start of a new year and the start of a fresh look for the PMH Foundation, with the launch of our new logo and a facelift for Bear Facts.

CEO Vern Reid said the new image was created to bring the Foundation's visual identity up to date with its modern approach to fundraising.

"We wanted to retain the image of Stitches the Bear but with a contemporary edge. The new logo is more corporate in nature, which reflects the professional approach we take to our role.

"But even though we have a new look, our mission remains the same - to support excellence and innovation in children's healthcare in Western Australia."

The new logo and colours will soon appear on collection tins, posters and in fundraising campaigns supporting PMH.

If you are currently using the old logo please email [peter.roberts@pmhfoundation.com](mailto:peter.roberts@pmhfoundation.com) or phone Peter on 9489 1100.



Cystic fibrosis patient Coen Ashton shows off the new PMH Foundation logo.

## Surprise King of the Bazaar

The ninth annual PMH Foundation Bear By Night Ball, held on Saturday November 26, was full of surprises but none bigger than the entrance of entertainment legend and surprise MC Kamahl.



Along with his trademark line, "Why are people so unkind?", Kamahl

wowed the crowd with his rendition of Frank Sinatra's *My Way* and *The World In Union*.

Over 600 guests attended the Eastern Bazaar themed ball at the Fremantle Passenger Terminal, which was magically transformed by Hannah Etherington and the volunteer 'Ball Busters'.

The team spent months creating the visual extravaganza, which featured over 800 metres of fabric, Arabian tents, giant

lanterns and even a duo of camels. The theme was also complimented by belly dancers, a special Eastern themed menu by Mustard Catering and local band LA Gold.

Over \$100,000 was raised during the night which will purchase a state-of-the-art ventilator for the PMH Intensive Care Unit. Fez hats off to our major sponsors, MadFish, Gage Roads and Piper-Heidsieck, and a big thank you to all our supporters, organisers and guests.

To put your name on the invitation list for this year's Ball email [kirsty.shade@pmhfoundation.com](mailto:kirsty.shade@pmhfoundation.com) or phone Kirsty on 9489 1100.



Dr Tim Jones & patient Jayden Madeley test out the facilities in the new Diabetes Centre.

## Diabetes centre opens

The newly upgraded Diabetes Centre at PMH is up and running with the help of a \$100,000 donation by the PMH Foundation.

According to Dr Tim Jones, Head of Endocrinology & Diabetes, the upgrade was necessary to cater for the increased demand on facilities. "Now instead of 25 staff being crammed into three offices, there are 12 offices with a further four patient teaching and counselling rooms planned," he said.

Dr Jones explained that demand on the centre had grown as a result of more

children being diagnosed with insulin dependent diabetes, one of the most common serious long-term diseases of childhood.

"When the centre first opened in 1988 there were 150 patients, today there are 950," he said.

"The centre will significantly improve the treatment of WA children and their families. It means we can provide better care and keep the children well and out of hospital."

The \$100,000 donation was raised from a successful Bear Facts campaign and thanks to a generous contribution by the Variety Club of Geraldton.



# The serious business of play

PMH would not be the world class hospital it is today without the dedication and commitment of the hundreds of staff who care for WA kids. We would like to introduce you to just one of these special people today.

**Berni Maginn - Activity Coordinator**



Berni with 'Reggae Reggie', one of the toys used in her job as a PMH activity coordinator.

**How long have you worked at PMH?**

22 years. I decided in 1980 that I wanted to work with children, so I went back to college to retrain and intended to go into teaching, but my last prac was at PMH and I loved it so I stayed!

**What does a typical day at work involve?**

My day revolves around 'normalising' a child's day as much as possible through play designed to leave them with a positive experience. This can include providing a baby with music and toys, to organising activities for pre-school children and adolescents. Some days I spend time in the treatment room providing distraction for a patient.

**What are the biggest challenges you face?**

Finding appropriate activities and equipment for our special needs patients. Covering several areas can also be very demanding, so working out priorities is crucial.

**What do you love the most about your job?**

I love the variety of my work - no two days are ever the same. I really love being able to put children at ease in this "strange place". Many of our patients require repeat visits, so helping to take away their fear is really important.

**What has been your most memorable moment at PMH?**

There are so many, but I remember a particularly special moment about six years ago. A young father of two very cute kids (one a patient) asked me if I remembered him. He told me that when he was ten or eleven he had suffered a serious head injury and had been a patient for quite a while. His recovery had been very slow with lots of behaviour problems - a real challenge. It amazed me how well he'd recovered, but what surprised me even more was that he remembered me and the activities I had struggled to do with him.

**What's the biggest lesson you have learned about kids during your time at the hospital?**

Always be as honest as possible with them, it goes a long way in gaining and keeping their trust. Children are very perceptive - it's often what you don't tell them that worries them the most.

## Record cherry bid

HOW does a massive \$112 sound for a single cherry? That's how much John Da Silva of Bell Vista Fruit and Veg Co paid for an entire kilo at Canning Vale Market City's Charity Cherry Auction in December.



Cherry King John Da Silva is presented with his \$20,000 box of cherries by Rebecca Twigley.

John's \$20,000 bid pushed the total raised to more than \$45,000, a record in the event's 14 year history. Since 1992, the auction has raised more than \$250,000 for the hospital.

PMH Foundation CEO Vern Reid said Mr Da Silva's generosity was outstanding: "It was an incredibly generous bid and a great result. The staff at Market City and the Cherry Growers Association are among our most loyal supporters."

Funds raised have purchased a data management system for the cardiology ward, which forms part of the heart-lung machine.

The newly crowned Cherry King said he had not intended to bid, but when the auction got going temptation got the better of him.

Mr Da Silva, who also volunteers at PMH, said his inspiration was seeing the kids in hospital.

Help the kids at PMH by buying one of these cool \$2 water bottles!



**When you buy PMH Foundation merchandise, you're helping the sick kids of Western Australia. Just fill out the order form on page 7.**



# Taking steps to help PMH



Young trekkers (from left) Timothy Adams (8) Bridget Smith (12) Isobelle Smith (10) Able Watson (9) & Hannah Smith (15) with the money they raised for PMH.

Local Guides and Scouts, who took part in the annual WA Trek-a-bout, have raised over \$3,000 for PMH.

The generous donation will be used to purchase play equipment, books and toys for the Megazone, the play area of the hospital that assists the developmental needs of patients and provides a comfortable space for families away from the wards.

The cheque was presented to the Foundation by some of the young trekkers who took part in the event. They raised the money by walking up to 40km along both sides of the Swan River via a boat link between Pelican Point and the Como Jetty.

"The Trek-a-bout event allows us to showcase the range of Scout and Guide values that the organisations provide for their members - community service, physical and social development and personal challenges," Scouts WA Branch Chief Commissioner Sue Mitchell said.

PMH Foundation fundraising manager Lesley Hooper added that the donation will make a big difference to the lives of many children and their families. "The Megazone is a very special place in the hospital and we are thrilled to have the Guides and Scouts contribute to it. It is fantastic to have WA kids playing a part in improving the lives of other children."

By buying one of these \$2 'Caring for Kids' pens, you'll be helping PMH!



## Dream donation

Who would have thought having a good night's sleep could help sick kids in hospital? Well it can, thanks to local company SlumberCare.

Since 1996, managing director Stuart Gardiner and his wife have donated the proceeds of bed sales to PMH. Every year they increase their donation by \$1,000, bringing their latest contribution to \$14,000. "We had three children at PMH, and the hospital was fantastic. We're just grateful that we're able to give something back," he said.

Over the past ten years, Stuart's generosity has raised over \$84,000 for the hospital.

If you would like to involve your business in a corporate giving program email [selena.harland@pmhfoundation.com](mailto:selena.harland@pmhfoundation.com) or phone Selena on 9489 1100.



Stuart Gardiner, with Stitches, takes a well earned rest after raising thousands of dollars for PMH.

## PEACH funds bear fruit



Seven-year-old patient Jessica Mason is hooked up to one of the new PEACH funded pulse oximeters by clinical nurse manager Sharon Kay.

Thanks to Alcoa and PEACH (Personnel Employed by Alcoa Charity Help), the burns and surgical wards at PMH now have three new monitors to help medical staff care for patients.

The \$10,384 donation made by PEACH has enabled the purchase of two pulse oximeters and a vital signs monitor. The pulse oximeters monitor a child's pulse and the percentage of oxygen in the blood, and are commonly used after airway surgery or when high doses of pain relief have been required.

The vital signs monitor is a portable unit that can be wheeled bedside to measure a patient's blood pressure, pulse and oxygen percentage.

Clinical nurse manager Sharon Kay said the ward uses the equipment several times per day, which assists them to meet patients' needs more effectively and efficiently.

She praised the efforts of everyone involved in the donation: "We really appreciate PEACH's hard work and generosity in providing this equipment to the wards. It is a huge contribution by all the employees. Thank you immensely for caring about children in hospital".

When you buy PMH Foundation merchandise, you're helping the sick kids of WA. Just fill out the order form on page 7.



# Wear A Bear Day needs YOU!



Photo by Greg Winning Photography

Our annual Wear A Bear Day Appeal hits the streets of WA on Friday May 26. But the fun starts much earlier with \$2 Stitches bears going on sale in businesses, schools and work-places right throughout May.

Help us make this year's appeal the biggest ever by selling a box (or boxes) of bears to raise money for Princess Margaret Hospital.

The bears will be delivered to you on consignment so there's no payment up front. Just pop them on your counter, or sell them to friends, and you'll be playing a part in

helping the sick kids of Western Australia.

You can also help by volunteering your time on May 26 to sell the bears in shopping centres or as part of our CBD street appeal.

Last year's campaign raised nearly \$90,000 for the hospital. This year we are hoping to raise over \$100,000. So tell your friends about Wear a Bear Day and get everyone involved.

To order your bears, or volunteer your time, please call Patrice on 9489 1100.

**Wear A Bear Day - Friday May 26, 2006**

## Toys 'help develop skills'

Thanks to a generous donation by the Carcione family of Fremantle, the PMH State Child Development Centre has purchased a range of toys and resources to help children and families living with autism.

Autism is one of a spectrum of disorders that can affect a child's ability to socialise and communicate with those around them. Sandra Robertson, a clinical psychologist at the Centre, said the toys were chosen to help autistic children develop skills of socialisation, communication and play.

"Each child is different, but finding an area of interest can be really helpful in positively

engaging them and encouraging longer play sequences, comments, requests and social interactions."

The funds have also been used to purchase resources for parents, including books, videos, and journals that provide important information about the condition.

Sandra recounted one mother's experience as an example of how the donation has made a positive difference: "Mandy said that since the assessment of her daughter, Willow, her play has become a lot more meaningful with access to the toys and the support of play and learning staff."



*Willow & her mother, Mandy, with one of the toys that is helping to make a difference in the lives of children with autism.*



*Pier Johnston, 16, & Matthew Lloyd, 14, are among the first patients to use the new adolescent outpatients centre.*

## Lasting legacy

In 2003, Wembley resident Dorothy Surman left her entire estate to PMH. Today, her legacy lives on in a new outpatients centre designed especially for teenagers.

Named after its major benefactor, the Dorothy Surman Adolescent Centre officially opened its doors in October, after renovations to the centre's Hay Street residence were completed.

Within walking distance of the hospital, the centre provides a place for teenagers to have their clinical requirements met in an area tailor made just for them. The centre currently incorporates the Diabetic Services Adolescent Clinic which treats around 200 patients every year.

PMH outpatient clinical manager Anne Craig described the philosophy behind the initiative: "The idea was that adolescents needed a halfway house between the children's hospital and an adult hospital - breaking the umbilicus so to speak, particularly with chronic patients."

Little is known about the centre's benefactor, except that she was a Sunday School teacher and loved children. It is said that she often looked after many of the children in her own neighbourhood.

Thanks to her \$850,000 bequest, it seems Dorothy will continue to look after WA kids for generations to come.

If you would like to help PMH via a will or bequest, email [jeanette.shorto@pmhfoundation.com](mailto:jeanette.shorto@pmhfoundation.com) or phone Jeanette on 9489 1180.



# Thank You

## The following organisations have donated more than \$500 since the last edition of Bear Facts

Alan Moyle & Co	Christmas Island Airport Stall	Garden City Centre	LionOre Australia Pty Ltd	PEACH Trust Fund	The Jack Family Charitable
Amcor Beverage Cans	City of Joondalup	Management	- Black Swan	Perth College - Junior School	Trust
Amcor Recycling WA	Commercial Travellers	Goldfields Australian	Little Folk Inc	PIHA Prop Ltd	The Melville Bridge Club
Ammtec Ltd	Association	Foundation	Lorraine William	Plan B Financial Services Ltd	The Stan Perron Charitable
Apache Energy Ltd	Croatian Club Caversham (Inc)	Guides WA	Settlement Services	Plutonic Gold Mine-	Foundation
Asian Business	Darlot Gold Mine	Hale School	Mal Atwell Leisure Group	Barrick Gold of Aust	Tiwest - Cooljarloo
Australia Post	- Barrick Gold Corp	Helping Hands Group	Mel Maria Catholic	Private Mortgage Funding	Tony's Auto Wreckers
- Perth Mail Centre	Decor Wrought Iron	HMAS Darwin	Primary School	& Management	TR7 - Total Human
Australian Information	Di Labio & Co	Holy Spirit Parents &	Milano's Hair Lounge	RAAF Base - Pearce	Resource Services
Industry Ass	Digicall Australia	Friends Association	Mining People International	RCR Tomlinson	Tristan's The Gallery
Australian Property Alliance	Elmsfield Pty Ltd	ISSC DDDDD CF	Mosman Park Ladies	Rio Tinto Services Ltd	United Way (WA)
Barbagallo Group	Ernst & Young	JBP Pty Ltd	Golf Club (Inc)	Scotch College	Universal Awareness Inc
Baronia Pre Release Prison	Exmouth Jumble	Joondalup Licence Centre	Mount Barker Hospice	Scouts Australia	Ute Club WA
Blair Park Pty Ltd	Charity Group	- Social Club	Foundation Fund	Security Transfer Registrars	V Ozich & Co
BP Refinery (Kwinana)	Farmer Jacks - Subiaco	Jundee Operation	Myer Community Fund	Pty Ltd	Variety Club of WA (Inc)
Pty Ltd	Force Technology	- Newmont Mining	Novotel Langley Perth	St Hilda's Anglican School	WA Police - Midland Station
CAF - Australia	International Pty Ltd	Kanowna Belle Gold	Ocean Keys Shopping Centre	Stuarts House of Bedding	Wesley College
Calibre Projects	Fox Radio Hill Pty Ltd	Mines - Placer Dome	Old Zoo Cafe	The Aust & NZ Institute of	Western Australian Dental
Chamber of Fruit &	Fremantle Ports	Kinross Primary School	OMV Petroleum Pty Ltd	Insurance & Finance	Association
Vegetable Industries	Galvin Engineering	Leeming Dental Centre	Onic International Pty Ltd	The Bowen Foundation	Woolworths Limited

## The following individuals/families have donated more than \$500 since the last edition of Bear Facts

Angus King	John & Rosalie Coward	Reg Hatton	David Mayfield	Narelle Scott	Neale Uren
Tim Aldous	Wendy Fry	C & J Holroyd	Malcolm & Sue Mollison	G A Sindall	John Wellstead
D & F Andrews	David Gee	R D Hughes	Margaret Mulheron	Catherine Smith	Barry & Judy Welsh
A Annear	L A Gethin	Christina Knox	Isabel Novak	Karen Speak	Rodney & Julie Western
Val Beckingham	John Glover	David Laidlaw	N G Peddie	Merv Speedie	
Deidre Best	E & E Haebig	Stephen Lauder	John & Jan Rayner	Kellie & Steven Taylor	
Sheila Bowler	Shelley Halse	Hannie Livingstone	James Riddell	Les Thean	
Cedric Broun	Allan & Isabel Harman	Mildred Lovell	Barry & Vicki Rochford	Bryan & Kim Thurstan	
Colleen Buck	Fred & Marjorie Harris	Lynda & Wayne Martin	John Roe	Anthony Trevisan	

## The following Estates have been received by Princess Margaret Hospital (since December 2005)

Estate of Patrick Connolly

Estate of Ernest Coombe

## The following companies proudly supported PMH Foundation's Bear By Night Ball 2005



## HOW CAN I SUPPORT PMH?

There are a number of ways you can help WA's sick and injured children, including:

### CORPORATE PROGRAMS

Companies Caring for Kids  
Payroll Deduction Program  
Matching Gift Program  
Safety Awards or other Bonus Programs  
Phone Selena Harland on 9489 1100.

### VOLUNTEERS

Become a PMH Foundation volunteer.  
Phone the Foundation on 9489 1100.

### WILLS & BEQUESTS

You can save the lives of a new generation through your will. Phone Jeanette on 9489 1180.



Or to donate to PMH please send in the donation slip enclosed, visit [www.pmhfoundation.com](http://www.pmhfoundation.com) or phone 9489 1100.

# Stitches Snapshots



## Nurses reunite

Four decades after the '3/65' trainee group of nurses started at PMH, they were back together again at a special 40 year reunion. The group, who are great supporters of the hospital, donned matching PMH Foundation t-shirts especially for the occasion!



## Geoffrey sticks his neck out

Toys "R" Us mascot Geoffrey the Giraffe was spotted at the PMH Kid's Christmas Party handing out balloons to patients and friends. Proceeds from balloon sales sold in-store raised a huge \$22,930 for the Megazone.



## Patriotic prisoners

Casuarina Prison recreation officer Shane Ellis pays a visit to Lesley Hooper at the Foundation to present a cheque for \$400. The money was raised by the prisoners themselves who donated \$10 each to take part in an Australia Day Barbecue and Fun Day.



## WesTrac donation

WesTrac staff pay a visit to the Immunology Department at PMH to see the Cell Harvester their generous \$27,540 donation funded. The machine will make a big difference to the treatment of blood disorders such as leukaemia and lymphoma.



## Checkout cheque

Shoppers who nominated PMH at the checkout of Farmer Jack's in Subiaco helped raise \$1297 for the hospital during the store's recent Community Support Program. PMH was one of ten charities who benefited from this fantastic initiative.



## Thank you in any language

Ayako Thonnissen, Rie Archbold and Yuriko Nakata, from the Japanese School in Perth, with the money raised from a cultural festival held at the school. Staff and students donated over \$400 from the proceeds of food stalls and games.

## Order your PMH Foundation merchandise HERE!

TITLE	FIRST NAME	SURNAME
STREET ADDRESS		SUBBURB POSTCODE
PHONE ( )		FAX ( )
MOBILE	EMAIL	

CODE	ITEM	PRICE	QUANT.	COST
5970	Water Bottle <input type="checkbox"/> Clear <input type="checkbox"/> Pearl <input type="checkbox"/> Silver <input type="checkbox"/> Blue Print <input type="checkbox"/> Black Print	\$2.00		
5731	Blue Caring for Kids Pen	\$2.00		
5732	Red Caring for Kids Pen	\$2.00		
5299	Pop Grips (pack of 5)	\$9.95		
POSTAGE Orders of 1-2 items, add \$4. Orders of 3 or more items, add \$6.				Sub Total
All Prices are GST inclusive.				Postage
				<b>TOTAL</b>

MERCHANDISE PAYMENT DETAILS	
<input type="checkbox"/> I ENCLOSE MY CHEQUE/MONEY ORDER (Please make payable to <b>PMH Foundation</b> )	
<input type="checkbox"/> OR PLEASE DEBIT MY <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
CARD NUMBER <input type="text"/>	
CARD HOLDER'S NAME <input type="text"/>	
SIGNATURE <input type="text"/>	EXPIRY DATE <input type="text"/>
Please send to: <b>PMH Foundation</b> , GPO Box D184 Perth WA 6840 or fax to: (08) 9489 1199	



# Teenager sees the light

Seventeen-year-old Duncraig student, Tim Aldous, admits to having an unusual obsession with Christmas Lights. So much so that since the age of 12 he has turned his family home into a shrine to his hobby.

In 2005, Tim put his passion to good use and joined the PMH Foundation Christmas Lights Appeal, collecting gold coin donations from visitors and raising over \$900 for the hospital.

"I am just obsessed with Christmas lights," he said. "I work at a veterinary surgery and I spend a good portion of the money I make on lights and other decorations, such as the inflatable Santa and Christmas Tree in the front yard."

But the star attraction of his display has to be the awe-inspiring 30,000 lights that Tim



assembles single handedly. "We have so many lights that we had to hire an electrician to install more power points this year. Now we need about 180 plugs to run it all!" he said.

Tim, who completed his TEE last year, is studying a nursing degree at Notre Dame and hopes to work in the emergency department of a hospital one day. "I love helping people, so collecting money for PMH was really satisfying. I will definitely do it all again this Christmas."

Over 35 households took part in the Christmas Lights Appeal, which raised over \$36,000. The money will be used to purchase a 'tilt-in-space' wheelchair for children at the acute stage of acquired brain injury.

The highest individual fundraiser was John Roe of Morley who raised over \$8,500, taking his grand total since 2000 to nearly \$40,000.



Seventeen-year-old student Tim Aldous with Stitches the Bear (above), & his amazing Christmas Lights display (top right).



## No more frozen fingers!

When you buy a pack of five 'handy' Pop Grips for only \$9.95, you'll be helping the sick kids of Western Australia. Just fill out the order form on page 7.

**ENTERTAINMENT BOOK 2006/07**

This year's book will be available soon! Books sell out fast so reserve yours NOW!  
Phone 9489 1100.

**CONTACT US**

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Email stitches@pmhfoundation.com

Bear Facts is published by Princess Margaret Hospital Foundation Inc. EDITOR Rebecca Brown GRAPHICS Peter Roberts

## YES, I would like to donate to PMH & make a difference!

TITLE	FIRST NAME	SURNAME	
STREET ADDRESS		SUBURB	POSTCODE
PHONE ( )		FAX ( )	
MOBILE		EMAIL	

I would like to make a donation today of:

\$30    \$75    \$150    \$250   or \$

OR

I would like to make an ongoing credit card donation of:

\$10    \$25    \$50    \$100   or \$

Monthly    3 Monthly    6 Monthly    12 Monthly

OR

Donate online at [www.pmhfoundation.com](http://www.pmhfoundation.com)

I would prefer not to receive any further information from PMH Foundation

### DONATION PAYMENT DETAILS

I ENCLOSE MY CHEQUE/MONEY ORDER (Please make payable to **PMH Foundation**)

OR PLEASE DEBIT MY

CARD NUMBER

CARD HOLDER'S NAME

SIGNATURE  EXPIRY DATE / /

Please send to: **PMH Foundation**, GPO Box D184 Perth WA 6840  
Donations over \$2 are tax deductible and a receipt will be issued.

**Please send your donation today!**

Please pass this Bear Facts on to family & friends who may enjoy reading it