



Bear Facts



Princess Margaret Hospital Foundation Newsletter Spring 2006

New program will help kids like Cayla

PMH Foundation is currently embarking on an exciting project to help fund a new pain management program at Princess Margaret Hospital. The program will use multimedia and multi-sensory equipment, such as data projectors, games and plasma screens, to help distract kids from the pain and anxiety they experience while undergoing treatment. In some cases it may also reduce the need for pain medication. One of the first rooms to be completed will be the bathroom in the burns unit where patients like Cayla (below) have their burns cleaned and prepared. For many children this is an extremely painful process.

When the Griffiths family set out on the holiday of a lifetime, caravanning from their hometown of Shepparton in Victoria to WA, the last destination they expected to visit was Princess Margaret Hospital.

But two months into their trip, while in Kalbarri, seven-year-old Cayla was helping her mum prepare dinner on an electric frypan when it tipped, spilling boiling water onto her leg and stomach.

"My leg just started burning and I started screaming," Cayla said.

With no hose in sight, Cayla's parents, Drew and Donna, filled a mug from the caravan's tap and used it to douse Cayla's wound before rushing her to the local medical centre. Medical staff bandaged the wound and told the family they would need to go to PMH for further treatment.

"When we arrived at PMH we just thought they would patch it up and we could carry on with our trip, but it was worse than we thought," Donna said.

The burn, which covered a 25 x 10 centimetre section of Cayla's thigh, was



Seven-year-old Cayla (pictured here with her family) recovers at PMH after being badly burnt while on holiday in WA's north.

so severe doctors said she would need a skin graft.

A week later, using Dr Fiona Wood's "spray-on skin" technology, a one-inch square graft was removed from an uninjured part of Cayla's body, then the cells were harvested and placed in a solution before being sprayed onto the burned area.

"It's really amazing," Drew said. "It's worked really well...I just had no idea

that a second of hot water could do so much damage."

During Cayla's time at PMH, the brave schoolgirl had to endure several painful procedures, including having her burn cleaned in the bath and dressed with a silver impregnated dressing several times a week. The pain was so great Cayla required morphine to help her get through it.

However, despite how hard their ordeal has been, the family have been extremely touched by the care Cayla has received.

"Nothing's been too much trouble," Drew said. "The hospital staff have really looked after Cayla and us. They've helped us find accommodation and get our bearings in a new city."

After spending over two weeks in hospital, away from their family and friends, Cayla and her family will be heading back to Victoria soon. This time they'll be flying as it would be too painful for Cayla to travel by car.

The Griffiths plan to come back to Western Australia as soon as possible to complete their holiday.

Thank You! Over the past financial year, the WA community has helped PMH Foundation provide Princess Margaret Hospital with over \$1.25 million worth of clinical support, vital research, scholarships and equipment, including:

- 3D scanner for the Cranio-Maxillo-Facial Unit
- Electronic Wheelchair for Occupational Therapy
- Heart Monitor for the Cardiology Department
- Ultrasound System for Diagnostic Imaging
- Insulin Pumps for the Diabetes Ward
- Ventilator for the Intensive Care Unit



PRINCESS MARGARET HOSPITAL
FOUNDATION

Big Quiz looks set to break world record

PMH Foundation's first ever Big Quiz, held in conjunction with the Rotary Club of Western Endeavour, could be the world's biggest!



The ballroom at the Perth Convention Exhibition Centre where over 1200 quiz lovers attempted the world record.

The quiz on June 14 saw 1263 quiz lovers gather at the Perth Convention Exhibition Centre to put their knowledge to the test. It was such a huge night that we have applied to Guinness World Records for the World's Largest Quiz. The current record stands at only 1,172 set in Galway, Ireland in 2004.

The contestants were a brainy bunch answering ten rounds of questions. There were a few surprises though - while only 18% knew Don Bradman was born in Cootamundra, 100% correctly answered that Kenny Rogers sang *Islands in the Stream* with Dolly Parton. We know where your priorities are!

A huge thank you to the social clubs, corporate teams and supporters who took part, and to our sponsors - Juniper Estate Wines, Perth Convention Exhibition Centre and We Print It.

DID YOU KNOW? Funds raised from the Big Quiz will help establish the hospital's new pain management program.



The winners of the inaugural Big Quiz, Tracy's Mates, with quizmaster Russell Woolf (centre).

CelebriArt raises over \$100,000

Celebrities and Perth identities, not known for their artistic talent, put paint to canvas earlier this year for the inaugural CelebriArt gala auction.

The night was a huge success with proceeds raising over \$100,000 for the kids at PMH. Celebrities who created their own personal masterpieces included Rove McManus, Danny Green, Eileen Bond, Ernie Dingo, John Worsfold, Dr Fiona Wood and comedian Billy Connolly.

Hosted by MC's Pip O'Connell and Sam Longley, the night's distinctive Hollywood theme included entertainment by L.A. Gold, performing artists and comedians.

To complete the glitz and glamour, guests were treated like Hollywood A-listers,

arriving on the red carpet and being snapped by waiting "paparazzi".



Auctioneer Max Kay takes bids for Billy Connolly's self portrait which helped raise over \$100,000 for PMH.

A huge thank you to the creators of CelebriArt, Tristan's the Gallery and Blue Shoe Events Management, and to major sponsor Capel Vale.

The winners on the night were:
"Most Original Artwork"
NOVA 93.7 breakfast announcer
Nathan Morris

"Most Potential" & "People's Choice"
Bianca Rinehart

"Highest Bid"
Billy Connolly's self portrait
fetching a huge \$10,000

But by far the biggest winners were the kids at PMH.



WA digs deep

This year's Wear a Bear Day appeal was a huge success, with close to \$75,000 raised for the hospital.

The bears were sold in businesses, schools, offices, sporting clubs and shopping centres across the State, with a street appeal held in the CBD on May 26. Hundreds of dedicated volunteers pounded the pavement for PMH and were greeted with lots of support and well wishes.

The campaign was also boosted by the smiling face of two-year-old Noah who was

our adorable poster child for 2006. Noah's beaming smile encouraged support from all over WA, including his home town of Collie. Noah is now back home after spending months at PMH recovering from a stroke.

Funds raised will be used to purchase a monitor and cooling machine for the intensive care unit where Noah spent much of his time while in hospital.

A 'beary' big thanks to our generous sponsors, tireless volunteers, supporters, and of course, Noah!

Noah's Mum tells us he is getting better every day and is even back riding horses! Noah has also regained the sight in his eye which he had lost due to the stroke. We're very glad Wear a Bear Day is able to help brave kids just like Noah.



Kids rise to MRI challenge

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.

Erin Robins - Senior MRI Medical Imaging Technologist



Erin Robins is in charge of the MRI scanner (pictured) which is used to take brain scans of up to 50 patients per week.

How long have you worked at PMH?

Three years. I came to PMH when the MRI scanner arrived in July 2003.

What does a typical day at work involve?

I am responsible for the day to day running of the MRI scanner, keeping the environment safe, and the training of all technical staff. A typical day involves scanning, training and organising patients so that we can run as efficiently as possible.

What are the biggest challenges you face?

We see a large range of patients varying in size, age and capability to co-operate both physically and emotionally, so judging how a child will react and cope is always a challenge. The scan times are very long, so coaxing the children to keep still and focused can be demanding. Probably the biggest hurdle, however, is the lack of understanding about the unique MRI environment. Strict safety guidelines need to be adhered to.

What do you love the most about your job?

Definitely the patients. We meet such wonderful, brave and inspiring children.

It is special to see a child get through a complex and imposing test and come out smiling at the end of it. I also work with a fantastic devoted team.

What has been your most memorable moment at PMH?

Hmmm...difficult question as there have been many. I think getting a child through his or her first scan without anaesthesia is always significant. Probably the most memorable moment was the official opening of the scanner where I got to meet so many parents who were so thankful that the scanner had arrived at PMH.

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

Their honesty, unpredictability and tenacity. Most children will tell you exactly how they feel. A child can be really upset and unco-operative on one day and an angel the next. I still am amazed by how most of our patients take on this scanner with absolute resolve. They are definitely not mini adults as so many adult health workers assume.

Damian named No.1

Eleven-year-old PMH cancer patient Damian Scott is the new No.1 ticket-holder of the Masters Junior Eagles.

A passionate supporter of the club, Damian was identified through the West Coast Eagles' sponsorship of PMH Foundation.

Midfielder Michael Braun and key forward Ashley Hansen, who regularly visit wards at the hospital, dropped in to surprise Damian and tell him the good news.

They also presented Damian with a No. 1 guernsey bearing his surname and a West Coast Eagles cap. Damian took it all in his stride and quickly set about signing team posters for the nurses at the hospital.

Damian will hold the position for the next two years and has already been to some of the games and met up with his favourite players.

The West Coast Eagles are great supporters of PMH Foundation and together with Caltex and Coca-Cola have raised thousands of dollars for the hospital through their "Buy a Hand to Lend a Hand" clapper promotion (see below).



Damian shows off his No.1 guernsey alongside Eagles stars Michael Braun and Ashley Hansen.



Photo by Greg Winning Photography

\$4

5127

PMH Bag Tag

Help the kids at PMH by labelling your school bags or luggage with this cool Bag Tag for only \$4. Just fill out the order form on page 7 and receive a FREE pen and lapel pin!



Buy a Hand to Lend a Hand

Clappers on sale during September at Caltex! \$5 for a Clapper & 600mL Coca-Cola product.



Companies Caring for Kids

PMH Foundation is supported by a number of generous companies who donate funding and expertise to help the kids at PMH. We are extremely grateful for their support and through our "Companies Caring for Kids" program we have been able to fund research into life threatening illnesses and purchase state-of-the-art medical equipment. Here are just some examples of the great work being done.

Fresh future for kids' playground



The State Child Development Centre playground, which has been abandoned for two years, will be redeveloped using proceeds from this year's Woolworths Fresh Future Appeal.

Until the end of September, Woolworths supermarkets across WA are taking part in the Fresh Future Appeal, with staff working together to raise hundreds of thousands of dollars for the kids at PMH.

Proceeds from the fundraising will be used to build a brand new playground at the hospital's State Child Development Centre. The current playground is so unsafe it has been abandoned for three years.

Judy Walsh from the Centre said the new playground will help children with developmental disorders reach their full potential.

Since 2002, Woolworths has raised over \$800,000 for PMH. You can help them



Jordan, aged 5 - Fresh Future Appeal child

reach the "million dollar mark" by supporting this year's Appeal and purchasing PMH Foundation merchandise in-store.

Skydive Express 'JUMP FOR JOY'

The next PMH Skydive will be on Saturday 28 & Sunday 29 October. For more information contact Krishna on (08) 9444 4199.



Photo by Greg Whiting Photography

5480

Stitches the Bear is our cuddly mascot. Help the kids at PMH by taking him home with you. Please fill out the order form on page 7 and receive a FREE pen and lapel pin!

Safety first for BP

When BP shut down part of their Kwinana Refinery in May for inspection and maintenance the company encouraged employees to work safely by donating 10c to charity for every accident free hour.

In the biggest shutdown since the mid-1980s, the nominations were counted and Princess Margaret Hospital was named the winner, 14 votes ahead of the next contender.

BP donated \$36,559 as a result of the Safety Program which will be used to support the hospital's new pain management program.



Workers from the BP Refinery take time out to meet Selena Harland from PMH Foundation and hear all about the pain management program they are helping fund.

Your company can support Princess Margaret Hospital too, through a payroll deduction or gift matching program, safety awards initiative or cause related marketing program. Phone 9489 1100 or visit www.pmhfoundation.com for more details.



Look what's coming up soon at PMH Foundation!

Morning tea with Stephanie Alexander

Tuesday October 10

One of Australia's best loved chefs, Stephanie Alexander, will be launching her new book *Kitchen Garden Cooking with Kids* at a special morning tea on October 10 at the Bill Walker Room, Subiaco Oval.



Hear Stephanie talk about her passion for food, have your book signed and help raise money for PMH.

Presented by the BookCaffè with thanks to Mustard Catering, Garden Affair, Leaf Tea Merchants and Piper Heidsieck.

Tickets are \$35 each. Phone 9489 1100 or email kirsty.shade@pmhfoundation.com

John Hughes' Big Walk

Sunday October 22

Put on your walking shoes on Sunday October 22 and join the John Hughes' Big Walk to help raise money for Princess Margaret Hospital and Rotary projects.

The walk encourages people of all ages and abilities to exercise together and enjoy the surroundings of Perth on a fun, untimed 18km walk from the Perth to Fremantle Esplanades.

By joining in you'll be taking steps to find a cure for childhood cancer.

For more details, check out the enclosed brochure or visit www.bigwalk.com.au



Allendale Abseil

Sat & Sun October 28 & 29

It's on again - the Allendale Abseil for PMH Foundation and Youth Focus. This year, 250 brave souls will take on the challenge of abseiling 135-metres down the face of Allendale Square.

As one of the longest single abseils anywhere in the world, it's definitely worth a look. So come down and check it out on the weekend of October 28 & 29 or register for next year's event at www.pmhfoundation.com



WOTW Breakfast with the CEO's

Wednesday November 1



Have you ever wanted to know what makes our top businesswomen tick?

This is your chance to hear the stories of WA's most inspirational female CEO's including Barb de Corti, CEO of the multi-million dollar Enjo cleaning company, and Dr Penny Flett, former Telstra Business Woman of the Year

and CEO of Brightwater Care Group.

Breakfast with the CEO's is presented by Women of the West and will be held at the Sheraton Hotel Perth on Wednesday November 1. Tickets are \$49 for members and \$59 for non members. To reserve your seat call 9489 1100.

It's 60's Pop for Bear By Night Ball

Saturday November 25

One of Perth's most anticipated events, the PMH Foundation Bear By Night Ball, is heading back to the early 60's this year with a Pop inspired theme.

The Ball will be held on Saturday November 25 and will draw it's inspiration from icons like The Beatles, Twiggy and Andy Warhol.

The event was first held in 1995 and since then has raised over \$900,000 for the children at PMH. This year, PMH Foundation hopes to cross the "million dollar mark" with funds raised through ticket sales and a major auction.

Funds will support a mobile diabetes educator to assist families in remote areas of Western Australia who are increasingly being affected by Type 2 diabetes.

Tickets are \$195 per head (bookings of tables of ten) and include a three-course meal courtesy of the Perth Convention Exhibition Centre, Piper Heidsieck, MadFish and Gage Roads Brewing Co.

Tickets always sell fast, so book now on 9489 1100.



Thank You

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

Abingdon Miniature Village ABIT Consulting Agincourt Reasources Limited AION Diagnostic Alan Moyle & Co All Saints College Amberville Investments Amcor Beverage Cans Amcor Recycling WA Ammtec Ltd AngloGold Australia Ltd AOOB - Kulin Apache Energy Limited Aspire Australia Post - Commerical Support Australian Charities Fund Bakers Delight - Currabmine - Joondalup - Morley Bakers Delight Holdings Pty Ltd Barbagallo Tyre Service Batavia Coast Dog Training Assoc	Beaufort River Meats Pty Ltd BHP Billiton Big W Blackwoods Blair Park Pty Ltd Blakers Pump Engineers Border Real Estate Bridgetown Lions Club Byrnecut Mining Cabaret Australia CAF - Australia Calidad Industries Pty Ltd Carcione Nominees Pty Ltd Carmel School CECCEHE Christ Church Grammar School Christmas Island Airport Stall City of Joondalup City of Melville Coca Cola Coles - Kelmscott Computer Associates Pty Ltd Cooloongup Primary School CTI Logistics Foundation Curtin University of Technology	Davam Investments Pty Ltd Dept of Land Information Diamond Partnership Digrite Domination Homes Entertainment Publications Ernst & Young Exmouth Jumble Charity Group FESA - Kununurra FESA Training Centre Focus Wine & Spirit Brands Forrestfield Tavern Sporting Assoc Fundi Software Galvin Engineering Garreffa Holdings GeoCom Services Australia Pty Ltd Goldman Sachs JBWere Health Technology Hills Trust Icon Clinical Research Pty Ltd IMS Project Inghams Enterprises Pty Ltd Inseminators Incorporated Internations Bowling Club	ISSC DDDDD CF John & Angie's Art John Sample Group John Septimus Roe Anglican Community School Joondalup Licence Centre - Social Club Jundee Operation; Newmont Mining Ken Bennett Tennis Tournament Kimberley Diamond Company NL Kingsley Primary School Kinross Primary School Lawlers Gold Mine - Barrick Gold of Australia Legjan Pty Ltd Lifetime Distributors LionOre Australia Lions Club of Australind - Eaton Lions Club of Dardanup Lions Club of Floreat Lions Club of Serpentine - Jarrahdale Inc Little Athletics - WA	Little Folk Inc Lorraine William Settlement Services Mackie Hay MacRae Project Services Mal Atwell Leisure Group Malleons Stephen Jaques Mandurah Murray Mayday Club Mark Hay Realty Group Mates for Life McLeods Solicitors Mickbeth Australia Pty Ltd Milano's Hair Lounge Mix 94.5 Motor Industry Training Association of WA Mount Pleasant Primary School Mt Barker Hospice National Australia Bank - Perth NSC Corporate Ocean Keys Shopping Centre Order of the Eastern Star Ozzie Bids Pty Ltd	Perth International Tourist Park PIHA Prop Ltd Plutonic Gold Mine - Barrick Gold of Aust PMH Racing PSN Water Richard Noble Property Consultants Royal Children's Hospital Foundation Sanctuary Golf Resort Sceva Designs Security Transfer Registrars Pty Ltd Shellian Pty Ltd Shenton College Shire of Bruce Rock Skydive Express Smart Fee St Stephens School Statewest Credit Society - Perth Stefan The Diamond Centre Straits Resources Ltd Swan Taxis Sypmari Furniture	Templestar Holdings Pty Ltd The Loose Leaf Lettuce Company The West Australian Transfield Services Undercroft Bridge Club United Way (WA) V & V Walsh (WA) Pty Ltd Variety Club of WA (Inc) W & M Ellis (2001) Pty Ltd WA Police - Major Crime Wanneroo Civic Choir Inc Warrambo Holdings Pty Ltd Waste Management Recycling Fund Water Corporation West Coast Eagles Football Club Westpac Banking Corporation Wilson Diving Company Worsley Alumina Pty Ltd Zen Do Kai
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The following individuals/families have donated more than \$500 since the last edition of Bear Facts

Rocky Amatuli Delphine Anderson Penny Andrews A Annear Helen Appleyard Frank Arangio Michelle Atkins David & Karen Azzopardi Tom Baddeley Sean Baguley Pamela Bailey Adrian Barich Greg Barrett Kathleen Barrett Michael Bartholomaeus Richard Beal K Beaumont Lisa Begley John Bell Rohan Birchmore Greg & Linda Black Geoff Blakers David Borshoff	Matthew & Svetlana Bowen Rick & Lindy Brine Laurence & Jean Brodie-Hall Sam Bromley Cedric Broun Rod & Kay Campbel Susannah Carr Salim & Ming Cassim Nancy Chiam Su Chiung-Chu Chow Nigel Clarke Joanna Clements John Coleman Neil & Vicky Costley Ben Cousins R W Crabb John Patrick Crawley Frank Davidoff Nola Dempsey Baz Dennis John Doyle John Dravnieks Gerald Durell	Anthony Egitto Orla Flecker Dan & Kristy Fogarty Rob Forlani Angela Fritzsich Olivia Galluccio Donald Gamble J & J P Gardiner L A Gethin Tam Gibbons Michael Gill John Glover Geoff Godin Steve Goertz Kim Green W H Green Michelle Gresch Guy Greville John Gwynne E & E Haebig Shelley Halse Sam & Diane Harvey Rowland Hill	R D Hughes Tom Kelly Angus King Jo Kirby Elaine Kitto Max Kitto Christina Knox Jeanette Laurance R A & D L Lawrence Helen Leech G W Lennox Margaret Lloyd E W & W G Longson Denby MacGregor Margaret Martin Brian Mayne John McGillvray Andrew McKenzie Ivor Metlitzky Fiona Millett Amanda Morrison Kate Mortlet Brown Kylie Mucciarone	Marjorie Murdoch Janice O'Keefe Barrie & Sally Oldfield Lyndell Olivier Gary O'Loughlin J A Ould Anthony Packer David Paganin Peter Papanaoom Niesh Patel Nikki Patterson Mary Patullo David Payne Harold Payne Robert & Susan Peacock Lindsay Peet Thu Phan Voung Anthony & Milvia Poli Michael Prindiville Terence Prindiville Patrick Quigley Tom Rajkovic Alan Ramsay	Charlie & Martha Robertson Andrew Sawyer & Sophie Cumming Mark Scott Marlene Shackley Carolyn Shephard Richard Simpson Darryl Smalley Kristine Smith Colin Spencer G L Spencer I & P Squire Kon & Elizabeth Stamopoulos Jackie Steinepreis Roger Steinepreis David Stevens Vera Stevens Geoff & Jan Storey Suzie Surina Grant Sutherland Vernal Tan Robert Taylor Tom & Trudy Te Rito	Rajpal & Jyoti Thethy Mark Thurston Rachael Torre Mark Tory Ian & Cheryl Triat Tim Turner Jamie Tweedie Tracey Tyler Neale Uren Debbie Vince Murray Ward Anita Watkins Sandra Wee Judith Wheeler David White Peter Williams Henry & Jane Willis Glen Woods Bridig Woss Basil Zempilas
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The following Trusts and Estates have been received since the last edition of Bear Facts

Horace Michael Bourne Atkinson Elizabeth Ann Bothwell	Patrick Connolly Jean Harding	Dr Margaret Eyre Loman-Hal Ethel Margaret Quarrell	TH Reinold Eileen Louise Roberts	Helen Elisabeth Ruegg
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Stitches' Shop



\$6

5850

SILVER STITCHES KEYRING



\$10

5620

JUNIOR STITCHES



\$3

5870

SILVER LAPEL PIN



\$4

5103

PMH CHRISTMAS CARDS
Pack of 20.

FREE!

Receive a **FREE**
Caring for Kids pen
AND Christmas
lapel pin with every
purchase!



Stitches' Snapshots



AION funds cancer ward

AION Diagnostic's managing director Dr Anna Kluczewska pays a visit to six-year-old cancer patient, Jayden. AION's Charitable Foundation raised over \$4,000 for the PMH Johanna Sewell adolescent oncology centre at their 'Brazilian Goes Disco' fundraising cocktail.



Dynamic duo

Volunteers Vern and Lorraine Watson man a stall of PMH merchandise in the hospital foyer, with the proceeds used to fund vital equipment at the hospital. This dynamic duo have been volunteering at the Foundation for over seven years and we are very grateful for their support.



600,000 buns sold

Bakers Delight stores had their busiest Bun Day ever this year when \$1 from every six-pack of buns went to help the babies at PMH. In its seven year history, the event has raised over \$100,000 for the hospital's neonatal ward. That's over 600,000 buns sold!!



Safety pays off

Members of the PSN Water team (Charlie Sherwood, Rudi Hugging and Andrew Cove) present a cheque for \$915 to Jeanette Shorto from the Foundation. The donation was the result of the company's good safety performance and PMH Foundation is the program's first beneficiary.



Real estate donation

Alan Rowland from Border Real Estate presents a cheque to PMH Foundation fundraising manager Lesley Hooper. In two years, the company has donated more than \$7,000 to PMH. This year's donation was raised through an auction held at Border's Maddington office.



Stitches in the USA

Thirteen-year-old Aaron Hubler from Pennsylvania, USA with his Stitches Bear sent all the way from Australia. Aaron, who was born with one leg shorter than the other, said, "I love my Stitches Bear because my great grandma gave it to me." Thanks for your letter, Aaron.

Order your PMH Foundation merchandise HERE!

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

CODE	ITEM	PRICE	QUANT.	COST
5127	PMH BAG TAG	\$4		
5480	STITCHES THE BEAR	\$25		
5850	SILVER STITCHES KEYRING	\$6		
5620	JUNIOR STITCHES	\$10		
5870	SILVER LAPEL PIN	\$3		
5103	PMH CHRISTMAS CARDS	\$4		
POSTAGE Orders of 1-2 items, add \$4. Orders of 3 or more items, add \$6.50.				Sub Total
All prices are GST inclusive.				Postage
				TOTAL

MERCHANDISE 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
or fax to: (08) 9489 1199





Giving makes you happy!

Dr Timothy Sharp (aka Dr Happy), Founder of The Happiness Institute and well-known clinical psychologist, lets us in on one of the secrets to being happy.

"Happiness - surely one of the most sought after goals in the world, yet also one of the most elusive. But why, when we know so much about the key variables that contribute to happiness, do so many people miss the mark? Quite simply, because they look in the wrong places!

Instead of focusing inwards, one of the things we know about happy people is that they spend more time focusing outwards. They care for themselves, live healthy lives, and attend to the challenge of negative thoughts as well as the reinforcement of positive ones. But they also care for and actively engage in activities that will benefit others.

Rather than being selfish and self-centred (as some of the common myths and misconceptions seem to suggest), happy people are more generous and more altruistic.

Having a clear sense of life purpose is, interestingly, one of the core strategies that will increase your chances of happiness. If this purpose involves the benefit of others, then you increase your likelihood of experiencing real and meaningful positive emotions even further.

And there are so many ways we can give to others: just as there are so many ways we can become happy ourselves. But as many (older and wiser people) before me have noted, give first and you will receive.

Specifically:

- **Donate money** (you only need to give as much as you can afford)
- **Donate time** (there are innumerable organisations who'd love a helping hand)
- **Donate expertise** (give generously of your skills and experience)

If happiness is something you'd like to experience more of then clarify your life purpose and think optimistically; develop positive relationships with others and live healthily; but most of all, don't forget that one of the most powerful sources of happiness is engagement in charitable acts.

Give, and there's no doubt you'll receive!"

So there you have it, help the kids at PMH today and be happy! Your donations or time will make a big difference to their lives and yours.



HOW CAN I SUPPORT PMH?

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

DONATIONS See donation form below

CORPORATE PROGRAMS

- Payroll Deduction Program
- Matching Gift Program
- Safety Awards
- Sponsorships/Gifts in Kind
- Phone PMH Foundation on 9489 1100.

VOLUNTEERING

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

WILLS & BEQUESTS

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

CONTACT PRINCESS MARGARET HOSPITAL FOUNDATION

Address 254 Railway Parade West Leederville **Postal Address** GPO Box D184 Perth WA 6840
Phone (08) 9489 1100 **Fax** (08) 9489 1199 **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!

You can make your donation by:

- Visiting www.pmhfoundation.com
- Phoning (08) 9489 1100
- Faxing this completed form to (08) 9489 1199
- Mailing this completed form to:
PMH Foundation GPO Box D184, PERTH WA 6840

I would like to make a donation today of:

\$30 \$60 \$150 \$250 or \$

Please debit my

Card Number

Card Holder's Name

Signature Exp. Date

Phone ()

OR I enclose my cheque/money order (payable to PMH Foundation) *No staples please!*

I would like to make an ongoing credit card donation of \$

every: Month 3 Months 6 Months 12 Months

Please email me information about upcoming events to:

Donations over \$2 are tax deductible & a receipt will be issued. Please send your donation today! I would prefer not to receive any further information from PMH Foundation

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

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