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### Club Meetings

Second Thursday of the  
month, 6.00pm for 6.30pm at  
St Catherine's College, UWA.

Apologies by 12 noon  
previous Monday to

Marg Giles  
Tel: 9383 1083  
magiles@westnet.com.au

### Inzert

Please send any articles or  
photos for Inzert to:  
Carole Theobald  
zontaperth@yahoo.com.au

## Helen wins major Award!

*Grass roots correspondents...*

Helen Margaria, has recently been awarded the Elizabeth Adams Bequest for Occupational Therapy in Western Australia. Helen is the last member to 'brag' about her achievements, so it calls upon a small team of 'sleuths' to do this for her....so her fellow Zontians may acknowledge this remarkable woman.

### What is the Elizabeth Adams Bequest?

Elizabeth Adam was an English Occupational Therapist, who came out to Wooroloo Tuberculosis Hospital with a Dr Elphick to start Occupational Therapy in that area. She followed him down to the Chest Hospital, and was Head of the Department there for many years (before Charlie Gardner or QEII). She was a lovely, beautiful lady who had had TB herself. After she retired she went to England for a holiday and died very suddenly after a short illness. She left money for the Elizabeth Adam Bequest.

This has become one of the 'Oscars' of the Western Australian Occupational Therapy world! It is given by the Australian Association of Occupational Therapists WA for meritorious service in occupational therapy to an occupational therapist who has graduated from a WA School of Occupational Therapy. The person has to have made a significant contribution to any field of Occupational Therapy to qualify for the Award.

For the last ten years, Helen has been the Superintendent Occupational Therapist at Royal Perth Hospital. The uninitiated may think this is just the big hospital in the city centre, but no, there is more...

The Occupational Therapy service at



File photo: Helen photographed at the July 2007 Club meeting

Royal Perth Hospital was the first of its kind in WA and it has a long and proud history—just ask fellow member, Freda Jacob, as she was one of the first occupational therapists in the State!

The department operates at both the Wellington Street and Shenton Park campuses and also incorporates the Inner City Geriatric Service Aged Care Assessment Team (ACAT) and Rehabilitation in the Home (RITH) team.

There are about 50 staff members, including occupational therapists (both base grade and senior), clerical support, therapy assistants and patient care assistants.

### What is occupational therapy?

In a nutshell, Occupational Therapy focuses on restoring normal body movement in people to allow them to work and function normally.



## ***Helen wins major Award continued...***

The therapy helps the patient to cope with household duties, work or study, community involvement and leisure pursuits.

Often the therapy is required to overcome an injury or illness, psychological or emotional difficulties, developmental delay or the effects of ageing.

Occupational Therapists help patients develop life skills, they assess the patients' home environment and find ways to adapt the home to suit the patient on their discharge.

Occupational Therapists prescribe equipment that patients will need once they return home; they work towards empowering the individuals and they ensure that the patients' discharge is well-planned and safe.

It is not surprising that Helen would at some stage achieve the Elizabeth Adams award...especially when you see the key achievement section of her CV..

(Now Helen will be saying, "How did they get hold of that?" to which our small team of sleuths will reply—"it is not what you know it is who you know!")

So, hard luck Helen, this is the Zonta equivalent of "this is your professional life!"

### ***Helen's Achievements—so far!***

- Restructured the Royal Perth Hospital Occupational Therapy Service from two separate departments into one combined service, making it the single largest occupational therapy service of its kind in WA—bet that wasn't easy! She must have made a good job of it as she still works there...!

- Sustained and pro-active management of the OT service whilst responding to the financial, political, environmental needs and demands of the health system and patients attending Royal Perth Hospital—it must be so difficult providing services in the tight health budgets of today!
- Implemented a research program model for the department resulting in evidence based practice education modules and successfully receiving four research grants—very impressive.
- Major contributor to the Work Value Claim (2004) for the Occupational Therapy profession—looks like Helen takes care of other members of her profession too...
- Successfully managed the Allied Health component of the Hospital Allied Health and Nursing Discharge Service (HANDS) program in addition to Head of Department responsibilities—she did this for seven years, so must have been interesting, wonder what it was all about?
- Contributed and produced an Ambulatory Care report with recommendations for service development in the East Metropolitan Area.
- Instigated the formulation of a Patient Appliance Centre and Charging System for recyclable aids and appliances—see, she is a greenie and into recycling...
- Assisted in the development of the National Allied Health coding system for the Occupational Therapy profession and the subsequent development of

the Allied Health System of statistic collection

- Prepared the Occupational Therapy profession submission for the 2020 Plan
- Developed the Occupational Therapy components of new program initiatives such as the Short Stay Medical Unit, Fast Track Rehabilitation, Geriatric Evaluation and Management, and Inner City Mental Health—easy to forget that OT crosses all arms of health.
- Presented papers at state and national Occupational Therapy Conferences and National Allied Health Conference
- Received the prestigious Lorna Sherlock Award in 1996 in recognition of continued contribution and promotion of the Occupational Therapy profession in WA—this other 'OT Oscar' means that Helen has been reaching high standards for a long time...great work!



*Flashback: Helen at the 2006 Club Christmas party*

## Fellowship breakfast

Sandy McGregor



L-R: Penny Flett, Lois Joll, Rae Weston (visiting from Sydney), Katina Law, Sciona Browne, Anne-Marie McNaughton, Lennie McCall, Lori Grech and Tricia Summerfield.



L-R: Anne-Marie McNaughton, Lennie McCall, Lori Grech and Tricia Summerfield, Sandy McGregor. Also present was Refat Murshed who managed to keep out of the photo!!

Eleven members attended the Fellowship Breakfast at the Subiaco Hotel on 24th October. Feedback was excellent. It was a very casual event, with a la carte menu and people leaving when they needed to, so as to meet their work commitments. I think that it is definitely something that we will do again. Penny tells me that she used to have her Board meetings at that time of day! (Yes, she did—I remember them well! Ed.)

## Happy 88th Birthday Zonta!



On the 8th November, Zonta International celebrates its 88th birthday.

During our birthday, take time to reflect on why you became a Zontian and how, through Zonta service, you are contributing to making a difference to so many people's lives....

As part of an international organisation of over 33,000 members in more than 1,200 clubs in 67 countries and geographic areas, you are on the front lines of global and local efforts to help women overcome barriers to equal education, health care, legal rights, credit and employment through education, service and advocacy programs funded by Zonta International Foundation.

Zonta International President Olivia Ferry asserts: *"The active engagement and participation of women in policy making and strategy development, and the creation of gender-sensitive programs are both vital for the full attainment of the goals of gender equality, education, sustainable development and the elimination of all forms of discrimination and harmful practices against them."*

**Happy Birthday Zonta!**



**O come all ye faithful ...  
to our  
Club's Christmas Party!**

When: Thursday 13th December

Time: 6.30 for 7pm

At: St Catherine's College, UWA

Tickets: \$50—includes canapés, welcome drink, sumptuous Christmas Fayre, as well as a bottle of red and white wine on each table. Further drinks may be purchased from the bar.

*Partners and friends welcome.*

RSVP: With payment please by Friday 7th December to Marg Giles, telephone 9383 1083 or email magiles@westnet.com.au. Post cheques direct to 1 Salisbury St, Cottesloe WA 6011 or bring money to November meeting.

*Please bring an unwrapped gift for the ladies at the refuge.*



## **Volunteers needed for research project—can you help?**

*This email and article was recently received via the Club's web site. If you can help, please contact Janice—Ed.*

My name is Janice Paige and I am a PhD candidate at Curtin University of Technology. I received a copy of July edition of *Inzert* through an email network recently, and I was very interested to see the range of issues that were covered. It occurred to me that your club might be prepared to assist with the research project that I am undertaking.

My study is about healing from sexual abuse by a parental figure, and how post abuse-contact with the abuser helps or hinders a victim/survivor's recovery process. I have been finding it rather difficult to attract participants for the study. (I have 9 but need 40), but it is such an important area, and I know the participants are out there - I just need to find them!!

Anyway, on the chance that you may be prepared to help by publishing a request for participants in your newsletter, I am attaching a flyer and a longer article that gives more information about the study. Of course, I would be very happy to answer any questions, and I greatly appreciate your consideration.

### **About the Project**

Research Project "Healing from intrafamilial child sexual abuse: The role of relational processes between the survivor and the offender".

This study is being undertaken by a PhD. candidate in the Counselling Psychology Program at Curtin University of Technology, and focuses on the relational trauma involved when a child is sexually abused by a parent, or someone in a parental role. The research aims to discover the circumstances, *if any*, in which it has been helpful to the abused person's emotional and psychological healing to have contact with the person responsible for the abuse.

The project is especially pertinent at this time when so much public

discussion is taking place about how best to respond to the problem of sexual abuse of children. Although the main focus of the media attention has been in relation to the Federal Government's initiative in Indigenous communities, the sexual abuse of children by people who they trust is a widespread problem that occurs in all parts of our society.

Certainly, the priority is to stop the abuse happening, but that is only part of the response needed. Once the abusive behaviour stops, the child has the chance to begin healing the wounds, but recovering is a complex process that requires a depth of understanding because sexual abuse impacts virtually every aspect of a child's life. For instance, when a child is abused by a family member, in addition to the trauma of the abusive acts themselves, the child has been traumatized in his or her closest relationships, and needs to deal with the massive betrayal of trust he or she has suffered, and, amongst other things, the effects of the disclosure on other family members.

This is why psychologists in the counseling program at Curtin want to hear from people who have lived through this particular childhood trauma to discover some of what has helped them to resolve the harm and find closure, or what has prevented them from doing so. The focus is on contact with the person who offended because this is a contentious issue in the debate about what is in the abused child's best interest. Many people in the helping professions believe that actively preventing any further contact after disclosure is best for the child, while others believe acting to prevent further abuse while retaining some level of contact is preferable, especially when there are family or community ties. What this project aims to do is to find out from abuse victims, themselves, whether contact after disclosure has helped or hindered their recovery.

To do this, I need the help of 40 adults, women or men, who were

sexually abused as children by a parental figure (biological, step or defacto parent or grandparent), and who would be willing to be interviewed about their experience of recovery. Participants will not be asked to discuss the details of the abuse, although they will be requested to indicate, by ticking boxes, the type of behaviour involved, and its the extent and frequency. The abuse needs to have stopped at least five years ago, and they must have had some level of contact with the offending person since then. The contact could be as little as one letter or phone call, or as much as daily contact over a period of years.

To make sure that I cover a wide range of participant experiences, I want to find participants from amongst those who have reported the abuse to the authorities and those who have not, and those whose offenders received psychological treatment and those who did not. At this stage, I am particularly keen to attract people whose abuse was disclosed, and where the person responsible for the abuse received some psychological treatment for the problem, for example, in individual therapy, in a community-based treatment program, or in prison. However, I am also very happy to hear from people who may never have spoken about the abuse outside of the family before. Special care has been taken with the research design to ensure that total anonymity can be maintained if this is desired.

If anyone is willing to share their experience on this issue, or would like more information, could they please contact me

- by phone on [08] 92663446 or [08] 94588176;
- by mail to Janice Paige c/- School of Psychology, Curtin University, P.O. Box U1987 Perth. WA 6845;
- or by email to [janice.paige@postgrad.curtin.edu.au](mailto:janice.paige@postgrad.curtin.edu.au). (Please feel free to use a single name pseudonym and c/- address and phone number to ensure confidentiality.)



**ZONTA CLUB OF PEEL REGION INC**  
**15TH ANNUAL**  
**GOLF AND AUCTION DAY**  
 AT  
**PINJARRA GOLF CLUB**

Proceeds to  
**BREAST CANCER RESEARCH**

**Sunday 17th February 2008**

**8 AM SHOTGUN START**

**\$25 PER PERSON**

Includes Golf and Light Luncheon



**Trophies and Raffles**  
**Huge Auction**  
**Craft and Plant Stall**

**Ambrose Competition**  
**Mixed teams of 6**

Any combination of men and ladies  
 For both golfers and non golfers.



For Nomination Forms Phone  
 Lorraine Webb— 0416255293  
 Wendy Kirkby—9537 2029



**Donations of money,**  
**and goods for Auction**  
**gratefully accepted.**

**Congratulations**  
 to the  
**Zonta Club of**  
**Perth Northern**  
**Suburbs**



Design by Professor Barry Marshall  
 Nobel Laureate Medicine 2005

**The Celebrity Plates**  
**Exhibition, Auction and**  
**Sale raised over \$11,000**

The proceeds go towards  
 future holiday camps for  
 victims of domestic  
 violence

**Great work!**

**'Elizabeth' Movie Fundraiser**



**Date:** Sunday 25 November 2007 at 2pm  
**Movie:** Elizabeth - The Golden Age  
**Cinema:** Astor - Beaufort Street, Mt Lawley  
**Cost:** \$15, per ticket  
**Includes:** Movie, 2 drinks, food

We will also be raising funds through raffles, including a Xmas food hamper, towards which we are requesting donations. (Donations may be brought to the November meeting or collected if required.)

Tickets may be pre-purchased at the November club meeting.  
 Contact Agnes on agnes.vacca@pkf.com.au or Judy, Anne-Marie, Refat or Sciona for tickets or donations.

## Scuttlebutt..



### Editor returns

Carole had a wonderful holiday in the UK where she attended a family wedding and caught up with relatives and friends she hadn't seen for years.

She travelled over 5,000km in the five weeks ranging from the Isle of Wight in the south, to visiting her birthplace in Forres near Inverness in Scotland with her mother and sister - with many places in between!

If you have made a trip recently—let the Editor know!

### Wiser Earth

Our Club now joins Zonta International and many other Zonta Clubs around the world by being listed on the Wiser Earth website at [www.wiserearth.org](http://www.wiserearth.org).



Wiser Earth is a community directory and networking forum that maps and connects non-governmental organizations and individuals addressing the central issues of our day: climate change, poverty, the environment, peace, water, hunger, social justice, conservation, human rights and more. Take a look at their web site.

### Flowers to Nancy

A floral tribute and card were sent to Nancy White and her family to let them know that members of the Zonta Club of Perth were thinking of their Ngarinyin friends in this time of grief.



Nancy's son was tragically killed in car accident a last month.

The tribute consisted of a bouquet of silk roses (mostly yellow in keeping with the Zonta theme).

Given the extreme temperatures and the fact that it takes about a week for the mail to get to the Kimberley, the local custom is to use artificial flowers, which are then 'planted' on the grave.

Our love goes to Nancy and her family.

## Diary Dates

### 10th November—Founders Day Dinner

This year's event is hosted by the Zonta Club of Bunbury. Please see advert on page 5.

### 25th November—Movie fundraiser 2pm Astor Cinema, Mt Lawley and White Ribbon Day

Wear a white ribbon to the event to mark the International Day for the Elimination of Violence Against Women. The movie is 'Elizabeth—the Golden Age' starring Cate Blanchett and tickets are just \$15 including refreshments. See advert page 6.

### 25th November to 10th December—16 Days of Activism Against Gender Violence

Visit <http://www.who.int/gender/violence/sixteendays/en/> to download kits and see how you can participate.

### 1st December—World AIDS Day

### 7th December, Education Award

Closing date for Education Award entries.

### 13th December—Club Christmas Party

Celebrate Christmas at our St Catherine's 'home'! With special Christmas Fayre and a few surprises, this will be an evening to have fun and make merry! Tickets \$50 include canapés, sumptuous Christmas Fayre and a bottle of red and white on each table. Tickets may be purchased at November meeting, or by sending cheques to Marg Giles.

### 17th February 2008—Zonta Club of Peel 15th Annual Golf and Auction Day

This event is great fun and a great fundraiser for the Peel Club. Tickets are \$25 each that include the golf and a light luncheon. See advert on page 5 for more information.

### 2nd to 12th April 2008, 20th UNIMA Congress and World Puppetry Festival.

This is the World Event for puppeteers and it is being hosted in Fremantle—what an opportunity for exposure of the puppet project on the world stage...

<http://www.unima2008.com/go/unima-2008>

### 28th June-3rd July—Zonta International Convention 2008, Rotterdam

Have you made plans to go yet?

## WANT TO KNOW WHAT IS HAPPENING IN OUR CLUB?

Visit our web site at  
[www.zontaperth.org.au](http://www.zontaperth.org.au)  
or email [zontaperth@yahoo.com.au](mailto:zontaperth@yahoo.com.au)