



ZENDA FOR THE 21ST CENTURY WOMAN

CHRISTMAS EDITION - DEC-JAN 2023

FOR WOMEN BY WOMEN



inside ...

BILL OF RIGHTS FOR WOMEN	2
FROM THE MANAGER	3
INDIGENOUS NEWS	6-7
CALENDAR - DEC/JAN	8-9
LIBRARY NEWS	12
RECIPE PAGE	13
POET'S CORNER	14
NOTICE BOARD & CONTACT NUMBERS	16

Workshop and Counsellor Appointment Bookings

We realise that at times not being able to attend your appointment or workshop booking is unavoidable.

If you are unable to attend a counselling appointment please ring to cancel as soon as possible, as we have an increasing waiting list and it may be possible to put someone into that place.

With regard to workshops, if cancellations are made as soon as possible that place can be offered to someone who is waiting to attend that particular workshop.

WE THANK YOU FOR YOUR CONSIDERATION

acknowledgement

TO OUR VOLUNTEERS WHO HELP US HERE AT THE CENTRE WE WOULD LIKE TO SAY A VERY BIG THANK YOU, FROM ALL THE TEAM AT THE WOMEN'S HEALTH CENTRE.

VOLUNTEERS PLAY A BIG PART IN ANY ESTABLISHMENT AND WITHOUT YOU THE CENTRE WOULD NOT BE THE SAME.

ALSO A BIG THANKS TO EVERYONE WHO HAS DONATED GOODS, FROM BED LINEN TO TOILETRIES. THESE ITEMS HAVE HELPED MANY WOMEN WHO COME TO THE CENTRE.

THANK YOU ALL ~ MERRY CHRISTMAS



PLEASE NOTE: OUR TOILETRY SUPPLIES ARE RUNNING LOW AND WE WELCOME CONTRIBUTIONS FOR 2023



Bill of Rights for Women

Physical

- I have a right to be free of physical violence
- I have a right to decide who can touch me
- I have a right to personal space
- I have a right to pay attention to messages given to me by my body
- I have a right to make my own decisions about my physical appearance
- I have a right to access health care of my choice

Sexual

- I have a right to be free of sexual violence
- I have a right to say no to sex
- I have a right to say no to a sexual activity that makes me uncomfortable
- I have a right to insist on safe sex
- I have a right to get to know someone before having sex
- I have a right to change my mind about having sex with someone

Emotional

- I have a right to say no to things asked of me
- I have a right to be treated with respect
- I have a right to be free of verbal abuse
- I have a right to express my own opinions
- I have a right to my own beliefs and spirituality
- I have a right to make my own decisions
- I have a right to privacy
- I have a right to pursue my dreams
- I have a right to end a relationship if it no longer feels right for me
- I have a right to change my mind
- I have a right not to have to report all of my movements and activities to another person
- I have a right to decide how I would like to spend my free time
- I have a right to prioritise my self-care
- I have a right to set my own personal standards
- I have a right to choose not to keep a secret that makes me feel bad
- I have a right to express my feelings

Social

- I have a right to see my friends and family
- I have a right to spend time with my friends or family on my own
- I have a right to make new friends
- I have a right to speak to other men
- I have a right to work or study
- I have a right to ask for help and support
- I have a right to have fun

Financial

- I have a right to be involved in deciding how joint finances are spent

Spiritual

- I have a right to choose and practice my own religious or spiritual beliefs

from the manager

Welcome to our final edition of Zenda for 2022.

Thank you to all the women of the Fraser Coast who have accessed our centre. We hope that we have been able to provide support, either through face to face therapy and/or group workshops. Our staff work hard to offer a valuable experience to you, our clients, and we welcome you back in 2023.

I would like to take this time to reflect on the last 12 months and the help we have been able to provide in Hervey Bay and Maryborough. Our group workshops recommenced and have been welcomed and enjoyed by all the women who have attended. Unfortunately we were not able to run some of our advertised workshops due to a lack of participants. This is why we welcome your suggestions and expressions of interest because then we are able to offer the most relevant content. If there is a topic you feel would be of benefit to yourself and others, please do let us know.

The new year ahead is looking good, with all our groups and workshops now in the diary from February through to June 2023, so keep a look out for them on Facebook and in our Zenda newsletter. Or pop into the centre for a current list.

We have been able to continue to offer our free counselling services with our books being full throughout the year. The overflow often means that we have names on our waiting list which we understand is sometimes not ideal for any of us. Fortunately, with our allied service provider partners, if we cannot help immediately, we may be able to offer a referral to another service. Our new counselling service in Maryborough has been busy and will continue to provide support to the women of the Maryborough region in 2023.

Our website will be active again in early 2023 which will provide resource information, in addition to our schedule of events throughout the year.

The management and staff would like to wish you all a safe and Merry Christmas and a Happy New Year.

Take care over the holidays and we look forward to seeing you all next year.





Indigenous News with Marj

Galangoor D'Buthbee

GOOD MORNING IN 'BUTCHULLA' LANGUAGE

I ACKNOWLEDGE ALL OF OUR 'BUTCHULLA' ELDERS, PAST AND PRESENT, THE TRADITIONAL OWNERS OF THE LAND WE LIVE, WORK AND PLAY ON.

Connecting Community

Women's Yarning Circle on 'Butchulla' Country

On the 24th of October this year, I attended the two day Indigenous Wellbeing Conference, along with Aunty Jan Williams and Henny, held in Adelaide, South Australia. What a deadly conference - with over 400 people who came together to share presentations that showcased the key challenges in First Nations Australian, Māori, and Pasifika communities.

We presented our Women's Yarning Circle poster as a display of photographs; the pictures say it all and highlighted some of the many talents that women in our yarning circle have displayed. This women's yarning circle program is both coordinated and supported by Wide Bay Women's Health Centre Inc.

Our showcased images portrayed a circle of women (captured in the present moment), who support all women, inclusive of all beliefs and values, with a respectful circle of friendship that embraces everyone. The Yarning Circle has created life-term friendships, social support and access to various services and programs within our community, which in turn has provided opportunities to gain the information and education that improves and strengthens the lives of mind, body, and spirit of all women. This strength ultimately improves the social and emotional wellbeing of not only women but their families and community.

Every woman who joins the Women's Yarning Circle on 'Butchulla' Country is to be acknowledged and honoured. Galangoor Nyin





Indigenous News with Marj

Aboriginal and Torres Strait Islander
SIGNIFICANT DATES

SURVIVAL DAY
26 January

NATIONAL APOLOGY DAY
13 February

NATIONAL CLOSE THE GAP DAY
Third Thursday in March

HARMONY DAY
21 March

NATIONAL SORRY DAY
26 May

ANNIVERSARY 1967 REFERENDUM
27 May

NATIONAL RECONCILIATION WEEK
27 May – 3 June

MABO DAY
3 June

NATIONAL ABORIGINAL & TORRES STRAIT ISLANDER CHILDREN'S DAY
4 August

INTERNATIONAL DAY OF THE WORLD'S INDIGENOUS PEOPLES
9 August

INDIGENOUS LITERACY DAY
First Wednesday in September

NATDOC WEEK
Early to mid-July

For more information visit - vacca.org • deadystory.com • vaadl.org.au • naidoc.org.au • antac.org.au • local cultural centres • Aboriginal Co-operative organisations • your local council

VICTORIAN ABORIGINAL CHILD CARE AGENCY
340 Bell St, Preston VIC 3072
p. (03) 9287 8800 w. vacca.org e. resources@vacca.org



Message from
the Women's Yarning Circle Team -
On behalf of myself, Henny, and Julie we
would like to wish you all a Murri
Christmas and a Deadly New Year.
Sprinkle kindness wherever you go.

SERVICES/WORKERS AVAILABLE IN OUR ABORIGINAL & TORRES STRAIT ISLANDER COMMUNITY

- ABORIGINAL & TORRES STRAIT ISLANDER LEGAL SERVICES - 1800 012 255
- BUTCHULLA ABORIGINAL CORPORATION - 4124 9144
- BUNDA'S DREAMTIME PLAYGROUP - 1800 171 882
- CQID - CENTRAL QUEENSLAND INDIGENOUS DEVELOPMENT - 4313 1195
- DATSIP - 4183 9107
- GALANGOOR DUWALAMI PRIMARY HEALTH CARE SERVICE- 4194 5554
- HERVEY BAY PCYC (INDIGENOUS WORKER) - 0436 420 599
- HERVEY BAY HOSPITAL INDIGENOUS HEALTH - 4325 6670
- IUIH HOME SUPPORT HERVEY BAY - 1300 852 598
- KORRAWINGA ABORIGINAL HOUSING - 4124 6908
- KAL'ANG RESPITE CARE CENTRE - 4124 7780
- KAHWUN WOOGA ABORIGINAL & TORRES STRAIT ISLANDER CORPORATION
- FOR COMMUNITY DEVELOP. - 4123 5910
- POLICE LIAISON OFFICERS - 4128 5333
- MARYBOROUGH ABORIGINAL CORPORATION FOR HOUSING & CULTURAL DEVELOPMENT - 4122 4382/0498578110
- UNDERNOO KINDERGARTEN - 4121 5831

A little gift to help you get through the silly season....

21 One Minute Mindfulness Exercises

1. Yawn and stretch

One of the easiest ways to bring yourself back to your body.

2. Sit and observe

Sit down somewhere outside and simply watch the world around you.

3. Wash your hands

Every time you wash your hands, use it as a reminder to come back to the present.

4. The STOP method

Stand up, Tune in to your body, Observe physical sensations, imagine new Possibilities

5. Transition moments

Take advantage of "transition moments," like walking across a parking lot. Do it with care.

6. Mindful breathing

Take 60 seconds to notice your breathing. When your mind wanders, bring it back.

7. Loving kindness

Loving kindness meditation is a practice to send warmth, kindness and peace to others.

8. Set an intention

Take a one-minute pause in your day to decide how you want to move through the day

9. Self-compassion

Remind yourself that it's common to be hard on yourself, but you need to be nurturing instead.

10. Mindful hug

Ask a partner or friend for a hug. Take three deep breaths together. (Releases oxytocin!)

11. Mindful eating

When you catch yourself eating on autopilot, take 60 seconds to slow down and eat mindfully.

12. Morning meditation

Take one minute right when you wake up to meditate before you begin your day.

13. Chair meditation

When you're at your desk in the middle of your workday, take 60 seconds to meditate.

14. 4-7-8 breathing

Breathe through your nose for 4 seconds, hold for 7 seconds, then breath out for 8 seconds.

15. Box breathing

Visualize a square. Move along each side of the square, breathing, holding, and exhaling.

16. Do a door reset

When you pass a door and enter a new space, use that as a chance to do a mindful reset.

17. Guided meditation

Find a one-minute guided meditation for a quick mental reset.

18. Cloud watching

Pick a cloud, or anything in your environment, and watch it for one minute.

19. Mindful listening

Choose a piece of music you've never heard before. Listen to every element of it carefully.

20. Gratitude

Carve out one minute of your day for a moment of gratitude.

21. Focus

When you catch yourself multitasking, slow down and work on just one thing for one minute.

m mindfulnessbox

mindfulnessbox.com



Christmas 1959 - by Henny Duxbury



With Christmas fast approaching, eight-year-old childhood memories transport me back to my last Christmas in Holland. The smell of food cooking on the old cast iron stove, with a trough of coal nearby to heat the house through the night. Cuddled up in the warm kitchen we eagerly waited for snow to fall because it is 'Kerstfeest' (Christmas). Our mum always let us play in the first fresh snow that fell, she would even wake us up if the snow fell after we had gone to bed.



A particular special event was the 5th December the evening for Sinterklaas (Santa Clause) to visit. The story goes he comes to Holland from Spain on a barge with his white horse and his helpers. In the town parade Sinterklaas rides his horse and looks very solemn. While his helpers, run around laughing, joking, and doing acrobatics, they hand out sweets to all the children.

In the morning of the 6th December we would wake up to lollies, treats, an orange and a toy or clothes.

Our family was not well off, but those gifts were always well received.



Sinterklaas's helper was known as Zwarte Piet (Black Piet) we believed he was a chimneysweep hired to help Sinterklaas. Zwarte Piet was known for keeping a list of the good kids and bad kids.



When I was seven, Sinterklaas and Zwarte Piet paid a special visit to my school. I must have got on the bad list because Piet called out two names mine and Henk (a boy I walked to school with). Piet announced to the whole class that Henk and I were always late for school because we dawdled. Piet grabbed our hands and made us run round the hall. It was a lesson in how to get to school on time.

I was panic stricken, and crying but grateful he didn't smack us, like we were always told they would do.

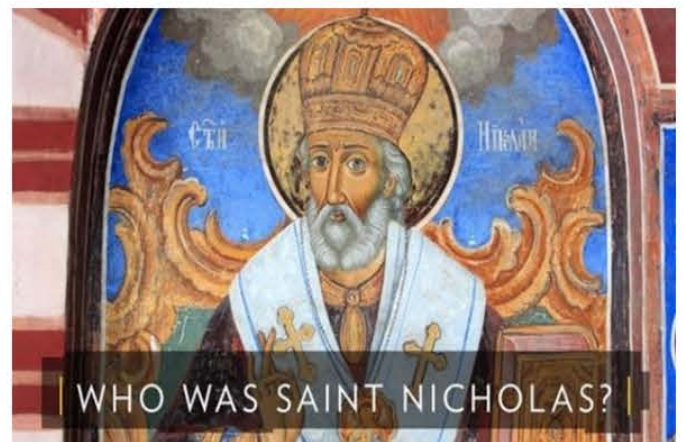
'I believe that traumatic experience taught me never to be late, I am usually early to everything. If I look like being a minute late, I am devastated and disappointed in myself and forever apologising'.

However, now that I am at Wide Bay Women's Health Centre, I am with people that move in circles, I am slowly reprogramming myself to be more relaxed, mindful and to pace myself.

Historic Information:

St Nicholas who's feast day is the 6th of December, is represented by Sinterklaas. The Netherlands has celebrated this tradition for at least 300 years.

The tradition of 'Zwarte Piet' is now rejected by most of the Netherland's public. Many protests have occurred because of the racist connection to the Dutch slave trade which only ceased in 1863. Slave traders and some nobles "gifted" each other with enslaved black children, who are shown in paintings wearing colourful, Moorish clothing like what 'Zwarte Piet' wears today.





WHAT'S ON

		1  WORLD AIDS DAY	2	3  INTERNATIONAL DAY OF SIGN LANGUAGE PEOPLE WITH DISABILITY	4
5	6	7	8  Please Join us for a Christmas PARTY 8 DECEMBER 11-2PM SCARNNESS ROTUNDA ESPLANADE rsvp 4125 5788 Wide Bay Women's Health Centre Inc.	10  WORLD HUMAN RIGHTS DAY EQUALITY FREEDOM PEACE HOPE DIGNITY RULE OF LAW PROSPERITY JUSTICE	11
12 Poinsettia Day 	13	14	16	17	18
20 	21	22 Centre Closed from 12pm 	23  Centre Closed	24  Centre Closed	25  Centre Closed
26 	27  Centre Closed	28  Centre Closed	29  Centre Closed	30   Merry Christmas from all of us @WBWHC	



WHAT'S ON



		<p>Centre Closed</p>				<p>1</p>
<p>2</p>	<p>3</p>	<p>4</p> <p>Centre Closed</p>	<p>5</p>	<p>6</p>	<p>7</p>	<p>8</p>
<p>9</p> <p>Centre Opened From 9am</p>	<p>10</p>			<p>13</p>	<p>14</p>	<p>15</p>
<p>16</p>	<p>17</p>	<p>18</p>	<p>19</p>	<p>20</p>	<p>21</p>	<p>22</p>
<p>23</p> <p>Butterfly Sisters Walking Group commences 5.30-6.30am</p>	<p>24</p>	<p>25</p>	<p>Australia Day</p>	<p>27</p>	<p>28</p>	<p>29</p>



Thanks...



Throughout the year we receive a very generous supply of bags filled with toiletries for our clients, thanks to the fabulous folk at Share The Dignity. This is a wonderful charity founded by Rochelle Courtenay.

Rochelle is Share the Dignity's founder and Managing Director, though the title she is most proud of though is 'Pad Lady'. Rochelle has led a team of volunteers collecting over 3 million period products across Australia.

In March 2015, Rochelle took matters into her own hands collecting sanitary items with her local community and distributing them to local shelters. As a result, a simple idea of giving dignity to women, Share the Dignity was created and has grown to a national charity.

Consequently, it has over 5,000 volunteers Australia-wide, and most noteworthy provides multiple initiatives aimed at giving dignity to women.

When Rochelle first learned of homeless women going without basic sanitary items during their menstrual cycle, she decided the question was not, "why is no one doing anything" but rather, "what's stopping me from doing something?" And so began Share the Dignity.

Thank you, to all at this wonderful charity and all the volunteers and donors who make this happen and help Women of the Bay

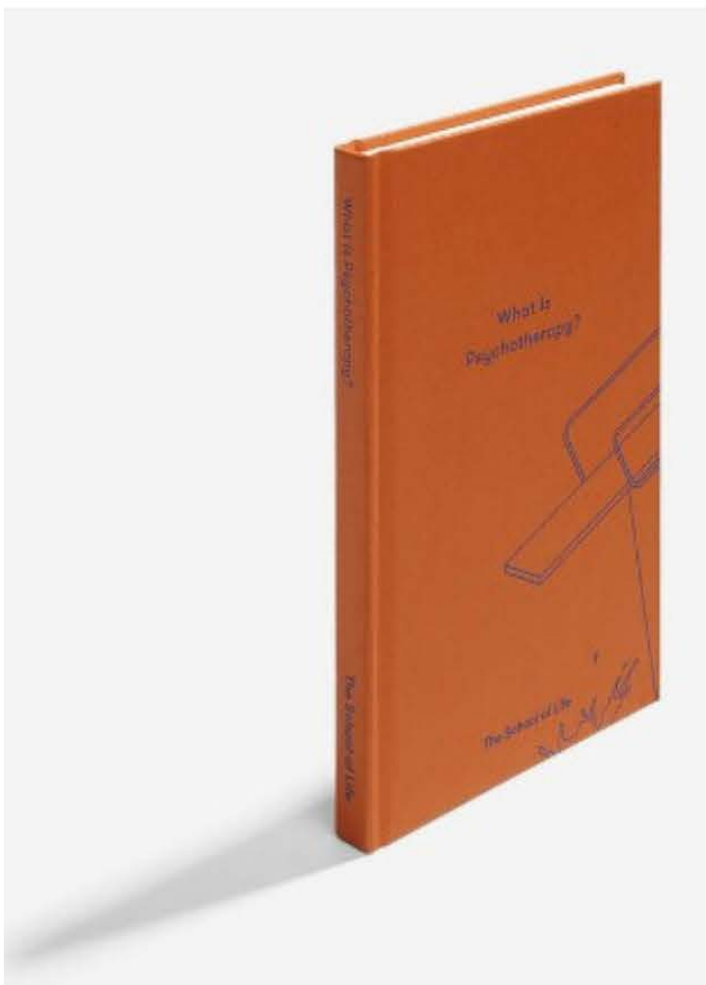


LIBRARY NEWS



Each newsletter we feature a book from our wonderful library, with an extensive selection of books covering a broad range of issues ~ from ageing well to good gut health to the art of zen. All on loan for our members. Come in and have a browse.

Title: WHAT IS PSYCHOTHERAPY
Author: THE SCHOOL OF LIFE
Publisher: THE SCHOOL OF LIFE



Psychotherapy is one of the most valuable inventions of the last hundred years, with an exceptional power to raise our levels of emotional well-being, improve our relationships, and assist us in mining our professional potential. But it is also profoundly misunderstood. Its logic is rarely explained and its voice seldom heard with sufficient directness. This book attempts to explain psychotherapy: why it is needed by us all, how those needs are addressed by treatment and what the outcome of a therapeutic intervention could be.

This is a book that attempts to explain psychotherapy: what the needs are in all of us to which it caters; the methods by which it addresses these needs - and what the outcome of a therapeutic intervention could ideally be.

The book reflects a fundamental belief of the School of Life that psychotherapy is the single greatest step any of us can take towards self-understanding and fulfilment. A course of therapy stands to render us ever so slightly less angry, self-defeating, unconfident, lost and sad.

This is a guide to the purpose and meaning of psychotherapy.



RECIPE PAGE



LOW CARB STUFFING

Number of serves: 8

Prep time: 10 mins

Cook time: 15 mins

Ingredients

1 cauliflower, cut into small florets
2 onions, diced
4 celery sticks, diced
80g unsalted butter, softened
2 tsp ground nutmeg
80g pecans, chopped
fresh parsley, chopped

Method

1. Preheat the oven to fan forced 180°C/200°C/400°F/Gas mark 6. Line a baking tray with baking paper.
2. In a bowl, combine cauliflower, onion, celery, garlic with the butter, herbs, spices and season. Mix well, then stuff into your turkey, or cook separately as per below.
3. Spread mix in a thin layer onto the baking tray (you may need two trays), and roast for 10 minutes until onion is soft and cauliflower is starting to brown.
4. Add the pecans and parsley and continue to roast for a further 5 minutes - until the onions are caramelised and the pecans are browning.
5. Serve with your turkey and trimmings!

recipe from @thefast800



POETS CORNER



My Christmas Wish For You

My Christmas wish for you, my friend
Is not a simple one
For I wish you hope and joy and peace
Days filled with warmth and sun

I wish you love and friendship too
Throughout the coming year
Lots of laughter and happiness
To fill your world with cheer

May you count your blessings, one by one
And when totaled by the lot
May you find all you've been given
To be more than what you sought

May your journeys be short, your burdens light
May your spirit never grow old
May all your clouds have silver linings
And your rainbows pots of gold

I wish this all and so much more
May all your dreams come true
May you have a Merry Christmas friend
And happy New Year, too ..

(Author - anonymous)





Mobile Women's Health Service

Providing a free and confidential range of screening, health promotion and preventive health services for women living in the Wide Bay.

Services Include:

- ❖ Cervical Screening
 - ❖ Sexual Health Screening and Advice
- Health Education and advice about a range of Women's Health topics

Hervey Bay

Clinic Dates July- Dec 2022

Tues/Wed 19th & 20th July

Tues/Wed 16th & 17th August

Tues/Wed 13th & 14th September

Tues/Wed 11th & 12th October

Tues/Wed 8th & 9th November

Tues/Wed 6th & 7th December

To make an appointment phone:
1300 090 760



**Wide Bay Hospital
and Health Service**



**Queensland
Government**

HERVEY BAY CANCER CARE CENTRE -
MEDICAL PLACE URRAWEEN



SENIORS LEGAL & SUPPORT SERVICE

FRASER COAST

Managed by Hervey Bay Neighbourhood Centre Inc

Do you feel your rights are being respected?
Are your family members supportive,
or do they create stress in your life?

Are any of the following scenarios happening to you?

- Being told that you can't make any decisions for yourself because you have had a diagnosis of dementia.
- Being pressured into entering a nursing home when you're not ready.
- Being frightened to voice your needs/concerns.
- Carers or family members borrowing money and not paying you back.
- Adult children moving in with you and refusing to pay rent.

The Seniors Legal and Support Service offers a **FREE** service for people over 60 whose rights are being compromised.

For More Information please call
07 4124 6863



TAYLOR STREET
Community Legal Service

Managed by Hervey Bay Neighbourhood Centre Inc

FREE LEGAL ADVICE

Is the cost of legal advice stopping you from seeking help?

Free, confidential, 15-minute legal advice sessions are available to residents of the Fraser Coast region through the Taylor Street Community Legal Service.

Sessions are by appointment only.
Hervey Bay, Maryborough, Tiaro and Burrum Heads residents

Please call 4194 2663.

DV Connect (Qld)

State-wide Domestic Violence Hotline

1800 811 811

24 Hours, 7 Days

State-wide Sexual Assault Helpline

1800 010 120

7.30am to 11.30pm 7 days

www.dvconnect.org

HAVE YOU RENEWED YOUR MEMBERSHIP?

We have a new membership period. It is from 1 July - 30 June 2023 - please check your current membership! Membership fees help to fund our Centre activities, so if you have not yet renewed your membership, please drop in to the Centre and do so as soon as possible. This will allow you continued access to our library and a copy of our wonderful bi-monthly newsletter. **Annual membership only \$5.00**

Mobile Women's Health Service Pap Smear Clinic

The Mobile Women's Health Nurse provides a range of free and confidential preventive health services for women in the Fraser Coast - Wide Bay Area.

Cervical Screening / Pap smear

- Health information
- Breast awareness and education
- Any other health matters you wish to discuss

Make an appointment
by calling
1300 090 760

Breast Screen Queensland

is at the

Hervey Bay Hospital

Make an appointment by
calling
13 20 50 or 4150 2800

Women over 40 yrs. are
eligible

CHILDREN BY CHOICE COUNSELLING, EDUCATION & INFORMATION

All options with an unplanned pregnancy

ABORTION - ADOPTION - PARENTING

An unplanned pregnancy may represent a crisis in a woman's life.

Children by Choice provide counselling and support to women who are experiencing an unplanned pregnancy and unsure about their options.

Our services are non-judgmental and we offer referrals for abortion, adoption and parenting.

Free and Confidential
Call 1800 177 725



FOR THE 21ST CENTURY WOMAN
WIDE BAY WOMEN'S HEALTH CENTRE Inc.

8 Truro Street
PO Box 5003
TORQUAY QLD 4655
Phone: 07 4125 5788
Fax: 07 4125 5911
Email: info@wbwhc.org.au
Website: www.wbwhc.org.au (under construction)

Copies of flyers and brochures are available
for groups advertised in this newsletter.

CONTACT NUMBERS

Alcohol & Other Drugs	1800 177 833
Community Health Hervey Bay/M'brough	4122 8733
Community Rental Group	4124 1183
Domestic Violence	1800 811 811
Gambling Helpline	1800 222 050
Wide Bay Sexual Assault	4194 5230
Hospital Hervey Bay	4325 6666
Kids Helpline	1800 551 800
Taylor Street Legal Service	4194 2663
Legal Aid	1300 651 188
Lifeline	13 11 14
Narcotics Anonymous	4123 6738
Neighbourhood Centre HB	4194 3000
Neighbourhood Centre M'Boro	4121 2141
Parentline	1300 301 300
Poisons Information	13 11 26
Police Hervey Bay	4128 5333
Salvation Army Hervey Bay	4125 1848
Senior Citizens Hervey Bay	4128 4837
Seniors Legal and Support Service	4124 6863
Women's Health Qld Wide	1800 017 676
Women's Infolink	1800 177 577
Women's Legal Service	1800 677 278

*The Wide Bay Women's Health Centre is a free confidential service
For Women By Women.*

*"It's a Dynamic and vibrant organisation which facilitates
the individual and collective growth and well-being of women."*

*The Centre is a point of contact for women in need of support, information,
counselling and/or referral.*

Please call for any further information.

Opening Hours:

Monday, Wednesday and Thursday 9.00am - 5.00pm.

Tuesdays: 9.30am - 5.00pm.

Fridays: 9.00am - 2.00pm .

The Centre is closed on the last Friday of every month

Counselling

A free and confidential counselling service by appointment
is available to all women in the area.

Therapies include but are not limited to Mindfulness,
Narrative and Acceptance and Commitment Therapy
(ACT), Neuropsychotherapy and Sand Play Therapy.

The Wide Bay Women's Health Centre Inc. is funded
through the Department of Justice and Attorney General.

This funding allows us to provide programs and services
free of charge or for minimal cost.

Your donations are still greatly appreciated and put to
good use.

Thank you

Disclaimer

The Wide Bay Women's Health Centre Inc. has made every effort to
ensure information contained within this newsletter is accurate.
However, we accept no responsibility for any errors, omissions or
inaccuracies. Any articles contained within this newsletter are for
information purposes only and we accept no responsibility to persons
who may rely upon this information for whatever purpose.

 *Wide Bay Women's Health Centre Inc.*

If undeliverable please return to:
Wide Bay Women's Health Centre
P O Box 5003,
TORQUAY QLD 4655

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AUSTRALIA**

