

# The Good Oil



## PWP Meeting and Luncheon

Thursday 9 March  
11:15am for an 11:45am start

The Pagoda Restaurant  
112 Melville Parade, Como

### Guest Speaker Caitlin Quick



**Autism.** It's a word that often comes up in the media. But what does it actually mean to have this condition? And how can we support our autistic loved ones?

**Caitlin Quick**, a 22 year old neuroscience student and autistic advocate, will share information and stories about life on the spectrum, and give some insight into what autism looks like in the 21<sup>st</sup> century.

### MARCH MENU

Fresh baked bread rolls

#### MAIN

Moroccan spiced marinated Chicken breast with mixed lentil salad and mustard jus (GF, DF)

#### VEGETARIAN MAIN

Filled aubergine with roasted Mediterranean vegetable, grilled broccolini and yoghurt mint sauce (V, GF)

#### DESSERT

Mango panna cotta with fruit salsa

#### COFFEE AND TEA

**\$50 per member    \$55 per guest**

For organising purposes, **RSVP** to **Kevina** by **Monday, 6 March** via the website, [www.petroleumwomenofperth.asn.au](http://www.petroleumwomenofperth.asn.au), email [pwp.rsvplunch@gmail.com](mailto:pwp.rsvplunch@gmail.com) or call **0419 837 055**. Payment by EFT is preferred: Bankwest **BSB 306-047, Account 4182462**. Include your Surname and 'Luncheon' in the description. EFT payment is due upon confirmation of your booking **and no later than Monday, 6 March**. **Cancellations after 5:00pm, Friday 3 March OR non-attendance without cancellation prior to 5:00pm, Friday 3 March both require payment in full.**

### DIARY DATES

Monthly Lunch Meeting  
Thursday 9 March

#### Out & About

Movie Club  
Friday 10 March

Royal Flying Doctors  
Friday 17 March

Book Club  
Monday 20 March

Discovery Coffee  
Friday 24 March

Curry Club  
Friday 31 March

#### Regular Activities

Mah-Jong  
Mondays at Pagoda

Walking Group  
Tuesdays

Golf Group  
Tuesdays

Cycling Group  
Thursdays

Quilting Group  
Wednesday 1, 15 & 29 Mar

Bridge Group  
Thursday 16 Mar

#### Looking Ahead to April

April Lunch Meeting  
Thursday 13 April

## PWP Board 2023

### President's Message

Hello everyone!

What a great start to 2023! It was lovely to see so many of you at lunch after the festive break. Didn't the room look wonderful specially decorated in red and gold by Rhonda. And I'm certainly expecting great times ahead if my fortune cookie is to be believed.

Kari has lots more interesting speakers to come this year, so sign yourselves up for lunch and bring a friend. Each one of you is the best recruitment that PWP has at its disposal. Only you are able to tell other women about the fun and friendship that exists within the Club. And don't forget to mention the special activities we have as well. I'm looking forward to some of the things planned by Christine Corey over the coming months.

As I mentioned, we are looking for volunteers to take over organizing the raffle. We need someone to shop for prizes within a budget and then put these together. We've taken the decision to simplify it somewhat by making one prize a voucher. Organizing the raffle could be done by more than one person. The raffle does subsidize the hire of the projector and screen for our speakers, so it's not something we want to lose. Lindell has done a great job, but needs a break.

Welcome back to our Membership Vice-President, Christine McCarthy. You should all have an updated Directory and a copy of the revised Constitution from her.

Our Sundowners event was well attended. It was great to see the guys hang fun as well as the girls. And what a spread we put on. We should go into catering as a sideline.

John and I are looking forward to the first visitors of this posting – his sister Judith and her partner James. I'm hoping they will come to the March lunch. James will love being the only man in the room! Don't forget to send me an email with three facts about yourself that no one in PWP already knows. I've only had one so far, so right now it's not much of a game. I've done this before at some of my choirs. It's very illuminating and often surprising.

Warmest regards, *Sheena*

### Board for 2023

#### President



**Sheena Kaighin**  
0467 389 832

pwp.perthpresident@gmail.com

#### 1<sup>st</sup> VP Activities



**Christine Corey**  
0407 307 691

pwp.perthactivities@gmail.com

#### 2<sup>nd</sup> VP Programs/Luncheons



**Kari Young**  
0427 747 479

pwp.perthprograms@gmail.com

#### 3<sup>rd</sup> VP Membership



**Christine McCarthy**  
0408 020 251

pwp.perthmembership@gmail.com

#### Secretary



**Lindell Negline**  
0433 262 377

pwp.perthsecretary@gmail.com

#### Treasurer



**Nikki Wehr**  
0488 038 468

pwp.perthtreasurer@gmail.com

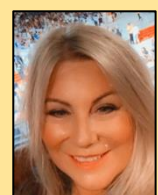
#### Member-at-Large



**Karen Hassan**  
0421 083 878

pwp.perthmember.at.large@gmail.com

#### Parliamentarian



**Debbie Lorking**  
0484 226 985

pwp.perthparliamentarian@gmail.com

## Sheena's Challenge



WHO AM I?!

*Tell me three things about yourself that no one in PWP knows  
Things like....*

*I was the rear end of a donkey in the Nativity aged 7*

*I was a tiddlywinks champion at college*

*I once called the Fire brigade to rescue our cat from a tree  
(For the record none of these apply to me!)*

*Email*

**pwp.perthpresident@gmail.com**

**From time to time we will have fun  
guessing the member behind the clues!**

*The more obscure the facts, the more fun we will have*

## General Information



### MONTHLY LUNCH RSVP & Payment

**Please** remember to RSVP so that we know that you are joining us for lunch.

Kevina manages lunch RSVPs which may be sent in via:

- email to [pwp.rsvplunch@gmail.com](mailto:pwp.rsvplunch@gmail.com)
- click on the link in the website [www.petroleumwomenofperth.asn.au/members-only](http://www.petroleumwomenofperth.asn.au/members-only)
- contact Kevina directly on **0419 837 055**

**Contact Kevina** to RSVP and specify your preferred meal.

**You need make EFT payment by the Monday evening before the lunch.**

Cancellations need to be made by Friday 5pm prior to the lunch in order to receive a refund.



Get connected on Facebook by joining the PWP group. Get regular updates on club activities and see more photos than can be squeezed into the newsletter.

To join, search using '**Petroleum Women of Perth**' to find the group and send a 'request to join'.



[www.petroleumwomenofperth.asn.au](http://www.petroleumwomenofperth.asn.au)

## Sunshine and Silver Linings

*~ Keep our members and their families in your thoughts and prayers ~*

**Keep safe and healthy, and don't forget to be kind.**

Hi Ladies! As we all love to keep in touch and hear the news in other members' lives, could I enlist your help?! Let me, or any of the Board Members, know of any items or milestones (yours or those of other members) that can be shared to keep this section of the newsletter lively and current!



**Lindell and Daniel Negline** are thrilled to announce they are first time grandparents to a beautiful granddaughter, Bonnie Peach, who was born on the 5 February is doing well. She weighed 5lb 9oz and was 47cm long at birth. Mum, Katherine, and Dad, Kaiden, are very pleased and excited about becoming parents and are doing really well.



To keep fellow members up to date, please let Kevina or a Board Member know of any news that can be shared. Contact Kevina on [kevina\\_stewart@hotmail.com](mailto:kevina_stewart@hotmail.com) or **0419 837 055**

# Membership

**Christine McCarthy**, Membership, reports PWP currently has **117** members.

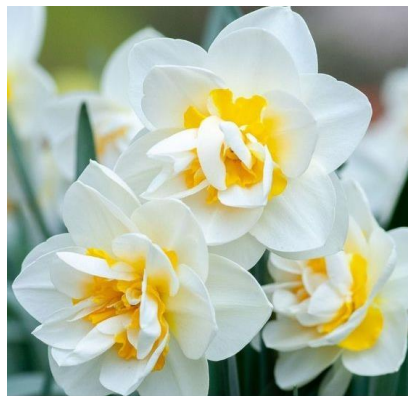
## February Birthday Ladies



### March Birthdays

Gloria Posselt	02-Mar
Catherine Hilder	05-Mar
Marjorie Day	07-Mar
Jo Third	14-Mar
Jacqueline Ure	15-Mar
Janet Giblett	17-Mar
Rita Walker	19-Mar
Patrica Hall	26-Mar
Lindell Negline	28-Mar

### March Birth Flower – Daffodils & Jonquils



**Daffodils** symbolise regard and chivalry, as well as unrequited love. If you're going to give daffodils as a gift, go for a bunch, as this symbolises joy and happiness.

March's birth flower is the **daffodil** that represents **new beginnings, good luck, prosperity, and good fortune**. However, each of the daffodil's yellow pale petals glows and radiates like a golden bulb in sunshine symbolizing the **light of life and hope**.

**Jonquils** are often used as **symbols of cherished and indicate delicacy and nostalgia**. It is the birth flower for those born in March. When you miss someone close to your heart, Jonquils are a perfect way to remind them of you and that you wish to have them around as **Jonquils** are considered to **symbolize remembrance**.



## Coffee and Curry

### Discovery Morning Coffee



**Where:** **The Little Pantry**  
206 Nicholson Road, Shenton Park  
**When:** Friday March 24  
**Time:** 10:00am



**The Little Pantry** takes inspiration from cuisines all over the world when plating up their own brand of magic. Whether it's the Dal Makhani Bowl topped with poached eggs or the Crispy Fried Artichoke

Hearts you're sure to be blown away. Sweet tooths definitely want to order their French toast. Made with challah bread, it's topped with a glazed banana, hazelnut praline and bacon ice cream.

### MEET US IN THE SHADED OUTDOOR GARDEN

Enjoy the great weather & good company with tasty muffins or French Toast. They also have enticing vegetarian options.

For more details, email Rhonda at [contactrhonda@iinet.net.au](mailto:contactrhonda@iinet.net.au) or call **0431 272 372**



## Memsahib's Curry Club

**Come & enjoy lunch with a great group who love delicious curries and exotic flavours at this month's venue**



The crisp white **topi** hat, sits perfectly atop the head of a busy Dabbawala who quickly and carefully weaves his way through the busy streets of India, delivering authentic home-made regional dishes. Those tiffin delivery men hold the secrets of local cooks all across India. Every region utilises the produce of local farmers, each with expertise in farming local spices, herbs and vegetables.

**Topi Karrinyup** takes inspiration from regional Indian cuisine, featuring small snacks, fresh salads and sharing plates. Among the larger communal curries, you'll find village-style fish curry, deeply flavoured butter chicken and goat curry finished with roasted turnips. Vegetarian and vegan options are plentiful.

**Where:** **Topi Restaurant,**  
Shop FC215/6 Karrinyup Shopping Centre  
**When:** **Friday 31 March**  
**Time:** 12:30pm  
**RSVP:** **Corinne Kilbee** on **0411 588 112**  
or [kilbee@westnet.com.au](mailto:kilbee@westnet.com.au)  
by Wednesday 29 March



## Special Activities

### Royal Flying Doctors



A tour of the **Royal Flying Doctors** facilities at Jandakot airport has been arranged. Come and see the wonderful work done by the RFDS. Meet the people involved who make RFDS possible. This amazing service provides free emergency medical help to people in need across our vast state.

**When:** **Friday 17 March**

**Time:** 11:30am. Meet outside the facility at 11:15

**Where:** RFDS, 3 Eagle Drive, Jandakot Airport

**Cost:** \$10 donation to the **RFDS**

**Contact:** **Christine Corey**

[christine.corey@bigpond.com](mailto:christine.corey@bigpond.com) or **0407307691**

### Morning Melodies



Star of the musical Big River and lead singer with The Seekers in the early 1990s, Karen Knowles started her career on Young Talent Time and over those six years she became part of our lives and part of the Australian story. She began recording soon after leaving YTT and has been recording ever since, becoming the highest selling Australian female recording artist for two consecutive years. Gold and platinum award winner, **Karen Knowles**, is one of Australia's favourite singers.

**Where:** His Majesty's Theatre

**When:** **Wednesday 19 April**

**Time:** 11:00am. Meet @ Crew and King 10:00am for coffee.

**Contact:** **Christine Corey**

[christine.corey@bigpond.com](mailto:christine.corey@bigpond.com) or **0407307691**

## Paying for Special Activities

### TO PAY BY BANK TRANSFER

**Deposit to Bankwest – BSB 306-047, Account 4182462**

Please include your Surname and Activity, e.g., Theatre

**Before paying**, please contact the coordinator of the activity to confirm there is a space for you. Your name will be placed on a wait list until notice of payment is received. Special Activities can also be booked and paid for in cash or by cheque at monthly meetings. You may also send an email to the activity coordinator when you do a bank transfer. Cancellations after the stated due date cannot be refunded.



## MARCH CRAB LUNCH ... IS BACK!

**When:** **Wednesday 15 March**  
**Time:** 11:30am – 2:00pm  
**Where:** Mount Claremont (address TBA)  
**Cost:** \$45.00pp, includes wine/drinks  
**EFTPOS payment to PWP bank account mandatory to PWP Bank BSB: 306-047 Account # 4182462.**  
**Limit:** 16 persons

March is time to enjoy another crustacean season and to indulge in an outdoor crab feast. Sign up quickly as we've had to limit numbers for catering purposes. **The menu:** Crab with melted garlic butter on the side, Green Salad, Fresh Baguettes and Fresh Fruit. "Bubbles" and a non-alcoholic punch will be included. All served with loads of fun!

**RSVP:** [contactrhonda@iinet.net.au](mailto:contactrhonda@iinet.net.au) or **0431 272 372**

## SCULPTURES BY THE SEA 2023

All PWP members are invited to join the PWP walking group for a look at the impressive, world renowned **Sculptures by the Sea**. This walk will be at a relaxed pace that will accommodate all levels of fitness. Coffee to follow at the John Street Café.

**When:** **Tuesday 7 March**  
**Time:** 8:00 start Coffee 9:30 - 10:30  
**Where:** Cottesloe Beach  
 Meet in front of Indiana Tea House (road side)  
**Cost:** Free, although a donation to the Sculptures on the day would be appreciated. Refreshments at John Street Café, your cost.  
**RSVP:** [suediane.robbs@gmail.com](mailto:suediane.robbs@gmail.com) or **0413462549** by 1<sup>st</sup> March.



## INTERNATIONAL WOMENS DAY TWO SPECIAL WALKS IN KING'S PARK

### WALKING IN THE FOOTSTEPS OF WOMEN

Your Kings Park Volunteer Guides will take you on a journey through history, explaining the role Aboriginal women played in Indigenous culture in ancient and not so ancient times, such as the use of plants for food and medicines. The journey continues through to the pioneer women and the women of more recent times in their contribution to the development of the state.

**When:** **Wednesday 8 March**  
**Time:** 9:30am sharp. Please arrive 10 minutes early.  
**Where:** Pioneer Women's Memorial, Forrest Drive, Kings Park

### WOMEN WHO CHOSE TO CHALLENGE

**When:** **Wednesday 8 March**  
**Time:** 10:30am sharp. Please arrive 10 minutes early.  
**Where:** lawn opposite Aspects of Kings Park Gallery Shop, Kings Park  
**Cost:** \$5.00

For more information, contact Clare Lardner.

## Interest Groups & General Activities for March

### Movie Club



### MYSTERY MOVIE LIVES ON!

**Jacqui Ure** and **Wendy Longshaw** have graciously volunteered to keep our movie club alive. There are some big films coming out over the coming months. So, make sure you sign up to receive the emails.

The schedule is generally known the Thursday before our movie date; an email is then sent out to those on the list advising of the movie choice and details.

**Date:** **Friday 10 March**

**Time:** To be decided when schedule available

**Venue:** Windsor Cinema, Stirling Hwy, Nedlands

**Contact:** **Wendy Longshaw** or **Jacqui Ure**

[jacqui.1503@hotmail.com](mailto:jacqui.1503@hotmail.com) or 0416 218 127

[wendylongshaw@gmail.com](mailto:wendylongshaw@gmail.com) or 0432 331 715

Please let either Jacqui or Wendy know if you would like to be added to the email list for the **Monthly Movies**. You will then receive an email update advising the time and venue for each month's selection.

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## 95th Academy Awards On Monday March 13

(Australia Monday morning; USA Sunday night)

In recent years, the Oscars have aired live in Australia on Channel 7, with the show also streaming live on 7plus. Channel 7 has *yet to confirm* whether they're airing the 2023 Academy Awards. You can watch the Oscars on YouTube.

### Book Club

#### 'The Marriage Portrait'

By Maggie O'Farrell



The author of award-winning *Hamnet* brings the world of Renaissance Italy to jewel-bright life in this unforgettable fictional portrait of the captivating young duchess Lucrezia de' Medici as she makes her way in a troubled court.

Full of beauty and emotion ... Maggie O'Farrell turns her talents to Renaissance Italy in an extraordinary portrait of a resilient young woman's battle for her very survival.

**Date:** **Monday 20 March**

**Time:** 1:15 beverage orders; 1:30pm start

**Where:** Dolphin Room, Pagoda Resort  
112 Melville Parade, Como

**Contact:** **Tricia Crane** on [cranepearl@gmail.com](mailto:cranepearl@gmail.com)  
or **0401 673 916**

**All ladies are welcome to join us for our discussion.** An option is to arrive a little earlier at **12.00pm** to enjoy a coffee/lunch and chat with the Mah-jong group beforehand.

**April Meeting Date:** **Monday 17 April**



## Monday Mah-Jong

Want to give the housework a miss? Like to enjoy good conversation with lots of laughter while using the 'grey matter'?



We play **Monday mornings** at the Pagoda Restaurant (same venue as the monthly meetings) with a 10.00am start and play through until 2.30pm. We lunch at noon on soup and either a salad or sandwich (cost \$15). Some ladies only come for the morning session due to other commitments - whatever you decide is fine.

**Experienced and new players are most welcome.**

**When:** Each Monday

**Time:** 10.00am

**Contact:** Corinne Kilbee

[kilbee@westnet.com.au](mailto:kilbee@westnet.com.au) or 0411 588 112

## Tuesday Golf

If you are interested in playing, please come and join the PWP Golfing Ladies each Tuesday. We play at various Public Golf Courses around the Perth area and try to tee off between 8.00 am and 9.00 am in the warmer months. We meet at the Golf Shop and then after our game we finish with a coffee and a chat.



If there are any new members who would like to join us, or you would like further information, please contact **Sue Spalding** at [suespalding@hotmail.com](mailto:suespalding@hotmail.com) or 0409 880 750

## Early Bird Walkers

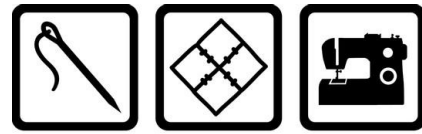
The walking group meets every **Tuesday morning** at **8:00am**. Meeting points change each week as there are many lovely walking locations around Perth from which to choose. A welcome cuppa and chat follows the walk.



If you would like to receive weekly notices with details of the upcoming walks, please email **Sue** and **Dee** at [suediane.robb@gmail.com](mailto:suediane.robb@gmail.com) and ask to be added to the email list.

## Quilting

Come and join our active and friendly quilting group. We usually meet **every fortnight** on **Wednesday morning** at a different member's home.



# QUILTING

Beginners and experienced quilters are welcome. We sit and chat over hand-sewing projects (or knitting or crochet), swap tips and patterns and complete friendship blocks for each other. These are a great way to learn new skills. We also enjoy coffee and delicious nibbles.

**When:** Wednesday 1, 15 and 29 March

**Contact:** Michele McNeill on 0408 184 532 or [michele-mcneill@bigpond.com](mailto:michele-mcneill@bigpond.com)

## Monthly Bridge

Monthly Bridge meets on the **third Thursday** of the month.

We would love new members, or those wishing to join us for the first time, to come along. If you are interested in joining, please contact **Gai Breakwell** for details.



**When:** Thursday 16 March

**Time:** 10.00am - 3.00pm

**Contact:** Gai Breakwell on

[kgbreakwell@gmail.com](mailto:kgbreakwell@gmail.com) or 0423 390 360

## Cycling

A few ladies who share the love of cycling have formed a very informal, casual group. They meet up early on **Thursday mornings** somewhere around the city. The rides explore different routes, cycling up to 40km, mostly on cycle paths and quiet roads. A stop at a cafe en route is considered essential! The cycling group's rides continue each Thursday. If interested, please email **Dee van Eden** on [deevaneden@gmail.com](mailto:deevaneden@gmail.com)



## February Luncheon

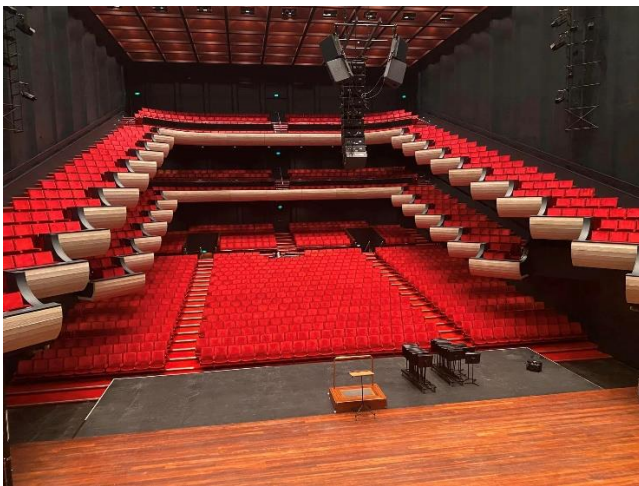
Lots of chatter and bubbly was shared at PWP's festive "Chinese New Year" Luncheon at the Pagoda, with guest speaker, Kaylene Poon, from the Chung Wah Association of WA.



Congratulations to the latest "full members".

# Walking Group, Perth Concert Hall

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# February Sundowner





## Your PWP Month Ahead – MARCH 2023

| Sunday          | Monday                                 | Tuesday                                                                   | Wednesday                                                                                                                                                                                                                    | Thursday                                  | Friday                                                                                                                       | Saturday        |
|-----------------|----------------------------------------|---------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|-----------------|
|                 |                                        |                                                                           | <b>March 1</b>                                                                                                                                                                                                               | <b>March 2</b>                            | <b>March 3</b>                                                                                                               | <b>March 4</b>  |
|                 |                                        |                                                                           | 10:00 - Quilting                                                                                                                                                                                                             | 2:00pm - Board Meeting<br>Early - Cycling |                                                                                                                              |                 |
| <b>March 5</b>  | <b>March 6</b>                         | <b>March 7</b>                                                            | <b>March 8</b>                                                                                                                                                                                                               | <b>March 9</b>                            | <b>March 10</b>                                                                                                              | <b>March 11</b> |
|                 | 10:00 - Mah-Jong                       | 8:00 - Walkers<br>8:00 – Golf<br>8:00 – Sculptures by the Sea @ Cottesloe | 9:30am – King’s Park Int’l Women’s Day Walk(s)                                                                                                                                                                               | 11:15 - Monthly Lunch                     | Movie Club: ‘Mystery Movie’- Afternoon                                                                                       |                 |
| <b>March 12</b> | <b>March 13</b>                        | <b>March 14</b>                                                           | <b>March 15</b>                                                                                                                                                                                                              | <b>March 16</b>                           | <b>March 17</b>                                                                                                              | <b>March 18</b> |
|                 | 10:00 - Mah-Jong                       | 8:00 - Walkers<br>8:00 – Golf                                             | 10:00 – Quilting<br><br><br>11:30 – Crab Lunch<br><br> | 10:00 - Bridge<br>Early - Cycling         | 11:00 – Royal Flying Doctors Tour<br><br> |                 |
| <b>March 19</b> | <b>March 20</b>                        | <b>March 21</b>                                                           | <b>March 22</b>                                                                                                                                                                                                              | <b>March 23</b>                           | <b>March 24</b>                                                                                                              | <b>March 25</b> |
|                 | 10:00 - Mah-Jong<br>1:15pm - Book Club | 8:00 - Walkers<br>8:00 – Golf                                             |                                                                                                                                                                                                                              | Early - Cycling                           | 10:00 - Discovery Coffee at “Little Pantry” Shenton Pk                                                                       |                 |
| <b>March 26</b> | <b>March 27</b>                        | <b>March 28</b>                                                           | <b>March 29</b>                                                                                                                                                                                                              | <b>March 30</b>                           | <b>March 31</b>                                                                                                              |                 |
|                 | 10:00 - Mah-Jong                       | 8:00 - Walkers<br>8:00 - Golf                                             | 10:00 – Quilting                                                                                                                                                                                                             | Early - Cycling                           | 12:30 – Curry Club @ “Topi” Karrinyup S.C. West Deck.                                                                        |                 |

Looking ahead to April: Lunch Meeting: Thurs 13 April; Morning Melodies 19 April; Enderslea Farm Visit 5 May.