



The Zonta Club of Berry is holding a fun and friendship Mid Winter Celebration Dinner at the Berry Hotel. Guests are welcome to join in the festivities and meet the members of this worthwhile club. If you would like to know more about us then this is a great opportunity to meet, mix and mingle at a cheery social occasion. Come and enjoy a delicious three-course meal and have a chance to win a raffle on Tuesday, 27th July. Please call **Mary Seelis** on **44641191**. Bookings essential.

The annual Antiques Fair promises to be another fun event. The Champagne Preview, to be held on Friday 8th October is a Zonta Club initiative and the highlight of our year. Our cocktail party allows you a sneak preview of the antiques and collectables on offer as well as a chat with the dealers. You may just snaffle yourself a bargain! There will be delicious food, entertainment and a sensational raffle. Jan Chambers, a new Zonta member, has taken the reins, and she along with Sue Smith and other members of the Preview Committee have come up with some wonderful catering suggestions that just make your mouth water; so don't miss out, numbers are limited. Call **Margot Claringbold** on **44641441** early and book your tickets.

The Antiques Fair raffle prizes will be on display in Margo Claringbold's shop window. Look out for the painting to be donated by artist Trudi Voorwinden who has once again generously offered to put her talent to work and produce a wonderful prize.

As regular readers will know, the Zonta Club of Berry holds Breast Care Cushion Making

days several times a year. For those of you new to this column the Breast Care Cushions are made to comfort women who have undergone breast surgery. The cushions are left on the patients beds and are greatly appreciated. It is not just a cushion, it is an expression of love and care for women in need of support. This is another good reason for considering Zonta as a club for women who would like to do a little bit for others.

Another hardworking committee has been busy preparing the necessary documents for our TAFE scholarship. Selection of a suitable student will take place in July and the scholarship will be presented at a ceremony at TAFE on August 5th.

Our new President, Barbara Smith, has eased into her role taking over from Rita Sullivan. She is going to be busy as a beaver, but with Rita there to help along with the rest of the new committee she is looking forward to the year ahead.

For more information about Zonta and our dinner meetings please call one of our members.

Contacts:

President - Barbara Smith Tel: 4464 3636

New Members: Enquiries - Pat Collins Tel: 4464 1001

Katrina Owen



YOGA

The practise of yoga is accepted as a holistic preventative therapy that promotes physical and spiritual health. Various ailments including arthritis, fatigue, depression, stress, indigestion, back problems, asthma, acne and other conditions are known to benefit from a regular yoga programme.

More importantly regular yoga practise will inspire more love, fulfillment, self-acceptance, contentment, raised awareness and consciousness into a practitioners life.

Yoga should not be dismissed or confused as simply another alternative therapy but rather respected as a tried and tested practical and spiritual science that has been in existence for over 3,000 years.

Integral yoga teaches students how to apply the lessons of yoga into everyday life. Progressively leading people to a more conscious healthy existence and to the realisation that yoga is not something you do, but something you experience.

Each class includes 4 techniques. A yoga nidra relaxation session, yogasanas (stretching postures), pranayama (breath techniques) and meditation.

The classes are open to everyone (prenatal yoga available) and are currently held in Berry on Mondays and Wednesdays. Classes on Thursdays may also soon be available. For further class times, location details and any other information please don't hesitate to contact **Swami Dharmashakti** on

44643489 or email **dharmashakti@optusnet.com.au**.

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