



# ILLAWARRA CANCER CARERS<sup>INC</sup>

Celebrated  
30 years  
In 2020

**PO BOX 1659  
WOLLONGONG 2500**

**PRESIDENT**

Geoff Failes

**SECRETARY**

Vera Rupa

**TREASURER**

David Berry

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**Patron – Professor Clingan OAM**

**CHARITY NO CFN 11485**

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## NEWSLETTER – NOVEMBER - 2022

### ANNUAL GENERAL MEETING

Everyone is reminded that our Annual General Meeting will take place at 10.30 am on Tuesday 15 November at Berkeley Sports Club, in the Robert Jenkins Room, 5 Wilkinson Street, Berkeley.

Do not miss this opportunity to hear an interesting talk by Dr Kara Vine-Perrow of Wollongong University who will let us know the progress of her research program that is focusing on understanding the mechanisms that drive drug resistance in cancer. You will also have the opportunity to ask questions as we have a vested interest having financially supported this important research.

There will also be a chance to stand for and elect your Committee on a form that will be sent out at the back of this Newsletter but you must be a financial member if you wish to stand for the Committee and/or to vote. All nominations must be received by the Returning Officer by 9 am on Tuesday 8 November 2022.

These can be sent via our Post Office Box Marked 'Returning Officer, Illawarra Cancer Carers, PO Box 1659, Wollongong 2500

AGM Agenda on Page 6 of this Newsletter

*Illawarra Cancer Carers Inc  
Annual General Meeting  
Tuesday 15 November 2022 at 10.30 am  
In Berkeley Sports Club, Robert Jenkins Room  
5 Wilkinson Street, Berkeley*

### CHRISTMAS BASKET STALL

**Friday 9 December 2022**

**Dapto Showground 10 am to 1 pm**

**All details on Page 5 of this Newsletter**

### OUR SEWING GROUP

Hello All

Well, the end of the year is fast approaching and the sewing ladies have been quite busy this year. We have had a lot of donations of everything

you can think of from ribbon to material to tapestries to choko pickles. We find uses for most things that we receive and what we can't use, we pay it forward so someone else can get use from the donations. If you are cleaning out your craft room, please remember that we take any donations.

We have been busy making and donating beanies and neck warmers to the Seaman's Mission at Port Kembla and also nighties and morphine pump bags to Palliative Care at Port Kembla Hospital. I think the number of nighties donated is somewhere around 250.

Our ladies had a lunch – 34 of us – at Coniston Pub on 26 October and we passed the 'donation tin' around and managed to get \$314 to add to the \$500 donation that we received earlier in the year. It was a nice day, the food was great and it wasn't raining.

Our last sewing day for the year will be Friday 25<sup>th</sup> November. We resume Friday 3<sup>rd</sup> February 2023.

Our Christmas Stall/Basket Day is on this year on Friday the 9<sup>th</sup> of December. I have done a flyer up and a copy will be in this newsletter for you all to see. If you haven't been to our biggest stall of the year, please come along and grab yourself a bargain or two. We will have all our usual handmade items which our sewing ladies make plus lots more. We also generally have a lot of donated Christmas edibles as well.

We are also having gift wrapping at both Dapto and Figtree Shopping Centres in December. If you would like to help out at either, please call Sonia Jennings on 0414921149 (for Figtree) or Narelle Langridge on 0414280127 (for Dapto). The dates for both places are from Sunday 18<sup>th</sup> December through to Saturday 24<sup>th</sup> December.

I'd like to wish everyone a lovely Christmas and Happy New year and also a big thank you to all the sewing ladies and everyone for supporting our sewing group during 2022. Please remember, anyone can come along and visit us at Dapto Showground Pavilion from 9 to 12 on any Friday. If you come at 10am, you can join us for a cuppa.

Narelle

## RESULTS OF RECENT MAJOR RAFFLE

The Cancer Carers Major Raffle for 2022 was drawn on Friday 7 October. Our thanks to all those who sold and bought Raffle Tickets but most especially to Keith Wilson, Kay Kent and Heather Cunningham all of whom spent many hours and numerous telephone calls selling tickets. Thanks also to all those who bought, as well as to Carers who sold tickets. The final figure raised was \$41,956.80 (what a fantastic result), with the prize winners as follows:



Prizes	Winners		Ticket Number
1 <sup>st</sup>	Stacey	Thomas	G0604
2 <sup>nd</sup>	S	Dinsdale	E268
3 <sup>rd</sup>	John	Naughton Jamberoo	A505
4 <sup>th</sup>	Andrew		A843
5 <sup>th</sup>	Narali	Patel	E389
6 <sup>th</sup>	Barbara	Cunningham	E139

## PALLIATIVE CARE

We are still seeking members who are prepared to volunteer to help out at palliative care at Port Kembla Hospital. The days we need assistance are Thursday and Friday mornings or afternoons.

If you are interested in volunteering in Palliative Care please contact Petrina Chalker on: 0438 659 059

## CHRISTMAS WRAPPING

Contact has been made with Dapto Mall (first time), The Grove Figtree (and we are still awaiting a reply from Warrawong Plaza requesting we be involved in Gift Wrapping again), during the pre-Christmas period. This will take place at the above shopping centres from Monday, 19 December to Saturday 24 December inclusive.

Gift Wrapping is always very popular as it gives us an opportunity to communicate with a great number of people who are always happy to chat while their gifts are being wrapped.

The rostered dates and times for all these areas will commence from Monday 19 December to Saturday 24 December inclusive. Two rosters will be available for you to select ie; 10 am to 1 pm and 1 pm to 4 pm each day.

To put your name down contact:

Sonia Jennings 0414 921 149 for Figtree and Narelle Langridge 0414 280 127 for Dapto and possibly Warrawong Plaza.

As for all activities when the public see us, please wear your Cancer Carers polo shirt. You must be a paid-up member to have one and if you qualify but haven't one, please **contact Maria Wilson 4296 4007 or 0412 466 017** who will get an idea of your size, remembering that they are not always true to size; maybe add one up of normal size.

*Narelle Langridge.*

Craft Coordinator

## ILLAWARRA WIG LIBRARY Wollongong Hospital Office

Commencing on 1<sup>st</sup> November,

Volunteers will be available in the Wig Library office next to the Chapel at Wollongong Hospital  
Bookings by appointment  
available Tuesday, Wednesday  
and Thursday

Between 10-00am and 1-00pm  
Phone for an appointment on

**0459174578**

*Yvonne White*

Secretary



## BOTTLE/CAN COLLECTION

Thank you to both Narelle and Dave Berry who offered to collect the bottles and cans during Heather's absence.

## BARBEQUE COORDINATORS REQUIRED

Russ and Sonia Jennings and their helpers have decided not to coordinate the Barbeques any more. We thank them for their enthusiasm and good work organising several Barbeques over the past year.

We are now calling for another Cancer Carer or Carers to offer to coordinate these fundraisers. Russ and Sonia Jennings have answers to everything you need to know and all well documented to help you on your way – so just give them a ring 0414 921 149 if you have any questions as to what is involved.

Interested in offering to co-ordinate a barbeque please ring Geoff Failes, our President, 0438 715 226.

**Barbeque Coordinator/s required**  
Interested? Please ring Geoff Failes, our  
President, 0438 715 226.

You will be given help to get started.

## INCOME and EXPENDITURE for September

Income	
Donations	\$4,295
Memberships	\$50
Patient Transport Contributions	\$2,190
Art/Craft Sales	\$1,278
Market Day Stalls (Cash)	\$818
Trans from Banquet (stalls) Machine	\$475
2022 Raffle	\$13,661
Bus Hire	\$600
Scooter Hire	\$20
Bank Interest	\$3
Expenditure	
Driver Honorariums (Net)	\$6,998
Transfer to Craft Account	\$2,000
MYOB Monthly Fee	\$47
GST Paid	\$914
Bus Fuel/Insurance/ABC Training	\$74
Scooter Cost	\$358
Native Digital Web Site	\$35
Lymphoedema Lymphatouch Device	\$8,611
Craft/Scooter Vehicle Fuel	\$124
Telephone Drivers Coordinator	\$13

### BUS TRIPS

Trish McPhee, 4271 5404 co-ordinates our bus trips. The following have been organised for November:

Saturday 5 November, The Laughter Club to Sunrise Nursery, Helensburg for morning tea; Apple Shack Gynea Tradies for lunch and by special request to return home via Seaview Bridge

Saturday 12 November; Cancer Carers bus trip to Bowral to look at the shops and morning tea; Mittagong RSL for lunch and a surprise browse

Friday 18 November, Dapto Garden Club to view the gardens at Bowral and Robertson

*Saturday 12 November Cancer Carers Bus Trip to Bowral to visit shops and morning tea; Mittagong RSL lunch and a surprise browse  
Leaving Wollongong 8.00 am Cancer Centre and Dapto Ribbonwood Centre 8.30  
Bookings Trish McPhee 4271 5404  
Cost \$15 pp own expense morning tea and lunch*

## GETTING TO KNOW YOU CHRISTMAS SOCIAL LUNCH



These lunches have been very successful.

The original idea was a get together for old and new Cancer Carers after the disruption of COVID. Even in normal times many Carers do not know each other as they volunteer in different areas.

The lunches give new Carers the opportunity to get to know other volunteers.

It would also be a good opportunity for those drivers who are not transporting patients to get to know other Carers and for us to get to know more drivers as well.

So join in for a fun, Christmas social lunch.

*CHRISTMAS LUNCH 12.00 Midday,  
Wednesday. 14 December at Builders  
Club, Church Street, Wollongong Ring  
Maria Wilson so we can book a table;  
4296 4007 or 0412 466 017*

Following massive renovations there is now no buffet but a reasonably priced lunch is available. There is no special menu for the Christmas season. Look forward to seeing you there. If you could, please wear your Christmas shirt and your Cancer Carers' badge and we shall also put a sign on tables.

Cheers

*Maria Wilson*

4296 4007 or 0412 466 017

### LYMPHOEDEMA CLINIC

The remaining clinics are 4th and 18th November. Masks will be required in our therapy situation. Each client must still provide their own linen.

Morning tea and chat time will continue for these two clinics.

The Lymphoedema Support Clinic will commence in 2023 on Friday 3rd February, then each second Friday. Bookings for the clinic can be made by phoning Jeanette on 0423 135 342 or 0412 159 369.

I would like to thank the therapists and volunteers who have continued to support the clinic, and me through this year. Without you all, the clinic would not be able to function as it does.

I would also like to thank everyone on the Illawarra Cancer Carers' Committee for their continued support of the Support Clinic.

I hope everyone can have a relaxing and enjoyable break over the Christmas period.

*Jeanette Emmerich,*

Clinic Coordinator



Jeanette Emmerich 0412 159 369

or email [lymp@illwarracancercarers.org.au](mailto:lymp@illwarracancercarers.org.au)



Clinic Phone 0423 135 342

#### **LYMPHOEDEMA SUPPORT CLINIC**

#### **DATES**

*Clinic dates for the remainder of the year are:*

*November 4th, and last clinic day 18<sup>th</sup> November.*

### **RECENT MARKET STALL TAKINGS**

Wollongong Railway Stall. \$442.00.

Dapto Mall Stall \$878.60

### **GENEVIEVE CLARKE MEETING**

Recently Geoff Failes, our President; Jill Wilson and Margaret Gobert, Driver Coordinators and Audrey Walsh all representing the Illawarra Cancer Carers, met with Genevieve Clarke, Operations Manager Surgery and Cancer Services, Lydia Chaseling and Justin Dixon, Deputy Chief Radiation Therapist.

Unfortunately Genevieve who coordinated the meeting has left the area so Justin and Lydia Chaseling are working on information to include in the Newsletter



### **SCOOTERS AND WHEEL-CHAIRS**

Keith Wilson

and Bruce Benoit are looking for someone, preferably with mechanical knowledge to help them with Wheelchair and Scooter maintenance.

**To help with Scoters and Wheelchairs**

**Please ring:**

**Keith 0412 466 017 or**

**Bruce 0417 414 986**

### **LATE BLOOMERS LUCHEON**

Carers are invited to spend a relaxing lunch with Carers, both past and present, for good company and great food. Friendly Leslie Adie is looking forward to the day when all restrictions are lifted and we will once again be able to work with patients. Meanwhile, this is a good way to relax and mix with our fellow workers of today and yesterday. We would like yesterday's Carers to keep in touch in this friendly. Informal way. So, if you know previous Carers invite them to come along

Why not get into the festive feeling? All welcome, just turn up to this informal final lunch for 2022. Feel free to wear your Christmas gear if you wish.

*Time: 11.30 to meet for 12 noon start  
This is the last for 2022 – Monday 7 November  
Enquiries etc ring Leslie Adie  
4228 8865 or 0407 899 783*

To any Carer who is sick we send you our good wishes for a speedy recovery back to full health

Best wishes from us all

Cheers

*Audrey*

## CHRISTMAS STALL/BASKET DAY



*100% Volunteer  
100% Local*

We wish to invite you to our Christmas Stall on Friday 9th December  
at Dapto Showground from 10am til 1pm  
Entry is via the back gate (come in past the return and earn recycling  
centre)

You will find all of our regular stall items plus Christmas goodies all at  
very reasonable prices

## CHRISTMAS HAMPER RAFFLES ON THE DAY TOO

Both cash and card accepted



Please call Narelle on 0414280127 if you have any enquiries or would  
like to donate to our stall



**ANNUAL GENERAL MEETING**  
**of the Illawarra Cancer Carers Inc**  
**TO BE HELD ON TUESDAY, 15 NOVEMBER 2022**  
**10.30 AM. BERKELEY SPORTS CLUB**  
**ROBERT JENKINS ROOM, 5 Wilkinson Street, BERKELEY**  
**AGENDA**

**ATTENDANCES - MEMBERS/APOLOGIES:**

**GUEST SPEAKER:** Dr Kara Vine-Perrow of Wollongong University

**MINUTES OF LAST OPEN MEETING**

**CORRESPONDENCE:**

Business arising from Correspondence

**TREASURER'S REPORT:**

Business arising

**REPORTS:**

Scooters	Sewing Group	Market Stalls
Lymphoedema	Driving	Look Good Feel Better
Wig Library	Bus	Carers

**GENERAL BUSINESS:**

1. Major Raffle Thank You and Results
2. Glitz & Glamour Ball 2023
3. Banquet at the Beach 2023
4. Barbeques – Coordinator/s required
5. Christmas Gift Wrapping – Dapto, Warrawong and Figtree
6. Basket Day Christmas Stall
7. Christmas Luncheon – Master Builders, Wednesday 14 December
8. Suggestions and Comments from Members
9. Nominations and voting Committee for 2022/2023

Proposed - Next Open Meeting Tuesday 21 February 2023. Berkeley Sports Club

All positions on the Committee are open for nominations. The Nomination form and details in this Newsletter:

**ILLAWARRA CANCER CARERS INC**  
**EXECUTIVE COMMITTEE FOR 2021/2022**  
**NOMINATION FORM**

*for ANNUAL GENERAL MEETING to be held on  
 Tuesday, 15 November 2022 at 10.30 am*

*Robert Jenkins Room, Berkeley Sports Club, 5 Wilkinson Street, Berkeley*

POSITION	NOMINEE	SIGNATURE	NOMINATED BY	SECONDED BY
President				
Vice-President				
Vice-President				
Secretary				
Treasurer				
1 Committee Member				
2 Committee Member				
3 Committee Member				
4 Committee Member				
5 Committee Member				

*A Member need be nominated only once for one of the above positions.*

Nomination forms may be posted direct to the Returning Officer, Illawarra Cancer Carers, PO Box 1659, WOLLONGONG 2500 or may be handed to any member of the Committee in time for them to be posted and **received** by the Returning Officer by 9 am on Tuesday 8 November at the latest. Nomination forms received after this date and time will not be accepted.

**Note:** A member is entitled to one absentee vote by postal ballot on any item on the Agenda that must be returned in a sealed envelope in time for it to be received no later than 9 am, Tuesday 8 November 2022. It must be returned in a sealed envelope addressed to the Returning Officer, Illawarra Cancer Carers, PO Box 1659, Wollongong NSW 2500

**ABSENTEE (POSTAL) VOTE**

I (Full Name—please print)

of .....Address)

Please note: This Postal Vote must cover an item on the Agenda for the AGM.

Item No .....

Your Vote: In Favour ..... Yes/No

I, being a member of the Illawarra Cancer Carers Inc hereby forward my Absentee Vote to be **received by 9 am on Tuesday, 8 November 2022** and addressed to:

The Returning Officer, Illawarra Cancer Carers Inc, PO Box 1659, Wollongong NSW 2500

Signed.....