



ILLAWARRA CANCER CARERS^{INC}



**PO BOX 1659
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SECRETARY

Vera Rupa

TREASURER

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NEWSLETTER – NOVEMBER 2024



NEXT OPEN MEETING OUR AGM

Our next Open Meeting, the AGM, is on Monday 18 November 2024 at 1 pm Upstairs Level 1, at Berkeley Sports Club, 5 Wilkinson Street, Berkeley.

The election of your Committee will also take place at this meeting. Should you wish to nominate the form is page 8, so you have time to consider whether you wish to be on the Committee. The Agenda is on page 7 in this Newsletter.

WARD C7 NEWS

We have started visiting patients in C7. At the moment we have 6 volunteers but need more. Visiting hours are flexible and just chatting to patients is beneficial, we will be making a poster contribution to the care of cancer patients. [If you have some spare time and would like to help on ward C7 please contact me](#)

[Kerrie Metcalfe](#)

0418 258 638

K.metcalfe58@optusnet.com.au

BANQUET NEWS

Hello and Welcome to November

Thank you so much to those of you that came along to our Banquet this year and I really hope you all had a fantastic time. It takes a lot of effort to put an event like this together and I want to take a moment to recognize the incredible work that went into organising it. Firstly, a huge thank you to Patricia Hearn and the Committee who are: Sonia Jennings, Kay Kent, Heather Cunningham, Lisa Smith, Penny Wilson and Dave Berry who spent months organising it all.

You should be incredibly proud of yourselves. I know I am.

And to the amazing sewing ladies who



joined us on Saturday and Sunday to set up the craft stall. Lorraine Davidson, Lynne Henson, Maxine Hanley, Julie Harding, Liz Hanna, Liz King, Judy Mercer, Vera Rupa, Cil Hayes, Patricia Howard, Sonia Jennings, Lisa Smith, Patricia Hearn and Lyn Stefen. Thank you 100 times.



The stall looked absolutely amazing and it



was clear how much effort you all put into it over the two days.

Narelle Langridge
President

FROM TRISH HEARN, BANQUET CHAIRPERSON

The banquet at the beach 2024, committee would like to thank all who have donated time and prizes to the Banquet to make it a successful fundraiser.



City beach has been very helpful all the way, with helping us organise the Banquet. You can see why they are winning awards for the venue. The meal was delicious, and the service was excellent. Thank you, Michele Tobin and the team.

There were many comments on the theming in the rooms. Thank you, Sonia, for the design and Russ for blowing up all the decorations and for preparing and installing the decorations with the help from Judy and Liz. Judy got us started on the design with her kind donation.

As we entered the room the beautiful voices of the Out of the Blues Singers, greeted us! Thank you, ladies. Very kind and generous to donate your time to us.



Graeme Sutherland volunteered his time to host the day, and he did a marvellous job

We had guest speakers Prof Marie Ranson and Chelsea Penney from the UOW Cancer Research Unit. Both gave a very inspirational talk about their work.

Uncle Richard Davis welcomed us in his language.

Narelle spoke on behalf of the Illawarra Cancer Carers, followed by some fun with our lucky door prize draw.

Then she put on her captain's hat and

the committee stood up in their hosties hats and life jackets as we welcomed guests aboard our plane.

Thank you, Lisa for the idea and life jackets and Heather, for our outfits. It was a good laugh! Also, thank you Heather for organising the wallets and corporate prizes.



Banquet Committee from Left Penny Wilson, Kay Kent, Heather Cunningham, Lisa Smith, Sonia Jennings, Patricia Hearn (Chairperson)

Photo by
Jeremy Laesk

Graeme, kept us on a straight path, navigating us through the day with the Fly and Land game.



The prize donated by Crown Diamond Jewellers, of a 9ct Gold garnet and diamond bracelet valued at \$1800,

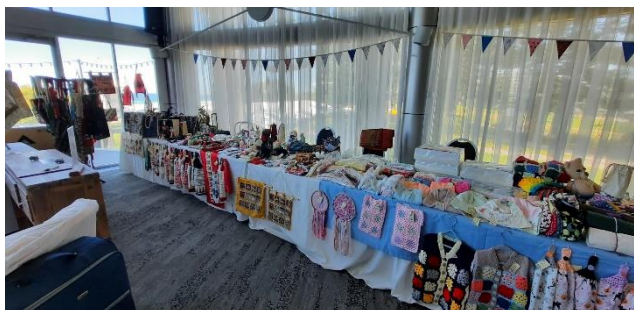
was very popular.

We had the pleasure of listening to Anthony Snape perform during our main meal. What a voice! Thank you Anthony for donating your time to support us.

Dave got his wish when "Sweet Caroline" was played: and the whole room burst into song. Then Dave was back at the Treasurers' table, and we did not hear from him again.

What a big job that was! Dave collating all the donations. Thank you, Penny for helping Dave on the Treasurers' table. Great job. Graeme then announced the silent auction, drew the raffle and the held the major auction.

Big thank you to all of our major prize donors. We also would like to thank the organisations who bought corporate tables. Thank you to Kay and Keith, doing what they are always good at - organising and helping to sell raffle tickets.



Our thanks also to all who took tickets to sell, what a mighty effort!

And last but not least the sewing ladies set up a truly stunning stall and raised \$2000. Well done ladies!

Total for the Day, an estimated \$53,000 was raised



Old timers

Audrey, Nora and Jean. We three have attended every event from *Banquet on the Manor* in the early 1990's to all *Banquet at the Beach* occasions

SEWING AND CHRISTMAS STALL! THAT'S NEXT?

As for our sewing ladies out at the Showground, you'd think as 2024 is coming to an end, things would be slowing down. But no, the donations keep rolling in through the big glass doors. We have been busy sorting through all the wonderful items that people have generously donated. It's amazing to see how many people think of the Carers and the items we receive as donations. Our stalls at Dapto Mall and Corrimal Plaza are still running, so if you see us out and about, pop in by and say hello.

As Christmas approaches, our big Christmas Stall will be on Friday 13th December from 10 till 2 at Dapto Showground. Our ladies are collecting items for the hampers which we raffle off. If anyone would like to donate some festive food (or non-festive) for our hampers, they can be dropped off at the Showground any Friday between 9 and 12 or left at the hospital where they will be collected.

Our raffle tickets will be available for anyone to buy or perhaps get a book and sell them.

The sewing ladies are also making Christmas bon bons for sale at the Christmas Stall and at our gift wrapping stalls. Last year, our ladies made over 300 and they sold within the blink of an eye, so this year, we are trying to reach 400. We are after individually wrapped lollies (preferably not chocolate as this melts) and little toys that can be put into bon bons. Once again, if you would like to donate anything, we are at Dapto Showground each Friday 9 to 12 or they can be left at the hospital for collection.

I shall be letting everyone know more in the next newsletter about our big Christmas Stall and Gift Wrapping Dates, so look out for that. In the meantime, once again thank you everyone for your support.
Narelle Langridge
President

DAPTO CLASSIC CAR CLUB

Shave The President and bowls event at Woonona Bowling Club: 10th November.

Classic car display from 10am

Various raffles during the event

Barefoot bowls around 11.30-12.00

Shave the President around 1.30ish

A Cancer Carers Stall will also be held.



DAPTO CLASSIC CAR CLUB

Woonona Bowling Club:

Sunday 10th November

From 10.00 am

Classic Car Display 10 am

Barefoot bowls 11.30-12.00

Shave the President 1.30ish

Raffles

Craft Sales

Ian Mitchell

President

Dapto Classic Car Club

CANCER CARE CENTRE VOLUNTEERS

A COUPLE OF IMPORTANT REMINDERS

Please remember to wear closed-in shoes. Sandals and open toe shoes are not permitted.

Ladies PLEASE offer patients tea/coffee after lunch. The majority of them really appreciate it. Anyone helping in the Cancer Centre or C7 need to have their FLUVAX

Many thanks – Leslie

MAJOR RAFFLE RESULTS

Drawn at the Banquet at the Beach on Sunday 27 October 2024.

1 st Prize	do944	Sue
2 nd	ao376	Greg
3 rd	eo594	Lindsay
4 th	c0658	Henry
5 th	eo343	Nora

Name Badges

If you would like to wear a badge while you are representing the Illawarra Cancer Carers in your volunteering role, then these can be purchased from Gala Trophies for \$12 each.

Gala Trophies have recently relocated and can now be found at 3 Ellen Street Wollongong and are open from 9.00am to 4.30pm during week days.

Vera Rupa

TRAINER FOR DRIVERS

Please note the telephone number for Judy Mercer, our Driver Trainer is 0409 781 971.

Dates for your Diary Please note the Change

**Now nothing on Friday 29
November**

To all those creatives and helpers
Here are the dates for the next
Charity Art and Craft Show

**Saturday 30th November
9-2 pm**

**Morning Tea
And B'bque Sausage Sizzle**

Thank you from the Illawarra
Cancer Carers and the Parkside
Arts & Craft Group

**Funds from the above are donated to
Illawarra Cancer Carers.**

LYMPHOEDEMA

Clinic dates for 2024:

November 1 15 29

Should anyone have a cough, flu or feel unwell
please ring Jeanette to cancel your appointment
and re-book.

Session Times 9.30: 10.30: 11.30: 12.30
If you need to book in for a time slot
Ring – The Clinic 0423 135 342

**Please Note: to ring Jeanette or the Clinic
the phone number is as shown above and
at the top of the next column.**

***The Clinic is closed during December and
January.***

Jeanette says that all is going well. There are
with eleven new clients.

A new phone has been purchased for the
Clinic (new number below),

Thanks Jeanette ---

Clinic 0423 135 342

lymph@illawarracancer.org.au

BULLI PALLIATIVE CARE

Petrina said that they are still desperate for more
volunteers as there are only 3 at present.
Volunteers can park their cars in the Bulli
Showground and catch the free bus that leaves
every fifteen minutes

CARERS STILL URGENTLY NEEDED AT BULLI PALLIATIVE CARE

This is very rewarding for those who
offer their services. The area and
garden are up-to-date; and more
importantly, patients are most
appreciative of our volunteers.

If you are unsure why not contact
Petrina Chalker at 0438 659 059 or
4296 3061 who will arrange to meet you
and show you the area as well as

SCOOTERS AND WHEEL- CHAIRS



We have a healthy
supply of
equipment
(Scooters,
wheelchairs push
and electric.

Walkers, shower chairs, toilet risers and some get
out or sit up in bed helpers).

Keith said they held a sale day recently. To date
close to \$40,000 has been made from the sales of
equipment. **(That's amazing!)**

For any of the above

Please ring:

Keith 4297 4007 Mob 0412 466 017

or Bruce 0417 414 986

GETTING TO KNOW YOU LUNCHEONS

Come and socialise with – old and new members.
Always room for everyone.

**12:00 midday at the Builders Club, Church
Street, Wollongong**

12:00 Midday Wednesday

Look forward to seeing you there.

**Christmas Lunch specials – in our
December Newsletter.**

**If you could wear your shirt or badge it will
help people find us.**

Cheers

Maria

***The Next Getting to Know You Social
lunch for 2024***

***Wednesday 11 December 12.00 midday
at Builders Club, Church Street,***

DECEMBER BUS TRIPSaturday – 7th December

Morning tea Baringa Gorge
Darrell Lea Chocolate Outlet
Lunch. Bankstown Sports Club.

Pickup Ribbonwood 8.30am
Wollongong Dan Murphys 9.00am

Contacts: Grahame 0407 647 604
Margaret 0411 413 912

SEPTEMBER INCOME/EXPENDITURE

Income	
Donations	\$1,440
Memberships	\$30
Market Stalls Figtree	\$1,935
Patient Transport Contributions	\$1,765
Banquet Raffle Tickets	\$1,364
Banquet Table Tickets	\$482
Bus Hire (net after fuel cost)	\$1,220
Fathers' Day Raffle	\$268
Grant Horizon Bank	\$5,000
Expenses	
Driving Honorariums (Net)	\$5,515
Bus Service & Fuel	\$236
Bank Fees	\$125
MYOB Monthly Fee	\$74
GST Paid (Gen only)	\$31
Chocolates (Hospital Patients)	\$71
PayPal & Bank Fees	\$7
Craft Account after GST	
Income	
Market Stalls	\$2,941
Expenses	
Craft Supplies - Cash Purchases	\$392
EFTPOS Machine	\$126
Craft Supplies	\$82
A Walsh Postage (normally Gen A/c)	\$60

**LATE BLOOMERS
LUNCHEONS**

Collegians Illawarra Leagues Club
Church Street, opposite McCabe Park
11.30 am for 12 noon

All current and past Carers are invited to this enjoyable luncheon on the first, Monday every second month in a relaxed atmosphere. It gives today's Carers a chance to keep in touch and to

have the opportunity to meet with yesterday's Carers.

Late Bloomers is on Monday 4th November in the Illawarra Leagues Club, Church Street, 11.30 for 12 noon as usual. Leslie

If you know previous Carers invite them to come along. The following is the last for the year, so let's celebrate!

Monday 4 November

Haven't been before and want to know more
Ring Leslie Adie: 0407 899 783

Present wrapping at Figtree, Dapto and Warrawong is on again this year.

Volunteers are needed Wednesday 18 to Tuesday, 24th December. If you can assist for a few hours please contact Sonia 0414921149



A couple more photos from the Banquet



All I can say here is: "Wow"!

More guests at the Banquet

**APPLICANTS FOR MEMBERSHIP**

Memberships are for a 3-year period and all members will be reminded that memberships are due before 1 July 2025. At that date you will pay for another 3 years.

**ILLAWARRA CANCER CARERS INC****ANNUAL GENERAL MEETING**

Monday 18 November 2024 at 1.00pm

Held at Berkeley Sports Club, 5 Wilkinson Street Berkeley

AGENDA

Minutes of Previous Meeting:

Approval

Business Arising

Correspondence:

Circulated

Business Arising

Treasurer/s Report:

Financial Year — 1 July 2024 to 31 October 2024 Business Arising

Other Reports:

Lymphoedema Clinic

Cancer Care Centre

Wig Library

Palliative Care

Ward C7

Drivers

Bus

Wheelchairs/Scooters

Sewing Group

General Business:

1. Christmas Stall on December 13 — requesting donations for raffles, gift baskets etc. — Narelle
2. Gift wrapping rosters, anyone wanting to help? — Narelle
3. Crossfit Gym 24-hour challenge fundraiser — Narelle
4. President's Report"
5. Nominations for 2024/2025 Committee — John Erickson is our Returning Officer

Any Other Business:

Next Meeting: Open Meeting — Monday 17 February 2025 at 1.00pm at Berkeley Sports Club

Welcome to new Carers:
Rachel Scremin and Kylie Pettit

Some years ago a patient was so happy, that when his treatment was over, he asked the driver to take him home via Melbourne. Was worth a try I guess.

To anyone who is sick we send you our best wishes for a speedy recovery.

Cheers everyone

Andray

**ILLAWARRA CANCER CARERS INC
EXECUTIVE COMMITTEE FOR 2024/2025
NOMINATION FORM**

*for ANNUAL GENERAL MEETING to be held on
Monday, 18 November 2024 at 1.00 pm
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 a sealed envelope, in time for it to be posted and **received** by the Returning Officer by 9 am on Monday 11 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 addressed to the Returning Officer, Illawarra Cancer Carers, PO Box 1659, Wollongong NSW 2500 in time for it to be received no later than 9 am, Monday 11 November 2024

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 Monday 11 November 2024** and addressed to:

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

Signed Dated