



ILLAWARRA CANCER CARERS^{INC}



**PO BOX 1659
WOLLONGONG 2500**

PRESIDENT

Narelle Langridge

Phone 0414 280 127

SECRETARY

Vera Rupa

Phone 0413 548 983

TREASURER

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NEWSLETTER – SEPTEMBER 2024



HAPPY FATHERS DAY TO ALL OUR FATHERS AND GRANDFATHERS

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 7. It will also be included in the October Newsletter so you have time to consider whether you wish to be on the Committee. The Agenda will be in the November Newsletter.

CANCER CARE CENTRE VOLUNTEERS

A COUPLE OF IMPORTANT REMINDERS
Please remember to wear closed-in shoes
Sandals 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

BANQUET AT THE BEACH FUNDRAISER

DATE - SUNDAY 27 OCTOBER
2024 City Beach function Centre
Marine Drive Wollongong
Doors open 11.30 am

Theme – Come Fly with Us

If you don't yet have a ticket, it is not too late to book at: Try Booking Site
Just press: ctrl and click

<https://www.trybooking.com/CRIGW>

Cost - \$160.50 that includes booking fee

BANQUET AT THE BEACH RAFFLE TICKETS

If you have' received Raffle Tickets please ring Kay on 0423 265 485

A book of raffle tickets contain 10 tickets at only \$5 each with a book worth \$50.

Kay is waiting by the phone for your call



Raffle is drawn on 27 October

Many thanks

Kay

Father's Day Stall at Figtree Grove

We had the stall and wrapping table set up for a total of five days before Father's Day.

Unfortunately, we only wrapped about nine presents (mostly on Saturday), but we managed a grand total of \$3,138 (Last



year's total was \$2,370.10)

The raffle made \$268 (Last year's total was \$354)

The winners were:



1st Prize Jeannette
(from Coniston)
2nd Prize Lucy Blanzan
We also sold 170 hand
towels

Jeanette was really surprised about winning. Kay Kent had sold the ticket to her on the morning of the draw.

A special thank you

to Liz King for her dedication to this event. Another thank you to Vera Rupa who helped ensure we had everything we needed to run the stall smoothly.

This successful event would not be possible without our fantastic volunteers. Thanks to one and all. **Sonia Jennings**



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.

RETURN TO WARD C7

Kerrie is doing her best to get things organized and at the moment is awaiting a response from the NUM who is new in the position since we were last working in the Ward. Therefore there are a few points the NUM has to get hospital management verification from.

Kerrie will contact the NUM next week to update, if possible, any points that were to be clarified and contact those who have volunteered to work in C7 as soon as all is cleared.

Does this sound like something you might be interested in? Could you offer a few hours once a week or once a fortnight, or even once a month? If so, could you please let Kerrie know ASAP 0418 258 638 or email her at:

k.metcalfe58@optusnet.com.au

Kerrie Metcalfe Co-coordinator Ward C7

Banquet at the Beach 2024 Update:

We invite all members who are in a position to do so to book a ticket to make this Banquet at the Beach a success. Our great team is organising a wonderful day with delicious food, mocktails, plus beer, wine and great prizes to bid on. And light entertainment.

Tickets are available, through Try Booking, <https://www.trybooking.com/CRIGW>

We are still looking for gift vouchers and major auction prizes. Please let us know who you have asked so we do not double up.

Love the stories of how generous our community is.

Wine for prizes is also welcome.

Raffle tickets are selling well (Kay and Keith being the champions). Big thank you to all who have sold tickets.

Trish Hearn

Contact any of the Banquet Committee for further details or if you have prizes to donate.

Heather Cunningham	0403 006 319
Penny Wilson	4283 5511
Jackie Skeen	0422 352 930
Sonia Jennings	0414 921 149
Patricia Hearn	0438 336 218
David Berry	0409 126 691

WARILLA GROVE SHOP NOTES

Wow! A great sign

Well, for the past five weeks our sewing ladies (plus a couple of other helpers who had been deputised), have been at our Warilla Grove shop. Everyone has been travelling the distance to ensure that the



people of the southern Illawarra area, know what the Illawarra Cancer Carers Sewing Group are all about.

Our shop has been a hive of activity and once again, we managed to stack the tables with plenty of items that our ladies had made plus, a lot of donated items from many generous people.



We had plenty of everything from wool to jigsaws, to lemon butter, to quilts and jewellery and lots more. And kitchen towels that once again, proved to be our best seller. Once the locals knew what we were all about and the great bargains they could get; in they came to peruse and purchase.

Our ladies have enjoyed their time at the shop with lots of chatting, laughing and most importantly, hard work and learning how to use the eftpos machine. Well done to you all that mastered it.



I'd like to thank everyone for helping set up the shop and

packing up as well. The ladies completed the packing up on Friday and it's much, much easier than setting up that's for sure.

I'd especially like to thank Lorraine Davidson for looking after the money side of things for the shop. Even with two



calculators and ten fingers and toes, my calculations didn't match Lorraine's.

Thanks to all the ladies who helped set up the shop five weeks ago and also, thank you goes out to Vera, Henry and Adam Rupa, Lisa Smith, Cil Hayes and Lorraine Davidson for the arduous task of

packing everything up and bringing it back to Dapto for storage. We did that on Saturday after the shop closed and managed to do it all in one big go.



So, a well-earned break now for everyone and once again, thank you everyone who visited and helped out in one way or another at our Warilla Grove pop-up shop for 2024.

Oh, and the most important part..... **we made \$21,433.81**. Not sure where the 81¢ came from, but there it is. We beat last year's total which I am happy about. So, roll on 2025!!!
Narelle

CONGRATULATIONS TO ALL INVOLVED

What a wonderful result from Narelle and her team at the Warilla shop. A lot of effort and a constant team of sellers who worked very hard to achieve the outcome. Aren't we lucky all these enthusiastic volunteers worked for us and not for the local retail shops? **Well done to all Stall workers and helpers**

SOME INTERESTING STALL INFORMATION FROM LORRAINE

Stall Sales 2010 to 2023	\$442,763.76
Monthly craft sales 2012 to 2023	\$190,537.70
TOTAL	\$633,301.46
So far 2024 Stall Sales	\$42,156.27
Monthly Craft sales 2024	\$8,592.30

GRAND TOTAL \$684,050.03

Where would we be without these Sewing Ladies and Market Stall workers?

NEXT MARKET STALL

Wednesday, September 11
at Corrimal Park Mall (outside of Coles)
From 9.00 am to 3.00 pm
If you missed getting something from our
Warilla shop we still have a great
selection from which you can choose.

Why not start shopping for Christmas?

DRIVING UPDATE

A big welcome to our new drivers Liz, Mal and Paul who came on board during August.

August was a bit hectic, and Jill and Margaret thank all drivers for their wonderful support.

We greatly appreciate it if you would advise Thursday or Friday of your availability for the upcoming week/weeks, as it enables us to know how we can allocate our patients each week.

We would be very interested in hearing from anyone who would like to help with driver coordinating. This is a busy role but very rewarding for the right person. We usually do the roster from late Friday because then we have the patient list for the following week. The more coordinators we have the easier it would be for all.

Please contact Jill & Margaret by email to carerstransport@gmail.com if you are interested.

Dot (1) we are going to miss you greatly and hope you can come back to us fit and well.

Kerrie & Judy, we hope you enjoy your new roles within our wonderful Cancer Carers.

Thanks one and all.

Jill and Margaret

TRAINER FOR DRIVERS

Judy Mercer, is our Driver Trainer 0409 981 971.

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

LYMPHOEDEMA

Clinic dates for 2024:

September 6 20	October 4 18
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 - Jeanette 0423 135 342

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), sim and plan included for under \$500.

Thanks Jeanette ---

Clinic 0423 135 342

or Jeanette 0412 159 369

lymph@illawarracancercarers.org.au

BULLI PALLIATIVE CARE

Petrina said that they are 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 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.

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 explain what is involved.

Illawarra cancer carers total giving to UOW since 2004

Marie Ranson has kindly supplied us with the following: Since 2004, the Illawarra Cancer Carers have donated over \$1.1 million total to UOW towards several cancer research projects including funding of state-of-the art research equipment items, research personnel and PhD scholarship support. These are listed below:
Funding

1. **2004 Gift** - \$20,000 gift of a dedicated mouse housing unit for cancer research.
2. **2006 Gifts** - 2 x \$100,000 gifts to boost research into new anti-cancer drug formulation research headed by Professors Clingan OAM, Bremner and Ranson. This research program attracted

commercial support by local Pharma start-up company Fivephusion in 2018 and has conducted a number of clinical trials as of 2024.

3. **2007 Gifts** - Total cash given in 2007 over 3 gifts = \$25,850. 1x non-philanthropic gift of a High-Performance Liquid Chromatograph (HPLC), an extremely powerful tool in analytic chemistry, valued at \$58,000.
4. **2008 Gift** - \$22,507 cash gift to help fund a PhD student working within the Cancer Research team.
5. **2009 Gift** - \$75,000 cash gift to Professor Marie Ranson's research.
6. **2010 Gift** - \$100,000 cash gift to continue cancer research.
7. **2012 Gift** - \$20,000 cash gift for Professor Clingan's cancer research.
8. **2013 Gift** - \$20,000 cash gift for Professor Clingan's cancer research.
9. **2014 Gift** - \$15,000 cash gift contribution to Incucyte ZOOM equipment for cancer research
10. **2015 Gifts** – 1x \$80,000 for Professor Ranson's and Ashford's skin cancer research project and 1x \$15,000 for additions to incucyte machine. \$20,000 cash gift to help fund PhD student research.
11. **2016 Gifts** – 1x \$17,500 and 1x \$63,700 cash gifts for Dr Skroptea's Pancreatic Cancer Research. 1x \$20,000 cash gifts for Professor Mori Aghmesheh's Pancreatic Cancer Research. Supported PhD Top-Up Scholarships for students working on Cancer Drug Development projects.
12. **2017 Gifts** – 1x \$130,000 cash gifts for Nanostring Machine which reduces the time to collect genetic data for cancer research
13. **2018 Gifts** – 1x \$70,000 and 1x \$100,000 cash gifts for Professor Marie Ranson's amiloride analogue cancer drug development research. Also supported post-doctoral research fellow Dr B Buckley. This research program attracted commercial support by local Biotech company in 2023.
14. **2019 Gifts** – 1 x \$12,000 and 1x \$20,000 cash gifts for Cancer Research.
15. **2020 Gift** – cash for Cancer Research Fellow Buckley \$20,000 (Ranson cancer research)
16. **2021 Gift** - Funding for cytospin and Qubit equipment \$30,000 (for cancer researchers)
17. **2022 Gift** – cash for Cancer Research Assistant for Ranson and Perrow labs \$20,000
18. **2023 gift** - \$47,500 cash gift for Cancer Research Assistant for Ranson, Brungs and Perrow labs research

19. **2024 gift** - \$47,500 cash gift for Cancer Research Assistant for Ranson, Brungs and Perrow labs research

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

ACKNOWLEDGING NEW CARERS

New Carers who have their Police Checks confirmed - Welcome to: Susan Lusty

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

Reasonably priced lunches available.

All Lunches are on the 2nd Wednesday of the even numbered months 2 4 6 8 10 12

Look forward to seeing you there. **If you could wear your shirt or badge it will help people find us.**

Cheers

The Next Getting to Know You Social lunch for 2024

Wednesday 9th October 12.00 midday at Builders Club, Church Street, Wollongong

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 2ND September in the above usual place.

Leslie

If you know previous Carers invite them to come along.

Monday 2 September	Monday 4 November
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Haven't been before and want to know more
Ring Leslie Adie: 0407 899 783

RECENT BUS TRIPS

We have had a very busy couple of months with bus trips.

July trips included our own ICC sewing ladies visiting IKEA.

Lake View Retirement Village.

Dapto Garden Club

Oak Flats Probus

Windang Pensioners on their monthly outing.

Our August monthly trip to Helensburgh for lunch was a lovely day in the winter weather.

Thanks to John and Trish Bye.

We also had the Illawarra Orchid Society U.O.W. Social Club and Windang Pensioners utilizing our bus for their outings.

September is shaping up as another busy time with trips to Floriade and a monthly trip to Western Sydney Airport.

Cheers

Margaret & Grahame

SEPTEMBER BUS TRIP

Illawarra Cancer Carers
Saturday 7 September

Morning Tea – Bingara George
Western Sydney Airport
Lunch Penrith Golf Club
Bus Cost \$20.00

Pick up

Ribbonwood Centre 8.30 am
Wollongong Dan Murphys 9.00 am

Contacts: Grahame 0407 647 604
Margaret 0411 413 912

Remember our trip to Floriade on
Wednesday 27 September – all details page
8.

October BUS TRIP

Illawarra Cancer Carers
Bus Trip to Exeter Markets
Morning Tea: Bowral
Lunch: Bundanoon Hotel
Bus Cost...\$20.00

Pick Up.

Wollongong Dan Murphys 8.00am
Ribbonwood Centre 8.30 am

Contacts: Grahame 0407 647 604
Margaret 0411 413 912

Please to remember to let Audrey know of any Carer who has lost a family member or knows of a Carer is not well. Audrey will send a card.

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

Cheers everyone

**And all the best
strong winds**

Keep away from the

Audrey

No Greater Gift- A Poem Dedicated to Carers (from Rita Glossop)

**No greater gift could we hope to give
Than helping someone else to live....**

If we tried to define a carer – we would find it hard to explain

For there are so many of us – acknowledged by this name

We may be: a loving spouse, a sibling, parent or friend

A professional carer, a volunteer, the list goes on without end

Yet we are all united by a common bond we share
A wish to ease the burden of the loved ones in our care

The road may not be easy – we may stumble along the way

But our courage will sustain us and guide us through each day

No words of thanks are needed – our reward is in their smile

Just to see them free of pain makes everything worthwhile

So in good times and in bad times, you will find us there

Enriching the lives of others – simply because we care

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

Illawarra Cancer Carers

Bus Trip to FLORIADE

WEDNESDAY 25TH SEPTEMBER 2024



Morning Tea: Sutton Forest

Lunch: Floriade Canberra

Bus Cost...\$25.00

Pick Up.

Ribbonwood Centre 7.00am

Wollongong Dan Murphys 7.30am

RSVP 1st September

Contacts: Grahame 0407 647 604

Margaret 0411 413 912

Banquet at the Beach 2024



 *City Beach Function Centre,
1 Marine Drive, Wollongong*

 *Sunday, 27 October 2024 11:30am – 4pm*

 **Doors open: 11.30am**
Event concludes at 4pm

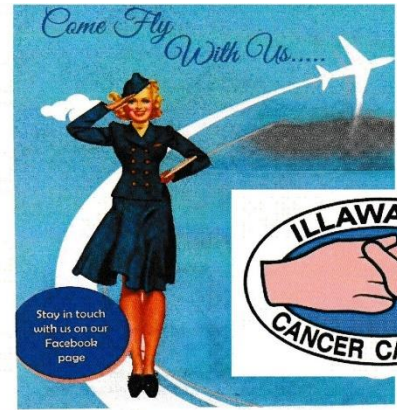
 **A pre-lunch drink at noon is followed by the first course**

 **General seating \$160 +BF each**
Corporate seating \$200 +BF each

 **Includes:**
3 course meal + drinks package + entertainment
Corporate bookings include a special gift per guest
and logo exposure (for more info go to QR code)
Bookings for table of 10 available.
Event Theme: Come Fly With Us



Bookings are now open, use the QR Code above or ring Dave (0409 126 091091) if you need assistance buying the tickets



Stay in touch with us on our Facebook page



Illawarra Cancer Carers major fundraising event is Banquet at the Beach. Don't miss out on this great way to raise funds for a fantastic charity. Book a table for 10 and enjoy this year's theme, "Come Fly With Us".

Sunday, 27 October 2024 11:30 – 4 pm
City Beach Function Centre,
1 Marine Drive, Wollongong

Please note: BF means a Booking Fee of .50c per person