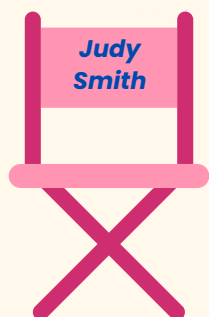




# NTBCV NEWSLETTER

December 2024



## A word from our Chairperson

This newsletter has been somewhat slow in happening – the last couple of months have not only been exceptionally busy but I have also been very challenged with my laptop crashing on me – subsequently having to purchase a new one and then having it set up. I am finally back online again! Phew.

## Government House Luncheon

The annual Government House Luncheon was held on the 16<sup>th</sup> October this year.

For those of you who are unaware of what has become a tradition, the story goes that in 1998 Mrs Lesley Conn, the wife of the current Administrator (Dr. Neil Conn) attended an early Dragons Abreast NT dragonboat regatta. A founding member of the NTBCV Committee who was helping out on the day had cause to have a casual conversation with Mrs Conn, who offered her support of our organisation. The question was then asked as to how she could help.

A Morning Tea at Government House for those who had received a new diagnosis of breast cancer was suggested by our cheeky committee member (Susan Tully). Amazingly, Mrs Conn stated she “could go one better” and offer a Luncheon! This has been ongoing ever since apart from the Covid years.



*2024 Government House Luncheon participants with His Honour Professor Hugh Heggie PSM, Administrator of the Northern Territory and partner Ms Ruth Jones*

We have a lot to be grateful for, as it is a very special occasion!

If you have experienced a recent breast cancer diagnosis or if you are aware of anyone who has, we are happy to take names and details in advance to avoid a mad panic in October 2025.

Please forward your name, email address and phone number to [ntbvcdarwin@gmail.com](mailto:ntbvcdarwin@gmail.com)



## Cazalys Pink Morning Tea



Hot on the heels of the Government House Luncheon, Cazalys in Palmerston hosted a Pink Morning Tea in recognition of Breast Cancer Awareness month. The morning sold out! It was quite overwhelming to see the numbers turn out, many in their pink. Cazalys put on a fabulous morning tea, a number of lucky door prizes were collected, and raffles were incredibly well supported. Chaplin Marina Mossman enthusiastically rallied the room with the raffles and auctioned items.

The combination of a charity Golf Day at Palmerston Golf Club and the Cazalys Pink Morning Tea NTBCV was the recipient of a significant donation which we sincerely thank not only the organisers but those who attended to make both functions hugely successful. Special thanks go to Belinda Heikkinen, Functions Manager and her team as well as Matt Hewer, General Manager of both Cazalys and the Palmerston Golf Club.

In response to the well turned out events and as the Chairperson of NTBCV I announced at the Morning Tea that funds raised would go towards a half day Forum to be held in Palmerston in 2025.

PNB: If you are a Senior you are able to join either club (Cazalys or the Palmerston Golf Club for free – a membership to one automatically gives you membership to the other.) If you have not reached Senior status, membership is \$10.00 for 3 years.

## Forum 2025

May 10<sup>th</sup> 2025 has been locked in as the date for the Forum, to be held in the Territory Room at the Palmerston Golf Club.

We have titled the Forum "Inform, Reflect, Connect". Attendees will be Informed; they will have the opportunity to ask questions, therefore Reflect and it is hoped those attending will take the opportunity to Connect with others.

We are excited to say that we have already had confirmation that a visiting plastic surgeon, who does a lot of reconstruction work here will be one of our presenters. I'm still waiting on confirmation from other potential speakers – advice will be provided once we have confirmation.

As mentioned, the Forum is planned to be a half day – this is to allow plenty of time for attendees to ask questions and to hopefully have the opportunity to engage with presenters but also to engage with each other on a casual social level. There is not a lot of opportunity for that to happen these days. It is important for us to make connections within our breast cancer bubble.

If any of you would like to join the Forum organising committee and have some input, I am happy to take your name and details so that I can advise when and where we plan to meet.

## Postcard

As well as planning for the Forum in 2025 NTBCV is having an A5 sized postcard prepared which will include our essential details, advertising who NTBCV is as an organisation and contact details for other useful resources at the local and national level.

Once complete the postcard will be distributed to Doctors surgeries, Surgeons rooms, Electorate Offices etc.

**A huge thank you to both Cazalys and the Palmerston Golf Club for your support.**

**CAZALYS**  
PALMERSTON CLUB



PALMERSTON  
GOLF & COUNTRY CLUB  
— NORTHERN TERRITORY —



# Beautiful Butterflies Breast Cancer Support Group

The following has been sent through from Ruth Freeland who was the national Coordinator for the ENCORE program.

"With the ending of the ENCORE program in Australia, we know that many ladies who participated in the program felt a great sense of loss. The program provided an opportunity to gain personal strength through connection with others who understand the breast cancer journey. This Group is intended to be an uplifting, hope-filled community. We hope members will share details of local group activities, appropriate fundraising and other events, resources, and positive news.

This group is Private, so it is necessary to request to be admitted as a Member. The good news is that a national provider is anticipated to take over the ENCORE program soon, and updates will be shared through the Beautiful Butterflies Facebook page.

Beautiful Butterflies is a support group for women who've experienced breast cancer or preventative surgeries. A safe place to connect with others who understand the unique challenges of the breast cancer journey. The butterfly symbolizes rebirth, change, growth, and new beginnings. Through difficult times, we can and will emerge better and stronger than before."

[www.facebook.com/groups/8649587261822109/](https://www.facebook.com/groups/8649587261822109/)

*This will resonate with those of you who were lucky enough to participate in one of the ENCORE programs here in Darwin/Palmerston. The program was a great way to meet other women who have had a breast cancer diagnosis, to form enduring friendships and fit in some healthy appropriate exercise particularly for those who have been also diagnosed with lymphoedema!*

## MBC Action Australia

Also, I have had a copy of a Media release sent through from a relatively new group – MBC Action Australia: A voice for Metastatic Breast Cancer.

"MBC Action Australia is national, grassroots, consumer-led advocacy organisation and a collective voice for people with metastatic breast cancer in Australia. We are action-oriented with an ambition to drive lasting change that will improve outcomes for people with metastatic breast cancer. We are collaborative, building on the work of existing breast cancer organisations and services to better support people with metastatic breast cancer.

We are honest about the realities and uncertainties of living with metastatic breast cancer and unapologetic in the urgency of our calls for action. We are inclusive of the diversity of people diagnosed and living with metastatic breast cancer across Australia."

**Media contact: Dr. Andrea Smith,**

- **MBC Action Group**
- **0405 622 525**
- **[mbcaction.com.au](http://mbcaction.com.au)**
- **[info@mncaction.org.au](mailto:info@mncaction.org.au)**

**If you wish to contribute to a Newsletter or have something relevant and worth advertising, please feel free to contact NTBCV.**

**Stay tuned for updates regarding the progress of plans for the May 2025 Forum. We hope one and all can enjoy a relaxing break over the holiday period. Have a wonderful Christmas and most of all a safe and Happy New Year.**



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