



# NTBCV XMAS newsletter 2015



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NTBCV website: <http://ntbcv.org.au/>

To register for BRASNT Newsletter: <http://eepurl.com/GWds5>

## Message from the committee

On behalf of the NT Breast Cancer Voice Committee I invite you share some of the events NTBCV was involved in this year. 2015 was a year for mixed emotions, joyful in that we were the happy recipients of the proceedings from several fund raising events and sad in that we lost an unseemly large number of members to breast cancer, including former vice-president Gaylene Henderson. Consequently, we chose to use some of these proceeds together with donations from other sponsors/donors/grant providers to purchase and install a memorial chair at the George Brown Botanical Gardens in honour of these lovely ladies.

The remaining proceeds were deposited into the NTBCV general account and into the NTBCV Kerry Milsom Trust Fund to pay for the cost of cleaning, gardening, power and taxi fares as well as weekend respite and two weeks accommodation for approved recipients. Those recipients who required assistance or accommodation were all referred to NTBCV by the breast care nurses.

We would like to wish all members of the NT Breast Cancer Voice a joyful and restful festive season and all the very best for the forthcoming new year.

Kind regards

Karen Dempsey

President, NT Breast Cancer Voice

## Committee Members

<i>Office Bearers</i>		<i>Committee Members</i>	
Karen Dempsey <i>President</i>	Sharyn Morcom <i>Treasurer</i>	Vicki Anderson	Julie Stalker
Maree McLinden <i>Vice President</i>	Paulette Kempster <i>Secretary</i>	Jennie Copley	Meghan Williams
Melanie Schofield <i>Public Officer</i>		Susie Ripper	Andrea Forlani
		Kaye Forrester	

## Fund raisers

### *Nightcliff Tigers Football Club*

On Sunday 1st February 2015 the Nightcliff Tigers Football Club held a High Tea at the Nightcliff Sports Club, to auction off the warm up shirts worn all year by their Premier League players before every game. Each shirt represented a special lady with her first name and age when diagnosed with breast cancer. There were some very young ages, which just goes to show that breast cancer does not discriminate. The Nightcliff Football Club donated half of the proceeds to NTBCV and we would like to extend our sincerest thanks to the Club and especially to Sandy Kickett, Club Development Manager, Damien Hale, coach of Nightcliff Tigers Premier League for organising the event and the three gorgeous footy "hunks who modelled the shirts. Not only does this type of fundraiser provide valuable funds to NTBCV to pay for assistance and aids for people undergoing breast cancer treatment and for those in terminal stages, it's a wonderful opportunity to spread the message about breast awareness and the need to be ever vigilant.

### *Clubhouse Territory*

Clubhouse Territory held an "Eat, Drink and be Merry" fundraiser at Pavonia Place on Wednesday the 25<sup>th</sup> March and NTBCV, received a generous donation on behalf of BRASNT. These funds will be retained in the general account specifically for the purpose of paying for BRASNT newsletter editorial costs if needed. Clubhouse Territory is a concept that came about when the organiser Deb Jones realised how time and resource poor so many not-for-profits are, constantly seeking ways to gain funding and support and in turn



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relying heavily on the good will of their volunteers and supporters. Her aim, under the banner of 'Clubhouse Territory' is to create and develop a range of fundraising opportunities for NFPs across the wider Darwin community.

## **Top End Drum Runners**

Top End Drum Runners (TEDR), a small Barrel Racing club, formed by a group of women in 2010 with the vision of a place in Darwin where people could come and enjoy the sport of Divisional Barrel Racing regardless of age, gender or ability. As part of their events throughout the year the Club turns their August event into a major fundraiser to raise funds and awareness for Breast and Prostate Cancer. The event is aptly named "Barrels 4 Boobies and "Poles for Prostate". This is the 2<sup>nd</sup> year they have generously donated the proceedings between NTBCV and the prostate cancer support groups.

## **Women's Network NT 10th birthday celebration**

The Women's Network NT held their 10th birthday celebration at the Waterfront on the 19th November 2015 where the Network president Ms Maisie Austin bestowed a number of breast cancer-related organisations including NTBCV and individuals with generous donations from funds raised through the Women's Networks Annual Pink Breakfast.

## **Discount scheme**

Support for NTBCV members continued to be provided through the generosity of Darwin and Palmerston Businesses. Members are entitled to a discount, generally 10%, at the following premises:

<i>Business</i>	<i>Discount</i>	<i>Location</i>	<i>Phone</i>
<i>Affordable Plumbing NT</i>	<i>10% discount on labour costs</i>	<i>Karama</i>	<i>(08) 8927 5994</i>
<i>EcoAir Air-conditioning</i>	<i>10% discount on labour costs</i>	<i>Winnellie</i>	<i>(08) 8945 9119</i>
<i>Everlasting Health</i>	<i>20% discount on Naturopathic Flower Essence consultations</i>	<i>Durack</i>	<i>0411 378 997</i>
<i>Fitness Works For you</i>	<i>Pensioner rate membership fees</i>	<i>Nightcliff</i>	<i>(08) 8948 1061</i>
<i>Flowers by Elise</i>	<i>10% discount on all items excluding Interflora orders</i>	<i>Palmerston</i>	<i>(08) 8985 4849</i>
<i>Hair 'n' Play</i>	<i>10% discount on labour costs</i>	<i>Coconut Grove</i>	<i>(08) 8931 1812</i>
<i>Jape Furnishing Superstore</i>	<i>10% discount on goods</i>	<i>Milner</i>	<i>(08) 8923 1188</i>
<i>Natural Life – Go Vita</i>	<i>10% discount on goods and iridology</i>	<i>Darwin</i>	<i>(08) 8941 6166</i>
<i>Paul's Service Centre</i>	<i>10% discount on labour costs</i>	<i>Stuart Park</i>	<i>(08) 8941 1322</i>
<i>Rural Gypsy Hemp and Organic Clothing</i>	<i>10% discount on repairs</i>	<i>Humpty Doo</i>	<i>0439 921 716</i>
<i>The Athletes Foot</i>	<i>10% discount on goods</i>	<i>Casuarina</i>	<i>(08) 8945 3833</i>
<i>Blitz Hair and Beauty</i>	<i>10% discount on goods</i>	<i>Palmerston</i>	<i>0411 378 997</i>
<i>In Balance NT</i>	<i>10% discount on labour costs</i>	<i>Palmerston</i>	<i>0418 842 833</i>

## **Events**

### **10,000 steps programme**

In April this year an email was sent to members to gauge interest in NTBCV running a 10,000 steps programme this year, this being the 6th year that NTBCV supported 10,000 steps. The response was an overwhelming YES!!!! The first walk was planned to coincide with Mother's Day Classic on Sunday the 10th May. Up at the crack of dawn scores of intrepid runners, walkers and 10,000 steppers met at Mindil beach, danced in the rising sun to the rhythmic sounds of zumba and then set off on the 4km or 8km walk/run. We had such a good



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turn out our team “Breast Foot Forward” was awarded a prize for the largest community group for the 3rd year in a row. As in previous years NTBCV provided a small incentive to encourage 10,000 steppers improve their average number of steps per week. Collective walks included the Bunnings Treasure hunt in July and a walk around Territory Wildlife park in August. If you are interested in being part of 10,000 steps in 2016, please let Jennie know as soon as possible so she has an idea of numbers when ordering new t-shirts.

### **Breast Cancer Network of Australia National Summit 16/17 July 2015**

The Breast Cancer Network Australia held a summit in Melbourne on 16th & 17th July 2015. NTBCV members Jennie, Sharyn & Vicki attended. There were also representatives from other Breast Cancer Support Services i.e. Belladonnas & Flamingo Belles. The summit had 5 different streams and the 3 of us joined the stream entitled “Engaging Culturally Diverse Communities”. The other streams were “Engaging Online Communities”, “Practical Support Initiatives”, “Active and Well” and “Healthy and effective peer support groups”. We had 2 other Darwin ladies join us and they attended the “Active and Well” stream. Our stream “Engaging Culturally Diverse Communities” went through a variety of strategies on how to engage our variety of different cultural groups. We looked at how to engage with community leaders which takes time, trust and respect. Our team leader speakers were from different ethnic groups and talked about their cultures and the best ways to engage them. We are now making contact with different community groups so we can attend their social or regular meetings to talk to them about what is available and how we can help them or direct them to help.

### **Government House Luncheon**

Every year the Administrator of the Northern Territory hosts a luncheon at Government House for Territorians newly diagnosed with breast cancer. This tradition has taken place on a yearly basis since the first luncheon hosted by Mrs Lesley Conn in 2000. As in previous years, the 2015 Luncheon was held in October to coincide with Breast Cancer Awareness month. For the first time Mrs Marie Hardy, wife of newly appointed Administrator, Mr John Hardy hosted the event and gave a lovely speech and a very warm welcome to all who attended. All in all, everyone had a fabulous time and in the words of one of this year’s attendees:

*“It is so pleasant to just sit and listen to a bunch of happy women. Basically a lot of strangers sit down to lunch and by the end have swapped telephone numbers and email addresses!!! WOW, networking at its best.”*

### **Memorial bench**

On Saturday the 31st of October, the last day of Breast Cancer Awareness Month. Vice-president Maree McLinden, on behalf of the Northern Territory Breast Cancer Voice, welcomed everyone present in celebration of the unveiling of our memorial bench. The bench is set next to a garden bed and under a large tree in the Heritage Garden area of the George Brown Botanical Gardens. This year has seen the loss of a number of our ladies to breast cancer and it was whilst reflecting on the best way to honour those past and present suffering from cancer that the idea of a memorial bench was born. This bench is for all those who have been and still are in some way affected by cancer, personally, families, friends and work mates.



It is also our hope that the bench will inspire those who sit in it to also think about breast cancer and prompt them (if applicable) to attend the free breast cancer screening program. Following the cutting of the ribbon we held a mini-field of women where those present joined in placing the pink







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ladies and blue man in position on the Heritage Garden lawn. Participants were then invited to stay for a light picnic lunch. Special thanks go to Jennie Copley for all her hard work in organising and making this idea a reality. She worked tirelessly with Craig Guerin, from Creative Iron, who designed and created the bench, and Brian Harty, Helen and Nigel who gave us permission to place the bench in such a lovely setting that we can all now enjoy. Special thanks also go to our generous donors whose contributions helped this project come to fruition:

*Tony Milhinhos and the Milhinhos Foundation  
The Top End Drum Runners  
Margo and Margaret from Palmerston Shopping Centre Community Wheel  
Bonalbo Cattle Company*

## ***Bali Pink Ribbon Foundation***

A group of Breast Cancer survivors and supporters made their second visit to Bali in support of the Bali Pink Foundation's annual charity walk to mark Breast Cancer Awareness Month. The Bali Pink Foundation carried out ultrasound on forty women from remote parts of Bali on the day and seven of those ladies will go on to have further investigations. Should anyone be interested in **next year's Bali adventure please register your interest** now as we are looking at Villa's in Sanur and have found three, three bedroom villas at a reasonable price, however, they do need to be booked in advance so please **call Jennie on 0427845950** as first in best dressed.



## **Annual General Meeting 2016**

Next year's AGM will be held at Barbara James House on Saturday 12 March between 2:00 and 4:00pm and we would love to see as many of you there as possible. This is just an advance notice so please put the date in your calendars and I will remind you closer to the meeting