

profile



HARRIETT
HARRISON

Harriett Harrison is one of the founding members of the SBCF. For almost ten years she has, and continues to be one of our most active supporters. Harriett is a tireless worker and is always happy to help out with an activity. SBCF Treasurer, Harriett also organized the Pink Ribbon Month Lunch that was held at Parliament House last year and is well advanced on plans for this year's Lunch.

Born and raised in Cleveland Ohio, Harriett relocated from the USA when her husband's company transferred operations to Australia. Harriett's daughter, works as a radiographer at Western Sydney Breastscreen. Every Thursday Harriett provides much needed support and assistance at the weekly Breast Clinic at Gloucester House. This is a lengthy and tiring activity as the Clinic services more than 40 clients over a 4-hour period each week.

When asked what the most important contribution the SBCF had made Harriett identified the biopsy core machine that makes it possible for women to undergo day-surgery under a general anesthetic. This initiative was funded by a contribution in excess of \$150,000. When asked in interview what was her hope for the future of the SBCF, Harriett replied with a sigh. "...A cure, of course!".

coming up

Government House Cocktail Party Friday 12 March, 6-9pm \$110 per person

The Government House Cocktail Party will be held at New South Wales Government House located on the edges of Sydney harbour and world-class Botanic gardens. Government House, is one of Sydney's most prestigious heritage premises. Guests will be able to stroll through the House and its beautiful formal gardens while taking in the views and being entertained by renowned jazz singer Ms Nikki Grayson together with Kevin Hunt and Len Barnard while enjoying fine wines and cocktail foods. There will also be a silent auction and mystery gifts.

Generously supported by



To book phone 9515 6045, log on to www.sbcf.org.au or fax 9515 7773.

A year of events to look forward to in 2004

Friday March 12
Cocktails at NSW Government House

Tuesday April 12
Australian Jockey Club Ladies Pink Ribbon Lunch

Friday July 2
Long Rugby Lunch

Monday October 11
NSW Parliament House Luncheon

Saturday October 23
Pink Ribbon Ball (venue to be advised)

November (date and venue to be advised)
Ladies' Golf Day

For more information or to book go to
www.sbcf.org.au or call (02) 9515 6045.

Who are the SBCF?

The SBCF is the voluntary fundraising arm of the Sydney Breast Cancer Institute.

Patrons

Her Excellency, Professor Marie Bashir AC,
Governor of New South Wales

Sir Nicholas Shehadie AC, OBE

Committee Members

Dr Jane Beith	Ms Frances Randall
Mrs Jane Betts	Mrs Jane Scott
Dr Hugh Carmalt	Dr Andrew Spillane
Mrs Lynne Crookes (President)	Ms Danielle Walley (Vice President)
Mrs Carol Flanagan	Mrs Anne West
Ms Meg Foster	Ms Deborah West (Vice President)
Mrs Harriett Harrison (Treasurer)	A/Prof. Richard West AM

Honorary Committee Members

Ms Angela Bishop	Ms Amanda Warn
A/Prof. Stuart Renwick	Mrs Jan Warn
Mrs Jacqueline Samuels	

Supporting Our Sponsors

The SBCF receives generous support from many individuals and companies. Here are a small selection



Volunteering

The SBCF has received strong support from volunteers at Gloucester Houser through our website or through Gina Svoulos, Volunteer Co-Coordinator at the Sydney Cancer Centre. We would like to thank Gina and our valued volunteers Kiri Grasso, Lynne Jones, Vicki Aberg, Lee Collett and Sue Tonkin.

We are always in need of volunteers to assist at major events with the silent auction, guest orientation, selling merchandise and raffle tickets, organizing prizes or as part of the planning sub-committee. We also need support in the office during business hours and on stalls at the weekends. At the moment we need volunteers to assist with a stall in Lane Cove Plaza from 8am-3pm on March 20. If you would like to volunteer please contact our office on 9515 6045.

There are many other ways you can help the SBCF-here are some ideas:

- Join an SBCF event sub-committee.
- Donate your expertise or some product in-kind.
- Organise your own fundraising event such as a fun-run or a lunch.

BEATING BREAST CANCER

together

SUMMER 2004

NEWSLETTER OF THE SYDNEY BREAST CANCER FOUNDATION

News from the President

BY LYNNE CROOKES

This edition of **Beating Breast Cancer Together** heralds an exciting year for the Sydney Breast Cancer Foundation (SBCF). Not only have two of our hard-working event sub-committees undergone changes but also the management group has undertaken a planning session for 2004. Our calendar features all the well-known SBCF signature events such as Cocktails at Government House, the Pink Ribbon Ball and the Ladies Golf Day. To these have been added a second Long Rugby Lunch and Parliament House Luncheon, building on the enormous success of these two activities in 2003. We have also added a range of community events.

Last year we were delighted to have the support of our Patrons, Her Excellency, The Governor of NSW, Professor Marie Bashir AC and Sir Nicholas Shehadie AC, OBE as the guests of honour at the Tenth Anniversary Pink Ribbon Ball. Congratulations and thanks to the organising sub-committee for their work on the 2003 Ball, above all founders Kim Warn, Amanda Warn and Jan Warn.

Sir Nicholas hosted the inaugural Long Rugby Lunch on May 30 and provided unique insight into his time as a Wallaby. Profound thanks to SBCF Vice-President

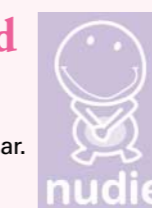
and Chair, Deborah West as well as the members of the Lunch sub-committee who were responsible for organizing one of our most successful fundraising ventures to date raising in excess of \$95,000. In October for Pink Ribbon Month SBCF Treasurer, Harriett Harrison and Committee member, Meg Foster organized a lunch at NSW Parliament House. The final event for the year was the fifth annual Ladies Golf Day in November in the Hunter Valley, which successfully raised \$85,000 towards the purchase of an ultrasound machine. Chair, Tweed Holman and her hard-working sub-committee deserve high praise for this outstanding result.

An increasing number of young people are joining us in the fight against breast cancer. They will be the ones to take the fight into the future. Last year Class 4/5 at Jindabyne Public School with their teacher Nicole Blackband held a Multi Day and raised \$407, which they generously donated to the cause. We hope that many other primary, secondary and tertiary students across NSW will be inspired to develop similar fundraising ventures.

I look forward to working with you on all our plans for 2004 and hope to catch up with you at one of our forthcoming events.

Nudie Pty Ltd

Nudie Pty Ltd selected SBCF as their chosen charity for the coming year. Nudie will be sponsoring our four main events of 2004 through the provision of their fresh juices and crushies, which contain 100% fruit with nothing added. To find out more, visit nudie world at www.nudie.com.au



Direct Response Australia

Direct Response Australia has been assisting the SBCF through the provision of database support for our newsletter and mailings. Direct Response Australia provides a comprehensive range of marketing communications support from laser image to email; database management and intelligent inserters to hand assembly.

SBCF Mission Statement

The Sydney Breast Cancer Foundation (SBCF) is focused on activities and raising funds for support, treatment, awareness and research, which helps individuals, their partners and families facing breast cancer.

www.sbcf.org.au

The SBCF website provides online access to all the latest information on our activities, events, sponsors, volunteers and friends. The website also provides online facilities for making enquiries as well as booking and paying for event tickets. An online shop facility is also available to view and purchase the very latest in our Pink Ribbon range of merchandise including Gourmet Chef Aprons (\$25), Back-Packs (\$10) and Trent Nathan Silk Ties (\$60).

The SBCF's user-friendly website was designed and sponsored by Webqem.



Pink Ribbon Ball #10

Six hundred and fifty guests turned out for the tenth Anniversary Pink Ribbon Ball at the Australian Jockey Club on October 29. The event was a feast of great food, wine, entertainment and fabulous fashion. Our Patrons and guests of honour, Her Excellency, Governor of NSW, Professor Marie Bashir AC and Sir Nicholas Shehadie

AC joined Professor Richard West as well as senior medical staff of the Institute on the night.

Angela Bishop from Channel Ten hosted the evening with great style and Belinda Griffin delivered an entertaining and inspirational address as a young survivor of breast cancer. Thanks to Belinda the SBCF also

received a generous donation from Radisson Maine Financial Group Pty Ltd as part of a sponsorship arrangement with the West Tigers. For every try the Tigers made in the 2003 season Radisson Maine donated \$50, with their final donation being \$22,500.

"Network" The Band had the dance floor overflowing until the early hours. Generous sponsors ensured a splendid array of prizes for the silent auction, raffle and lucky envelopes. One lucky table even won two dozen pink-iced Krispy Kreme donughts. Major sponsors for the Ball included Air New Zealand, Ella Bache, Garuda Indonesia, Garuda Orient Holidays and Mercury Creative.

1. I-r, Amanda Warn, Senator Bronwyn Bishop, Professor West, Jan Warn and Guest Presenter, Angela Bishop
2. I-r, Guest Speaker, Belinda Griffin, SBCF President, Lynne Crookes, Radisson Maine Financial Group Pty Ltd Management team Robert Bassili and Nick Popov
3. Sir Nicholas Shehadie AC and Her Excellency, Professor Marie Bashir AC, Governor of NSW



Ladies 2003 Golf Day

One hundred and sixty players participated in the annual Ladies Golf day at Cypress Lakes Country Club in the Hunter Valley on November 25. The Club's Pro was on hand at the par three 2nd hitting golf balls for players on request. Callaway Golf offered players the chance to use a new driver and go into the draw for a golf bag. After golf the ladies relaxed with Bombay Blush cocktails, food and

Hunter wines and were inspired by Guest Speaker Raelene Boyle, who spoke about her sporting career and experiences as a cancer survivor. Qantas generously flew Raelene to and from Newcastle for the day.

The winners of Major Nett Prize were Patti David, Sharon Cowin, Lesley Little and Susie Gibbon and the winners of the Major Scratch Prize were Karen Wood, Bonnie Boezeman, Megan Kennedy and Louise Stevenson. The major raffle prize of a necklace and earrings from Tiffany's was won by Gail Hooper.

Major sponsors for the day included IGA, Medical Imaging Australia, Patty David, Barbara Ell, Metcash Trading, Skipton Investments, Deeta and Rod McGeoch and Richard Crookes Constructions Pty Ltd. The day raised



\$85,000, bringing to nearly \$500,000 the amount of money raised by the Ladies Golf Day over the last five years. The organising Committee led by Chairwoman, Tweed Holman included Ginny Bevan, Sue Fyfe, Laraine Gray, Barbie Higgs, Lynda McKay, Julie Tulloch and Sue Wilson, are to be applauded.

1. I-r, Golf Day sub-committee members Sue Fyfe, Tweed Holman and Laraine Gray
2. I-r, The Winners of the Nett Prize - Patti David, Sharon Cowin, Lesley Little and Susie Gibbons

Chemotherapy and Fatigue

The SBCF supports and funds a range of initiatives including professional, consumer and general education, training and awareness programs. We also support Clinical and theoretical research projects in all areas of breast cancer. These include a study currently being undertaken by Dr Sharon Kilbreath at Sydney University.

Dr. Kilbreath, Dr. Jane Beith and Professor Simon Gandevia, are undertaking a research project study entitled, Is fatigue following chemotherapy due to impairment in muscle performance?

Fatigue is a well-recognized, persistent symptom for breast cancer patients who have received chemotherapy. Although well documented, little is known about why the fatigue occurs. This study aims to determine whether chemotherapy affects the ability to generate force in the elbow muscle and is being conducted at the Prince of Wales Medical Research Institute, Randwick.



News from Associate Professor Richard West AM

Director Sydney Breast Cancer Institute

I would personally like to thank all members of The Sydney Breast Cancer Foundation, and particularly the Golf Day Committee, for their efforts and hard work over the past year.

With the health system becoming more restrictive due to lack of adequate funding, the fundraising carried out by the Foundation and its Committees has been invaluable in helping the Sydney Breast Cancer Institute provide a high class service to the community.

Through the 2003 fundraising activities, the Institute was able to:

- Purchase a new ultrasound machine for the Rachel Forster Breast Clinic. This will enable the Institute to provide a more streamlined "one-stop-shop" service to all its patients.
- Conduct a Lymphoedema Conference with Professor Neil Pillar, a world renowned expert from South Australia, as its keynote speaker. Two highly informative sessions were held for consumers and health professionals.
- Provide funding to the College of Nursing for the development of the first Breast Care Nurses' Course in NSW. The new course was launched in September.
- Continue funding the positions for the Breast Care Nurse and Data Manager.

The Rachel Forster Breast Clinic has had a good year. The multidisciplinary approach adopted by clinic has meant that all patients receive an expert multidisciplinary opinion regarding their management. I would particularly like to thank Harriett Harrison and her volunteers for their tireless work at the clinic.

The Institute has initiated a Clinical Fellowship Program in Surgical Oncology. Dr Naresh Soni is our inaugural Clinical Fellow. In 2004, the Institute will also have a Provisional Fellow in Breast Surgical Oncology, Dr Ellis Choy.

Finally, I would like to thank all those organisations who have sponsored our fundraising events this year and to you, the public, for your invaluable support and patronage.

NSW Parliament House Lunch

The Pink Ribbon month Luncheon was held at Parliament House on October 20. The lunch was attended by over two hundred guests and hosted by Barry O'Farrell, MP, and Member for Ku-ring-gai, who was joined by the Speaker of the House, John Aquilina MP on the day. Mrs Jacqueline Samuels generously presided as the Master of Ceremonies for the proceedings, which included stimulating presentations by guest speakers Dr Jane Beith Medical Oncologist RPAH and Dr Serena Samuels, Young survivor. Stefano Canturi of Canturi Jewels, created an 18ct rose gold pendant especially for the luncheon, featuring a pink sapphire, hanging from an 18ct white gold chain. The pendant was the first prize in the raffle with the other prizes being a L'Oreal gift pack and a Day at the Races donated by the Australian Jockey Club.

Donation News

The SBCF welcomes donations and support from individuals, community groups and organizations seeking to join us in the fight against breast cancer. Northbridge based florist **Smell the Roses** have agreed to donate a percentage of each sale to the SBCF. Be sure to mention the SBCF when you are making an order. To order go to www.sbcf.org.au or phone 9967 3266.

In the last quarter of 2003 the SBCF received a number of generous donations. The **Cammeray Golf Club** donated the \$11,000 in proceeds from its annual Seniors Pro-Am Kennards Hire Senior Pro-Am sponsored by Japan Airlines. **Erina Fair, Balgowlah Golf Club** and the **Three Putt Club at Cromer Golf Club Limited** also made generous donations. Eight-year-old **Saxon Forest** donated \$53 earned on the set of a commercial film shoot. The Film's Director offered Saxon and his colleagues on the shoot a dollar for each push-up they could achieve during breaks in filming. Saxon donated this extra income to the SBCF where a family member was being treated. For Pink Ribbon Month, **Natasha Whiteman** and her friends at **Killara Public School** held a cake stall and raised \$41 which they also donated to the Foundation.

The SBCF also received funding through the Community Development Scheme from the **Liverpool City Council, Marrickville City Council, Petersham RSL, City of Blacktown RSL, Blacktown City Council** and the **Moorebank Sports Club**. This funding has been allocated towards the costs of printing and distributing a new batch of the Three-Step Breast Check Shower Cards.

We are currently seeking donations to assist with the production and distribution of our newsletter as well as the purchase of the following items:

- A set of breast prostheses to facilitate the activities of the breast care nurse when working with women post-mastectomy surgery
- The production of information materials on all aspects of breast cancer to assist clients visiting the SBCI
- Two ultrasound probes to facilitate the number of patients that can be seen at the weekly breast cancer clinics
- The development of an information kit for breast cancer patients
- A digital camera, scanner and laminating machine
- A laptop computer and port system
- Demountable trestles and chairs

How to make a donation.

Online: www.sbcf.org.au

By Fax: +61 2 9515 7773

By Phone: +61 2 9515 6045

By Post: The Sydney Breast Cancer Foundation
Level 6 Gloucester House
RPAH, Missenden Rd
Camperdown NSW 2050

Personal Details

Name _____

Company _____

Address _____

Postcode _____

Telephone _____

Email Address _____

Payment Details

I enclose a cheque made payable to
The Sydney Breast Cancer Foundation for
\$ _____

Debit my credit card \$ _____

Amex VISA Diners

Bankcard MasterCard

Cardholders name _____

Card Number _____

Expiry Date _____ Signature _____