



Helping women and their families with breast cancer in the Hawkesbury.

support educate help

February 2012 Newsletter

For further information please visit us at www.pinkfinss.com.au

Welcome to the Pink Finss Newsletter!



Hawkesbury "Pink" Bins

Darren and Kellianne Osmotherley have been touched by Breast Cancer and after starting the Hawkesbury Pink Bins last year, generously donate \$ from every bin hired to the Pink Finss Charity.

For more information on the Pink Bins please go to our website or call 4575 4060.

Support Group Meeting

We have moved the Support Group Meetings to Le'shells High Tea in Lachlan Court Windsor. The meetings are held on the first Monday of each month from 10 am to 12 midday (check the website for details).

After having a special Christmas Support Group Meeting at Le'shells in December, everyone enjoyed themselves so much we decided to make it our new monthly meeting place. Thank you to all the ladies there who made it a very special and delicious occasion.



Over the last couple months, we have had several new women joining the meetings and allowing us to help them. While it is sad that the numbers are going up, it is good that they are getting in touch with us and that we are able to help.

All of this is only possible because of the support and dedication of the members of the Charity as well as the Hawkesbury community. I can't say thank you enough to all the girls who each work so hard to make the charity work, our volunteers, families and everyone who helps us with this vitally important cause.

Jodie

We Do What We Can!

We all help in our own ways. Some people are great cooks so they help out with meals for families and treats for fundraisers. Some people don't mind doing the ironing, cleaning or gardening so they put their hand up when the call goes out.



Noelene Sullivan is an excellent knitter. So when niece Kelly suggested she put her talents to good use that is exactly what she did. Realising that women going through treatment need to keep their heads warm, she has knitted and donated a bag of stylish and lovingly knitted beanies. And her request for those odds and ends of wool that many of us have hidden in the back cupboard has been met with enough donations to keep Noelene busy for a while!

H120 BBQ

The Pink Finss Charity was cooking up a storm as the boats raced past at the H120. It was a great day with lots of people stopping in for the fine food and of course a chat! A big thank you to all the volunteers who helped out on the day, as well as those who helped get it all organised.

Angels Florist

Congratulations to Angels Florist for winning the Hawkesbury Small Business Award for Most Outstanding Florist! Angels Florist is a huge supporter of the charity and we would all like to say a big thank you and congratulations!

Thank you to Gloria Jeans Windsor

On Saturday 17 December, Gloria Jeans Windsor hosted the Pink Finss Charity as part of their fundraising festivities. From 9 to 11 Gloria Jeans promoted the Pink Finss Charity and the girls of the Charity were there to sell raffle tickets for a gorgeous gourmet hamper with delicious goodies that would come in handy for any family at Christmas! The raffle was drawn and Trevor from Smik Surf was the winner. In true "Smik" style Trevor happily donated the hamper back to the Pink Finss Charity and asked that it be given to a family the Charity is currently assisting. What a wonderful gesture. Thanks Trevor and Smik Surf. Also a big thank you to Meghann, and staff, of Gloria Jeans Windsor for again supporting the Pink Finss Charity.

Curves ... not for Sissies!

This is the phrase that Curves is using to celebrate the millions of women who are reaching their health and fitness goals. And to show their support for member Caroline Allshorn, Curves North Richmond organised a Soccer training morning with a certified coach and gold coin donations going to the Pink Finns Charity. During October, which is Breast Cancer Awareness month, they raised over \$260 for the Charity. Definitely not a bunch of Sissies!

Hawkesbury Race Day



The Pink Finns first Race Day was a huge success and a lot of fun. The Hawkesbury Race Course was painted a brilliant shade of pink and just under 250 stunningly dressed people filled the room and enjoyed a day packed with food, fun, friends and of course the races.

TV, radio personality and MC Susie Elelman was brilliant, keeping everyone entertained and the money flowing in. Her moving interviews of both Pink Finns Founder Jodie Amor and breast cancer survivor Deb Plant ensured that everyone in the room understood the importance of the Pink Finns Charity to the people of the Hawkesbury.

Due to the incredible success of the day, the Pink Finns Charity decided to donate a percentage of the money raised to the Hawkesbury Living Cancer Trust. The Charity believes that having an oncology unit in the Hawkesbury would take a tremendous strain off families needing treatment.

The Pink Finns Charity would like to say a special thank you to all its Race Day Sponsors - they couldn't have done this without their amazing support: Agnes Banks Equine Clinic, D & M Brown Concreting, Richmond Club, Angels Florist, T & L Fowler Concreting, Pepes Ducks 4 T 2Nite, and the Hawkesbury Race Club Motel.

We would also like to thank the many, many local businesses who donated prizes or services that helped raise money in the raffles, auctions, lucky door prizes and balloons; as well as Vivienne Leggett from the Hawkesbury Race Club for all her help and support.

Will there be one next year? We had to let Kym Burton, Nadia Masonwells and Samantha Gordon relax for a week before we dared ask them ... and the answer was ... YES! So make sure you mark down September 13, 2012 in your diaries, you don't want to miss out!



Triathlon Pink

This year an amazing group of 65 women completed the Triathlon Pink. And while each and every one of these women has their own important stories to tell, three reflect the very essence of the charity.

This year two very special women joined the group and completed their very first triathlon. They are both breast cancer survivors; one was diagnosed 4 years ago and is still on medication while the other, Deb Plant is currently undergoing the long reconstruction process. According to Deb, 'it was one of the most amazing days of my life. Jodi and the others from Pink Finss have helped us emotionally, physically and financially. And they were right there, not only encouraging us but also swimming, running and riding beside us every step of the way.'

The Charity also works to educate women about the risks of breast cancer and encourages everyone to look after themselves. Another woman joined the group knowing that she needed to do something about her fitness. But (like so many of us) she was always so busy with her job and family, there just never seemed to be enough time. Then last year, she read the story in the Gazette about the Tri Pink and realised that was what she wanted to do. So back in July when tri training started, there she was, ready to go. "This was a really scary thing for me to do but Mick, Greg, Jodie, Maria and Suzi have been so supportive I could not fail. So too are all the girls in the group. Its just fantastic and although I still have a long way to go with the fitness, I feel great just being a part of the group."



Heritage Hotel

A big thank you to Marcia and everyone who helped out on the night, the only thing better than doing a triathlon is celebrating it with your family and friends! For the last couple years we have enjoyed our after parties at the Hotel and this year was bigger and better than ever.

Marcia also organised a great raffle with the sensational first prize of a night's package at the Manly Pacific Hotel with the proceeds going to the Charity.

Pink Harley Ride



Pete and Sharon Scott organised a thrilling Harley ride on last November. Starting out from Windsor, the 40 bikes were quite an impressive sight as they made their way up to Toukley. But since riding on the freeway is a bit boring (and Pete planned it) they took the scenic route through Wisemans Ferry, Wollembi, Ellalong and Catherine Hill Bay. After spending a great night at the Beachcomber Hotel in Toukley, they all hopped back on the hogs and headed home Sunday morning. (We tried to get some funny stories from the ride but were told what happens on the ride stays on the ride – might have to go next time!)

According to Sharon, "we asked everyone to make a small donation towards the Pink Finss Charity. A friend who was on the ride works for Woolworths and he was able to get them to match any donation we made (up to \$1000.00). We raised \$950.00 and Woolworths matched this!" Thanks Woolies!

Kurrajong Baptist

"Creative Hands"

That very talented group of women from Kurrajong have been at it again. They have recently delivered another batch of lovingly made breast pillows to the Pink Finss Charity. These pillows, which can be securely tucked under your arm, enable women going through treatment and surgery to be a little more comfortable. As Jodie said, "They cushion any tender areas, stop your arms from bumping your tubes and allow you to get a better night's sleep. Thank you again to these wonderful women who have taken the time to create these pillows. And a special thank you to Lola Hamilton."

Tick that BIG Box!



While Jodie still claims that exercising and having a fitness goal helped her through her breast cancer treatment, her latest achievement was actually something her training partner wanted to achieve!

Jodie and Suzi Ferris just completed their first Half Marathon in an incredible time of 1 hour and 50 minutes. While this was something Suzi has wanted to do for a while, it is actually part of their big plan. While they were able to enjoy a small break over the holidays they are now seriously getting into it as they prepare for a half Ironman in WA in May (that's a 1.9k swim, 90k bike and then a 21.1k run)!

This Is How We Roll



While many local businesses have supported the Pink Finss Charity, the generosity of Hawkesbury Cycles in Richmond deserves a special mention. Daniel Kapetanovic, his family and Shayne Reynolds do much more than just provide excellent friendly service. They offer the Pink Finss a 10% discount, run information sessions to make sure we all know how to do basic maintenance on our bikes and they donated a bike to the Charity. Yes, you read that right, they gave the group a \$1500 Merida! Realising that not everyone is able to make the investment in such a beautiful bike, their generosity has made it possible for a couple women to train and use this bike for triathlons.

School isn't just about reading, writing and arithmetic anymore. Two of the local High Schools are running programs that are teaching students important life skills and they have both chosen to hold fundraisers for the Pink Finss Charity. It's great to see the kids getting involved and hopefully they will remember these lessons after they graduate!

Richmond High BBQ

A group of 14 Year 9 girls from Richmond High are currently working on their Certificates in Retail through the Links to Learning Program. When the girls decided to run a BBQ during lunch and sell merchandise that they had made, Youth Consultant Erana Retimana was impressed. "It was important to the girls that the money they raise go to a local charity, which is why they chose the Pink Finss."

"The girls did a fantastic job! They organised the whole thing including asking local businesses for donations, making the ribbons and badges, cooking the sausages and selling it all." The day was a huge success with the girls raising just under \$650 dollars for the charity."

Not only were the girls supported by the students who enjoyed the sausage sizzle but a large number of the teachers also came out to encourage the girls and buy the ribbons, badges and sandwiches. Congratulations Girls!!

Hawkesbury High Breakfast

Each year, a group of Year 10 students at Hawkesbury High take on a project to enable them to gain valuable working skills. This year, they decided to hold a business breakfast at the Sebel Hotel in Richmond.

These enterprising students planned the entire event, with a little help from their Career Advisor Lyn Tuckwell and JobQuest Consultants Warren Espie and Alex Webb. They designed the tickets and poster, spent time at Riverview shopping centre selling tickets and organised the breakfast itself including Guest Speakers, Raffle and Lucky Door Prizes.

Jodie spoke about her experiences with breast cancer and was joined by a student who shared a moving story about someone close to her. Unfortunately even kids feel the impact of this dreadful disease. After the speeches a very kind pledge for \$1000 dollars was made by Diane Eather from Eather Pty Ltd- thank you so much!

The kids decided to donate the money raised to the Pink Finss Charity. The idea of supporting a local Charity was important to the kids. It is great to see students making an effort at a project like this with the money raised going to support others in need. Congratulations!



Take it all off Noel!

Noel Davis is a very brave man, but seriously?! His workmates challenged him to wax his chest, supposedly to save on the number of shirts he goes through each year.

So Noel accepted the challenge as long as they raised over \$300 and he was able to choose the charity. Well, they actually raised over \$1,000 and he decided to donate the money to the Pink Finss Charity.

On a Thursday night just before Christmas, at Bunnings in McGraths Hill, Kellie Carey waxed him up and off it came. There was quite a line of people wanting to help with the waxing as well as people encouraging Noel and filling the donations tins - I think the more he grimaced, the more the guys in the crowd donated!

Great job Noel! When it was all over and he was asked if it was really going to do it annually, he said he'd have to think about it. But I'm sure if we make it a challenge ...

