

**PINK
FINSS**
Charity

**race
day**

Hawkesbury Race Course
Thursday 8th September, 2011

Buy your tickets now or why not organise a table!

June 2011 Newsletter



The Pink Finss Charity is almost a year old already. Stay tuned for more information about our upcoming celebrations!

Opal Cottage

Opal Cottage in Richmond provides a number of services to families in the Hawkesbury District and believes in the right of people with disabilities to live a full and valuable life. Since some of the families we are helping have children with disabilities, Opal will put together a free training program specifically for the Pink Finss.

These things are about fit and only you will know if you are right for the situation, and if the situation is right for you. If you are interested in doing the training and helping out, please let Kirsty know volunteers@pinkfinss.com.au

Welcome to the Pink Finss Newsletter!

We Got It !!!!!

The Pink Finss Charity has finally received our DGR status! This means we are now able to give out tax deductible receipts to anyone who makes a donation to the charity of more than \$2. We have gone back over our records and sent out receipts, but if we have missed you, just email accounts@pinkfinss.com.au

This is great news and will enable us to raise more funds to help local women and their families suffering from breast cancer.

At the moment, we are helping 8 local women and it's so rewarding to be able to do so. Some have been given cash

donations while others just need a bit of help once in a while, and they always enjoy a bunch of flowers to show our support.

Pink Finss Race Day

On Thursday 8 September 2011 the Pink Finss Charity will be hosting their 1st Race Day at Hawkesbury Race Course.

Businesses can sponsor and host a table of 10 people in the Ted McCabe Function Room which includes a 3 course meal, drinks, entertainment, and a race day spectacular. By sponsoring a race you also get to enjoy sashing the winning horse, celebratory drinks with the connections of the winning horse and publicity across the country's horse racing channels both on television and radio. If you are interested in a sponsorship opportunity, please email events@pinkfinss.com.au and we will send you a race day proposal.

Alternatively, get your friends together and book a table. Tickets are now available for sale on our website. There will be raffles, auctions and lucky door prizes with lots of fun to be had and all for a good cause!

NSW Police Lose It Big-time

As we get older, many of us start to add a few kilos and centimetres around the waist. During the recent season of the Biggest Loser on TV, several members of the Parramatta Police realised that they needed to lose a bit as well. So they set up a challenge - with an entry fee of \$50 their goal was to lose as much weight as they could over 12 weeks. The winner would take home the prize money, with a percentage being donated to a charity.

Long-time friend of Jodie's, Andrew Clark lost an impressive 25 kilos to be crowned the Parramatta Police's Biggest Loser. Andrew promptly donated \$200 of his hard earned winnings to the Pink Finss Charity. Well done and thank you Andrew.

A Special Thank You to A View Turf For Their Kind Donation of \$350

Yes, Pete Scott really can swim all the way across the river. Good job Pete!

The Inner Wheel

Jodie and Kirsty were kindly invited to represent Pink Finss at the Hawkesbury chapter of the Inner Wheel, the female-driven side of Rotary. Jodie and Kirsty were enthused after meeting with such an energetic and driven group of women who fundraise by day and party (and still fundraise) by night! Jodie spoke from her heart about her experiences and the group was moved to offer their support. The Inner Wheel offered many new and rewarding connections and we thank them for their interest in the Charity. They are a vital contact for us and we are all excited to work with them to provide assistance to women of the Hawkesbury.

Additions to the Pink Finss Charity

The Pink Finss Charity has recently needed to expand our 'committee' to cover our increasing commitments.

Kirsty Mayfield is the new Volunteer's Co-ordinator. She will be the important link between family members who are seeking help for their loved one going through cancer treatment and our Breast Friends network of volunteers. Kirsty's organisational skills and enthusiasm made her the perfect choice for this role.

Sam Gordon will primarily be responsible for sourcing raffle prizes, a critical role for a charity such as ours that relies on donations and fundraising. Sam's flair for knowing "someone" in all the right places combined with her passion for helping others makes her a welcome addition to the charity.

Melissa Myhill has a very cool job. She will be in charge of organising and delivering the Charity's 'gifts'. In addition to making 'donations' to the women currently undergoing treatment, we felt it is important to send them flowers, a card or something sweet once in a while. It may be during a particularly tough time, to celebrate good news or just to let them know we are here and that we care. So welcome and thank you to Kirsty, Sam and Melissa!

Hawkesbury Race Day BBQ

On 30 April, The Pink Finss Charity ran the BBQ and Raffle at the Hawkesbury Races. Despite a very wet week leading up to the races, Saturday was a beautiful and mostly sunny day. While numbers weren't quite as high as expected, everyone was kept very busy making sausage and steak sandwiches, selling raffle tickets and merchandise. All in all it was a very successful day and we made a couple thousand dollars which we can use to help local women. A big thank you to all the volunteers who helped out on the day, as well as those who helped get it all organised.

Our raffle prizes were very kindly donated by;

- Snap On Tools Pack organised by Anthony Mayfield of Snap on Tools.
- Instructional Powered Parachute Flight thanks to the Hawkesbury Powered Parachute Centre
- Instyle Hair and Beauty Pack by Naomi

A special thank you to Graham and Kim from Wescranes for the use of their impressive BBQ trailer, Tom's Family Butcher in Annangrove for the delicious steaks and sausages as well as Coldy's for the use of their equipment.

Kurrajong Baptist 'Creative Hands'



There is a very talented group of women in Kurrajong who gather once a week to spend the day sewing and enjoying delicious homemade treats with their coffee. The Pink Finss Charity was recently invited to attend for a very special presentation. This amazing group has very carefully made and donated to the Pink Finss Charity 60 breast pillows. According to Jodie Amor, "I used one of these pillows for a couple weeks after my last surgery. They help you get much needed rest comfortably and allow you to do things during the day without bumping yourself or any tubes you may have. This is such a generous donation, one that will help many, many women recover during their treatment."

A special thank you to Lola Hamilton for organising this project. As well as making and donating the pillows, the ladies also held a raffle for a couple cakes and raised over \$30 which they also donated to the Charity. What an amazing group of ladies.

Thank you also goes to Sharon Exton for her involvement in this wonderful project.

Pink Finss Biathlon

On Sunday April 10th, The Pink Finss Charity held their first Team Biathlon. Organised by Mick Ferris and Greg Douglas, the morning was a great success with pairs of competitors running and riding around the Hawkesbury Ag College. The teams doing the 4k course went first followed by those doing the 8k course. Raising \$570 for the Charity, it was a very successful morning. There are plans to make this an annual event, but there may be some challenges added to make it even more fun.

We would like to thank all the local business who donated products or services, which all the winners enjoyed; Hawkesbury Cycles, The Richmond Club, Windsor Cycles, The Heritage Hotel, Naturally Better Health and of course MJM Earthmoving. And the winners were:

Mixed 4k

1st Place: Joel & Suzy Murphy - Team Murph
2nd Place: Nadia Masonwells & Mick Ferris - Masonferris

Lady's 4k

1st Place: Sue Walton & Michelle Butcher - Malvern Star
2nd Place: Jodie Toomsalu & Michelle Brown - Browntoo

Mixed 8k

1st Place: Sharon & Lee Taylor - Team Taylor
2nd Place: Elise & Owen Robottom - The Spokey Dokeys

Men's 8k

1st Place: Scott Griffin & Glenn Toomsalu - Tri Hards
2nd Place: Rob Amor & Mick Myhill - The Bookends

Lady's 8k

1st Place: Jodie Amor & Suzi Ferris - The Byron Babes
2nd Place: Kate Pye & Sam Greentree - Team Kasam



Support Group Meetings

We have moved the Support Group Meetings to The Richmond Club. They are held on the first Monday of each month from 10 am to 12 midday in a special section of the coffee shop. There are full child minding facilities available so we can enjoy a nice quiet cuppa together.

The meetings are going well and we have several women who come when they can fit it in around treatment. There are also a couple women who have survived breast cancer that come and are able to share their experiences. Having these meetings locally means so much to these women. When they leave after a couple hours of talking about their treatment, families and everything else, they seem relaxed, more confident and happier.

Soroptimist

Founded in 1921, Soroptimist (Latin: best for women) International is a world-wide volunteer service organisation. It is for business and professional women who work to improve the lives of women and girls, in local communities and throughout the world.

Jodie Amor was invited to attend a local meeting that was organised to raise awareness of different women's health issues. Jodie shared her moving story while others shared their own experiences with diabetes, cancer and heart disease.

With a dedicated group of 18 local volunteers, the Hawkesbury District Soroptimists raise funds throughout the year which they then donate to local women's groups and charities. The Pink Finss Charity would like to thank them for their very kind donation of \$550 which will be used to help local Hawkesbury women suffering from breast cancer.

Cross Country BBQ

BBQ Queen Suzi Murphy organised for the Pink Finss Charity to run the BBQ at the recent small schools cross country carnival.

Thank you to all the volunteers that helped out to make it a very successful day.

Another Egg & Bacon Roll Tracey!

Patchwork and Quilters of the Hawkesbury

This year was the 20th Patchwork and Quilters of the Hawkesbury's Quilt Camp. This is a special weekend with over 150 women gathering in Kurrajong to attend classes and workshops, catch up with old friends and of course make beautiful hand-made quilts. Not only do these women create precious heirlooms, but they also understand the spirit of giving. Every year since 1995 they have held their 'Quilt Challenge' where they receive and then distribute quilts to (in the past) a nursing home, Camp Quality, the Starlight Foundation and now to Ronald McDonald House. In keeping with this spirit, this year the ladies learned of our Charity and auctioned off a quilt, donating an amazing \$735 to the Pink Finss Charity. Thank you so much.

Calendar of Upcoming Events

June 2011

"Dress for Success"
at Richmond TAFE

"Look Good Feel Better"

Training of volunteers
Wednesday 22 June

August 2011

Hawkesbury 120 BBQ
over 2 days @ Windsor

September 2011

Pink Finss Charity Race Day @
Hawkesbury Race Club
Thursday 8th September

October 2011

Tri Pink Homebush Bay
Saturday 8th October
Gold Coin Donations in Schools
Wristbands

Hawkesbury Polo's Breast
Cancer Awareness Day

Nov/Dec 2011

High Tea

Triathlon Pink 2011

This year's Tri Pink will be on Saturday October 8, so make sure you mark it in your diary and sign up soon. Last year's event sold out in Sydney and you really don't want to miss out! Tri training will start up again the first weekend back after the July school holidays - July 23.

Tri Pink is really designed for women interested in doing their first triathlon in a safe, friendly environment where everyone is cheered for trying. The distances are achievable, even if you haven't done much for a couple years. And the training sessions will help you understand what a triathlon is all about while you meet some great women and have a bit of fun exercising.

Short Course: 100m swim, 3 k bike ride, 1 k walk or run
Medium Course: 200m swim, 6 k bike ride, 2 k walk or run
Long Course: 300m swim, 9 k bike ride, 3 k walk or run

If you are interested in training with us, have a look at our website or email Mick scrummie@hotmail.com For more info on the Tri Pink go to their website www.triathlonpink.com.au

Lighting Up Xmas for Charity

What started out as just a bit of fun at Christmas has grown over the years into something very special. The Martello's of North Richmond spent roughly 80-100 hours putting up a magnificent Christmas lights display last year. Featured in the display were Santa's Chair, a nativity scene, a giant Christmas tree, Santa and his reindeers with an illuminated moon, a 4 metres high star and of course a giant candy cane. Christmas Eve is obviously the most popular night with Santa visiting. People come from far and wide to enjoy the display with several buses stopping for a look. According to Marc, "we had a few hundred people in our street on Christmas Eve so it was really very special."

As a breast cancer survivor, Susan understands how important it is to give back to the community. Half the \$1000 raised was donated to the Pink Finss Charity with the other half going to the National Breast Cancer Foundation.

And while the Martello's were actually hoping to take a break from the lights last year, pressure from neighbours and Facebook of all places meant they did it all again. Susan assured me though that this year, they are definitely not going to do it ... we'll see!



Look Good Feel Better

Look Good Feel Better (LGFB) is a programme run to help women suffering the devastating effects of chemotherapy and radiation treatment. Local beauty experts provide a day of pampering and advice to bring out these ladies' unique and ever-present beauty, particularly when they feel at their lowest ebb. Before we can conduct these sessions, however, we need to be trained by the LGFB team.

We had a great turn-out at the first LGFB Training Night held at the Richmond Club on the 9th of March. It was great to see so many women there willing to give up their own time to help others. If you were there, please don't forget the second part of your training is required before you can work your magic! Once you have completed both parts of your training, please let Kirsty know.

The next Training Night will Wed June 22 at 6 pm at Revlon in Ryde. We definitely need more beauticians so if you know of any who would be interested, please pass the word on and let Kym know events@pinkfinss.com.au