

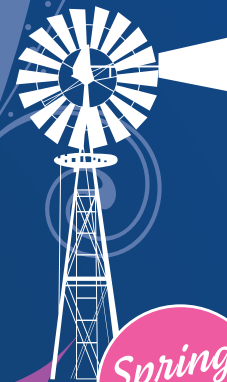


IA13326

Breast and Prostate Cancer

Association of Qld Inc.

Supporting Rural and Regional Queensland



Spring
2022

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Dr Marie Burke (Vice-Patron)

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Chinchilla: Joanna Embry

Emerald: Tiffany Pulford

Fraser Coast: Penny Kilner

Goondiwindi: Gloria Cory

Mackay: Seeking Volunteers

Miles: Ann Gibbons

Mitchell: Jenny Hockey

Rockhampton:

Helen Gudmann

St George: Amelia Sevil
& Emily Martin

Toowoomba: Jayne Gentry

Fundraising Committee:

- Dinie McConnel

- Ali Bull

- Emma Crosby

- Lizzie Chandler

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PRESIDENT'S REPORT

Welcome to the Spring Newsletter for 2022

I would like to begin by paying our respects and acknowledging the traditional owners of the land of the Jagera and Turrbul people, where we hold this meeting at QUT tonight.

Welcome everyone and I am pleased to present the AGM Report for 2022.

It has been a successful year as we continue to provide and honor our commitment to supporting rural, regional, and remote communities and the people faced with breast or prostate cancer.

I am delighted that we have formed a fundraising subcommittee with four committed women, Dinie McConnel, Ali Bull, Emma Crosby, and Lizzie Chandler. At their recent community fundraiser in August for the annual Brookfield Showgrounds, they donated \$7,500 to the BPCAQ from a percentage of the day. This is extraordinary support, and we thank them enormously. They are planning a BPCAQ fundraiser later in 2023, so watch this space, and the BPCAQ Facebook!

The Emerald subcommittee had another very successful Annual Charity Dinner that raised over \$20,000 for their community. They are a very active and committed group. We have been able to secure the Breast & Prostate Clinical Nurse in Goondiwindi, Genevieve Behrend as an FTE 0.1 position, with the commitment of

Qld Health taking the position on from 1 July 2023 at a FTE 0.2 position. Genevieve's predecessor, Justine Gaynor held a very successful Paint N Sip event in Gundy. This is a very important position for the community.

BPCAQ has approved 40 patient assistant grants through the sub-committees in their rural area, for the financial year.

Pammie Ellem, our Board member in Bundaberg, is looking into the benefits of the BPCAQ belonging to the ACN (Australian College of Nursing). This could be an advantage to our nurses who may use the benefits of our being affiliated.

The St Luke's Anglican School in Bundaberg held its annual Ladies Afternoon Tea for over 500 ladies which was a huge success.

The West N Breast in Longreach has used some of its funds to provide IT equipment for the Barcaldine Hospital.

Joy McClymont from Longreach is an online fitness trainer, who has written an article for the Spring

Newsletter. Joy is a mum, grazier, fitness trainer, and a great believer in health and wellness.

Tracey Plumridge, our former office administrator, has collated a history of the past 30 years and it will be completed to celebrate our thirty years in 2023.

I'd like to thank my fellow Board members for their continued support and dedication

and assistance in continuing our commitment. To our Patron Glenda Powell and Vice Patron, Marie Burke, we appreciate your relationship and advocacy.

Also, I'd like to thank our office administrator, Jacqui Lowrie, for the work she carries out in the office. She stays connected with the subcommittees and patients with her caring personality. She also keeps the office finances in check with the help of our treasurer, Rebecca Otto. We have taken a 3 year lease with QUT in the Health Building at Kelvin Grove, which is the perfect space for us to have our office.

Thank you to our donors who have been very generous, and we appreciate the support that enables us to can keep delivering our obligation and purpose.



Gina Fairfax
President

Since our inception almost 30 years ago we have through our fundraising efforts facilitated the following:

- Patient grants in excess of \$656,922.49 to hundreds of patients. Last financial year we provided \$77,774.95 to 77 patients and we have already provided almost \$28,010.16 this financial year.
- Held annual Community seminars in 23 towns across Queensland
- Scholarships and training in the order of \$185,007.00 to over 100 breast and prostate cancer nurses
- Research funding in the amount of over \$220,000.00
- Funding of breast and prostate cancer nurses in Barcaldine (Breast Nurse), Emerald (Breast and Prostate Nurse), Fraser Coast (Breast and Prostate Nurse), St George, Charleville, Roma, and Rockhampton. Currently, we are funding a nurse for Goondiwindi. We have invested over \$888,435.00 in nurse placements.

RURAL NEWS

JOY MCCLYMONT



Joy McClymont is a grazier, wife, mother and lifestyle fitness trainer with a difference. You won't see shiny weights or sealed roads in her exercise area; instead, there will be miles of dirt tracks, dams, creeks, sheep, cattle, a scrap iron heap, and a very handy shed /hangar. Joy is a lifestyle fitness trainer for people just like her, who live and work in isolated areas of Australia (rural, regional and remote). Joy lives and breathes the value of physical and mental health and as a coach and trainer for the past 20 years, she also understands the struggle for rural Australians to prioritise themselves amongst the busyness of life.

As a mother of 4, and grazier on a sheep/cattle station near Longreach with her husband Paul, Joy lives her passion to help rural people merge healthy and fit habits with their unique lifestyle and recognise it as the key to improving everyday confidence, ability and long-term wellness. "It's not just about exercise, it's about how we work, eat, think and rest, which influences how we show up in the world, every day."

Joy established Off The Track Training 14 years ago, from her sheep/cattle station, west of Longreach, Queensland to provide rural Australians with an opportunity and community, to improve their physical and mental well-being. "Coaching and supporting hard-working rural Australians has been my focus, as they genuinely struggle to prioritize their health and access to specialists are limited". We now deliver a virtual program to 200+ people that is accessible anywhere, anytime with printed materials, so as to not be disadvantaged by internet connectivity".

Joy's program and ongoing support through her webinars is part of helping people feel inspired, educated, and valued as active rural Australians.

"Being fit and healthy shouldn't be fussy with lots of fancy gear, bucket loads of time or heaps of travel. Keeping it simple, achievable, and consistent are the keys to success."

Joy is on a mission to change the perception of health and fitness for people living in rural Australia and boost the importance of prioritising their physical and mental health.

One Body, One Life, Many Horizons

NURSE NEWS

GOONDIWINDI NURSE



Justine Gaynor (right) has been our Breast and Prostate Clinical Nurse at Goondiwindi Hospital and has done a magnificent job! She is heading off on maternity leave soon and will be replaced by Genevieve Behrend (left).

FRASER COAST

BPCAQ is currently funding Lani Beard (an RN at Hervey Bay's Oncology Service) to undertake a unit (Leadership and Professional Practice) towards her Graduate Certificate in Breast Cancer Nursing through the Australian College of Nursing. This unit provides the opportunity to develop clinical skills through analysis of best practice and to help develop clinical decision-making skills to provide better care to patients and their families!



SUBCOMMITTEE NEWS

EMERALD

23 July 2022

The rain held off for the annual RAMS Rugby Union Ladies Day and it ended up being an extremely successful event. The RAMS committee put in a huge effort for the day and it paid off with a total \$9,866.76 raised for Breast & Prostate Cancer along with a win for the RAMS!

It was a busy day on the 23rd July with Jason Ross Earthmoving also hosting their annual Ladies Day, each year a different ladies topic is the centre of the day. This year our committee member Tiffany Pulford and breast care nurse Carolanne discussed the importance of our committee and getting your regular breast test. Jason Ross Earthmoving also generously donated \$1000 to our committee.



EMERALD *continued.*

12 August 2022

We were lucky to be the 1st recipients of the partnership between Kestrel Coal Mine and Fenner Conveyors campaign #communityconveyors. Together, the two organisations will be commissioning four conveyors over an 18-month period, painting each a different colour to support a local Central Highlands charity. The first Conveyor is painted blue to recognise prostate cancer, committee member Gerry Huston along with our local Prostate Care nurse Jo Oughton attended and were presented a cheque of \$15,000



27th August 2022

On Saturday 27th August we held our 19th annual fundraising dinner in Emerald. This event is always very popular and well supported in our local community. This year we raised over \$20,000.00. We are grateful to all our volunteers, sponsors and businesses who support our dinner to make it such a huge success. We were lucky enough to hear from a local Emerald woman who was recently supported by our committee through her Breast Cancer journey. Our dinner also signified an amazing milestone for our committee. In the 19 years the committee has been formed we have now raised over \$500,000!!!. Everyone is already talking about our big 20th dinner which we are hoping will be our biggest and best yet.



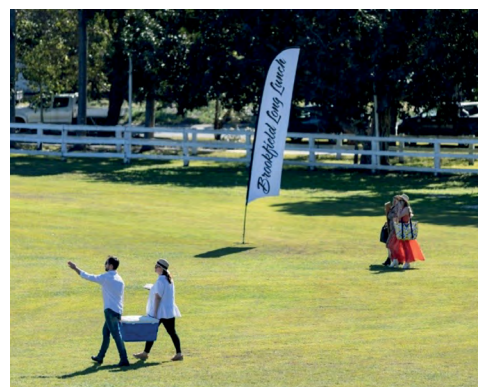
BRISBANE

Brookfield is a semi-rural suburb west of Brisbane - home to many country (and country-at-heart) families who are incredibly blessed to live on acreage just 20km from the Brisbane CBD. The Brookfield Showgrounds lies at the heart of the suburb and is the home of Brisbane's 'biggest little country show', the Brookfield Bush Christmas, the local Cricket Club and Pony Club. Like many Showgrounds and Show Society's around Queensland, funding has been a constant challenge and so in 2014 a group of locals started an event called the Brookfield Long Lunch - where 'lunch' is but a small part of a really fun day (and night). 450 people attended the inaugural event - mostly from Brookfield, but also a great number of attendees were friends from rural and regional Queensland and NSW. The 'Brookie Long Lunch' has become an annual occasion (apart from 2020 and 2021 where it had a COVID-enforced hiatus). Since that time it has become somewhat of a highlight on the Brookfield social calendar, and this year we had 2,100 attendees - still, many of them friends from 'out west' or 'down south'. Whilst the main objective of the Brookfield Long Lunch continues to be to raise funds for the Brookfield Showgrounds and Show Society, in recent years the event has also chosen a rural charity or not-for-profit to support. This year the Brookfield Long Lunch was proud to support BPCAQ. BPCAQ resonated with the Brookfield Long Lunch, not just because of our association with Gina

Fairfax and Dinie McConnel, but also because so many of us have been personally affected or know someone who has or has had either breast or prostate cancer, and we recognise the challenges faced by people and families with cancer in rural and regional Australia. To this end, the Brookfield Long Lunch is delighted to be donating 10% of the event profits to BPCAQ and hope that this can assist the organisation in its incredible work.

Ali Bull

Brookfield Long Lunch



MILES

Senex Energy has made a recent donation to the Miles SubBranch of the Breast & Prostate Cancer Association Queensland (BPCAQ) will provide critical financial assistance to people in the Miles and Wandoan districts dealing with cancer. Ann Gibbons was thrilled to accept the donation from Senex.

Senex Community Relations Manager Trevor Robertson said Senex was delighted to provide much-needed support to BPCAQ's Miles Sub-Branch. "This volunteer organisation plays a really important role in supporting people in Miles and Wandoan battling cancer and Senex is proud to have a small part in enabling it to help people when they are most in their time of need".



Ann Gibbons and Trevor Robertson

FRASER COAST

Fraser Coast been back doing some fundraising this year with our Mother's Day Raffle being a huge success. Our first prize of a \$250 voucher was won by Barb from Tiaro. She was very pleased and intends to go shopping soon.

Our current fundraiser is a raffle for Father's Day. The first prize is this beautiful quilt. Other prizes include \$100 gift voucher from Dan Murphy's, \$50 vouchers from Bunnings and Woollies' as well as toiletries, camp chair, as well as this basket of goodies.

Our group has grown this year and we are looking for more ways to raise funds.

A reminder that if anyone is passing through Tiaro, please call into the Craft / Information Shop where we have a table with items for sale with all the proceeds going towards Fraser Coast / Wide Bay BPCAQ. Please come and support us.



ROCKHAMPTON

Faye Smith owns a Mobile prosthesis and bra fitting service called Bra-ology in Rockhampton and surrounding regions. She is on the committee for Regional Women's Network (RWN) which is a not-for-profit organisation that holds fundraising activities in Rockhampton every month.

RWN in conjunction with Bra-ology, held a breast cancer fundraiser on Saturday, 15th October, and raised \$920.00 which has been donated to BPCAQ!



GOONDIWINDI

Goondiwindi District held a very successful paint and sip evening for Breast Cancer Awareness on the 27th of August 2022.

They had 31 participants attend the evening. Dr Anna Carswell GP gave an insightful talk on breast awareness, self-examination, screening and the role of the GP. She even drew on her own breasts and surrounding tissue for a visual example! We also heard from our local breast cancer survivor and support person Gloria Corey. It was a very successful evening where everyone was able to enjoy themselves and generate conversation about breast awareness, particularly in the younger population.

Everyone is very interested in more breast cancer events.



Thank you for your support

Malcolm Lum, AB Power, ABC Staff Giving, Adani Mining PL, Anne Shiells, BC Coffin, Bell Business Co, Patricia Bellamy, Ann Brett, Cap Coast Home Loans, Containers for Change, Creative Publishing Services, Denise Schellbach, Don Deane, Dream Design Homes, Elizabeth Leggo, Pammie Ellem, Emerald RAMS Rugby Union Club, Emerald Rodeo, Entertainment Book, Eric Denham, Georgina Atkinson, Gina Fairfax, Giving Force Foundation, Good2Give, Goondiwindi Marjong Group, Gregory Harriss, Grey Street Vet, Halcyon Finance, Herrod Todd White, James Cook University, Jamie Cunningham, Jason Ross Earthmoving, John Davey, Judy Smith, Kathy Anning, Keppel Bay Sailing Club, Keppel Coast Law, Kieran Curnow, Jane Lahz, Lois Shinnors, Malcolm Lum, Mariah Burton, Mary Carroll, Mary McGuire, Patricia Meagher, Money Matters Accounting Services, Morgans Foundation, Wendy Callinan, N Jensen, Patrick Refrigeration, Paypal Giving Fund, Tracey Plumridge, Glenda Powell, Qube Ports Renee Carswell, Reverend Clive Cooper, Richard Wilson, Rosemary Locke, Rosemary Vanderloos, Sarah Nason, Elaine Smith, Maureen Stevenson, Tiaro Craft Cottage, Vanessa Moore, Western Emporium, Yeppoon Building Improvements, Yeppoon Tiling, Sally white, Ian & Robyn Todd, Retreat Creek Campdraft Association Inc, Sydney William QC, Rebecca Otto, Helen Morrisby.

Please join us in support of Breast and Prostate Cancer



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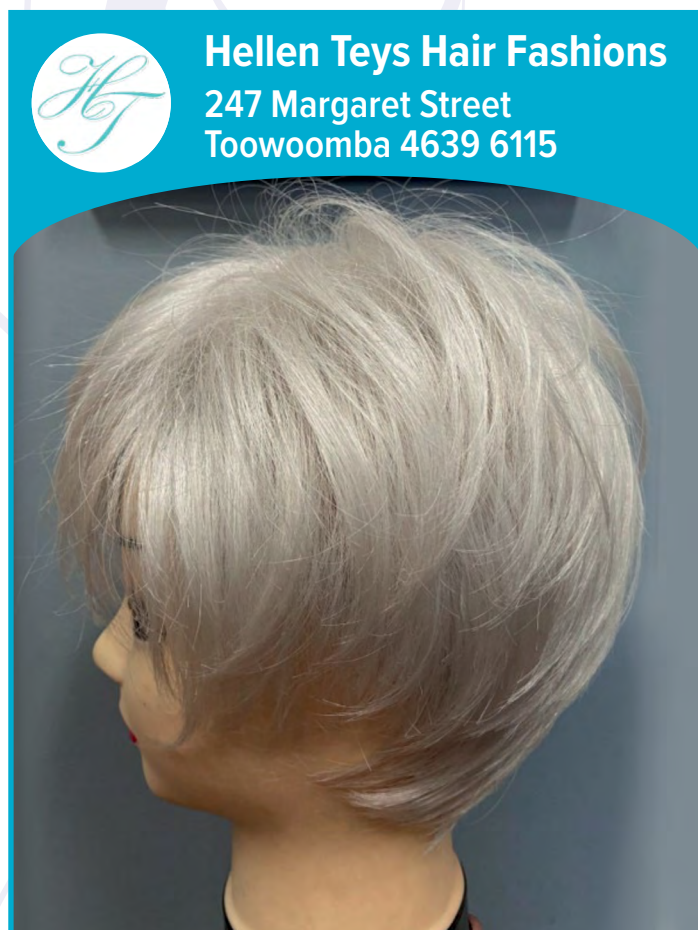
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C10011182

Are you aware that our Charity has a 'Cash for Cans account'.

If anyone would like to donate their proceeds from this to our Charity you can provide our scheme ID which is C10011182 when recycling your cans.

Alternatively, you can print the Woolworths voucher, cash it in and email:
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SPRING HILL QLD 4004

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SPRING HILL QLD 4004

About the Breast and Prostate Cancer Association of Queensland Inc.



In 1993 the Breast Cancer Association of Queensland Inc. was established with the purpose of using funds raised to benefit Research, Treatment, Prevention, Community Education and provide support for those with breast cancer and their families.

In February 2012 BCAQ received permission from the Department of Fair Trading to change our name and model rules to incorporate services for Prostate Cancer. Our Association is now called "Breast and Prostate Cancer Association of Queensland Inc".

A large membership in Queensland will increase the influence it has on governments and sponsors to assist in the search for better diagnosis, treatments and hopefully, eventual prevention.

Become a member now!

DONATION AND MEMBERSHIP APPLICATION

Title	Given Names	Surname
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Suburb/Town	Postcode	
Phone:		
Email:		

Method of Payment: ☐ Cheque ☐ Mastercard ☐ Visa card

				/	
Card number				Expiry Date	CVV

Donations can be made via our website: www.bcaq.com
Email enquiries@bcaq.com for our bank details if you'd like to deposit by internet banking.

Please enrol me as a Member of the BPCAQ. I enclose:

☐ Membership Subscription Fee (2022-2023)
Due from 1st July 2022. \$ 15.00

☐ I would like to make a donation:
(Donations over \$2.00 are tax deductible) \$ _____

TOTAL \$ _____

**Please complete credit card details
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Web: www.bcaq.com **Mobile:** 0439 961 236