

Riverine Herald

PLUS

Fun ideas to raise funds

Enjoy a night out with friends

It all started with a target of about \$1000 and perhaps 150 women. So, when the first Girls Night Out attracted 380 excited and enthusiastic party-goers and raised an incredible \$22,000, the organisers were amazed and an institution was born. That was three years ago. Since then, six more Girls' Nights Out (GNO) and two Boys' Nights Out (BNO) have brought the total to a massive \$100,000. It won't stop there. As the committee members — Wendy Nolan, Leonie Canham, Liz Smith, Belinda Jones-Bird and Meryl Connors — go about their daily lives, people stop them and ask "When's the next one?"

GNOs have taken various forms, including a film night followed by tapas, and a relaxing Sunday afternoon. They attract women of all ages, from 18 to at least 80 and with many scheduled for after work on a week night, do not need people to dress in their best. They are a great excuse to go out, have fun, meet people and party while supporting others in the community. Most of the money raised from

GNOs and BNOs goes to district residents who are undergoing cancer treatment, at Echuca hospital or elsewhere. About \$8000 has gone to the McGrath Foundation in support of an application for a breast care nurse at Echuca. After that first staggeringly successful event at Moama Bowling Club in 2008, the Supportive Care Fund was established at Echuca hospital where Serena Morley and Jenny Railton work with patients as

cancer support nurses. Jenny said the proceeds from the nights out went to oncology patients who needed financial help. Cancer treatment could take months, she said, and many people did not have the savings to support them through a long period of unemployment combined with the extra expenses involved in treatment. These could include fuel for travel to appointments, wigs to restore morale when chemotherapy caused

hair loss, massage for lymphodemia symptoms, medical aids, medications and home care. The fund also financed the Look Good, Feel Better program run at the hospital four times a year for people undergoing chemotherapy and radiotherapy. Jenny said recipients were often initially reluctant to accept help from the fund but when they learned more about it were more than grateful. "They feel blessed," Jenny said. ■ Continued page 10



Ready to help: Helping out are (from left) Girls' Night Out committee members Wendy Nolan and Leonie Canham, cancer support nurse Jenny Railton and Boys' Night Out committee members George Santos and Craig Canham.

RH PLUS

WEEKLY horoscope



AQUARIUS

JANUARY 21 TO FEBRUARY 19

Just as the Sun gets ready to leave Aquarius, so you have a moment of power. After all, Mercury, Mars and Neptune are still in your sign. The sticky battles that have kept you in frustrating emotional swamplands, are over. Dust yourself off and get ready to play.



PISCES

FEBRUARY 20 TO MARCH 20

The Sun enters Pisces this week. In some subtle way, this gives you the sense that you are at home. To be a stranger in a strange land might be a familiar script but even it comes eventually to an end. The fullness of the Moon will light up your heart from the inside.



ARIES

MARCH 21 TO APRIL 20

You are used to being opposed, in a place where the game just changed. You have support and that means no need to fight. It might take a few moments to get used to it. The look on your face when you discover there is no resistance is priceless. Adjust to the flow.



TAURUS

APRIL 21 TO MAY 21

It is right to be at loggerheads with those who are offering plates full of sweetness and diplomacy. Your gut tells you there is something under the surface which is quite different. You would be wise to trust it. Realness is paramount and communication is the way.



GEMINI

MAY 22 TO JUNE 21

There has been a significant shift in the fabric of existence, which puts you in a much more comfortable place. Naturally your first response to this is heady and honeymoon like. That will settle down in time, but since it is here, empty your glass with a passion.



CANCER

JUNE 22 TO JULY 23

What is done is done. What is gone is gone. You can get on with all that you want to get on with. Your job is to engage people fully and create. Work out your plans, but do not be so busy working out your plans that you forget to enact them. Individuate.



LEO

JULY 24 TO AUGUST 23

When you are directly opposed, though it ruffles your lion feathers, it gives you a chance to know your position and find solid ground. That is about to change. Life is about to come from an angle that is akin to a foreign country. First comes confusion and then the flow.



VIRGO

AUGUST 24 TO SEPTEMBER 23

Relationship, done authentically, breeds transformation. How can it do anything else? Plainly hardened egos do not have very successful love lives. In relationship, something has to give somewhere, for opening to happen and softness to come on in. Soak it up.



LIBRA

SEPTEMBER 24 TO OCTOBER 23

Life is offering you the chance to find love, or at least friendship, where you would have least imagined it to be. It is in the unexpected connections, the astrologically uncool relationships, that the most interesting chemistry happens. Lay prejudice aside and have fun.



SCORPIO

OCTOBER 24 TO NOVEMBER 22

Things come to a peak. There has been a Mexican stand-off which has not really served anyone well. When the dam breaks and all the defensive nonsense comes seriously unstuck, then the waters of kindness, preciousness, love and understanding flow. Be gently unravelled.



SAGITTARIUS

NOVEMBER 23 TO DECEMBER 20

A further kick of intent arises in your being. The North Node of the Moon has arrived in Sagittarius. It is life pointing firmly in the direction of where we have to go. And it is in your sign. A Centaur is a happy mix of spirit and instinct, both human and divine.



CAPRICORN

DECEMBER 21 TO JANUARY 20

Venus is right in the middle of Capricorn. She is insisting that you find harmony with those you would normally imagine to be odd bedfellows. As tempted as you are to follow habit and find discrepancies, your better part is leading you toward synthesis and concord.

Generosity of people is overwhelming

■ From page 9

“They can’t believe other people in the community would (do) that for them.

“It really does make a difference to their treatment outcomes and their general well being.

“We can’t express our gratitude enough. It makes our job so much easier. It touches patients’ lives, it just changes them.”

Knowing where the money is going, is one of the reasons the party-goers spend so freely and the events’ sponsors donate without hesitation.

“People are incredibly generous,” Wendy said.

“They just throw money at us. The generosity of (local) businesses is incredible.”

As well as buying a ticket for \$35, participants contribute to raffles and lash out on auctions

“We can’t express our gratitude enough. It makes our job so much easier. It touches patients’ lives, it just changes them.”

— Jenny Railton

with magnificent prizes, goods and services up for grabs.

They sing, dance, eat, drink, laugh and talk, usually for far longer than the two and a half hours allocated.

The boys’ events are similar to the girls’, but with boys’ bonding activities such as a triathlon of fishing, golf and darts, adapted for an indoor venue.

The boys’ nights were started in March 2009 by partners of the girls’ committee members.

“We thought, ‘Anything they can

do we do better’,” Craig Canham said.

“We have yet to do that. It’s a hard act to follow.”

Wendy said the women who got together to hold the first fundraiser were taken by surprise at its success.

It resulted from some casual conversation about the need to improve facilities for cancer patients at Echuca and was inspired by the efforts and attitude of the late Michelle Noelker, a friend who was raising money for the Cancer

Council Victoria while undergoing her own cancer journey.

Wendy said she believed the events were supported partly because the cause was so deserving.

“Sadly, everybody is affected by cancer,” Wendy said.

“We look at (this) as a gift to people in (our) community.”

Each night out includes a time of reflection and pause to remember why they are there, but mostly the events are joyous, happy and uplifting.

“The focus is on the celebration of life and the celebration of women,” Wendy said.

“The inspiration has been Michelle and how she approached life and dealt with her cancer treatment.”

— Christine Chudley

Lucky ticket winners

Last week, *RH Plus* gave readers the chance to win one of 10 double passes to the Camping and Touring Show at Caulfield Racecourse.

The lucky winners were: David Evans of Echuca, Rodney Cole of Echuca, Greg and Corina Else of Rochester, Dylan Jardine of Moama, Simone Catalano of Echuca, Elaine Canning of Echuca, Judy Taylor of Echuca, Joy Morton of Echuca, M Spence of Echuca and Christine Holder of Kyabram.

The Camping and Touring Supershow has a massive range of caravans, motorhomes, camper trailers, tents, camping gear and every accessory under the sun, so you don’t have to leave luxury behind when you leave home.

Every year more and more Australians are making the great leap, discovering how affordable and awesome touring Australia can be.

Whether you’re into weekends away or the big lap, there will be something at the show to get your pulse racing.

As usual, the grandstand will be packed to the rafters with tourism displays offering invaluable free advice for your next adventure and there will be free 2011 tourism and caravan park guides.

The supershow will be at Caulfield Racecourse from March 10 to 15. It is open from 9.30am each day, with free parking before 11am. Admission is \$17 for adults, \$12 for concession and kids under 15 are free.

Another season ends

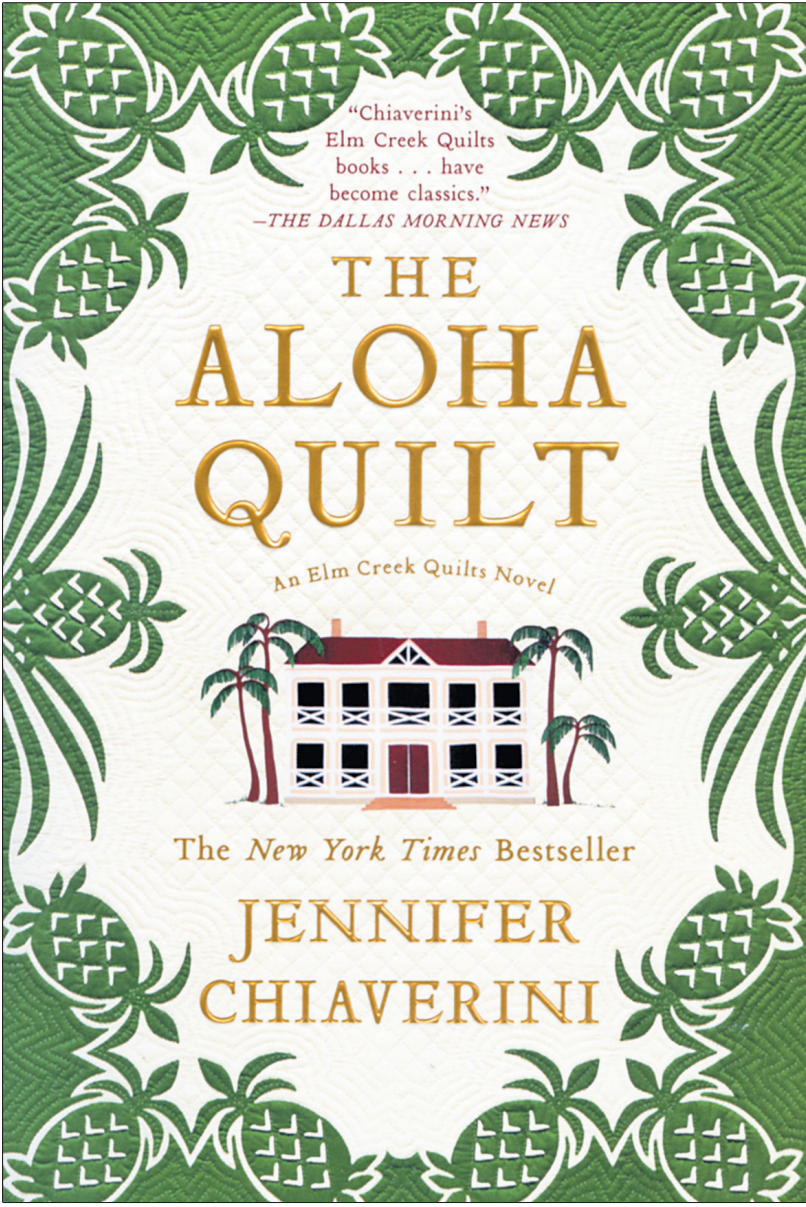
Your chance to win

“Chiaverini’s Elm Creek Quilts books . . . have become classics.”

—THE DALLAS MORNING NEWS

THE ALOHA QUILT

An Elm Creek Quilts Novel



The New York Times Bestseller

JENNIFER CHIAVERINI

The Aloha Quilt

By Jennifer Chiaverini

Published by Simon and Schuster

Another season of Elm Creek Quilt Camp has come to a close and Bonnie Markham faces a bleak and lonely winter ahead, with her quilt shop out of business and her divorce looming.

A welcome escape comes when Claire, a beloved college friend, unexpectedly invites her to Maui to help launch an exciting new business: a quilter’s retreat set at a bed and breakfast amid the vibrant colours and balmy breezes of the Hawaiian Islands.

Soon Bonnie finds herself looking out on sparkling waters and banyan trees, planning quilting courses, and learning the history and intricacies of Hawaiian quilting, all the while helping Claire run the inn.

As Bonnie’s adventure unfolds, it quickly becomes clear that Claire’s new business isn’t the only excitement in store for her.

Her cheating, soon-to-be ex-husband decides he wants her stake in Elm Creek Quilts, which threatens not only her financial well-being, but her dearest friendships as well.

Luckily she has the artistic challenge of creating her own unique Hawaiian quilt pattern to distract her—and new friends like Hinano Paoa, owner of the Nā Mele Hawai’i Music Shop, who introduces

Bonnie to the fascinating traditions of Hawaiian culture and reminds her that love can be found when and where you least expect it.

Jennifer Chiaverini is the author of 14 *Elm Creek Quilts* novels, as well as three collections of quilt projects inspired by the series and is the

designer of the Elm Creek Quilts fabric lines from Red Rooster Fabrics.

■ *RH Plus* has a copy of *The Aloha Quilt* to give away.

For your chance to win, cut out today’s *RH Plus* masthead and place it in an envelope. On the

back, write your name, address and phone number and send it to *RH Plus* book giveaway, *Riverine Herald*, PO Box 21, Echuca, 3564, or drop your entry into the *Riv* office by 5pm Thursday. The winner will be announced in next Monday’s *RH Plus*.