



Chairman

Graham Barron

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Chairman

Hello everyone, and a warm welcome to April. As the year progresses, we are in full swing with fundraising and networking within the community with several events held during March. Our inaugural trivia night not only raised \$930 but was a very successful social night. Thanks to Mark Munro, Janice and Peter Swannell and Graham Healy for their efforts in ensuring that we had a good night. The three Sing No Swing concerts, held at the USQ Arts Theatre, were very successful with performances from the Toowoomba Municipal Band, The Accidentals Vocal Ensemble, and the Toowoomba School of Dance. As well as being very entertaining, it highlighted the high standard of local talent.

The professional care provided at the Toowoomba **Hospice** is not only appreciated and supported by residents of Toowoomba, but also the surrounding

districts. I mention the recent Clifton Afternoon High Tea where \$5,300 was raised by residents of Clifton and its surrounds. I'd like to acknowledge Jackie Doyle for arranging this event. There have been many more community events which have raised funds for the Toowoomba Hospice. These events are vital in assisting with the operational costs of our great facility and I sincerely thank everyone for their ongoing support. Since our opening in 2003, we have provided very professional, short-term palliative care for 630 clients with 104 GPs and physicians providing their services. We also have 100 volunteers who bring very special qualities to our Hospice, assisting our staff with the daily operations. We provide employment for 27 people; 24 clinical staff and 3 administration.

I acknowledge our staff, volunteers and supporters for their cheerful and friendly manner in which they carry out their duties at the Hospice.

Until next time,



Inside:

- Dates to remember
- Fr. Kevin Ryan
- Photos
- Norm's Notes

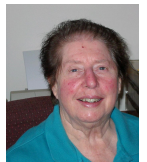
A message from the Founder

There are some people who touch lives so gently, even briefly, that their touch can be likened to the brush of a butterfly. Such was our experience of Fr Kevin Ryan as an all too brief a member of our Hospice Pastoral team. He had come to us after a lifetime of pastoral work in parishes, schools, colleges, prisons and as a Navy chaplain.

It was said of him that he never gave up on any person, no matter how difficult, how often the person lapsed he was always there to help put the broken pieces of that life back together again. He was

totally non-judgemental and accepting. Unconditional love was his hallmark. He quickly endeared himself to all he met at the Hospice.

We are conscious of our loss of such a wonderful person and hopefully his influence will stay with us into the future. Our symbol of the butterfly will always remind me of Fr Kevin.



**Sr Frances Flint CSB,
OAM**

Promotions and Fundraising Mark Munro



Mark Munro,
Fundraising and
Promotions Manager

Well what a HUGE month last month wasõ . !

I would like to say congratulations to our wonderful Director of Nursing for swimming 150 laps of the Glennie pool to raise funds for the Hospice through the annual Tadpoles Swim-a-thon. Thank you to the Swim-a-thon committee and participants for supporting it. Alicia and I will be attending the cheque presentation this weekend, so look out for May\$ newsletter for the total raised!

A special thanks to all who participated in the Peak 2 Parkõ ..Yes! I did the 4kms and made it! HOWEVER I think what kgs I lost in the walk were put back on 10 fold with the breakfast I had after!

Also during the month we had a Trivia Night which raised over \$900. The Car Park Sale raised over \$2500. St Paddy\$ Day Bowls day raised just under \$400 and by the time you all read this our Sing Æ Swing concerts have been and gone. I will report next month on how the shows went. I want to take this opportunity to thank everyone who co-ordinated and/or participated in the above events. Without your continued support we at the Hospice could not do our job of providing a very professional palliative care services.

One of our major fundraisers is during the months of May and June when we put forward a challenge to local businesses, schools and community groups to raise funds for the Hospice with a Free Dress Challenge. This ongoing fundraising effort asks participants to %get your work wear/uniform off and have a Free Dress Day+. Each group selects a day in which participants are encouraged to make a donation to the Hospice while wearing %Free Dress+. They then have the chance of winning a great prize.

If you or anyone you know would like to participate, please contact me or Jodie, our Administration Assistant, on records.toowoombahospice@bigpond.com for more details on how to register.

Remember it is for a great cause!

Until next month **Mark**

PS. Don't buy your financial year flip calendars yet as I have a surprise for you all....more details next newsletter.

Putting the FUN into FUNDraising!

Date Claimers For April, May and June

- April 28, 29 and 30 April. Shopping Promotion at Grand Central.
- May 11. Volunteers Mystery Tour followed by BBQ at the Hospice
- * Free Dress Challenge
- * Garden City Country Music Talent Quest

NORM'S NOTES:

Great Carpark Sale result — over \$2,700!

The lead-up to our March carpark sale was anything but smooth with rain forecast for both Friday and Saturday. However only misty showers came along and we ended the day with a very satisfactory result. As usual we received wonderful support from St Stephen\$ Church with no less than 20 of their folk helping with Friday\$ preparation and the sale on Saturday. A highlight of the sale was a donation of 2 solid timber outdoor settings from the DIY folk at Bunnings. A previous DIY donation from Bunnings can be seen (and sat on) in the area near the clinical entrance. Our grateful thanks for all the donations to the Carpark sale and to the Wilsonton Lions for cooking up a typical Lions\$breakfast. Our next Carpark sale will be on **August 13**.

Wilsonton Shopping Centre Promotion. By the time you read this our Wilsonton promotion may well be over and we will have details in the next Newsletter. Once again it is the support we receive from our fundraising volunteers that makes our Shopping Centre Promotions (I refuse to call them %bucket rattles+) so successful. We will go again at Garden Town or Toowoomba Plaza (or both) later in the year.

Stamp Sales. With the proliferation of new stamp issues (there is a new issue every few weeks!) and with emails replacing letters, coupled with the Postal Dept successfully destroying many of the stamps that are on envelopes, stamp collectors have to battle to keep their collections going. For these reasons the Hospice stamps are always in demand at the stamp clubs so please keep them coming.



We urgently need the services of a welder to help put up shelves in our storage shed. If you can help please ring Lee on 46597514 (H) or at the Hospice on Thursdays.

Alicia Trimingham-Turl

Well, I conquered the Glennie Pool swimming 150 laps (3.75kms) in 1 hour and 21 minutes, raising \$1100 for the effort. Well done to the Toowoomba Tadpoles for organising this event. I think I'll stick to the 150 for next year, - any more might be a little too much.

March has been a very busy month for us both socially and in the Hospice area caring for our clients. We have been fully occupied with a number on the waiting list again. Well done to our cooks, housekeepers, receptionists, nursing staff and flower volunteers for keeping the clinical area running smoothly.

I am sad to report that we have said goodbye to our Clinical Nurse Kate Beyer in March. Kate will be missed by staff and volunteers. She has been a quiet achiever during her time at the Hospice and has looked after the education profile, clinical and environmental auditing, referrals, admissions and some other clinical tasks necessary to satisfy reporting requirements. I certainly wish Kate and her family the very best and we all hope to keep in contact with her.



Alicia



Kate with her children at a BBQ at the Hospice.

We all wish Kate well and hope to see her at future events.



Alicia and Mark receiving the money raised by the Swimathon from Tadpoles Linda and Stephen Gray. WELL DONE!

Volunteer Coordinator

Kerrie Moore

Please welcome our new volunteers, Keith and Kate. We look forward to their help and company.

Sadly we said goodbye last week to our courier, Les, after 6 years of dedicated service. Les and his wife are off travelling and we wish them all the best.

To celebrate National Volunteers Week, we are going on a Mystery Trip on Wednesday 11th May. The cost is \$10 which includes morning tea. Please book and pay at reception as there are limited seats. This will be followed by a BBQ lunch back at the Hospice.

The Craft group is having a stall at the Black Forest Hill (Cuckoo Clock Centre) markets on Sunday 10th April.

March was a monster month for fundraising activities this year so we are very grateful to all those volunteers who helped with the many events in March. As you can see from the photos, those who attended the St. Patrick's Day lunch had an interesting time!



Kerrie



Happy St. Patricks Day



Lunch!



The lunch was rounded off with home-made mint-flavoured icecream. I've included the recipe below for those who asked for it.

MINT ICE CREAM

50g fresh mint leaves
125g caster sugar
Juice of 1/2 lemon
300ml thick cream
Green food colouring

1. Put the caster sugar and 150ml water into a small saucepan, stir over a low heat until the sugar has dissolved, then bring to the boil.
2. Wash, dry and chop the mint leaves, add to the syrup as soon as it boils; remove from heat and allow to cool.
3. Strain the syrup through a sieve crushing the mint leaves with a wooden spoon to get more flavour.
4. Add the lemon juice
5. Lightly beat the cream and stir it into the syrup. Add the colouring and beat the mixture thoroughly.
6. Pour the mixture into a freezing dish and place in the freezer.
7. After about 30 minutes, remove from freezer, turn it into a bowl and whisk again. Replace in freezer tray and place in freezer until required.
8. Serve with chocolate sauce and garnished with fresh mint leaves.
9. Instead of cream, a carton of icecream can be used, but increase other quantities to match.

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