



economic burden to family and health system.

The 5 year survival rate is only 20% - with little improvement in this outcome in over 30 years.

Instinctively, I knew I had to do something to channel my experiences to make a real, practical and significant difference to the lives of brain cancer patients, their families and carers.

And so, the 'Laugh Your Head Off Gala Dinner' in support of brain cancer patient support and care for the Sydney Neuro Oncology Group (SNOG) was initiated.

The dinner is a 'one off' fundraiser to be held on **Thursday 21 June 2018, at Doltone House, Hyde Park.**

Our target is to raise \$100,000. 100% of all the proceeds going to fund a part time specialist neuro oncology nursing position to provide immediate help and assistance to brain cancer patients and their families through out the brain cancer

with minimal distress and maximum quality of life for the patient and carer.

Monies raised from our fundraiser also acting as 'seed funding' to help this nursing position co-ordinate broader patient care programs .

Fundraising is exhausting, tough and hard work, but it provides the opportunity to see humanity at it best. So many sectors of the community have rallied behind us in promotion and support of our fundraising endeavours.

Our Gala dinner is only weeks away and tickets @ \$210 per person (includes 3 course meals, drinks and entertainment) are available for direct purchase on [www.laughyourheadoff.com.au](http://www.laughyourheadoff.com.au)

There will be many of you who understandably are unable or unavailable to attend the Gala Dinner. Your support however, can also have an impact through a donation ( no matter how big or

## HOPE AND POSITIVITY AND PAYING IT FORWARD

**A** year ago, an 'out of the blue' seizure lead to my diagnosis of a very rare brain cancer a *Haemangiopericytoma* - basically a cancer that attacks the blood vessels in my brain.

Almost all my life I have lived with cancer.

Somehow however, I remain standing and am doing my best to 'give back' and pay forward the good fortune I have had in the privilege of survivorship.

In summary my story goes something like this...

At 13, I was diagnosed with Hodgkins Lymphoma - a cancer of the lymphatic system. This cancer and its treatments would set the path for a life 'shared with cancer and other health complications'.

At 27, I was diagnosed with my first breast cancer.

A mastectomy on my birthday, followed by more radiotherapy and many months of chemotherapy.

A basal cell carcinoma has been removed and after a further 17 years in remission, a second breast cancer was diagnosed. I was now 45, married and mother to an 8 year old daughter.

In 2011, I had another mastectomy and was left breast- less.

In 2016 I was diagnosed with a primary Thyroid cancer .

I take a breath and exhale, only to have an 'out of the blue' seizure which led to brain surgery and a rare brain cancer diagnosis at 51.

Each and every one of us has our own unique challenges and crosses to bear. How might we make the most of the cards we are dealt with? For me, the best way forward is a

combination of hope and positivity, faith and gratitude, laughter and good humour amongst the loving support of family and friends and giving back to the community/volunteerism.

I constantly remind myself, to never, ever, ever give up hope - no matter the odds or circumstance and know that there is always someone doing it tougher!

I love positive affirmations, quotes and articles that resonate and ring true.

I wake up each day to the love and support of so many. A husband who loves and accepts the whole package that comes with being me, and the unconditional love and miracle in my daughter.

I am forever thankful and grateful for my family and friends (old and new) and the things that I learn from all whom I cross paths with every day.

I cannot do any of what I have done, or will do and achieve, alone.

My faith keeps me grounded. I pray for God's governance, intervention and grace to give me strength to deal with whatever may come my way.

And of course, humour and laughter- the simplest and best medicine and elixir of all.

Volunteering time to help others, raising awareness and fundraising is also extremely satisfying and healing.

There is a massive need to face the facts surrounding brain cancer and for us all to collectively make a positive difference.

**Primary brain tumours have the highest average loss of life than any other cancer and the highest**

experience.

These specialist nurses will provide a safe and secure place providing help and assistance ensuring patience experience their diagnosis

small) also, via our website

Thankful and grateful for any support that you can provide.

*Martha Karabatsos Rice*



PAN-PYLIAKOS ASSOCIATION INC.  
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Ο ΠΑΝ-ΠΥΛΙΑΚΟΣ ΦΙΛΑΝΘΡΩΠΙΚΟΣ ΣΥΛΛΟΓΟΣ  
TO NAYAPINO

Διοργανώνει μεσημεριανό Γεύμα-Χορό για την ημέρα της Μητέρας την Κυριακή 27 Μαΐου 2018 και ώρα 12 το μεσημέρι στην αίθουσα της Κυπριακής Κοινότητας 58-76 STANMORE RD, STANMORE. Το γεύμα αυτό είναι αφιερωμένο στο πιο ιερό πλάσμα στον κόσμο στην Μάνα και ο σύλλογος μας ως φιλανθρωπικός που είναι θα διαθέσει όλα τα έσοδα για την έρευνα του καρκίνου του εγκεφάλου, (Brain Cancer) Sydney Neuro oncology Group (SNOG).

Η κυρία Μάρθα Rice (Καραμπάτσου) κόρη του αείμνηστου Δημήτριο υ Καραμπάτσου και πρωτεργάτη του συλλόγου μας έχοντας προσωπική εμπειρία μας ενημέρωσε για την έρευνα αυτή και ομοφώνως το συμβούλιο αποφάσισε όπως η εκδήλωση αφιερωθεί για το σκοπό αυτό.

Όλοι γνωρίζουν ότι δεν έχουμε λαχεία στις εκδηλώσεις μας αλλά για το σκοπό αυτό θα γίνει λαχειοφόρος αγορά ώστε να συγκεντρώσουμε όσο το δυνατόν μεγαλύτερο ποσό.

Το εισιτήριο με το φαγητό είναι 45 δολλ. το άτομο για τραπέζι παρακαλώ τηλεφωνήσατε στους κάτωθι:

Ρότσο Ηλία	97879126
Κοζανίτη -Γιάννου Ελένη	0409 396 981
Ζεργιώτη Νίκο	95464167

Ελάτε να περάσουμε ένα όμορφο απόγευμα διασκεδάζοντας Παν-Πυλιακά. Ευχαριστούμε όλους εσάς για την συμβολή σας και όλους εσάς που θα βοηθήσετε για την επιτυχία του σκοπού αυτού.

Εκ του Διοικητικού Συμβουλίου του συλλόγου NAYAPINO