



Between Friends

Edition 1 - 2019



Annual Raffle

We currently have more than 400 families waiting for a stay at an OTIS property. We need your support more than ever to grow our network of breast cancer retreats.

Our Annual Raffle is a key fundraiser to assist us to continue gifting retreat accommodation to people experiencing breast cancer. In 2019 we've taken the raffle online to make sales available nationwide through a specialised raffle site.

There are some incredible prizes up for grabs thanks to our amazing raffle supporters and with only 700 tickets in total available, this is a raffle not to miss out on.

- 1st Prize:** Seven night flight and accommodation package to Bali and a \$500 Coles Myer Gift Card. Donated by our major partner Classic Holidays and valued at \$3,900.
- 2nd Prize:** A three night *Motivate for Change Program* at Golden Door Health Retreat and Spa Elysia. Donated by Golden Door and valued at \$3,650.
- 3rd Prize:** Framed Image *Poolside Glamour Palm Springs 1970* by the renowned photographer Slim Aarons. 120cm x 90cm. Donated by Autograph Megastore and valued at \$795.
- 4th Prize:** A seven night stay at any Classic Holidays Managed Resort in Australia or New Zealand. Donated by our major partner Classic Holidays and valued at \$700.
- 5th Prize:** A \$500 Gift Card to Myer, available for use online or instore. Donated by the Cao family and valued at \$500.

Tickets:
\$50

Buy online: [otisfoundation.org.au/raffle](https://www.otisfoundation.org.au/raffle)

Details and Terms and Conditions available at [otisfoundation.org.au/raffle](https://www.otisfoundation.org.au/raffle)

There is an agreement with RaffleTix (ABN 24 623 531 340) to promote or conduct this raffle for reward. VIC permit 10178/19. Purchasers must be over 18. Not available to WA residents.

From the Office

A hard-working team of seven women are employed by The OTIS Foundation, with the clear purpose of assisting people across Australia who are dealing with the challenges of breast cancer. I am honoured that in late 2018, the OTIS Board asked me to continue leading this team in a more permanent capacity.

This year, 18,087 women and 148 men are estimated to be diagnosed with breast cancer. Alongside the significant health consequences, many patients face the unseen toll of both psychological and financial strain.

OTIS was founded to provide relief and solace from the psychological effects of a breast cancer diagnosis and we are privileged that 19 years on we continue to play an important role in the wellbeing component of treatment.

Each year, OTIS offers close to 3,500 nights of retreat accommodation and while this is an impressive accomplishment, the number of people waiting for a stay has escalated. We currently have more than 400 on our waitlist. Our goal is to reduce the waitlist significantly and to achieve this I urge you to consider the various ways you can support OTIS to help provide more stays.

Whether it is through our Annual Raffle (see article to left), by hosting a High Tea, attending our biennial Ball, or by taking the exciting step to join our 2019 adventure to the Great Wall of China, we need your support.

We are also looking to expand our corporate partnerships and I am pleased that our relationship with the Dry July Foundation is helping facilitate this, with the launch of Corporate Dry July. Our corporate partners are setting up workplace teams to GO DRY this July for OTIS. If your workplace could be involved in this initiative please make contact with the team to talk about how you can participate.

For now please enjoy this edition of *Between Friends*.



Lisa

Lisa Farrar
CEO

Classic Holidays

Classic Holidays is Australasia's leading timeshare resort, club and member management company. They've been making holidays happen for over 40 years and have 65,000 member families who enjoy holidays throughout Australia and internationally. Thankfully for OTIS and our guests, Classic Holidays is also committed to giving back to local communities and causes that matter to its members and staff and resorts. The OTIS Foundation and Classic Holidays entered into a corporate partnership in August 2018 and OTIS has already received more than 50 weeks worth of donated stays for its guests. We asked Classic Holidays' CEO, Ramy Filo, about why this partnership matters.

Tell us about how Classic Holidays supports OTIS and our guests

The OTIS Foundation is one charity that is close to our hearts as a holiday provider. We're honoured to give the gift of holiday accommodation to those dealing with the challenges of breast cancer. Since our partnership began in 2018, Classic has continued to donate holiday weeks to OTIS, so that more families can benefit from a much-needed holiday at one of our family-friendly resorts. Our partnership with OTIS has been rolled out to our member families, encouraging them to donate their timeshare usage to The OTIS Foundation for use by OTIS guests.

Your donation of stays has helped more than 50 families already – what do you hope they get out of the time away at a Classic property?

Like any of our member families, we hope OTIS guests enjoy the warm and welcoming feeling you get when you arrive at a Classic Club Property – wherever it is located. Our resort managers and staff treat all members and guests like family. The locations of our resorts are all close to other attractions to enjoy around the region, but simply relaxing at the resort can bring just as much joy.

How can your members get involved?

Members of Classic Holidays can enquire about donating a week as a one off or on a regular basis through our Member Services department. We encourage all members to think of the impact their week could have for a family going through so much as a result of this disease.

Find out more at
[classicholidays.com.au](https://www.classicholidays.com.au)



*Cedar Lake Country Resort,
Advancetown, QLD*



*Don Pancho Beach Resort,
Bargara, QLD*



*Silver Sands Resort,
Mandurah, WA*



*Tuncurry Lakes Resort,
Tuncurry, NSW*



*Murray Valley Resort,
Yarrawonga, VIC*

THE OTIS FOUNDATION'S 2019 Great Wall Adventure

A remarkable group of likeminded individuals from across Australia have already registered to explore one of the most intriguing Seven Wonders of the World as part of the 2019 OTIS Great Wall Adventure.

The nine-day adventure includes cultural visits to some of China's most historical landmarks and culminates in five days trekking along the Great Wall, set between mist-covered mountains, venturing into local villages and spanning across rolling farmlands.

The trip will raise funds for OTIS so that we can expand our network of properties and provide more people with a much needed psychological break. We must reduce the existing waitlist of 400 deserving people to as close to zero as possible.

Several places remain on this trip of a lifetime. Learn more by downloading an Information Pack at otisfoundation.org.au/great-wall or phone our partners at Inspired Adventures on 1300 905 188.

otisfoundation.org.au/great-wall



Sports Trivia Night

The first OTIS Sports Trivia night was held under a warm summer's night sky at Bendigo's Handle Bar, last December.

The event raised over \$5,000 for OTIS and was a fun night for all involved.

Thank you to the event sponsors and those who came along to participate in the event.



Last financial year we



Offered
3,484
nights at
no cost



Made
809
stays available to people
experiencing breast cancer

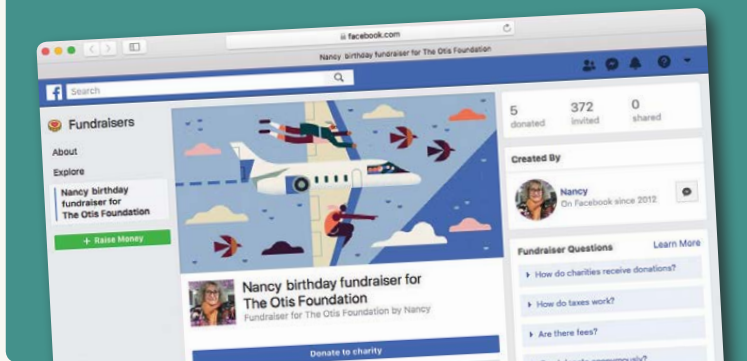


Welcomed
2,534
guests

Fundraising for OTIS via **facebook**

Facebook has recently launched cause-related fundraising to Australia and starting is easy.

If you've got a birthday coming up, why not set up a birthday fundraiser like Nancy did to share with your networks.



How to:

- 1 Click Fundraisers in the left menu of your desktop newsfeed (or tap the three lines at the bottom right on your mobile newsfeed)
- 2 Click Fundraisers
- 3 Click Raise Money
- 4 Search OTIS and Select The Otis Foundation, Bendigo VIC
- 5 Choose a cover photo and fill in the fundraiser details
- 6 Click Create
- 7 Share with your networks

The OTIS Foundation remains the only charity in Australia dedicated to gifting retreat accommodation to those experiencing breast cancer.

We've recently updated our Vision and Mission to align with our Corporate Strategic Direction and ensure we concisely reflect the gift of our current service.

VISION

To provide retreat accommodation to as many people experiencing breast cancer as possible, so that they may temporarily escape the psychological and emotional challenges that accompany a breast cancer diagnosis.



MISSION

To provide quality service and engagement to all stakeholders in the acquisition and provision of no cost accommodation.
To generate income that will support growth to serve increasing numbers of people facing the challenges of breast cancer.



VALUES

Unconditional

Compassionate

Responsive

For a detailed insight into The OTIS Foundation's undertakings over the last financial year, view the 2017 / 2018 Annual report at [otisfoundation.org.au/annualreport](https://www.otisfoundation.org.au/annualreport)

Guest story

Awen Griffiths' breast cancer diagnosis transformed the 47 year old registered nurse, who worked predominantly with breast reconstruction patients, into a patient herself. Awen opens up how her instincts possibly saved her life and how a stay at an OTIS property inspired her to become an advocate for The OTIS Foundation.

It was a cold September day in the Adelaide Hills. I was dressed for the weather in a hat, scarf, gloves and a big warm coat. My ex-husband and I were watching our son, Elis, play football in his Grand Final. In the third quarter, I suddenly experienced a sharp stabbing pain to my left breast. I crouched to my knees in pain, my ex-husband thought instantly that I was experiencing a heart attack. I am a Registered Nurse of 30 years, I knew this wasn't a cardiac event, this was different.

We returned home and I checked my breast thoroughly for any lumps or swelling, but couldn't find anything out of the ordinary.

I booked an urgent Mammogram with BreastScreen SA. I went alone with a positive outlook. They reassured me that despite calcification being present, my mammogram was clear and that I was to "come back when you're 50".

Over the next eight weeks I experienced intermittent buzzing sensations in my breast. This didn't sit right with me, it wasn't normal for MY breast and I knew in my heart this needed further investigation. I followed my intuition and instinct and rang BreastScreen SA for another mammogram. This mammogram came back showing a small 1cm lesion above my nipple. It was confirmed by my General Practitioner a few days later as Ductal Carcinoma in situ (DCIS). I remember sitting in the GP's office thinking "Great! I've been diagnosed with breast cancer on the day I've been nursing 30 years.....I have a party to go to tonight!!!"

My GP frantically and nervously looked through her computer for a breast surgeon to refer me to. Due to the work I do, I had a few breast surgeons' names in my phone! I dialled a colleague and friend and handed her the phone. He reassured her all would be fine and that I was to attend his office the next day at 9am. **I'm glad I'd followed my instinct.**

The day for the partial mastectomy surgery came. I was positive and trusted my surgeon 100%. On my return to the ward, I noticed under my gown that my breast looked very similar to pre operatively. My nurse brain was kicking in and this was the beginning of my transition from nurse to patient. I found myself

trying to read between the lines and second guess the health professionals. I recovered well and was discharged with the instructions that my surgeon would ring me with the results the next day. I remained positive. The phone call came and my world fell apart. "Awen.....your sentinel node has metastases present and the margins weren't clear for a partial mastectomy, we need to do a full mastectomy". How could that be? It was 1cm and wasn't there on a mammogram eight weeks prior.



The day came, the day my body was going to change forever.

The post op news was NOT what I expected. Two out of seven nodes had metastases present and a 4.5cm lobular carcinoma was discovered. This tumour was EXACTLY where I had felt the pain and EXACTLY where I had told the mammogram professionals I could feel the buzzing sensation. **I'm glad I'd followed my instinct.**

So.....my journey started.....seeing an Oncologist (this means you REALLY have cancer!).

During chemo I was told by a friend in Victoria, about The OTIS Foundation. I researched them and was overwhelmed to see what kind of work they do. I contacted them and was thrilled to be offered a property called St Brigids in Goolwa, SA – a 100 year old Baltic pine church that was relocated from

interstate. It was beautiful, peaceful and serene. We read, slept in and I made the most of the beautiful outdoor bath! I am forever grateful to The OTIS Foundation and hope one day to become an ambassador for them.

During chemo, my friend's son, Xander, saw me at the petrol station. It was winter and I was cold. He asked his mum why I was bald and she explained about chemo and its side effects. He said "she must get cold with no hair". Xander went home, spoke to his grandma, whom is an avid knitter, and they both decided to knit beanies to sell at Xander's school for \$5 each to raise money for The OTIS Foundation. This was very successful and Xander is hoping to beat his target in 2019.

The next step of my journey is now all positive. In February 2019, I had my second mastectomy. Losing the second breast was much easier, as I'd had plenty of time to grieve and my obsession with symmetry was getting closer to being achieved.

My story ending is thankfully a happy one, but I think daily about the "what if?" **What if I hadn't followed my instinct?**

There is certainly a positive to my breast cancer journey and my daily purpose in life is to educate every woman to know what NORMAL is for their breasts.

Any sensation, feeling, discolouration, dimpling, discharge, rippling. GET IT CHECKED.

Follow your instinct.....my instinct saved my life.

Awen Griffiths

Mother – Friend - Registered Nurse - Breast Cancer Survivor

Read Awen's full story at
otisfoundation.org.au/awen

Help us support mums like Awen

Text MUM to 0437 371 371 to donate \$15 to the OTIS Mother's Day Appeal

or visit otisfoundation.org.au/mothersday

SAVE THE DATE

A Night For Nights

THE 2019 OTIS FOUNDATION BALL
SATURDAY, 9 NOVEMBER 2019

THE PALLADIUM AT CROWN, MELBOURNE

TICKETS \$295PP

TICKETS AVAILABLE SOON AT OTISBALL.COM.AU

Platinum Sponsors



Bendigo Bank



alintaenergy

Events & Campaigns Guide

April-May 2019 OTIS Annual Raffle

Win a trip to Bali, a three night health and wellness retreat, a resort stay to the destination of your choosing and more!

otisfoundation.org.au/raffle

May 2019 – Mother's Day Appeal

Help us help mums this Mother's Day by supporting our annual Mother's Day appeal.

otisfoundation.org.au/mothersday

June 2019 – End of Financial Year Appeal

Make a tax deductible donation to support the OTIS End of Financial Year Appeal.

22 July 2019 – Dinner Dance

Fundraising dinner dance to be held in Braeside, Melbourne.

trybooking.com

July 2019 – Dry July

Go dry this July for a great cause, with funds raised to directly support OTIS

otisfoundation.org.au/dry-july

16 August 2019 – Hold on to Hope Minifest

Charity concert featuring a lineup of renowned local and international bands and artists. Prince Bandroom, St Kilda.

5-13 October 2019 – OTIS Great Wall Adventure

Join us for an incredible adventure that will see you conquer the steps of one of humankind's most impressive architectural feats – the Great Wall of China.

otisfoundation.org.au/great-wall

9 November 2019 – OTIS Biennial Ball

OTIS' premier signature fundraising event to be held at the prestigious Palladium at Crown.

otisball.com.au

December 2019 – Gift a Night Christmas Appeal

Support families dealing with breast cancer this Christmas by donating to our Gift a Night appeal.

Ongoing – Run for OTIS

Be active and healthy and raise important fundraising dollars at the same time. Join one of the many fun run or marathon events and fundraise for OTIS.

otisfoundation.org.au/run-for-otis

On-going – Host a High Tea for OTIS

Invite girlfriends, neighbours and workmates over to help you fundraise for OTIS at your own High or Afternoon Tea.

otisfoundation.org.au/high-teas

OTIS event

Way to support

Events supporting OTIS

Principal Partner



Major Partners



We would like to thank the following companies for their contribution to our newsletter:



incorporating Bendigo Modern Press

OTIS
THE
FOUNDATION
BREAST CANCER RETREATS



We will only ever use the information you provide to us in accordance with our privacy policy. From time to time we may send you information we believe may be of interest to you, including invitations to events or our newsletter. Details on how you can opt out of receiving this information can be found on our website otisfoundation.org.au under the link, privacy policy. Also please let us know if you are moving so we can ensure you continue to receive Between Friends.

The OTIS Foundation | PO Box 1191, Bendigo Central VIC 3552 | (03) 5444 1184