


Camden Haven Community at 3 Inc.
ABN 79 652 261 007

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Committee Members: Theo Hazelgrove (Chairman), Alan Kilminster, Fran Burns, Glenn Maas, Hima Karnati, Ann Macinante, Nathan Killick (Public Officer and Chaplain), Dr Sam Nelapati (Patron)



MESSAGE FROM CHAIRMAN THEO

Many of our Volunteers have been involved in the initial and urgent response to the recent devastating floods in the Camden Haven area. Now, I am delighted to announce the formation of our **RESPONSE CARE TEAM**. Eleven (11) members of Community at 3 have formed the initial Team to deal specifically with the needs of people affected by the recent floods and who are in difficult financial or personal circumstances, without having received all the help needed from the many organisations and people who have already rallied to assist. Our aim is to find and help those who fall through the cracks or whose needs continue. Community at 3 is here for the long haul, not only for flood affected persons in need but the many others who live amongst us yet struggle with many things.

The assistance will fall under two general headings: Practical and Personal, and Team members have chosen which area in which they wish to serve.

We have received much community support to enable us to assist. If you know anyone needing help, being either flood affected or needing in any other way, please direct them to the phone number above.



Why is there a picture of a Sunflower on our bus, Sunny?

Sunflowers serve as a symbol of light and hope for those living with mental health challenges around the world.

Have you noticed: Sunflowers grow towards sunlight with their faces tracking the sun. Sunflowers are yellow; the colour of joy, happiness and hope—symbolizing that depression can be successfully treated.



Fran is our **Hospitality Coordinator**
She oversees all of the wonderful
Volunteers who come each week to
serve our Friends.

Fran is also on the Committee
and does much behind the scenes to
ensure that all runs smoothly.
And she always does everything
with a most pleasant disposition and
beautiful smile – a delight to work
with.



Alan is the Committee **Treasurer**
He is also the **BBQ Coordinator**
As well, he is effectively **the CEO**
Alan works tirelessly throughout the
week, ensuring all provisions and
donations are picked up, fielding calls
or dealing with other emergencies.
Most importantly, **Alan** regularly sees
that our Friends are cared for and
often drops in for a chat.

A HUGE THANKS TO YOU BOTH



- ✓ Did you know you that women's hearts beat faster than men's
- ✓ Did you know that 11% of people are left-handed
- ✓ Did you know that lemons contain more sugar than strawberries
- ✓ Did you know that this year we plan to have live music regularly at our BBQ meals, as well as guest speakers, and we also plan to hold outings together in our bus "Sunny" – come and join us!

GUEST SPEAKER

On **Wednesday 5th May 2021**, we have a Guest Speaker coming to join us at our BBQ meal.

Kirsti Purss is a Dietician with many years of experience helping people to make changes to what they eat in order to enjoy a healthier lifestyle.

We can all do with some helpful information about that!

Bring a friend along – it will be very interesting.



The **ORANGE SKY** WASHING VAN

Each week Volunteers bring the Orange Sky Washing Van and offer FREE clothes washing/drying to anyone. So they can continue to serve us, please use this great free service, and let others know.



A man with a wonderful outlook on life

I recently had the pleasure of asking one of our Community at 3 friends why he has such a positive outlook on life, despite having gone through some very difficult times. **Bill Shelly**, his wife **Raelene** and son **Jake** have been regular members for a number of years. They love coming to our weekly BBQ and everyone enjoys seeing them. Bill was sitting with Raelene, and I asked him what his health issues had been. He said he suffered from a rare type of disease called "Neurofibromatosis", which he said causes tumours on nerves in his brain.



Since 1988 Bill has had 4 operations to remove tumours resulting in 47 staples in his head. There have been effects, including loss of balance, foot drop and deafness. Bill described the first operation as shocking, because of the heavy post-operative medications, causing him 3 months to recover. The last 3 operations were "unbelievably good" he said, as the great team at RPA hospital allowed him to choose his own pain medications. He took just 3 panadol tablets a day, resulting in his recovery taking only 3 days.

As Bill and Raelene sat together, I asked him: "Bill, why are you always so happy?" He replied, with both hands raised in the air, "Because I am so passionate!" "And what are you so passionate about?" I asked. "Raelene!" he said, "She makes my life so easy and with me, she too has been through so much."

And how would you think Bill would spend his time – sitting about feeling sorry for himself? No way. Bill and Jake are passionate about antiques, Bill is an active Landcare member involved in the regeneration of the Bonny Hills bush reserve and Bill loves flowers, and for some years (interrupted a bit by Covid) Bill & Raelene travel to Port Macquarie each Friday, as he told me, "...just to give flowers away to little old ladies. They love it and so do I."

He concluded our discussion by saying: "I absolutely love coming here to Community at 3 every week, and I love all the people here." As we finished talking, I noticed his T-shirt, which Bill said proudly he designed himself, and which epitomises Bill's attitude to life. It reads "Australia Day Everyday – (and on the back) Everyone Enjoy".

We all love you Bill – you are indeed an inspiration to us all. God bless you mate - Glenn

