

## Karinya's mums celebrate Mother's Day

Our generous supporters ensured Mother's Day was made all the more special again this year for the mums at Karinya. Donations of gifts and other treats began arriving shortly after Christmas and this generosity continued right up until Mother's Day. Karinya's Assistant Coordinator, Luisa Lopes, spent a considerable amount of her own time putting together Mother's Day hampers for our clients. These were very gratefully received by all.

Our residential clients and their babies (pictured here) were treated to a Mother's Day dinner at the Food Court Family Restaurant at Dickson and we thank Karinya member, Cate Rolls, and volunteer, Cath O'Halloran, for organising this thoroughly enjoyable outing. We are especially grateful to the following organisations and individuals for their practical support and for making our Karinya mums feel deservedly special:

AGLOW

Attorney General's Department Women's Network

Yvonne Bartier

Bentley's Hair of Canberra, Garran

Fred and Marilyn Calliess

Canberra Christian Life Centre

Carmelite Sisters, Red Hill

Sandra Cowdroy

Nancy Fitt

Goodwin Village, Monash

Sue McCarthy

Diana Ryan

Rachelle Stannard

Jenny Szabo

Tuggeranong Uniting Church



## Insidethisissue

Karinya's mums celebrate Mother's Day	<b>Page 1</b>
From our Committee	<b>Page 2</b>
Meet our staff – Liz Igoe-Taylor	<b>Page 3</b>
Karinya farewells Una Wood	<b>Page 3</b>
Quilts for Karinya	<b>Page 4</b>
Steel Magnolias	<b>Page 4</b>
Winter Wine and Unwind at The Brassey	<b>Page 4</b>
Karinya House Art Show – An Exhibition of Hope	<b>Page 4</b>
A very special thank you to...	<b>Page 5 &amp; 6</b>
A word of thanks from Ileana	<b>Page 6</b>
A real little champion celebrates a special birthday	<b>Page 6 &amp; 7</b>
How you can help Karinya House	<b>Page 7</b>
Karinya House is grateful to acknowledge...	<b>Page 8</b>
Project 1000 Donation Form	<b>Insert</b>

# from our Committee

## Dear Friends of Karinya House

As the temperature drops and the leaves fall off the trees, I am grateful to be back in Canberra and my involvement with Karinya House prompts me to reflect on what a warm and generous community we have here.

On behalf of the Management Committee I would firstly like to express my thanks to all those who donated to our Mother's Day Appeal which commenced in early May. We were looking to highlight the plight of the more vulnerable mothers in our community and to raise our profile again 'out in the suburbs'. The response thus far has been very positive and the appeal has raised \$4,814.15. We thank the members of St Jude and St John Vianney Parish in Waramanga and Hughes Baptist Church for their financial support and also the teachers, parents and students from St Bede's Primary School in Red Hill for their generous contributions. Thank you also to all our supporters who donated to the Mother's Day Appeal via our last issue of Karinya News. We are also very grateful for the many practical and material items which were donated. You would be amazed at the number of thoughtful gifts we receive around Mother's Day each year, especially as the economy continues to struggle.

Since our last newsletter, the Management Committee has been joined by Carol Sawyer, Jo Saccasan and Amanda Walker. Carol and Amanda are relatively new to the Karinya project and bring with them a fresh perspective and very sound management and financial skills. Jo has already contributed an enormous amount to Karinya since the very beginning and we have finally convinced her to join the Committee as formal member. For many years Jo advised on and contributed to our Government submissions and reporting processes which were significant. She also coordinated the essential Strategic Management Plan process. We are delighted to have these fabulous and talented individuals as part of the management team. We welcome them and are very much looking forward to working with them into the future.

Towards the end of May, Amanda Walker and I attended an information session on the Federal Government's Nation Building Fund. As a result Karinya House is putting in a submission for funding to build a 'purpose built facility'. A facility of this kind is in our strategic plan and has been top of our 'wish list' for many years, so this is an exciting development. Although the process will be demanding and ultimately the decision lies with the Federal Government, the Committee felt that it was worth pursuing.

We have three exciting fundraising ventures coming up later this year. From 8 to 18 July, the Canberra Theatre Centre will be presenting Steel Magnolias, a fabulous play by Robert Harling, with Karinya receiving a portion of the proceeds from tickets booked through Karinya House. On 16 August, The Brassey of Canberra will be hosting the 'Winter Wine and Unwind at The Brassey'. This will be followed by the 'Karinya House Art Show' - An Exhibition of Hope' which will open on 17 November and run for two weeks at the Belconnen Community Centre Gallery. Further information and booking details for all three events is contained in this issue of Karinya News.

Please remember Karinya House as the end of the financial year comes into view. All donations are very gratefully received and facilitate very real differences in the quality of life for our clients, the vulnerable young women and their precious babies.

Kindest regards



**Catherine Cooney**

Vice President

# meet our Staff

## Meet Liz Igoe-Taylor



We welcome Liz Igoe-Taylor who has recently joined our Karinya staff team. Liz first heard about Karinya through a friend who invited her to the first annual Karinya House Ball. "With Canberra being the small place it is, I found myself meeting people who had worked or volunteered at Karinya and felt drawn to find out more", she says.

Liz is enjoying her role as a Client Support Worker and says "The rewards of working at Karinya come from the sense

that you are part of a team which runs constantly and with great efficiency to assist women and children at vulnerable times in their lives."

Liz is also an art teacher and her creative talents were put to good use recently when she assisted our residents and outreach clients to paint and decorate a cubby house which had been donated for the backyard at Erin House (please see Page 5). Liz is pictured here hard at work with Erin House resident, Louisa.

*"In the short time I have worked at Karinya it has been a wonderfully supportive and energising experience."*

## Karinya farewells Una Wood



This month we sadly bid farewell to Karinya's longest serving volunteer, Una Wood, after almost 10 years of tireless dedication to Karinya. During this time Una has devoted an incredible 4,258 hours of her time, which has been mainly spent sorting, washing and distributing the massive amounts of baby and maternity items donated to Karinya by the community.

Her commitment to Karinya has also extended to her attendance, along with her husband Geoff, at almost every AGM, Karinya House Ball and other fundraising functions since she began her volunteer role in 2000.

In 2004 Karinya successfully nominated Una for the Spirit of Canberra Award, which recognises and honours those who have helped build community spirit in Canberra. The award was presented to Una by Senator Gary Humphries at a ceremony held at Karinya House, which was also attended by Geoff, her family and Karinya staff, clients and Committee.

At a farewell lunch on her last day as a Karinya volunteer, Una presented Karinya's Coordinator, Marie-Louise Corkhill with a heartfelt letter of thanks and well wishes:

*Dear Marie-Louise,*

*It is with regret that I have decided I am no longer able to work as a volunteer at Karinya House.*

*It has been a privilege to work with you and your wonderful team. The care and commitment which you all display in so many different situations is inspiring. Thank you to all who have lent a helping hand, eg. when I have been unable to cope with large influxes of donations. The friendship, support and concern of all staff and volunteers for each other are part of what makes Karinya House operate so successfully.*

*I look forward to staying in touch and keeping up with the on-going growth of Karinya.*

*May God continue to bless you all and the work you do in helping to change the lives of so many women and their children.*

*Una Wood*

*15 April 2009*

Una's calm presence, patience and energy will be sadly missed by the staff, volunteers, women and children at Karinya. She has been an inspiration to us all and she takes with her our fondest wishes.

## Quilts for Karinya

A small group of energetic quilters in Canberra's north have been working hard to ensure that Karinya's residential clients and their babies are now able to enjoy their wonderful handy work. The team behind the Quilts for Karinya project are Sandra Cowdroy, Yvonne Bartier, Terina Walton and Sue McCarthy (pictured here).

The group has donated cot and bassinette quilts for each bedroom at Karinya and Erin House and are now in the process of completing individual handmade quilts for each resident to use during their stay. We thank these ladies on behalf of the clients and babies who are benefiting from their thoughtfulness and creativity.



## Steel Magnolias

From Wednesday 8 July through to Saturday 18 July, the Canberra Theatre Centre will be hosting the fabulous cast of 'Steel Magnolias' starring amongst others, Geraldine Turner, Debra Lawrance and Jackie Weaver in a new version of the play that inspired the hit movie. In the haven of Truvy's beauty salon, six very different women come together to share their secrets and bare their souls. From weddings to divorces, babies to funerals, new beginnings to happy endings, they weather every event with grace, determination and perfectly coiffed hair! When tragedy strikes, it is in Truvy's salon where the women seek the solace and support to carry them through.

Tickets are \$50 per person and for each ticket booked through Karinya House, the Canberra Theatre Centre has offered to donate \$10 to Karinya's work. For information on performance times or to make a booking please contact Jackie Gallagher on 6241 8427 or via email at [jackie.gallagher@karinyahouse.asn.au](mailto:jackie.gallagher@karinyahouse.asn.au). Tickets will need to be booked and payment received no later than Friday 19 June.



## Winter Wine and Unwind at The Brassey

We are pleased to announce The Brassey of Canberra will be hosting a Winter Wine and Unwind fundraiser for Karinya House on Sunday 16 August from 2:00 to 5:00pm in the ballroom of the The Brassey in Barton.

In return for a \$20 entry fee, guests will be treated to free wine and food tasting from a selection of wineries in our local region and can partake in one of the many pampering activities available (eg. massage, manicure, etc). This promises to be an afternoon of relaxation and rejuvenation and the perfect way to escape the chilly Canberra winter for a few hours.

For more information or to reserve tickets please contact Jackie Gallagher at Karinya House on 6241 8427 or via email at [jackie.gallagher@karinyahouse.asn.au](mailto:jackie.gallagher@karinyahouse.asn.au).



## Karinya House Art Show - An Exhibition of Hope



The first annual Karinya House Art Show will be held in the Belconnen Community Centre Gallery from Tuesday 17 November to Friday 27 November and will be open weekdays from 9:00 to 4:00pm.

The Art Show is a joint initiative between Karinya House, the Belconnen Baptist Church and the Belconnen Community Centre Gallery. The vision of the Art Show is to provide a medium for women artists to express their life experience through their art. The theme of the exhibition is 'Hope', which refers to the substance that we reach for and hold onto when we face an unforeseen and unknown future.

We are pleased to announce that Peter Lehmann Wines will be sponsoring the opening night of the exhibition, which will be held from 5:00 - 8:00pm on Tuesday 17 November, with the official opening at 6:30pm. Tickets are \$10 each and will need to be purchased prior to the opening night.

To request an Expression of Interest to Exhibit form or to book tickets for the opening night, please contact Jackie Gallagher at Karinya House on 6241 8427 or email [jackie.gallagher@karinyahouse.asn.au](mailto:jackie.gallagher@karinyahouse.asn.au).



# a very special thank you to...

## Tuggeranong Uniting Church

In February the generous members of the Tuggeranong Uniting Church responded to a request in Karinya News for some play equipment for Erin House. They purchased a timber cubby house and toy box which the staff, residents and outreach clients of Karinya have lovingly painted and decorated. Our thanks to Leonie Ferber and everyone at Tuggeranong Uniting Church for their generous donation which will bring hours of enjoyment to the children who visit and live at Erin House.

## Erindale Library Knitting Book Club

Recently one of Karinya's Management Committee members, Betty Meyer, went along to a meeting of the 'Knitting Book Club', a group which has been meeting at the Erindale Library for the past four years. Betty spoke to the Club's members about the work of Karinya House and accepted their kind donations of knitted baby clothes (just in time for the cooler weather!) and other baby items such as nappies and bottles. The group also donated Easter eggs to be passed on to our clients and we thank them for their support and kind contributions.

## Diana Ryan



In April one of our long term supporters, Diana Ryan, decided to host a 'Sparkles and Bubbles' evening in her home with around sixty other women of all ages, including family, friends, gym buddies and work colleagues.

The theme of the evening was 'Celebrating the Divine Feminine' and Diana decided to raise awareness of the work

of Karinya House as part of the event. She provided her guests with information about Karinya and made it possible for them to make a financial contribution to our Mother's Day Appeal by providing a donations area (pictured here).

Diana says, "I was working on a theme for the night and decided that a 'Sparkles and Bubbles' night in celebration of the divine feminine would provide a novel idea, where my friends could come along wearing something sparkly and bring something bubbly to drink as a means of giving the

night a little more fun. On the day I put together my invitation, I happened to receive your newsletter in the mail and read the editorial inside the front cover flagging the Mother's Day Appeal. I was struck at the time how simple it might be to offer an opportunity for my friends to enjoy their evening from a spirit of generosity that encapsulates the very essence of the divine feminine. What could be more befitting a celebration of the divine feminine than women supporting young mothers and babies, even if in some small way. This would truly represent the divine feminine."

"I was very conscious of not making my friends feel they had been brought together under false pretences or to participate in a fundraising event (particularly as it was a gathering of friends) and chose instead to just set up a little area where people could contribute quietly if they so desired, but did not formally mention the gesture (except on the bottom of the invitation)."

"I was delighted and humbled by the generosity and good will of the 30 or so friends who placed money into the box and mentioned how pleased they were to have been given the opportunity. It was a lovely night and made me realise how easy it is to help others."

The evening raised \$526 for Karinya and we thank Diana and her guests for their generosity and endorsement of our work.

## Empire Financial Planning

Also in April the team from Empire Financial Planning hosted the 'Empire Movie Experience'. The clients and friends of Empire Financial Planning were invited to a movie screening of 'Monsters Vs Aliens' and in exchange for free entry to the movie they were asked to make a contribution to Karinya House. The movie screening was planned to coincide with the school holidays and was attended by several of Karinya's staff and their children. The event raised a total of \$1,622 and we thank Dominic Kelly and the wonderful staff at Empire for bringing the event together in support of Karinya House.



## A word of thanks from Ileana:



One of Karinya's former residents, Ileana (pictured here with her daughter, Amiana) wrote to Karinya recently to thank us for the support we have given her since she moved into her own

home a year ago. She has kindly given us permission to share her letter with our supporters. Needless to say, we were quite overwhelmed by Ileana's inspiring words!

*The surprising part of my experience with Karinya House was to see that its support has continued long after I had received the home I moved to with my baby. Its spirit of love for the human being and its generosity has brought me the comfort, trust and stability I need to go on in my new life.*

*The dream of having my own place came true. The excitement of living with my baby in our intimacy was soon overtaken by the need to organise my new life. Even with a heart full of hope and love for the little being, I did not have the resources to fill the physical emptiness of life's necessities. **Karinya House was there to make my home be a home for my baby.***

*With their effort and angelic protection I soon had a bed, a fridge and a TV and the list goes on. Moreover, I had the*

*overwhelming feeling that Karinya House builds the foundation for a new beginning; that, like a mother, it grabs your hand and guides you along the first steps into the new life; caring, supporting and working with you until you gather the strength and confidence of living and caring for yourself and your child.*

*I am now on my path. Being alone in Australia, Karinya was my family. It was there when I needed help the most!*

*When I think of everything that has been done for me and my baby in my heart, spirit and mind I have an almost endless list of Karinya's attributes: love, generosity, trust, passion, balance, unity, conciliation, diplomacy, guidance, protection, maturity, patience, preservation, integrity, education, wisdom, humanity, philanthropy, receptiveness, compassion, discretion, devotion, encouragement, watchfulness, constructiveness, dynamic, resourcefulness, adeptness, proficiency, straightforwardness, vision, catalyst, decisiveness, systematic, insightful, unequivocal, discernment, resilient, attentiveness, confidence, hope, inspirational, reflective, consistency, analysis, understanding, discipline, modesty, elevation, accomplishment...and the list can continue to fill a practical dictionary of love for mother and baby!*

*Thank you Karinya House.  
Baby Amiana and Ileana*

## A real little champion celebrates a special birthday

When Helen and her five year old daughter arrived from Zambia in 2007, her husband, Adam, was understandably delighted to see them. Adam had immigrated to Australia in 2006 and had applied to undertake a PhD in Business Management at the ANU. He had acquired a full-time cleaning job, which he carried out in the evenings, and eventually saved enough money to bring his wife and daughter to Australia.

Shortly after their arrival, Helen became pregnant with their second child but sadly went into premature labour 24 weeks into her pregnancy. Baby Samuel was born via caesarian section and weighed a mere 720 grams. He was placed in the Neonatal Intensive Care Unit (NICU) at the Canberra Hospital where it was soon discovered that he had a hole in his heart and an abscess in his stomach. He was flown immediately to Westmead Children's Hospital and underwent major heart surgery when he was only 11 days old.

When Samuel had sufficiently recovered from his surgery he was airlifted back to Canberra and returned to NICU for ongoing medical treatment.



A social worker at the Canberra Hospital contacted Karinya House to ask if we could provide Helen with some premature baby clothes and other requirements for Samuel. The family was struggling financially and finding it difficult to meet the cost of private rental for their one bedroom flat

Continued next page....

and the significant expenses associated with Samuel's medical care. They had very limited support in Canberra and on referral to Karinya baby Samuel (pictured on the previous page) was three months old and weighed 2.2 kilograms; most male babies at this age weigh around 6 kilograms.

In the year since Samuel was born, Karinya has assisted Helen and her family with weekly food parcels, clothing for Samuel and a bed for Helen and Adam, who had been sleeping on a mattress on the floor. Karinya have advocated on Adam's behalf with the ANU to help expedite his application for a PhD, as this was affecting the family's immigration status. We have also covered the cost of driving lessons for Helen so she could drive back and forth each day to visit Samuel in hospital; the trip had been taking over two hours each day using public transport.

Helen is now enjoying the freedom and convenience of driving her own car.

Samuel is a real little champion and has overcome huge health obstacles against all odds during his first year. His life has hung in the balance on numerous occasions and he has had to be resuscitated many times. At ten months of age he was finally able to be transferred from NICU to the paediatric ward at the Canberra Hospital. In March Samuel celebrated his first birthday in the paediatric ward and Karinya's midwife, Anne Brown, was there with a cake and gifts to help this inspirational family celebrate.

Brave little Samuel remains on oxygen, but Helen is positive and hopeful that one day soon he will be well enough to come home so they can finally be together as a family.

## How you can... help Karinya House

### Financial contributions in lieu of gifts

From time to time Karinya receives donations from supporters who have asked guests at a birthday celebration, baptism, etc to contribute to Karinya House in lieu of gifts. All donations over \$2 are tax-deductible.

The following is some wording which may be of assistance to those who wish to support Karinya's work in this manner:

At this special time we feel blessed to be surrounded by family and friends.

In lieu of a gift we would be delighted if you would consider making a donation to Karinya House for Mothers & Babies, a local charity which supports pregnant and parenting women and their families who are in crisis.

We can think of no better way to honour this special occasion and give thanks for the wonderful support of our family and friends than to help provide a better start for a new life in our local community.

### General maintenance:

Karinya occasionally requires the services of a volunteer handyperson to assist with small repairs and maintenance jobs at our two residences. If you are in a position to assist with these tasks or would like further information please contact Marie-Louise Corkhill on 6259 8998.

### Project 1000 and Project 100

Please consider providing much needed financial support to Karinya House by subscribing to either Project 1000 or Project 100. Further information and donation forms are available on the Karinya House website at [www.karinyahouse.asn.au](http://www.karinyahouse.asn.au) or by contacting the House. A Project 1000 donation form is included in this issue of Karinya News.

### Newsletter Folders

We rely on the generous support of groups and individuals to carry out the folding and labelling of each issue of Karinya News. If you are able to assist with an upcoming issue please contact Jackie Gallagher on 6241 8427. Special thanks to the lovely ladies and children from St Vincent's Parish, Aranda for their efforts in bringing you our Autumn 2009 issue.

### Donations

We are also in need of the following items:

For babies:

- Bassinettes and mattresses
- Baby baths
- Nappy bags
- Change mats
- Bunny rugs
- Change tables
- Towels suitable for babies
- Cot sheets
- Summer and winter blankets for cots and bassinets
- Size 000 and 0000 baby clothes for boys and girls

Karinya House is grateful to acknowledge the generous support of the following Government, Corporate and Community partners

Funded by:

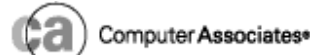
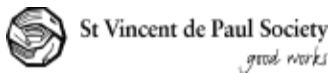


Major supporters:



trust  
Mabel & Franklyn Barrett Charitable Trust  
managed by Trust Company Ltd

Associated supporters:



Return address: Karinya House  
Box 6 Evatt Newsagency  
Evatt ACT 2617

Ph: 02 6259 8998 Fax: 02 6258 0337  
Email: info@karinyahouse.asn.au  
Web: www.karinyahouse.asn.au

