



ANNUAL REPORT 2012-2013

CHAIRMAN'S REPORT

This year was a challenging one as the global economic crisis continued to impact on the Far Northern region economy with high unemployment rates and disadvantage in areas of employment, education, skills and income. This has made the need for suicide prevention services and bereavement support of the utmost importance. The Foundation has been providing ongoing Life Workshops, the Life Bereavement Support Service and implementing strategic planning in suicide prevention for specific communities - our Life Community Plans. The FNQ Suicide Prevention Taskforce continues its role with coordination of services, identifying gaps in the community and initiating projects to fill these voids.

The contribution of service clubs, local businesses and the public are very important in keeping the foundation viable. We are happy that many continue to support the Foundation in its fundraising quest through donations and sponsorships. Of particular note this year, was the contribution of the Stanwell Corporation which held a huge Barefoot Bowls fundraising event in Brisbane, providing us with much needed funds for our suicide prevention activities. However, every donation that we receive, no matter how small is very much appreciated by the Foundation.

I look forward to another year of growth for the Foundation as I note the many future projects that have been planned for the region in our suicide prevention projects and also our other activities.

Graham Koch
Chairman

CHIEF EXECUTIVE OFFICER'S REPORT

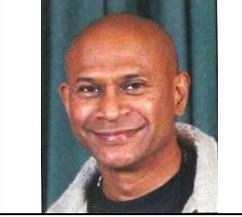
What an exciting year it has been for the Foundation, as we continue to be busy with ongoing and new projects. We have continued our work in those areas affected by Cyclone Yasi, travelling to the Cassowary Coast region to hold Life Workshops and organising a special information day for women at the Yarrabah Aboriginal Community. The Foundation was also represented at both the *Australian Psychological Society Health Psychology Conference* and the *Annual National Suicide Prevention Conference*, where our presentations were well received.

In August I met with the Minister for Mental Health and Ageing, the Hon Mark Butler, to discuss access to Australian Government funding for suicide prevention and I have also held discussions with corporations for this purpose. However, major funding remains a concern. We are therefore grateful to the Cairns community who continue to support the Foundation's fundraising initiatives and appeals. This year many exciting fundraising activities went ahead: the annual Rotary Corporate Duck Race, Trek4Taylor, Life of the Party – For Josh, and Shelby's Day Out. We also launched the Koch Foundation Community Fund and marked one year since the launch of the Declan Crouch Fund. Not only do these activities and appeals raise funds to support the Foundation's projects, they also raise much-needed awareness of the issues of public health in our region.

Looking forward, many exciting projects are currently being developed. These include the Life Suicide Prevention Workshop for Young People, development of an informative suicide awareness session for parents, citizens and sporting and recreation clubs, the launch of the reviewed and updated edition of the Suicide Awareness and Support Handbook, and the creation of a resource pack for people (and their families) who present to the Emergency Department with a mental illness.

Dulcie Bird
CEO

DIRECTORS

	<p>Mr. Graham Koch (Chairman) Graham Koch DipFP C.Dec – Graham was appointed a director in March, 1997 and became chairman in 2001. Graham has been involved in the financial services industry for nearly 40 years. With his wife, Janet, Graham formed his own local business in 1992, which has developed into the KIB Group of companies. Graham holds an advanced diploma in financial services (financial planning) and is a member of the Association of Financial Advisers and The Australian Institute of Company Directors. Graham also serves the community as a Commissioner for Declarations and through his involvement in Rotary International where he has been elected to serve as district governor in 2011-12 for District 9550 covering Northern Australia and East Timor. Dr Edward Koch was Graham’s great-grandfather.</p>
	<p>Mrs. Dulcie Bird (Executive Officer) Dulcie was born in Cairns. As a local, she is well aware of many of the problems which are relevant to living in Far North Qld. Dulcie has always involved herself in community work, and is well regarded for her help with children with disabilities and her work in suicide prevention. Dulcie has a Bachelor of Social Science (with a major in Sociology and French), from James Cook University. She has been honoured with an Australia Day Award for services both to art and the Dr Edward Koch Foundation.</p>
	<p>Mr. Neil Parsons Neil Parsons, although born in Sydney, has spent his entire life in Cairns. His family has a long history with North Queensland stretching back six generations. Growing up in the north has broadened his awareness of unique public health issues that many face in the tropics because of isolation, environment and climate. He is currently Branch Manager of an international freight company having worked in the freight forwarding industry for the past 23 years. Neil is also a Commissioner for Declarations. His love of art has made him a strong supporter of the Art on Aplin Gallery.</p>
	<p>Assoc Prof. Dr Komla Tsey Komla Tsey is Tropical Leader/Research Professor of education for social sustainability at The Cairns Institute, James Cook University, Australia. Komla comes from Ghana. He studied at the University of Ghana and the University of Glasgow in Scotland. Komla lives in Australia, researching and learning about Aboriginal development, health, education and wellbeing. He continues to undertake long term development research in his native rural Ghana. Komla has written over 100 peer reviewed journal articles on a wide range of development and wellbeing related topics. He is the author of <i>Re-thinking Development in Africa</i>, published by Langaa Publishing (Mankon, Cameroon) in 2011. His forthcoming book, <i>From Headloading to the Iron Horse</i> (Langaa 2012) examines British railway building in colonial Ghana and the origins of present day international development especially regarding the tropical regions of the world.</p>
	<p>Mrs Lauren Bruce Lauren was born in Cairns and attended James Cook University where she graduated as a Certified Practicing Accountant. She is currently working as the Management Accountant at the Cairns Regional Council.</p>
	<p>Dr Mark Wenitong Dr Mark Wenitong is of Kabi Kabi Aboriginal decent. He is the senior medical officer for Apunipima Cape York Health Council. He is also the immediate past president and founding member of the Australian Indigenous Doctors Association. He speaks regularly at national events and conferences on Indigenous health, education, workforce leadership and cultural issues. He has a particular interest in Indigenous men’s health.</p>
	<p>Mr Phil Dempster Phil retired at the start of 2011 after over 40 years in the printing and copying industry. He is currently an Assistant Rotary Zone Coordinator, Deputy Chair of Rotarians Against Malaria, on the Executive of Northern Region Rotary Australia World Community Service, Secretary of the Cairns Earville Rotary Club, Past District Governor of Rotary District 9550 and member of Rotary District 9550 College of Governors.</p>
	<p>Ms Shane Devenish Shane Devenish is an Associate at Devenish Law, Cairns and practises in property and commercial law. Originally from Goondiwindi, Queensland, Shane has an appreciation of the issues faced by young people living in regional and remote areas. Following her graduation from James Cook University, Cairns in 2006 Shane tutored indigenous law students. Shane is a volunteer with Rosies Friends on the Street and is a registered mentor with the Department of Employment, Economic Development and Innovation Mentoring for Growth Program.</p>

PROJECTS

LIFE PROGRAM

The Life Program incorporates the FNQ Suicide Prevention Taskforce, the Life Workshops, the Life Bereavement Support Service, the Life Community Plans and the Aboriginal and Torres Strait Islander Life Suicide Bereavement Support Group. All facets of the program are strongly utilised by the community and all of our suicide prevention projects are carried out within the Life Program framework.

Life Workshops

The Life Workshop is a suicide awareness workshop which aims to make people aware of the risks and the prevention strategies associated with suicide. Continued demand by communities throughout North Queensland, including remote and Indigenous communities, confirms the success of the workshops.

A Life Workshop was held in Cardwell in August 2012. The workshop's aim was to improve community wellbeing by reducing the levels of trauma and depression caused by Cyclone Yasi. The workshop was well received by the local community who found it both informative and supportive.

In 2013 Life Workshops were held at Tully Heads and El Arish in April and at Normanton in June. The Foundation would like to thank and acknowledge the continuing support of the RACQ Foundation who generously provided the funding for these workshops.

Out of the Shadows and into the Light

In September 2012, families and their supporters joined for *Out of the Shadows and into the Light*, a walk organised by Lifeline to remember those lost to suicide, offer support to the community and provide awareness of this social tragedy. The walk began at dawn outside Cairns Base Hospital and continued down the Esplanade to the Lagoon where participants and spectators were treated to poetry readings, songs and presentations by speakers. The morning was crowned with a spectacular release of butterflies.

The Koch Foundation was proud to be actively involved in this Lifeline initiative. Congratulations to Uniting Care for organising the event.

Information Day for Yarrabah Women

Ladies of all ages came to the information day at the Yarrabah Aboriginal Community, in October 2012, to hear about services available for their social and emotional well-being. Representatives from a number of services in Yarrabah and Cairns were invited to attend.

Koch Foundation staff gave a presentation on the services offered by the Foundation and provided a pack of resources. Topics covered by the resources included well-being at a personal and community level, suicide and self-harm awareness and prevention, and looking after yourself and your family after a disaster such as a cyclone occurs.

A lively discussion on the topics of well-being, the threat of suicide used as emotional blackmail, and the reactions experienced after Cyclone Yasi followed.

Annual National Suicide Prevention Conference 2012

The National Suicide Prevention Conference was held in Sydney in October 2012. Titled *Innovation in Suicide Prevention: Bringing It Together*, conference themes included: workplace suicide prevention, Indigenous suicide prevention, postvention, lived experience of suicide, and community awareness and education.

Foundation CEO Dulcie Bird presented the paper *Together We Can Save Lives through Community Awareness*, co-authored by Ruth Crouch. The presentation was well received, particularly in light of this selected area of focus of the Conference.

Survivors of Suicide Bereavement Support Association

The Koch Foundation was once again proud to sponsor the annual Memorial Evening held by the Survivors of Suicide Bereavement Support Association (SOSBSA) Cairns and District group, held in December 2012. People came from Cairns, Innisfail and the Atherton Tablelands to attend. Dulcie was invited to do a presentation on approaches for the bereaved in managing the often difficult Christmas season. Koch Foundation counsellors were available to give support to the bereaved attending the function. Details of the Life Bereavement Support Service were also provided.

Rare Disease Day Fun Run & Walk

In February 2013, Cairns held its fifth annual event to recognise International Rare Disease Day. The Dr Edward Koch Foundation held a Rare Diseases Day Fun Run along the Cairns Esplanade, ending with a BBQ at the Fun Ship Parklands site. Funds raised from this event went to the Foundation's *Rare Diseases Awareness Program in the Far North*, to help those who are affected by a rare condition in FNQ. The day was made possible by the efforts of our volunteers and donations from local businesses, but the Dr Edward Koch Foundation would like to extend an extra thanks to Meagan Cross who organised this very successful event.

Australian Psychological Society Health Psychology Conference

The inaugural APS Health Psychology Conference was held in April 2013. The Foundation's CEO, Dulcie Bird, and the Life Program Project Officer, Patricia Rodwell, presented their paper '*Building community resilience and suicide awareness after natural disasters and in Indigenous communities*'. This study evaluated the helpfulness of the workshop community education program conducted from Cairns to Cardwell and in the Northern Peninsula Area. Survey responses indicated participants gained an increased awareness of the resources within their community, a better understanding of suicide and its risk factors, and more confidence in helping a person 'at risk' to see options for living.

Community Development Grants Programme

The Foundation recently had success in securing a grant of offer for the Cairns Region Schools Suicide Prevention Short Workshop. The success of the application to the Cairns Regional Council's Community Assistance Grant Programme confirms that the local community sees the importance that our programs continue. Through this new program, the Foundation will utilise the \$5,000 grant money to improve youth suicide prevention in Far North Queensland. An official presentation ceremony for the grant was held in May 2013. The Foundation would like to extend its thanks for the Council's support in our endeavours.

FNQ Suicide Prevention Taskforce

The 5th edition of the Preventing Suicide - Awareness and Support Handbook has been reviewed and will be released in September 2013. Many thanks to Rotary Club of Cairns Sunrise and Queensland Health for their respective donations of \$2,000 and \$500 toward the project.

Life Bereavement Support Service (LBSS)

The Life Bereavement Support Service is a free service available to people who have lost someone they care for through suicide or other sudden unexpected death. The program has been very busy over the year.

Adolescent and Young Adult Mental Health Ward Petition

In 2013, the Foundation raised a petition for a mental health ward for adolescents and young adults. There is a real need for a well-resourced mental health ward at the Cairns Base Hospital dedicated to the care of youth up to the age of 25 years. This petition has been circulating on-line and in hard copy to the public since the beginning of the year. It has close to 6,000 signatures to date and the targeted amount of signatures is 12,000. The petition has strong support from State members, Michael Trout and Gavin King, and Federal member, Warren Entsch.

APPEALS

Koch Foundation Community Fund

A new activity for the Foundation is the launch of public appeals for individuals needing expensive medical treatment. Following on from these appeals, the Foundation saw the need for a community fund. Consequently, the Koch Foundation Community Fund was officially launched by the Hon Warren Entsch MP in November 2012 at the Shangri-La Hotel. The Fund will facilitate donations to those individuals who find themselves in difficult life threatening situations and are in need of support. Any unused funds from specific appeals are placed in the Koch Foundation Community Fund. All donations are tax deductible and can be made to the Dr Edward Koch Foundation.

Myer Donation to the Jonathon "Jonno" Cattell Appeal

9 year old Jonathon "Jonno" Cattell underwent major surgery in November 2011 to remove part of a brain tumour, and must now travel to Brisbane every 3 months for an MRI. In support of the Jonno Cattell Appeal, the staff of Myer Cairns succeeded in raising \$1,856.55, a sum doubled by the Myer Community Fund Board, resulting in a total of \$3,713.10. This donation represents a commitment by the Myer Stores Community Fund to continue their tradition of providing philanthropic support, with its focus on community health since 1924.

Luke Westaway Appeal

In November 2012, after a regular quarterly MRI scan, Luke Westaway, 30, was informed by his oncologist that his brain tumour had returned for the fourth time. Luke's brain tumour, a malignant grade 3 anaplastic ependymoma,

had first been discovered in March 2005. It is a fast growing type of tumour that has a high rate of recurrence after removal. Consequently, Luke has undergone countless sessions of chemotherapy and numerous operations. Luke and his family will soon consult with his neurosurgeon to discuss the next steps, and are also looking at a range of options for treatment in the hope that he will one day be cancer-free. To date the Luke Westaway Appeal has raised \$7,172 for Luke's medical expenses.

Appeal for Charissa

In late 2012, Charissa Simpson, 23, was flown to a Brisbane ICU where she underwent 9 hours of open heart surgery and remained on life support for 10 days. It was determined that Charissa has cardiomyopathy. Currently being kept alive by an artificial heart, she will eventually require a heart transplant. Charissa's parents and brother have had to relocate to Brisbane to support her as she waits for a donor organ. The Foundation continues to accept donations to support Charissa and her family.

For Jake's Sake Appeal

Jake Paterson, 11, was diagnosed as having a Dysembryoplastic Neuroepithelial Tumour (DNET), a very rare brain tumour. Jake's diagnosis meant that his family had to relocate to Melbourne, in order to be closer to the Royal Children's Hospital where Jake will receive specialist treatment for his condition. In order to raise the required relocation funds for Jake and his family the *For Jake's Sake Appeal* was launched in November 2012. Thanks to the generous support of local retail outlets and businesses, as well as generous public donations, the appeal raised \$7,205.00 for Jake and his family.

Appeal for Chelsea

In early 2013 Chelsea Hirschmann, 15, was diagnosed with a fibromyxoid sarcoma (malignant tumour) in her neck. Chelsea had to relocate to Melbourne in order for her to receive treatment for this rare type of sarcoma at the Peter MacCallum Cancer Centre. There, Chelsea underwent a six week course of radiotherapy before undergoing an operation to remove the tumour in June. We are happy to report that the surgery was a success and Chelsea is currently cancer-free. However, Chelsea will need to make many return visits to her doctors over the next 8 years as she recovers. Thanks to the generosity of the public, the Foundation was able to raise \$1,743 for Chelsea and her family. We wish Chelsea all the best for her bright future ahead.

Declan Crouch Fund – One Year On

April 2013 marked one year since the Declan Crouch Fund was launched by the Dr Edward Koch Foundation during National Youth Week in 2012. At a special celebration held on the Cairns Esplanade in honour of the occasion, Ruth Crouch said the support from the community over the last 12 months had been incredible. The focus of the Declan Crouch Fund has been to break down the stigma surrounding suicide and mental health, promote suicide awareness in schools, and establish better mental health facilities for our youth.

The fundraising efforts during the year have included sausage sizzles, a charity art action and sponsorships for various programs. The money raised to date in such a low economic growth environment is a measure of how much the community recognises the need for these costly programs. Money from the Declan Crouch Fund has been used to undertake a number of suicide prevention initiatives in our region.

OTHER FUNDRAISING

Shelby's Day Out

Shelby's Day Out marked the 21st birthday of Shelby Lee Fullalove whose life was tragically lost to suicide in February 2012. The event, held in July 2012, celebrated Shelby's life and raised awareness of suicide prevention in Far North Queensland. The day featured live entertainment, food and beverages, games and raffles. All proceeds raised on the day were put towards the Foundation's suicide awareness and prevention activities.

Thank you to the many local businesses that supported the event: Advertise Cairns, AJ Hackett Cairns, Barrier Reef Jumping Castles, Barron River Hotel, Brothers Leagues Club Cairns, Cardzilla, Cazalys, Great Adventures, Kennedy's Retravision, Ocean Spirit Cruises, Ochre Restaurant, Piccones Supa IGA, Salt House, Sauce Restaurant, Skyrail Rainforest Cableway, Smithfield Shopping Centre, Sugarworld, Tjapukai, Vibe, Vickie Glover and Wink 2. Thank you also to venue provider James Cook University.

Cairns Cup Lunch

The Cairns Jockey Club invited the Koch Foundation to hold a charity auction and raffle at the Cairns Cup Luncheon in August 2012. This lunch, held in Silks Pavilion, kick-started the celebrations of the 2012 Brothers Cairns Cup. Special thanks go to our sponsors of the day: Cathay Pacific, Shangri-La Hotel, Cairns Jockey Club, Juvettes Beauty Care,

Connections Hair Design, and Ochre Restaurant and Catering, who enabled us to reach our fundraising target for the event. Funds raised will go a long way towards helping the Foundation with their suicide prevention projects. Special thanks to Warren Entsch, Member for Leichhardt, for conducting the charity auction and to those who donated their time and items for the event.

Rotary Corporate Duck Race

The 2012 Corporate Duck Race, held in partnership with Rotary Club Cairns Mulgrave, took place at the Lagoon in September. We were once again fortunate to have many competitors and an even larger crowd of spectators.

Winners of the Rotary Corporate Duck Race were: 1st – Total Interiors, 2nd – Rijicon Construction, 3rd – North Queensland Recycling Agents, 4th – Pacific Toyota. Those who preferred being seen to being fast entered their prized mallards into the Best Dashing Duck category, which was won by the team at Brazier Motti. Thank you to Status Plus, Officeworks, Casuarina Holiday House, Kennedy's Retravision, Raging Thunder and Tjapukai for donating prizes for the event.

Competitors and spectators alike were able to have a chat with one of the Foundation's councillors present on the day, and Life Suicide Prevention resource packs were also offered. The Foundation would like to express their thanks to all of the many volunteers, especially Rotarians, who worked hard to make the day such a success.

Kennedy Retravision Golf Day

In October 2012, the Kennedy Retravision Fund Raising Golf Day was held at Paradise Palms Golf Club. All proceeds raised on the day went to the Declan Crouch Fund for the Dr Edward Koch Foundation's suicide prevention activities, with an additional generous donation of \$5,000 from Fujitsu.

Trek4Taylor

In October 2012 Denise Scott walked the Kokoda track, not only to honour the youth lost in World War II, but also to raise awareness about youth suicide. Denise grew up in Papua New Guinea and walking Kokoda had always been a personal goal. She dedicated the very personal and challenging trek to her beautiful 16 year old nephew Taylor, who was lost to suicide four years ago. Denise's quest was supported by generous donations to the Declan Crouch Fund.

Charity Art Auction

A Charity Art Auction was held in October 2012 at the Colonial Club to raise money for the Declan Crouch Fund. All paintings were donated and the evening was well attended. The Foundation would like to thank everyone who came along to support our suicide prevention activities. Thank you to all the purchasers of the artwork and the donors of the artwork - Shane Holian, Crystal Leonardi, Elke Nagy, Jill Schuler, Daphne Jenkins, Dennis Hall, Ruby Bousard, Ree Made, Carol Lennox, Arone Meeks, Janet Sheen and Knock Knock Arts.

Thanks are also extended to Warren Entsch for conducting the auction, to our sponsors, The All Seasons Cairns Colonial Club, Skytrans and Officeworks, Ruth Crouch and the volunteers who helped on the night and before, to *Jimmy the One* for their wonderful music, and most especially to Jack Wilkie-Jans for organising the whole event which was a resounding success.

Life of the Party – For Josh

The Tanks Art Centre hosted a musical extravaganza in November 2012. Taking its title from the single by feature artists *Fozzey & VanC*, the occasion saw the return of Cairns' own Deadly Award-winning and Triple J-Unearthed winners *The Medics* to familiar ground. The Cairns band has a personal connection to youth suicide, having lost their friend Josh Finegan in 2010. Coordinated by the Declan Crouch Fund, this very special event raised funds and awareness for the prevention of youth suicide. There is help out there and music is such a powerful medium to spread the word. Other featured artists were Cairns-based *Sick of the Silence* and *Jimmy the One*.

Brothers Thanks

The Dr Edward Koch Foundation would like to acknowledge the support of the Brothers Leagues Club. In January 2013, the club played host to a Senior's Morning Tea Fundraiser as part of their ongoing Community Support. The Brothers' Club Gold members raised \$2,000 for the Foundation. The money raised will aid the continuance of our Wellbeing Programs, in particular the all-important Suicide Prevention Work. The Foundation is most thankful for the ongoing generosity of Brothers Leagues Club and its members.

Raising Funds for Youth Suicide Prevention

In April 2013, local Far North Queensland businesses stepped up to partner with the Dr Edward Koch Foundation to raise funds and awareness for mental health and suicide. On the 12th of April five local cafés donated a share of their

profits to support: 'sip a coffee to raise funds for youth suicide prevention'. The event was designed not only to raise money, but to increase awareness of the issue of suicide. Friends and family enjoyed a coffee, knowing that they were making a contribution towards suicide awareness and prevention in our region.

The Foundation would like to acknowledge and sincerely thank the participants: Cairns Courtyard Café, Coast Roast Central, Paleo Café, Plan B Cafe, Silk Caffe and all of their customers. All money raised went towards the Foundation's implementation of youth suicide prevention workshops in Far North Queensland.

DONATIONS

Donations have been extensive this year, as support grows for our suicide prevention activities and our appeals for help for those who require substantial financial assistance because of ill health. The Foundation is extremely appreciative of all donations, no matter how small.

GRANTS/RESEARCH FUNDS

Cairns Regional Council Community Assistance Grant Programme	\$4,776.17
Gambling Community Benefits Fund	\$5,000.00
Department of Medical Entomology, Westmead Hospital (mosquito research)	\$756.00
Cairns Sexual Assault Service (sexual health)	\$4,500.00

COMPANY DONATIONS

\$10,000 and over

RACQ Foundation	\$48,048.45
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\$5,000 to \$9,999

Kennedys Electrical	\$8,430.00
Shangri-La Hotel	\$6,150.00
Rotary Club of Cairns Mulgrave	\$5,780.00

\$1,000 to \$4,999

Redlynch State College	\$4,272.40
ICAP	\$3,120.00
TFS	\$3,090.00
Incitec	\$3,030.00
Alinta Energy	\$3,000.00
Lumo	\$3,000.00
Macquarie Bank	\$3,000.00
Nextgen	\$3,000.00
Half Moon Bay golf Club Inc.	\$2,556.42
Rotary Club of Cairns Sunrise	\$2,000.00
Brothers Leagues Club (Cairns) Ltd	\$2,000.00
QCWA Earville Branch	\$1,780.00
Midweek Ladies Squash Fixtures	\$1,220.00
Cleanaway	\$1,012.00
GJM Equipment	\$1,000.00
Piccones Shopping Village	\$1,000.00
Portable Fridge Solutions	\$1,000.00
Cairns Central Shopping Centre	\$1,000.00

CONSULTANCIES

Sumitomo Chemical Australia Pty Ltd
Qld Health
Bayer Environmental Science
Olfactor Laboratories Inc.
Intelligent Health Systems

THE FUTURE

The Foundation has many projects planned for the coming years, inspired by the community's great desire to reduce our suicide rates in North Queensland. To enable these projects to proceed, there are many fundraising events planned by our very willing Declan Crouch Fund fundraising committee for the coming year. Future projects that will be implemented are the Life Suicide Prevention Workshop for young people, development of an informative suicide awareness session for parent and citizens, sporting and recreation clubs, the next reviewed and updated edition of the Suicide Awareness and Support Handbook, and a resource pack for those and their families presenting to the Emergency Department with a mental illness.

A new website is currently being developed and will be ready for uploading very soon. This will be an exciting chapter in the Foundation's history, as staff will be able to maintain it with our latest events and projects, thereby providing supporters with the latest news of our activities.

