

Sunbury Night of Nights

Many thanks to our sponsors

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RAFFLE WINNERS
1st. Maria Chambers
2nd. D. Davies
3rd. D. Davies
4th. Kelly

FEATURING
Harmony Plus
with
Athol Guy

Thank you to all the contributors

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ANDRAOS BROTHERS
HANGING ROCK WINERY
VIC'S CUCINA
HARVEY WORLD TRAVEL



Foundation members enjoying the evening.



Guests enjoying pre-dinner drinks at Rupertswood Mansion.

The Cancer and Natural Therapy Foundation is very grateful to all the 120 guests who participated and offered their support to Sunbury Night of Nights fundraising event. It was a grand night, set in the beautiful ambience of the historical **Rupertswood mansion**, offering the taste of tantalizing local wine and the fine dining.

The opening of the event began with pre dinner drinks and canapés served, as people leisurely perused the range of silent and live auction items beautifully displayed in the Smoke and Drawing rooms. Amongst some of the auction items were two oilographs beautifully framed and donated by the Arthouse Picture Framing and Gallery consisting of **Chloe** and the **'Opening of First Parliament of Australia'**. Also, a signed **cricket bat by Ricky Ponting** and **Hawthorn jumper** donated by Michael Saba, Director of Swisse Vitamins, and the **'Exclusive Use of Mornington Golf Course for 40 people** (including food, beer and wine) donated by Glen Ingram. There were many more auction items of significant value and of interest that made 'Sunbury Night of Nights' exciting.

This was followed by 3 course exquisite dinner delicately prepared by Craig Hicks, previous Executive Chef from the Hotel Windsor. During the course of the night, four guest auctioneers **Adam Mizzi** from Auto Barn, **John Dunlop**, **John Saurini** from Leeburn Real Estate and **Peter Kilkenny** made it all happen, with auction items "going, going, and gone!" Thank you to our guest auctioneers for putting 'action' into the night and making it entertaining.

In between the auction segments, we had live entertainment performed by **Harmony Plus with Athol Guy** where people were able to enjoy some music and dance the night away. Towards the end of the night, raffle tickets were drawn: first prize was won by **Maria Chambers**- overnight accommodation for 4 people and dinner at the Tramcar Restaurant. Second and third prize was won by **D. Davies** winning an overnight stay at the Hilton and a Natural Health Gift Hamper. Fourth prize was won by **Kelly** from St Albans gaining 6 bottles of local wine. The night concluded with people invited upstairs to the Library for after function drinks and enjoying fine cheese platters.

Overall, it was a successful and wonderful night, bringing many people from the Sunbury business community together. It was an honour to meet so many new people, and have the opportunity to build on these relationships. Due to the limited number of seats restricted to the size of the venue, we were not able to invite as many people as we had hoped. However, our plans for next year will ensure the ability to accommodate increased numbers and we look forward to you and many others joining us for another special event.



From left: Don Cameron, Chairman of Cancer Natural Therapy Foundation; Sandra Maqueda, Executive Director; Elizabeth Cameron, Board Member and Rosemary Cameron, Secretary.



Guest auctioneer Adam Mizzi and Jack Ogilvie. Chairman of Sunbury Night of Nights,

of chronic fatigue syndrome, so if you're suffering from chronic fatigue, drinking energy drinks is likely NOT in your best interest, which is why I included it in the list above.

As for alcohol, I don't recommend drinking it at all. It is well established that alcohol is a neurotoxin, which means it can poison your brain. You also need to be aware that consuming large amounts of alcohol -- even wine -- will increase your insulin levels, thereby accelerating your risk of diabetes and other chronic diseases.

How to Increase Your Energy Without Energy Drinks

If you're drinking energy drinks for the reason most people do -- to get more energy -- know that there are far superior options than artificial energy drinks. Humans are not naturally sluggish or constantly tired. This lethargic state is something that many of us have brought on ourselves

Your lack of energy is likely due to a combination of factors including:

- Poor food choices
- Low-quality food
- Stressful lifestyle
- Negative emotions
- Lack of sleep
- Lack of exercise
- Electromagnetic radiation

Increasing your energy levels, requires that we address the above factors with a commitment to making lifetime changes that help us to maintain a radiant health and an active life throughout our life.



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The products we sell are all certified 100% organic - that is all we sell. We offer an extensive range of the highest quality organic fresh fruits, vegetables, produce and groceries, combined with friendly service and advice, and competitive prices. Now open at Shop 4A Collier Street, Woodend (cnr Anslow Street).
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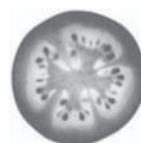
*Available at the Cancer and Natural
Therapy Foundation, 9740 3977*

GOD'S PHARMACY

God left us a clue as to what foods help what part of the body. The parallel connection between food types and organs go back a long way, though proved recently. Scientists have now proved that particular whole food has a pattern that resembles a body organ or physiological function. These patterns signify the health benefits that are found in the particular whole food of the benefit the food provides the eater.



A sliced carrot looks like the human eye. The pupil, iris and radiating lines look just like the human eye... and YES, science now shows carrots greatly enhance blood flow to and function of the eyes.



A tomato has four chambers and is red. The heart has four chambers and is red. All of the research shows tomatoes are loaded with lycopine and are indeed pure heart and blood food.



Grapes hang in a cluster that has the shape of the heart. Each grape looks like a blood cell and all of the research today show s grape s are also profound heart and blood vitalizing food. (For more information on heart-healthy

remedies, visit

<http://www.bloodpressurenormalized.com/>
<http://www.cholesterolsecrets.com/>)



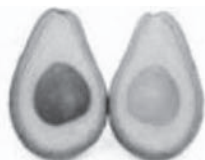
A walnut looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds on the nut are just like the neo-cortex. We now know walnuts help develop more than three (3) dozen neuron-transmitters for brain function.



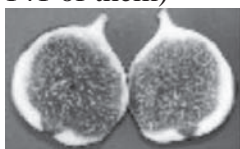
Kidney Beans actually heal and help maintain kidney function and yes, they look exactly like the human kidneys. (For a natural kidney stone remedy, visit <http://www.kidneystonenaturaltreatment.com/>)



Celery, Bok Choy, Rhubarb and many more look just like bones. These foods specifically target bone strength. Bones are 23% sodium and these foods are 23% sodium. If you don't have enough sodium in your diet, the body pulls it from the bones, thus making them weak. These foods strengthen and replenish the skeletal needs of the body.



Avocadoes, eggplant and pears target the health and function of the womb and cervix of the female - they look just like these organs. Today's research shows that when a woman eats one avocado a week, it balances hormones, sheds unwanted birth weight, and prevents cervical cancers. And how profound is this? It takes exactly nine (9) months to grow an avocado from blossom to ripened fruit. There are over 14,000 photolytic chemical constituents of nutrition in each one of these foods (no dern science has only studied and named about 141 of them)



Figs are full of seeds and hang in twos when they grow. Figs increase the mobility of male sperm and increase

and

the numbers of Sperm as well to overcome male sterility. (For more info about male sexual health, visit <http://www.naturallystiff.com/>)



Sweet Potatoes look like the pancreas and actually balance the glycemic index of diabetics.



Olives assist the health and function of the ovaries



Oranges, Grapefruits, and other Citrus fruits look just like the mammary glands of the female and actually assist the health of the breasts and the movement of lymph in and out of the breasts.



Onions look like the body's cells. Today's research shows onions help clear waste materials from all of the body cells. They even produce tears which wash the epithelial layers of the eyes. A working companion, Garlic, also helps eliminate waste materials and dangerous free radicals from the body.

Health Tips

The benefits of drinking warm water

For those who like to drink cold water, this article is applicable to you. It is nice to have a cup of cold drink after a meal. However, the cold water will solidify the oily stuff that you have just consumed. It will slow down the digestion. Once this 'sludge' reacts with the acid, it will break down and be absorbed by the intestine faster than the solid food. It will line the intestine. Very soon, this will turn into fats and lead to cancer. It is best to drink hot soup or warm water after a meal.



spirit

Death and Eternal Life

By Eckhart Tolle, Stillness Speaks

When you walk into a forest that has not been interfered with, what do you see? There is abundant life wherever you look; you will encounter fallen trees, decaying tree trunks, decomposing matter, micro organisms and molecular cells re arranging themselves. In fact death cannot be found anywhere; only a metamorphosis of life forms. Life has no opposition. The opposite of life is birth.

The body is fleeting; it can dissolve at any moment. When you accept the impermanent nature of all things, we are free from the identification of the physical form. There is no denial of death; when death is denied, life loses its inner depth. To sit with a dying person is the most sacred act that one can do. It is the most natural thing as birth itself. You have only to remind yourself. Do not deny yourself what is happening and what you are feeling; accept that there is nothing that you can do. Deeply surrender. Surrendering helps the dying person to make the transition.

People are uncomfortable with endings. This is why "good bye" means "see you later." Life is filled with little deaths; leaving home or a longstanding job career; retiring, moving house, leaving an old friend and so forth. We have all experienced this feeling of emptiness that so many people try hard to feel and accept. This discomfort opens the inner depth of the heart. By learning to die daily, you open yourself to life. The loss of identity associated with the job, house, or relationship is false and frightening thought. The precious 'I' and the associated story that we attach to the conceptual self is only a temporary form of this identity. The 'Eternal You', you cannot lose for it is the 'I AM'- the essence of our being. When deep loss occurs in your life, such as your reputation, position, or fortune or partner, there is a feeling of diminishment- who am I? A sense of disorientation occurs, leaving a hole so to speak in your fabric of existence. Do not deny this experience for the mind has a tendency to construct a story. This story may revolve around seeing yourself as a victim or feeling pity, perhaps even anger.

When we are prepared to face the emptiness that lies behind these emotions, you will be surprised to find peace.

How fleeting is everything. Is there anything that is not subject to death and life?

If you were to accept that everything were impermanent; if you could witness the 'impermanence' as the observer that 'knows', you will realize that the 'Awareness that knows that the body has changed (i.e died) has undergone no change at all. The 'Awareness' that is eternal has undergone no change at all-so how can you lose it? Death is a temporary form that is dissolving; it is the illusion that we are this 'physical body' and nothing more.

Some people become illuminous just before they die- almost transparent; you can see the light shining through their eyes. They have surrendered. They have died before they died. They have found the peacefulness and deathlessness of their 'eternal self.' At this point, consciousness is forced out of identification with 'form' and freedom is attained by dissolving the illusion.

Imagine

If you love me
Then know that our love is eternal
That the bond that we share together
Will go on forever

Imagine that I am staying with you
For a while in time
Imagine that it is the end of my day,
And I leave you to go to the next room.
Imagine that the room I've entered
Is filled with joy and peace and love,
Of old friends who are delighted to see me,
Of beautiful flowers, of healing warmth, and magic rainbow
colours.

Imagine how happy I would be
In that magnificent room.

One day you will come into my magnificent room
And see me more beautiful, and happier
Than you have ever seen me before.
You will feel the same peace and joy
That I am feeling.

If you can imagine this,
Then you will understand that death is not an ending
But merely a passing of one room to another
In the mansions of time.
Life goes on forever
And love will never end

The above poem is dedicated to Rocky Di Salvatore.

FRUIT CAKE

This traditional fruit cake is ideal for weddings, birthdays, or any special occasion requiring a luscious rich cake.
It will keep several weeks after baking.

Prep and cooking time: 2 ¼ - 2 ¾ hrs

Yield: one 20 cm (8 in) round or square cake.

1 Tbsp melted butter
1 cup SR Flour
1 cup of plain flour
450 gm mixed dry fruit
1 cup sugar
225 gm butter
1 Tbsp golden syrup
1 cup water
1 tsp soda bicarbonate
2 Tbsp yogurt
1 cup smoothly mashed pumpkin

1. Line the base of a 20 cm cake tin with greaseproof paper. Dip pastry brush in melted butter and brush the sides of the tin.
2. Sift both flours into a large bowl and set aside
3. Combine the fruit, sugar, butter, syrup,, and water in a heavy 4-litre saucepan. Heat slowly over low heat, stirring constantly until the sugar dissolves. Raise the heat and allow the mixture to boil. Reduce the heat and simmer for 20 mins. Remove saucepan[an from the heat, mix in the bicarbonate of soda, and set aside to cool.
4. When the mixture has cooled to room temp, fold in the yogurt and mashed pumpkin. Beat the mixture until smooth.
5. Gently fold in the flour mixture.
6. Spoon the combined mixture into the prepared cake tin. Smooth out the mixture. Cover tin with aluminium (or brown paper secured with string) and bake in a moderate oven (180C) for 1 ½ - 2 hrs. The cake can be uncovered for the last ½ hour of the cooking. To test whether the cake is done, insert a skewer thru the centre of the cake. The cake is cooked if the skewer comes out clean. If the cake is done, remove it from the oven, allowing it to cool in the tin. (This will stop the cake from breaking)
7. When the cake is cool, carefully remove it from the tin and peel off the greaseproof paper. Now the cake is ready for icing, if desired.

Coming Seminar

Live Blood Analysis

What it can do for you

By
Anita DiStasio (BHSc. ND)

Tuesday, 24th February, 8.00 pm

at the
Neighborhood House and Community Centre
531 Elizabeth Dve, Sunbury

In this seminar, Anita will introduce you to how Live Blood Analysis works and is applied to help produce results indicative of your state of health. Live Blood Analysis can help us compare what a healthy and unhealthy blood cell looks like. The form of blood screening is called "Hemaview" which, utilizes specialized equipment to investigate the size, shape and ratios of the red blood cells, white cells and platelets in your blood. Using just a drop or two of blood and placing it under a microscope (up to 5000 times in magnification), both the practitioner and client can see a blood picture through the monitor. This provides valuable information to the practitioner to enable him/her to make an assessment on the 'health state' of the cells and see how these may be affected by particular deficiencies or lifestyle choices.

Anita has been in practice as a Naturopath for over 15 years, and combined with 23 years experience as a Registered Nurse, she has considerable practical experience of both orthodox and complementary medicine. Along with being a Naturopath, Anita lectures in Health Sciences and Nutrition at Holmesglen TAFE, and is a Diabetes Nurse Educator. She has always had the enthusiasm to help others help themselves, and focus on the prevention of disease. She is committed to continually upgrading her skills through courses and regular seminars.

**Booking is essential. Contact Centre
on 9740 3977 or Mobile 0411 100 947**

Cost \$8.00 members

\$10.00 non members.

The Cancer and Natural Therapy Foundation

Requires volunteers

to assist with

- administration (computer skills necessary)
- distribution of flyers/newsletters
- library work
- reiki

contact Sandra on

0411 100 947

SALT CRYSTAL LAMPS

'Salt Crystal Lamps ionizes the air to produce a calming, meditative effect in the surrounding area. Apart from its natural and beautiful glow, it is cost efficient and low maintenance. With time, its shape, size and colour will not alter, retaining therefore, its natural beauty and luminous glow.



Earth Salt Crystal Lamp:
\$35 (RR. \$45).



Globe Salt Crystal Lamp
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Pyramid Salt Crystal Lamp
\$55 (RR.\$75)



Crystal Bowl Salt Lamp
\$55 (RR. \$75)

**Available at the
Cancer and Natural Therapy Foundation
on 9740 3977 or 0411 100 947**

Annual membership to 30th June 2009

Your membership helps keep natural therapy accessible to all.

- Concession on all self help workshops
Eg: reiki, positive thinking, meditation, healing workshop.
- Concession on professional counselling services
- Informative quarterly newsletter (Natural Pathways)
- Support a charitable organisation
- Free access to library resources
Information sheets, books on natural medicine & wellbeing, audio visuals, tapes and alternative lifestyle equipment.
- Concession on support group meetings and seminars

Individual membership \$45.00

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All donations are tax deductible.

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Thankyou for becoming a member.

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