

Dorothy humbled by gong

**HONOURED –
Dorothy Edgelow.**



YARRA Valley woman Dorothy Edgelow has been a strong supporter of the Gawler Foundation for many years.

She has worked as a donor, fundraiser and volunteer to help develop the nutritional component of the foundation's food programs and catering services.

Dorothy is a published author, well known for *A Recipe for Life*, with recipes, nutritional information and self-help strategies based on the foundation's key health principles.

She is currently working on her fourth cookbook.

Dorothy recently developed the Whole Health Children's Foundation for primary school children and their families, and was instrumental in establishing

Melbourne's first real whole foods cafe, *Apple a Day*.

Gawler Foundation chief executive officer Karin Knoester said Dorothy had been a tireless supporter of the foundation and its work.

"Thousands of people have benefited from her knowledge, help and guidance," Ms Knoester said.

"Dorothy is a trailblazer, advocating lifestyle approaches to health long before it became part of the general parlance."

Dorothy was awarded an Order of Australia Medal (OAM) for her services to the Gawler Foundation over the past 25 years in the Queen's Birthday honours.

Surprised and humbled by the award, she said she had enjoyed "seeing people come and go from our programs

with real tools and the conviction to help themselves".

"Miracles happen all the time," she said, explaining when her daughter Lynette recovered from cancer she became committed to believing diet and mind were the true medicines for healing.

"To be able to help in any way those who look for health and happiness is a huge privilege and I thank the Gawler Foundation, Karin and Ian in particular, for those opportunities, and my daughter Lynette especially, who changed my life path!"

The Gawler Foundation is a non-profit organisation committed to an integrated approach to health, healing and wellbeing.

■ For more information visit www.gawler.org