



Helene Friedland

Volunteer Guide

My parents, born in Poland in the early 1900s, saw the writing on the wall and with the help of relatives in Australia, managed to migrate here in the 1920s.

After my three children were born, I worked as the representative of the Israel Government Tourist Bureau followed by Public Relations Officer for the Israel Consulate-General in Sydney. In 1978 I fulfilled my lifelong dream of living in Israel and lived there till 2004, returning to Australia to follow my children.

Since my return to Australia I am enjoying life - spending time with my grandchildren, doing sport, playing bridge, attending lectures, concerts and theatre and catching up with all my old friends.

I am so grateful that my parents had the foresight to leave Poland when they did. Most of their relatives perished in the Holocaust. I am able to express my appreciation by volunteering for Courage to Care, with which am honoured to be associated.