

THE Daffodil

STORIES OF YOUR SUPPORT

Beech boys ride 220 kms in memory of mum, Tammy.

Last year 17 year old Kylan Beech came up with the idea to ride 220kms from Adelaide to the Riverland with his brothers and raise funds for Cancer Council SA. His motivation was his mum, Tammy, who was diagnosed with lung cancer and passed away a few years ago.

During their two day ride, the four Beech brothers—originally from Barmera—faced bushfire smoke, dust and cramps, but made it through with the help of their mum’s favourite quote “It may be stormy now, but it never lasts forever”, which was never far from their minds.

Read more on the next page.

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Kylan was joined by his three older brothers—Jono, Nick and Jordan—in the 220 km ride from Adelaide to Barmera known as ‘220 for Tammy’ that raised funds for Cancer Council’s Beat Cancer Project.

In a true show of community spirit, the town of Barmera rallied their support around the boys and their cause. **The Beech brothers were amazed to see their initial \$10,000 fundraising goal triple to more than \$30,000—a figure that will go a long way in funding cancer research.**

Research is the driving force behind improving the ways we detect, treat, and live beyond cancer. Because of research, more people are surviving cancer than ever before, but until the cancer survival rate is 100 per cent, we have more work to do—and urgently. With the backing of the South Australian community, we will continue to fund our brightest research minds as they work on lifesaving cancer trials, tests and treatments. It is the support we receive from our incredible community of South Australians—like Kylan and his brothers—that is making such an impact on life saving cancer research.

You can continue to make a difference and help us create a cancer free future by supporting Cancer Council’s Beat Cancer Project through making a donation towards our upcoming Autumn Appeal.



OUR Daffodil COMMUNITY

From shaved heads and chopped off ponytails to stripping down to underwear at Adelaide Oval, here is a snapshot of just some of the ways you have helped change the lives of South Australians impacted by cancer:



The amazing community of Kybybolite came together for the “**Kyby Cools Cancer**” fundraiser inspired by the AFL’s Big Freeze slide, and saw the football and netball clubs send 10 local celebrities and brave sliders off the clubroom balcony and into a pool of freezing cold ice. Topped off by an entertaining auction, the club was proud as punch to raise \$19,000.



When Bailey’s dad was diagnosed with bowel cancer in 2019, Bailey immediately wanted to know three things—what the cancer was and where, would his dad go bald and could he shave his head in support? **Bailey’s big shave** was held in August during his school assembly, with this brave young man’s fundraising totalling \$9,259.48.



Daffodil Day 2019 bloomed thanks to the many hands who helped water it, including more than 700 wonderful volunteers who gave up just a few hours of their day to sell daffodils across 140 sites in South Australia. Daffodil Day volunteers helped to raise over \$335,000 for cancer research.



Thank you to the inspirational 190 riders who participated in January's 11th **Ride for a reason** challenge, making their ride count by helping to raise over \$150,000.



A HUGE thank you to our Ponytail pioneers, St Peter's Girls' School who were the first school in South Australia to take part in Cancer Council's **Ponytail Project**. On 25 September 2019, more than 60 girls 'rocked the chop' raising an impressive \$28,580.71.



January also saw 180 cheeky **Undies Run** participants knock bowel cancer for six at Cancer Council's Undies Run, where they stripped down to their underwear at Adelaide Oval to raise funds and awareness for bowel cancer. We are so grateful for our runners, volunteers and the Adelaide Strikers for helping us to raise over \$58,000.



Throughout October and November, incredible women around South Australia felt the power of pink, hosting over 245 **Girls' Night In** events to raise awareness of women's cancers, and donated the funds they would have spent on a night out to women's cancer research, prevention and support programs. Well done to everyone who helped to raise over \$85,000!

Want to do something with a difference? See the back page to find out how you can get involved in Cancer Council SA events or hold your own fundraiser by checking out doitforcancer.com.au.

You, our generous and committed supporters, help Cancer Council SA drive cancer research projects, prevention programs and support services. It goes to show that together, we can achieve extraordinary things. Thank you for your effort, energy and enthusiasm and for playing such a key role in bringing a cancer free future closer.

What's in your lunchbox?

HEALTHY LIVING WITH NATALIE VON BERTOUCHE

Do you know the impact a good and balanced diet can have? By eating a diet full of healthy foods and teaming it with being physically active every day and maintaining a healthy body weight, you can lower your risk of cancer.

Studies have shown that being overweight, physically inactive and not eating a balanced diet rich in fruit and vegetables cause nearly one third of all cancers. While there is no one food that can protect against cancer, there are steps you can take to lower your risk through a healthy, balanced diet that includes a variety of foods from the five food groups.

A look inside a healthy spread

Give your body the right fuel for the day to help prevent cancer by aiming to pack a:

- Main lunch that includes carbohydrates for energy—such as sandwiches, wraps, rolls, warm leftovers or salads based on grains like pasta, rice or quinoa.
- Nutritious snack from the five food groups.
- Piece of seasonal fruit, or tinned fruit in natural juice.
- Water bottle and a small low fat milk (less than 300 mL)—sweet drinks such as juice, cordial, sports drinks, flavoured mineral waters and fizzy drinks are high in sugar and are not recommended.
- If you need an extra snack, try picking an additional snack food from the five food groups.

Make it and take it

There are a great many healthy and nutritious snacks and meals you can make and prepare in advance. Why not make the most of leftovers and pack last night's soup, stew or stir fry to heat up at work, or heat it up at home and store in an insulated flask.



Natalie von Bertouche is a dietitian and Community Education Project Officer at Cancer Council SA.

Or if you're into baking, grab a wooden spoon and whip up some healthy mini carrot cakes that can be portioned and frozen ready for use.

Having a high fibre diet can help cut bowel cancer risk.

See the healthy recipe on the following page for mini carrot cakes which includes high fibre ingredients such as wholemeal flour, carrots, sultanas and walnuts.

Hosting an Australia's Biggest Morning Tea this year? Why not try this recipe as a high fibre, healthier alternative to traditional carrot cake! This way you can not only maintain your own healthy diet and cancer risk, but that of your family and friends too.

MINI CARROT CAKE

Serves: 24

Preparation time: 15 minutes

Cook time: 12 minutes

Ingredients

- $\frac{3}{4}$ cup wholemeal SR flour, sifted, add bran left in sifter to bowl
- $1\frac{1}{4}$ cup SR flour, sifted
- 1 tsp ground cinnamon
- $\frac{1}{2}$ cup brown sugar, firmly packed
- 2 carrots, leave skin on, grated
- 2 tbsp sultanas
- $\frac{1}{2}$ cup roasted walnuts, crumbled
- 3 eggs
- $\frac{1}{4}$ cup extra virgin olive oil
- $\frac{3}{4}$ cup reduced fat milk
- 2 tsp vanilla extract

Method

1. Preheat oven to 180°C.
2. In a large bowl combine flours, sugar, carrots and sultanas.
3. In a small bowl combine eggs, oil, milk and vanilla. Add to dry ingredients, stir so just combined.
4. Grease a 24-hole mini muffin tray, divide mixture evenly into prepared tray. Sprinkle walnuts on top of muffins.
5. Bake for 12 minutes or until cooked through. Remove muffins from tray and cool on a wire cooling rack.



Is it time to book your next skin check in?

At least two in three Australians are diagnosed with skin cancer before their 70th birthday. Survival from melanoma relies heavily on early detection, which means being able to notice any changes in your skin.

Statistics show 55–57 per cent of melanomas are detected by patients and their partners which is why it is so important for all South Australians to be able to spot the difference between a mole and skin cancer.

Here are some of our top tips for spotting changes in your skin:

- Check your whole body, including areas not normally exposed to the sun—such as the soles of your feet, between your fingers and toes etc.
- Don't forget to look out for other spots that may be itchy, dry or ones that ulcerate or bleed—all of which are indicators of non-melanoma skin cancer.
- Use the **ABCDE** guide as a reference when examining your skin for any changes. →

Get to know your skin.



Undress in good light and check from top to toe using a mirror, or the help of a friend, for hard to see spots.

Use the **ABCDE** melanoma guide to check your spots:



Researcher profile.

Stopping aggressive cancer in its tracks.

ASSOCIATE PROFESSOR PHILIP GREGORY, UNIVERSITY OF SOUTH AUSTRALIA

Breast and prostate cancer are among the most diagnosed cancers in women and men, and although advances in early detection have improved survival rates, there are still no effective treatments once they metastasise (or spread) to other parts of the body. A/Prof Philip Gregory is hoping to change that.

A/Prof Gregory's research aims to discover new strategies to detect and treat therapy-resistant metastatic prostate cancer and identify factors that cause specific breast cancer cells to gain aggressive properties. He hopes that through his research, he can identify the cancers most likely to spread and develop new, more effective

treatments to stop this aggressive type of cancer in its tracks.

A/Prof Gregory has his own personal mission that drives his research: *"My grandfather passed away a few years ago from prostate cancer, and it was just at the time when I was focussing my research more into the disease,"* A/Prof Gregory explains.

"He had an aggressive form of prostate cancer and towards the end they were offering every treatment available but it wasn't having an effect at all. It was hard seeing him go through that and it really motivated me to make a difference in the lives of others."

"Through the support of the South Australian community, our vision over the next five years is to use the latest technological advances in gene sequencing to identify factors which predispose breast and prostate cancer cells to become more aggressive and resistant to treatment."

Your support makes it possible to fund A/Prof Gregory's research into advanced metastatic breast and prostate cancer, helping him and his team seek a better understanding of what causes a tumour cell to gain aggressive properties and become resistant to current therapies.

Cancer Council's Beat Cancer Project is a collaborative South Australian research funding program which capitalises on our partnerships with SA Health, SAHMRI and the South Australian Universities to deliver \$4 of research for every \$1 generously donated by our donors. Since its inception, Cancer Council's Beat Cancer Project has funded nearly 250 cancer research initiatives that are working on better ways to detect, treat and live beyond cancer. Through your support in 2019, you helped to fund 33 research projects through Cancer Council's Beat Cancer Project—six of which are brand new, including A/Prof Phillip Gregory and A/Prof Andrew Rowland. Outside of the Federal Government, Cancer Council's Beat Cancer Project is the single largest cancer research investment in the state, and the first of its kind in Australia.

Hear from a panel of Cancer Council SA funded researchers at our next Researcher Showcase event. See the enclosed invitation for more information or call 8291 4111 for details on our upcoming events.



Getting the right dose for each patient.

ASSOCIATE PROFESSOR ANDREW ROWLAND, FLINDERS UNIVERSITY

A/Prof Rowland's research has the potential to benefit all people diagnosed with cancer. His research into anti-cancer medicine shows that by getting the right dose for each patient, outcomes can be dramatically improved, and in some cases even doubled, giving them the precious gift of time with their loved ones.

This exciting work featured in our recent Christmas Appeal, that shared the inspirational story of Sam, a young mum to two wonderful boys who was diagnosed with cervical cancer in 2018 and told she had just 12 months left to live.

From the day of her initial diagnosis, all Sam wanted was more time to see her boys grow up. After responding well to her treatment, the doctor told Sam that they could no longer detect her cancer in early 2019, and she made the most of every minute she was 'cancer free'. In August



last year a routine scan found spots on her liver and pelvis and Sam was again faced with a cancer diagnosis and left wondering if she will live long enough to see her two little boys grow up.

Sam's story highlights the incredible difference your ongoing support can make in giving people like Sam the greatest gift of all—more time with the ones they love.

Donations from our Christmas Appeal are already at work, helping to fund Cancer Council SA's Beat Cancer Project researchers like A/Prof Rowland bring us closer to more effective cancer treatments, and to give people more time with their loved ones.

With your support, A/Prof Rowland and his team will be able to further their research in tailoring treatment based on individual characteristics—both patient and tumour related. The ongoing program combines a variety of laboratory and clinical approaches to perfect precision dosing for cancer patients, allowing them to get the best results from their cancer treatment, which will improve survival rates for each individual patient.

Sam said being able to tell her boys that her terminal cancer could no longer be detected was the best gift she could have ever give them—she says their smiles were priceless. With the help of researchers like A/Prof Rowland, and the support of people like you, she hopes to be able to see those smiles again after she finishes taking part in an immunotherapy trial over the next year.

1,400 people donated to the Christmas Appeal, together raising over \$100,000. If you gave to this special appeal, thank you once again for your generous support.



Sam and her kids Levi and Jye are grateful for your support.



Answers to your cancer questions.

“Are these symptoms normal?”

“How do I tell my kids?”

“Where can I turn for financial help?”

The cancer experience can feel overwhelming at times, not only for the person diagnosed but also their family and friends. Finding reliable information and the right kinds of support can help enormously. Thanks to your ongoing generosity, our **13 11 20** phone lines continue to stay open.

Talking to people and social connection is so important because cancer treatment can be physically and emotionally difficult to go through. The support of a **13 11 20** Cancer Nurse is available to all South Australians to help reduce the distress associated with a cancer diagnosis, to navigate through what may feel like a complicated system, and make sense of what can be a challenging time in their lives.

Cancer causes questions. That’s why when you call **13 11 20**, an experienced cancer nurse in Adelaide will answer—a nurse like Kate or Ann who know the difference the service can make during a time of need.

*“A typical day for a **13 11 20** Cancer Nurse like me involves being invited into people’s lives at their darkest moments—and sometimes at their best,”* Kate says.

This year, **13 11 20** nurses like Kate and Ann received 4,961 calls and provided valuable information and support to South Australians, including people with cancer, their loved ones, health professionals and students.



4,961 people were provided with information and support through Cancer Council **13 11 20**.

“No two days are the same,” says Ann.

“Calls can be challenging, sometimes sad, but mostly inspiring. It’s such a privilege to be able to help people during what is often a really difficult time. To anyone needing support, I would urge you to call us. Share your story. We are here to listen.”

There is no need to do this on your own. Help and support can help make life easier. Cancer Council 13 11 20 will give you access to trustworthy information that is relevant and support services are available.

13 11 20—your information and support gateway.

Cancer Council **13 11 20** is a confidential information and support service where people can speak to a Cancer Council Nurse, about anything to do with cancer including:

- emotional support if you or someone you care about has cancer
- how to reduce your risk of cancer
- questions about early detection
- cancer diagnosis
- treatments and their side effects
- practical support and services that are available for people affected by cancer
- end of life issues

Cancer Council Nurses can also help to clarify medical terms, procedures and treatments, provide you with printed information, or can generally talk with someone about their cancer experience.



848 sessions of counselling provided to individuals to support them through their cancer experience.

Mental Health and Cancer

Receiving a diagnosis of cancer is undoubtedly one of the most stressful experiences an individual will endure.

We know that after being diagnosed with cancer over one third of people will have clinically significant distress, which impacts on their ability to enjoy their lives. This distress ranges from depression and anxiety to relationship difficulties, social isolation, grief and loss, body image changes and difficulties coping, has potential important medical impacts if left untreated. Research has shown that distressed individuals tend to experience more frequent and severe side effects (such as pain, fatigue, and nausea) and are less able to stick to their treatment plans (including chemotherapy and radiotherapy).

Yet we also know that of those, when offered, less than 30 per cent of distressed people with cancer actually take up help. There can be many reasons such as stigma associated with mental health and ability to access support services.

Feeling isolated—or as if no one understands—can add to the difficulty of knowing where to go to get help. Support is about reducing the stigma of seeking help, connecting with someone who does understand and learning skills to improve mental health and quality of life. Skills that may assist with reducing these feelings can include mindfulness practice, meditation, goal setting, and counselling.

Taking care of everyday challenges.

Cancer treatment can place significant strain on your finances. Medical bills, travel costs, and having to take time off work are just some of the common financial challenges.

That's why Cancer Council SA provides financial planning services, and can also connect you to relevant community and government resources that can help.

For those struggling with a particular bill, we're able to provide one-off Financial Assistance Grants of up to \$250. With the generous support of our community, we were able to offer 374 grants over the past year to those who needed it most—people like Keran Villis.

"Upon hearing how my kids were in school and apprenticeships, and that I was struggling to pay bills,

groceries and fuel so my son could drive the six-hour round trip to take me to and from hospital, Cancer Council suggested they could assist financially.

I'm so grateful to Cancer Council SA for covering some bills at that time. It meant that I could afford to travel home to be with my family."

Keran Villis with her three kids, Satorri, Kobi and Shaymin.



The 20 year movement of a purple army.



For two decades, Relay For Life has given South Australians a unique and special way to celebrate, remember and fight back against cancer—with events held right across the state and throughout the year.

Since 2001, participants of Relay For Life have united together to celebrate cancer survivorship, remember loved ones lost and paint regional towns purple. These teams of families, friends and colleagues have rallied to raise an incredible \$13.5 million in the fight back against cancer.

And now, in 2020 we are celebrating the past 20 years of Relay For Life in South Australia—every step that countless teams have taken to bring us all closer to a cancer free future.

We will be celebrating every lap that has helped increase the five year survival rate for all cancer types—which currently sits at 69 per cent—20 per cent higher than in the 1980s.

For dedicated Relayer Dan, Relay For Life is more than an event, it's a way to commemorate a very special person—his mum.

"We lost mum to ovarian cancer in 2018, and it was during her 16 month long battle that we first started planning for Relay For Life. And we have Relayed ever since.

"For me, my family, friends and even my colleagues, Relay For Life is a way to remember our special someone, and it's really good as far as support—being able to talk about cancer in such a positive light and fundraise for the event.

"Relay isn't just a way to raise money, it is a way to start a conversation. You really do get a sense that everyone is there for the same reason which is what makes the event so powerful.

"I think we all have a special someone, or a reason why we relay, and I hope that this will inspire everyone to Relay For Life in 2020, every step on the track brings us closer to a cancer free future."

The 20 year event at the Adelaide Central Relay For Life on 29 February – 1 March 2020 is an opportunity for all South Australians to come together to celebrate these milestones and achievements as well as commemorate their reasons to Relay.

Can't make it to Adelaide Central on 29 Feb? See the back page for all the other Relay For Life events happening across SA in 2020 or visit relayforlife.org.au to find out more.

JOIN THE PURPLE ARMY

Walk, jog, run or dance around the track alongside Relayer's like Dan at Adelaide Central 2020 and join the army of purple as we honour 20 wonderful years of Relay in SA. Relay Your Way from 2.00 pm – 9.00 pm and embrace all that Relay has to offer, without committing to the whole night.

If you or anyone you love has ever heard the words "you have cancer", you're invited to walk in the Survivor and Carer's Lap of Honour. Join us for the Candlelight Ceremony and dedicate a candle bag and remind everyone why we Relay.



Daffodil Day tributes plant hope.

A strip of North Terrace in the heart of Adelaide was turned yellow by a sea of daffodil tributes, planted as part of our Daffodil Day Field of Hope on Friday 23 August 2019.

The hundreds of heartfelt tributes were created by people like you. Some were drawings or messages. Others were photos, poems or stories.



Every single one was filled with love.

Throughout August 2019, Cancer Council's Daffodil Day Appeal gave the South Australian community the opportunity to donate to ground-breaking cancer research. Whether you made a donation online, through the Daffodil Appeal or by purchasing fresh daffodils and merchandise at one of the 140 sites across South Australia on Daffodil Day, you helped fund vital cancer research to find new ways to better detect and treat cancer.

The daffodil gives us hope. Research is saving lives.

This year Daffodil Day will be held on Friday 28 August 2020, once again giving the opportunity for you to plant your daffodil tribute with hundreds of others along North Terrace.

A gift for generations to come.

Acknowledging your generosity and Cancer Council SA's Bequest Society.

On Friday 11 October, Cancer Council SA hosted the Chairman's Appreciation Luncheon—an occasion to acknowledge the philanthropy of our valued supporters and members of our Bequest Society who help fund vital research, prevention, advocacy and support programs.

In the last financial year, \$1.9 million in donations from Wills helped to fund cancer research through Cancer Council's Beat Cancer Project. A donation in a Will comes in all forms—from a few hundred dollars to thousands.

Every generous gift matters and the very generous and dedicated supporters who have included Cancer Council SA in their Will help to lay the foundation for years of future progress with their legacy.

If you would like more information on how you can leave a lasting legacy in your Will or would like to learn more about Cancer Council SA's Bequest Society, please contact our Fundraising Manager, Marta on 08 8291 4133.



Get involved!

**29 FEBRUARY–
1 MARCH**



Celebrate.
Remember.
Fight Back.

Adelaide Central

MARCH



2 MARCH



Cancer Council SA
Researcher
Showcase Event

13–14 MARCH



Mount Gambier

28–29 MARCH



Gawler

4–5 APRIL



Ceduna

28 MAY



JULY



24 AUGUST



Cancer Council SA
Researcher
Showcase Event

28 AUGUST



OCTOBER



10–11 OCTOBER



Port Augusta

24–25 OCTOBER



Riverland

24–25 OCTOBER



Yorke Peninsula

**31 OCTOBER –
1 NOVEMBER**



Adelaide Hills

**31 OCTOBER –
1 NOVEMBER**



Belair

NOVEMBER



Port Lincoln

NOVEMBER



Southern Regions

HOLD YOUR OWN FUNDRAISER ANYTIME



DO IT FOR CANCER, rock to chop with the
Ponytail Project or feel the power of pink.



Cancer Council SA Northern
Yorke Peninsula Branch

Cancer Council SA Branches

Located from Mount Gambier to Northern Yorke Peninsula, our Branches are the passionate community faces and voices of Cancer Council SA in regional South Australia. Our valued regional representatives join forces to raise funds and awareness for Cancer Council SA by participating in fundraising activities across the year, connecting more people to what we do and how we help. To date, lifetime Branch donations have exceeded \$3 million—a powerful contribution which is making a profound impact!

If you'd like to get involved with your local Branch or any of our upcoming activities above, please contact us on 1300 65 65 85 or visit cancersa.org.au.