

# THE Daffodil

STORIES OF YOUR SUPPORT

## Supporting Vicki through a cancer diagnosis and COVID-19 .

Last year was tough for many, but even more so for people like Vicki, who was diagnosed with Stage 1 lung cancer.

Vicki was given the news in March last year, right in the midst of the Coronavirus (COVID-19) pandemic. She had just started a new job as an aged care worker and was settling into the role of being grandma to not one but two grandkids. Then, after experiencing a "little bit of a cough" and a sore shoulder, Vicki's life "flashed before her eyes" when she was told she had cancer.

While Vicki was in hospital dealing with her diagnosis during the peak of the COVID-19 pandemic, she noticed her bills started piling up and she'd spent all of her savings on visits with surgeons and lung specialists.

**Read more on page 3.**



**Cancer  
Council**  
SA





# A big **thank you** from **Cancer Council SA.**

For many of us, this year is a year of fresh starts, but it's also a time to reflect on not only the challenges of 2020, but also to look at how far we have come and the incredible things we have continued to achieve, together.

When I look back on 2020, I find myself feeling so very grateful to you. Your kind support ensured we could provide assistance to those who desperately needed it and continue towards our vision of a cancer free future.

Over the past year, many within our community and beyond have faced difficulties and uncertainty. But, thanks to the continued support of people like you, critical services like Cancer Council 13 11 20—the gateway to our support services—have been able to remain open, research has been able to maintain its momentum and patients traveling to Adelaide for treatment have been able to stay at our lodges.

These are incredible achievements, and you made them a reality.

Looking ahead for this year, I am excited that with the support of our dedicated supporters, we will finally start work on making our dream of a purpose-built facility come true. Not only will this building be a hub for life-changing research, support and prevention but it will offer a substantial 120-rooms for regional and remote South Australians travelling for cancer treatment.

I look forward to seeing what this year holds, sharing the progress we make along the journey and witnessing what we can continue to achieve, together.

**On behalf of everyone at Cancer Council SA, and the 28 South Australians diagnosed with cancer every day—thank you. We can't do our life-saving work without you.**

**Lincoln Size**  
Chief Executive  
Cancer Council SA

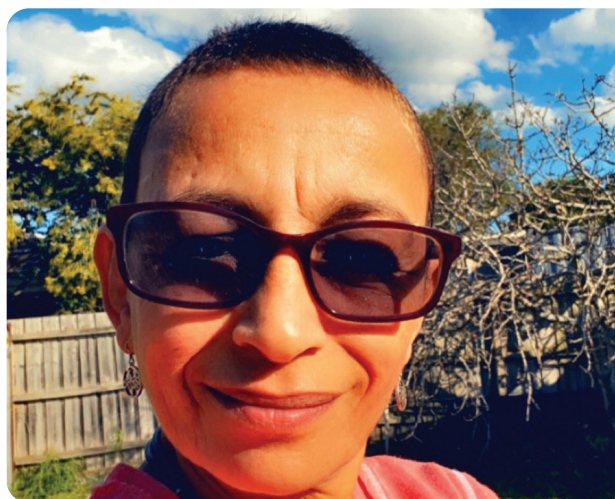
## Continued from page 1.

It was then that she realised she didn't know what she was going to do to make basic ends meet. Once she was home, she looked through the pamphlets the hospital gave her and found information for Cancer Council.

At first, she called for emotional support, unaware that Cancer Council offers financial assistance too.

*"I just rang up to talk for emotional support and someone put me through to Anthony from the financial part. He just let me unload. I was crying on the phone at everything—I didn't know what to do about the whole money side of it and then he said, 'well, we offer a little bit of assistance.'"*

When Vicki got off the phone to Cancer Council 13 11 20, she'd been given financial assistance for groceries, and life-changing advice on how



**Brave Vicki embracing her shaved head after treatment.**

to best manage her impending expenses, during one of the most difficult times of her life.

**Because of you, we're able to be here for all South Australians impacted by cancer and ensure no one has to go through it alone.**

# Our hero nurses —at the frontline of cancer and COVID-19.

Across all stages of a cancer diagnosis—from hearing the words, *"you have cancer"* to coping with treatment, to life beyond cancer—13 11 20 nurses like Deb Roffe are there to ensure that no one ever has to go through cancer alone.

For 11 years, Deb has been answering calls of help from thousands of South Australians impacted by cancer, helping them through some of life's darkest moments—and sometimes life's best.

*"Being a Cancer Council 13 11 20 Nurse is a diverse job and no two days are alike—even after 11 years—but one thing that is often the same is the gratitude callers feel around simply being heard."*



**Deb Roffe, Cancer Council 13 11 20 Nurse**

*It's so rewarding being able to help every person that calls, even in the simplest of ways. Sometimes people just need to talk, and sometimes they need us to share our experience and knowledge to guide and support them through a rough time. Being there to help people no matter what stage of their cancer journey they are at—from learning of a new cancer diagnosis, right through to recovery or end of life issues—is an honour."*

The information, support and advice offered through Cancer Council 13 11 20 is available because of your generosity—in fact, all of the Cancer Council SA services that offer advice and care at a crucial time in people's lives are funded by people like you.

**Thank you for helping nurses like Deb to ease the fear and loneliness caused by cancer by ensuring support is just a phone call away.**



# OUR Daffodil COMMUNITY

From quiz nights to Christmas lights, dress up days to head shaves, here is a snapshot of just a few of the ways you have supported South Australians impacted by cancer.




*Fantastic Max really made his km's count for cancer.*

## Amazing Max

Four-year old Max Rocca signed up to take part in Cancer Council's Ride for a reason in January, dedicating his ride to support his Grammy who was diagnosed with breast cancer in 2019. Max's mum Emily explained that when her mum was diagnosed, Max didn't understand why he couldn't play with her as much as he liked because she was tired all the time. She bought a book for Max, explaining that people going through cancer might get tired sometimes, but that they are all superheroes. He says that he "raised money for cancer research and support so that other Grammy's who are also superheroes have the support they need."

Max set a goal of riding 65km and to raise \$10 for every km. Amazingly, he more than exceeded his goal with a massive \$2,836.34.

Max—you are our superhero! 

Learn more about Ride for a reason at: [www.rideforareason.com.au](http://www.rideforareason.com.au)



*Founding Marilyn, Sarah Tinney, with her late mum.*



## The Marilyn's are BACK!

For the past eight years, South Australian women (and men) have donned a white swimsuit, red lip and a blonde wig as part of the iconic Brighton Jetty Swim, all in support of those in our community impacted by cancer.

This annual swim has now raised an incredible \$550,000 over the years, but it came from humble beginnings and a personal experience.

Like so many others, founding Marilyn Sarah Tinney, first turned to fundraising after a personal experience. Her mother back in the US was diagnosed in 2006, and passed away in 2007. From the first day of her mother's diagnosis, Sarah pledged to help raise money to cure cancer in her honour and that's how the Marilyn Jetty Swim was born.

*"We're so proud that each year the event keeps growing. The event continues to exceed all my own expectations, and we're always aiming higher every year.*

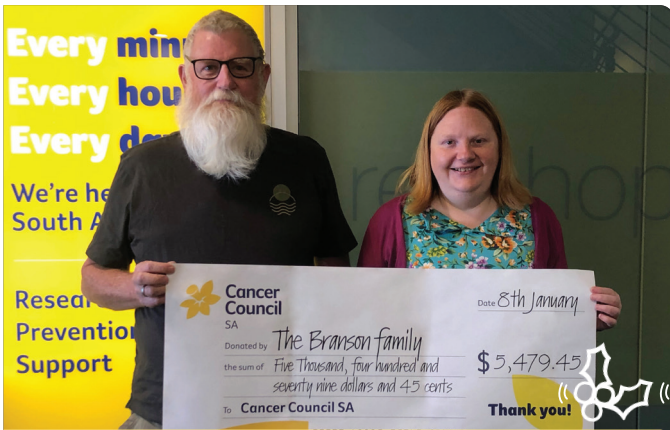
*Whatever the figure, we know that every dollar will help Cancer Council SA make a real difference to so many people's loved ones when they are fighting for their life." - Sarah*

Well done to Sarah and her sisterhood of bold and fabulous Marilyn's!

Learn more about Marilyn Jetty Swim at: [www.themarilyns.org](http://www.themarilyns.org)







Each year, Howard embodies the Christmas spirit, dressing up as Santa.



### Christmas lights with a difference

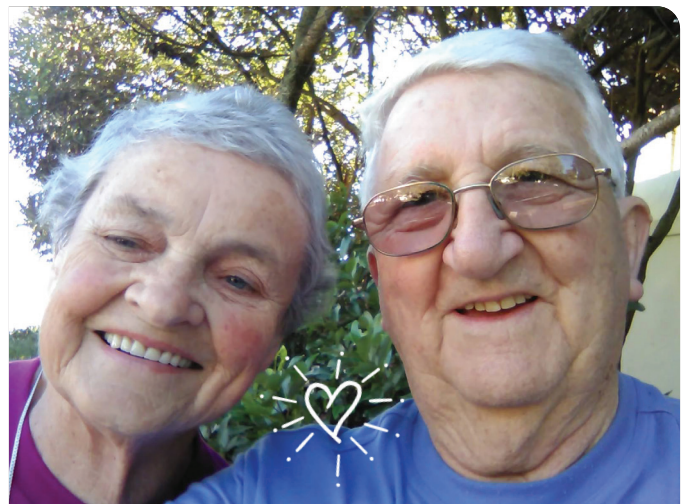
In December 2015 Howard was diagnosed with Mesothelioma—a cancer caused by asbestos exposure. Determined to not let this news dim his joyful spirit, he decided to use his impressive annual Christmas light display to help raise funds for others impacted by cancer. Not only does Howard light up his front yard, but also dresses up as jolly Santa, collecting donations from passersby. Over the last four years, Howard has brought awareness around cancer and raised more than \$17,266.65 in support of a future free from cancer!



### Lemonade stall a 'sweet' fundraiser



Gawler sisters Ruby and Arlee are just seven and five, but together they managed to raise an amazing \$1,700 by setting up a lemonade stand last September. The girls sold not only lemonade to locals, but an assortment of fresh juices and yummy baked treats too. They came up with the idea all by themselves, and were supported by “nannies, poppies, aunts and uncles”, as well as their parents and local hotel.



Dean and his late wife, Judith.



### Judith's Legacy

In 2017, Aldinga local Dean lost his wife of 61 years, Judith, to ovarian cancer. Determined to do something in her honour, he has spent the past three years lacing up his most comfortable shoes and walking to fundraise for women impacted by ovarian cancer—just like his sweet Judith. “I started walking and fundraising to honour Judith's life and our life together and I haven't stopped,” he says.

“When Judith was alive, our motto was always ‘accept what gets thrown at you and get on with life’. That was a great motto to have when it was the two of us but it's pretty hard to live up to now. But I'm trying...”

He now dedicates his days to raising awareness and funds for ovarian cancer through Judith's Walk and other community fundraising events. To date, Dean has raised more than \$30,000 for Cancer Council SA's Gynaecological Cancer Fund, and he refuses to stop there.

“I believe in why and what I am doing. Because of that and the support of the community, Judith's Legacy is making a difference.”

You can find out more and support Dean to Do It For Cancer at: [www.doitforcancer.com.au/fundraiser/deanrowe](http://www.doitforcancer.com.au/fundraiser/deanrowe)

Looking to do something for cancer and make a difference? Register your own creative fundraiser at [doitforcancer.com.au](http://doitforcancer.com.au)



# Stories of your support: an update on Mitchell.

Over the years, research has been responsible for incredible leaps forward, and it is no exaggeration to say that research saved young Mitchell's life.

You may remember Mitchell and his mum, Janine, from our Christmas Appeal. Mitchell was just 11 years young when, with his loving mum by his side, he was told he had brain cancer. Since then, Mitchell has had only one dream for Christmas: a cure for brain cancer.

Every time you support us, your kindness helps make research trials, like the one that saved Mitchell's life, possible.

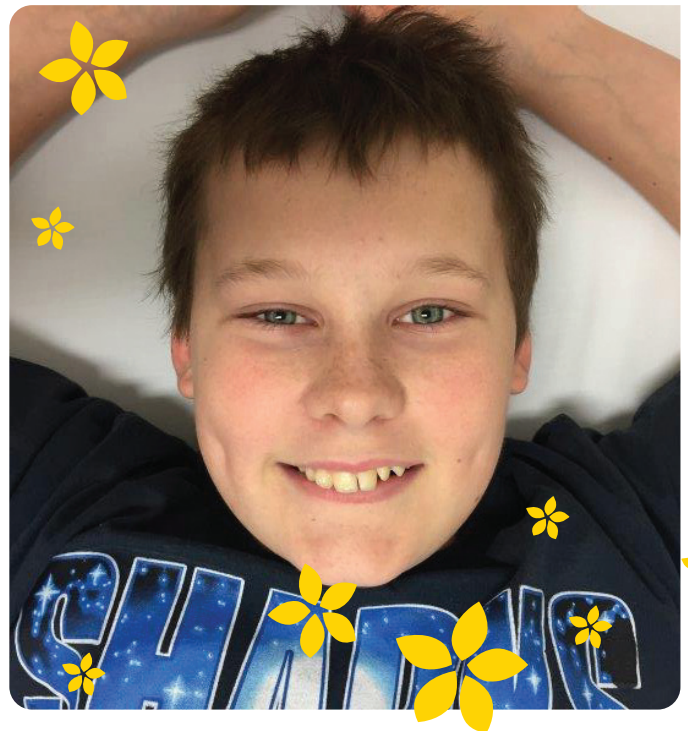
Thanks to your generosity, I am so pleased to report that Mitchell's Christmas Appeal raised an incredible \$64,574.05!

Mitchell and his family's story is one of hope and resilience and it truly demonstrates how the research, prevention programs and support services that you fund can save lives.

*"I'm looking to the future. That's how I get through. But lots of my friends didn't make it. They didn't get to get a driver's license. They didn't get to turn 16 or 18. Some people haven't even had one year of life, and they die. So I wanted to say, between life and death, every donation means more research and more help for people in need—every dollar, every five cents, counts."* – Mitchell

Your gifts truly have meaning, purpose and impact, and, thanks to you, Mitchell and other families impacted by a cancer diagnosis can have hope and dreams for the future.

**Your kindness truly is life changing.**



If you or someone you know has been impacted by cancer and is looking for information and support, call to speak to an experienced cancer nurse.  
**Cancer Council 13 11 20 is open Monday to Friday, 9.00 am – 5.00 pm.**



# Recognising local women leading the way in cancer research.



Every year, your support helps us fund some of the brightest cancer researchers in the state through the Cancer Council Beat Cancer Project. And last year, you helped shine the light on South Australian leading female researchers with The Women in Leadership Awards.

The 2020 award recipients are Professor Deborah White from SAHMRI, Professor Bogda Koczwara from Flinders University, Dr Kerri Beckman from UniSA and Professor Lisa Butler from the University of Adelaide.

Professor Butler, who is a Cancer Council Beat Cancer Project Principal Research Fellow and

heads the Prostate Cancer Research Group at SAHMRI, said the award will support fresh prostate cancer tissue collection and biobanking from consenting patients who are undergoing surgery for prostate cancer in Adelaide.

*“This collection is essential for my research program, which is unique in its use of fresh and archival prostate specimens to maximise clinical translation of our laboratory research findings,”* she said.

We are incredibly proud to be recognising each of these exceptional researchers through this award, which we know will enable them to further progress their work and make a real difference to cancer research in our state. And it’s only possible because of your generous support. **Thankyou!**

# Be SunSmart—don’t let the sun see your DNA this summer!

Did you know, damage from ultraviolet (UV) radiation adds up over time during our daily activities, often without us noticing?

In February, the UV Index is still reaching 10 (Very High) on average, with sun protection recommended in SA right through until May. Because of this, understanding UV radiation and how it can damage your DNA is an important step to safeguard yourself and your family against skin cancer.

UV radiation is a type of energy naturally produced by the sun. It’s the kind of energy that cannot be seen or felt yet can penetrate deep into human skin and damage connective tissue and the skin’s DNA, leading to skin cancer.

Any change in your skin—from a tan to sunburn—is a sign of skin cells in trauma. This damage is irreversible and adds up over time, leading to skin cancer.

UV and temperature aren’t related, and the UV can be at skin damaging levels even on cool or cloudy days—which is why it’s so important to check the UV before you head outside. If the UV is 3 and above, make sure you protect your skin in five ways:



SLIP



SLOP



SLAP



SEEK



SLIDE



# Our Lodges supporting Letchemi...

In 2011, just 18 months after a breast cancer diagnosis, Letchemi was diagnosed with stomach cancer.

The diagnosis was unexpected and, thankfully, further tests showed it was not a secondary cancer. Letchemi faced a treatment plan of surgery and chemotherapy to treat the cancer in Adelaide, and, being from regional South Australia, she turned to Cancer Council's Greenhill Lodge for support, staying there for six whole weeks during treatment.

*"I was lucky as it wasn't a secondary cancer—it was another primary, completely unrelated to my breast cancer, which meant that the original cancer hadn't spread."*



*Lovely Letchemi at our lodges*

*"I had to undergo surgery pretty quickly followed by six weeks of chemotherapy in Adelaide. Being from a regional community I needed to travel to Adelaide for treatment and Cancer Council were there to provide support for me when I needed it most."*

*"Greenhill Lodge became my home for six weeks and it was during that time that I volunteered my services to Cancer Council SA. I signed up to be an Ambassador during my first round of breast cancer treatment because after all the support I myself received, I wanted to give back. Going through treatment and being involved in support services through volunteering gave me a great sense of the incredible work Cancer Council does in the community."*

*"I signed up as an ambassador not long after I finished treatment and have been involved with Cancer Council SA ever since. I'm proud to still be an ambassador to this day, sharing my story and experience to help others."*

*"My message to anyone going through cancer is that you're not alone. Reach out if you need it, there are people there to help you every step of the way."*

Although she hopes to never need it, Letchemi shared her excitement over news of the new purpose-built facility.

*"I think it's absolutely incredible news that the Lodges are getting a well-deserved upgrade that will give regional and remote South Australians like me a home away from home during cancer treatment for years to come."*

We think so too, Letchemi.

## **Your story matters.**

Sharing your story can help raise awareness about important cancer issues, help others feel less alone and give others the courage to talk about cancer and seek help.

Share your story by via email at [media@cancersa.org.au](mailto:media@cancersa.org.au) or by calling 8291 4119.





## ...and a new home for all South Australians impacted by cancer.

For the past 90 years, the support of the South Australian community has enabled Cancer Council SA to run vital services, including the lodges on Greenhill Road and Dequetteville Terrace, to support all South Australians across every stage of their cancer diagnosis.

For guests, these lodges are more than just a place to stay—they are a place for guests to find their second family in the welcoming lodge community with social workers providing lodge guests with comfort, support and a friendly face.

Last year alone, our lodges provided more than 33,000 nights of accommodation to regional South Australians impacted by a cancer diagnosis.

Now, we are looking to the future and how we can ensure this vital service is here for generations of South Australians to come.

A key focus for Cancer Council SA has been exploring the various options of accommodation

that will enable the service to continue into the future.

This year with the generous support of people like you, we are embarking on a once in a generation building project.

This new facility, built on our existing site at 202 Greenhill Road, will combine, research, prevention, information and support services alongside a new benchmark 120-room supportive accommodation facility, all in one location, close to the main cancer treatment centres and other treatment providers along with quick access to major transport links.

Work on the \$31m project will start in the coming months, with the build targeted for opening in May 2022.

We'll keep you up to date with this exciting new development as it comes to life, including how you can be part of ensuring that every South Australian impacted by cancer has the support they need for generations to come.

**To learn more about the project, please visit: [www.202greenhill.com.au](http://www.202greenhill.com.au)**





## Alcohol and your cancer risk.

When it comes to cancer risk, there is no safe level of drinking. Alcohol is a Group 1 carcinogen—the highest available—this means it is an acknowledged cause of cancer and that even small amounts increase the risk of cancer; particularly of the bowel, breast, mouth and pharynx, liver, larynx, oesophagus and stomach.

Your risk increases with every drink you have, and is the same no matter what type of alcohol is consumed—whether it's beer, wine or spirits.

So, let's talk about how you can reduce your risk.

Alcohol causes around 3,500 cancer cases in Australia each year. To reduce your risk of cancer, it's best to limit your intake of alcohol or—better still—avoid it altogether.

If you choose to drink, Cancer Council recommends following the new National Health and Medical Research Council (NHMRC) guidelines released in December 2020 which recommends consuming no more than 10 standard drinks per week, and no more than four standard drinks on any one day. Just keep in mind, the less you choose to drink, the lower your risk of alcohol-related harm.

Another reason to avoid or limit alcohol is that consuming alcohol can make it more difficult to maintain a healthy weight as it is high in kilojoules. Being overweight is a risk factor for 13 different types of cancer including bowel, breast (post-menopausal), kidney and liver. This means that not only does drinking alcohol directly increase cancer risk, it can also indirectly increase your risk by making it more difficult to maintain a healthy weight.



## 10 tips to reduce your alcohol consumption.



1. Choose a non-alcoholic drink such as sparkling water with fresh lemon or lime.
2. Limit alcohol to special occasions and avoid binge drinking.
3. Use water to quench thirst.
4. Opt for low-alcohol drinks, or dilute alcoholic drinks with sparkling water or juice.
5. Choose a mocktail instead—but be cautious of mixers as they can be high in calories.
6. Set yourself a limit and stop once you have reached it.
7. Have alcohol free days each week.
8. Order beer and cider in a smaller glass e.g. a South Australian 'schooner' or 'butcher' rather than a pint.
9. Alternate alcohol drinks with non-alcoholic drinks, such as sparkling water.
10. Find alternative ways outside of pubs to catch up with friends e.g. go for coffee, organise a walk, tennis or cricket match instead.

## Mocktail recipe: Berry Spritz.

### Ingredients

- 1 litre soda water
- ½ lemon, sliced into thin wedges
- ½ cup raspberries
- 1 punnet of strawberries, hulled and cut in half
- Handful of fresh mint leaves
- Ice (crushed if possible)
- Extra mint and lemon wedges for garnishing

### Method


1. Muddle mint, lemon and berries in a jug.
2. Add ice to the jug before adding the soda water.
3. Serve in glasses and garnish with the extra mint and lemon



*"This is my go-to for any celebration. It's zesty, fresh and full of flavour. I always love to make a mocktail for party guests, so they have a healthy option to choose."*

**Nat von Bertouch Dietitian and Community Education Project Officer at Cancer Council SA.**





**So much can change  
from generation  
to generation.**

Fanny, diagnosed in 2018. Cancer free in 2020.

**Do you  
remember...**

30 years ago, Fanny's  
chance of surviving  
cancer would have been  
much lower.

**Do you know...**

69 per cent of people  
diagnosed with cancer  
are now likely to survive  
at least six years after  
first diagnosis.

**Do you wish...**

that you could allow  
future generations  
to live in a cancer  
free world?

Call Jacqui on (08) 8291 4305 or email [philanthropy@cancersa.org.au](mailto:philanthropy@cancersa.org.au)  
to find out how you can help create a cancer free future through  
a gift in your Will.

[cancersa.org.au](http://cancersa.org.au)

We encourage you to consider your loved ones first, and always consult a solicitor when finalising your Will.



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