

THE Daffodil

STORIES OF YOUR SUPPORT

Together, all of us make a difference.

Year after year the South Australian community comes together to tackle cancer in so many ways and as the Chief Executive of Cancer Council SA, nothing makes me prouder.

In this edition you'll read some incredible stories of South Australians who have committed to making a real difference in our community.

You'll hear from the Beech Boys, who rode from the Gold Coast to Adelaide to raise funds in memory of their mum Tammy, who lost her life to lung cancer. And you'll read stories from real South Australians impacted by cancer, like James' who lost his wife Emma to cancer, and Craig, who is living with terminal bowel cancer and committed to making every day count.

We simply couldn't do the work we do without the incredible South Australian community, and people like you, who donate to our Appeals and support South Australians doing incredible things.

Thank you so much for your support. There is no doubt that together, we are making a real difference.

I hope you enjoy reading the latest edition of the Daffodil (keep an eye out for our healthy savoury muffin recipe on the back page). I'm excited to continue to share stories with you that celebrate what we can achieve together.



Kerry Rowlands

Kerry Rowlands
Chief Executive
Cancer Council SA

Thank you for helping to reduce the rate and impact of cancer.

Every day, we are driven by our purpose—to reduce the rate and impact of cancer for all South Australians. A purpose that is only possible because of the generosity of people like you.

In the past year, you have raised an incredible **\$478,000** through Appeals for South Australians impacted by cancer.

From providing accommodation to regional and remote South Australians, to funding world class research, our work is only possible because of the generosity of the South Australian community.

Thanks to your support, the past year has also seen us open the doors to our new building at 202 Greenhill Road, which combines 120 rooms of supported accommodation alongside our cancer research, prevention and support programs.

Thank you so much for what you have helped make possible this year.



K Maywald

The Hon Karlene Maywald
Board Chair, Cancer Council SA

Thank you for giving for all that cancer takes.

Tackling cancer really does take all of us, and it is through our Appeals that we see just how true this is!

During the lead up to the Christmas period, we shared with you James' Appeal, a bittersweet love story that ultimately ended in heartbreak following his wife Emma's terminal cancer diagnosis.

It was James' hope that by sharing his story with you, our wonderful community of supporters, that together we would be able to raise vital funds to ensure no one has to go through the pain and heartbreak of a cancer diagnosis alone like he did.

James was thrilled to learn that his Appeal helped to raise over **\$95,000!**

Your incredible donations continue to allow our programs and services—like Cancer Council 13 11 20—to operate and be accessed by all South Australians impacted by all cancers. And for that, we can't thank you enough.



James and Emma Fantasia

Each and every donation James' Appeal received is already going a long way in providing vital support right here in our community to those who need it most... people like James.

Your commitment truly shows that when all of us work together, no one has to face cancer alone. Together we can ensure Cancer Council SA's range of vital supports and services are there, all the time, for all South Australians impacted by all cancers.

"Every day, we receive calls from South Australians like James who are looking for information and support around a cancer diagnosis. By working together, we can ensure no one has to go through cancer alone and that we can be there for every person affected by it. Thank you for making a difference – all of your donations have helped and will continue to help South Australians impacted by cancer." – Amanda Robertson, Information and Support Manager, Cancer Council SA



Your exclusive sneak peek at our upcoming Tax Appeal.

This year's Tax Appeal will be here before we know it, and what a story it is promising to be.

South Australian family, the Shelmerdine's, will be sharing their story about how a cancer diagnosis for their 12-month-old daughter Poppy turned their lives upside down for three long, hard years.

Poppy's story is every parent's worst nightmare, but thanks to advances in research, Poppy and her family have been able to put the cancer diagnosis behind them and look to the future.

"Our entire world changed in that moment, and our lives were never the same again. It's been an emotional rollercoaster, particularly as a parent, watching your child go through so much pain." – Heath Shelmerdine, Poppy's Dad

Poppy's story may have been a success, but with cancer being one of the most common causes of death among children aged under 15 years in Australia, there is more childhood cancer research required.

This Appeal aims to raise \$120,000 to fund vital cancer research funded through the Cancer Council Beat Cancer Project to support South Australians and their families impacted by leukaemia.

Keep an eye on your letterbox or inbox for more about Poppy's story and how you can support vital cancer research in the lead up to June 30.

Your generous gifts in action.

This year we met Craig Denning—a 48-year-old loving husband and father of three who was told that what he thought was a pulled muscle, was in fact terminal bowel cancer which would see him live only for another two to three years. Thanks to your generous past donations to Appeals, Cancer Council SA's support services were there for Craig and his family from the moment of diagnosis.

Craig shared his cancer story with our Appeal community in hopes to raise \$30,600 for Cancer Council SA's support services such as Cancer Council 13 11 20, our Outreach Nurses and our counselling services, so that other South Australian families impacted by cancer will have the same support that he and his family has had.

Craig and his family have relied on the information and support provided by Cancer Council 13 11 20, and now, thanks to your generous donations, more people like Craig and their families will be able to receive vital support when they need it most.

"For me, Cancer Council SA was there from the moment I found out about my diagnosis. Right after the doctors told me the news, I met the sweetest Cancer Council SA Outreach Nurse who came up to me and said the right thing—she understood. She knew. She had all the information and could answer all my questions, and that's when I first felt like there was support there. I had such great support from Cancer Council SA from that first day, there was no way I could ever feel alone."

– Craig Denning

We are beyond grateful for your generosity and for coming together to ensure that support was available for South Australians like Craig and his family. Thank you for making a difference and letting people know they don't have to face cancer alone.



Craig and his family

We look forward to being able to update you on how much was raised from this Appeal in the October Newsletter.

Tackling cancer really does take all of us and we continue to be amazed at the support and dedication of the South Australian community in making our programs and services possible, and ultimately reducing the rate and impact of cancer.

Read more about Craig's Appeal and how your donations are making a difference.



In the last year, more than

5,000

connections were made by Cancer Council 13 11 20 Nurses with South Australians seeking cancer information and support.



In the last year, more than

116,000

resources were distributed to the community about cancer prevention, information and support.



Did you know?

900+

counselling sessions were delivered to individuals to support them through a cancer experience in the last year.



The 'home away from home' made possible by you.

Your incredible donations have helped us open our new, integrated cancer building for all South Australians impacted by cancer at 202 Greenhill Road, Eastwood.

Thanks to you, every regional South Australian has a place to call home during their cancer treatment here in Adelaide, with 120 rooms of supported accommodation alongside cancer prevention, research and support services—giving every South Australian every chance to survive a cancer diagnosis.

In addition to 120 rooms of supported accommodation, our new building is also home to a communal dining room, gym, library, kids' room, sports room, kitchens, and laundry facilities on every floor.

It really is a home away from home!



202 Greenhill Road, Eastwood

We are so grateful for each and every one of you who have made this possible. Thank you, once again, for creating a home for every South Australian impacted by cancer regardless of where they're from, or where they are in their cancer experience.

The Beech Boys continue to bring it home!

For two weeks across October and November, four brothers—affectionately known as the Beech Boys—set off from the Gold Coast on their push bikes, cycling a massive 2,200km all the way to Adelaide to raise funds for Cancer Council SA in honour of their mum, Tammy-Lee Beech who passed away unexpectedly in 2016 from lung cancer.

The boys battled through falls and floods to raise a massive **\$55,000** for early detection of cancer, which was announced at a gala event for 260 guests on the day they arrived in Adelaide. How amazing!

This was the second ride for the Beech Boys, the first being '220 For Tammy' in 2019 which was organised by youngest brother Kylan and dedicated to their mum.

The inaugural ride saw the brothers cycle 220kms from Adelaide to Barmera raising \$30,000, tripling their initial goal of \$10,000.



(L to R) Jordan, Kylan, Nick and Jono

"My hope with '220 for Tammy' was that it would be a way for us all to remember and celebrate mum. And it was. It was also our way of doing something, so that other families won't experience growing up without their mum because of cancer."
— Kylan Beech

It is privilege to be involved in their incredible journey and see their dedication to supporting cancer research around early detection.

If you've been inspired by the Beech Boys, you can register to hold your own fundraiser with Cancer Council's Do It For Cancer.



How your Appeal gifts enabled Cancer Council 13 11 20 to be there for me.

"In 2007, my mum Denise was diagnosed with breast cancer, and I became her carer, travelling with her from Bordertown to Adelaide for treatment which included two surgeries: a partial mastectomy and a removal of her lymph nodes.

I found having a family or friend diagnosed with cancer to be a very isolating experience. There are so many emotions that are overwhelming during such a stressful time. And that's why I reached out to Cancer Council 13 11 20.



When I first reached out to Cancer Council 13 11 20, I was a mess trying to hold it together for my family and didn't know what I was doing or how best to support them.

The Cancer Council Nurses at the other end of the phone were brilliant as I needed someone to talk to who wasn't family and could help me to navigate my own emotions whilst helping my family through such a horrible time.

I know I am not alone, there are other people impacted by a cancer diagnosis who rely on the information and support of Cancer Council 13 11 20. Having the Cancer Council Nurses to speak to made a huge difference and helped me through some very dark times.

To everyone who has donated to Cancer Council SA and supported the 13 11 20 service, I can't thank you enough for ensuring South Australians like me don't have to go through cancer alone. Thanks to you, Cancer Council 13 11 20 is here for everyone affected by cancer... they are here for people like me." – Paula Blackwell

You're funding life-changing cancer research.

Discovering the next research breakthrough takes all of us, and, thanks to your visionary contributions we're able to help find them sooner by funding vital, life-saving research like that of Professor Michael Sorich.

Professor Sorich from Flinders University is the recipient of a three-year **\$596,000** research grant through the Cancer Council Beat Cancer Project, which has only been made possible because of the generosity of people like you.

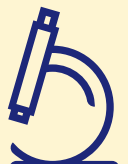
This cutting-edge research is working to develop online tools that will help cancer patients work through difficult decisions about how and when to use an anti-cancer medicine for the treatment of cancer.



Professor Michael Sorich, Cancer Council Beat Cancer Project Researcher

"By having this personalised information, patients can feel more confident and empowered to make the most appropriate decision for them specifically regarding their treatment and will be better prepared by having more accurate expectations for their treatment outcomes." – Professor Michael Sorich

We may not all be researchers, but your past generosity is what enables our researchers to do the amazing work that they do every day. Thankyou!



Savoury muffin .

Serves: 12

Preparation time: 15 minutes

Cook time: 20-25 minutes

Ingredients

- 1 cup self-raising flour, sifted
- 1 cup wholemeal self-raising flour, sifted, add husks back into flour mix
- 1 cup grated zucchini
- 1 cup grated carrot
- 1/3 cup red capsicum, finely chopped
- 1/3 cup corn kernels
- 1 cup grated tasty cheese
- 2 eggs, lightly beaten
- 125 g margarine, melted
- 1/2 cup reduced fat milk
- 2 tbsp sesame seeds
- 2 tbsp pepitas

Method

1. Preheat oven to 190°C (170°C fan forced).
2. Combine both flours and cheese in a large bowl.
3. Place zucchini and carrot in a strainer, squeeze out excess liquid.



4. Add zucchini, carrot, capsicum and corn to flour and cheese mixture. Combine well.
5. In a small bowl combine eggs, margarine and milk. Pour into vegetable mixture and stir through until just combined.
6. Grease a 12-hole muffin tray with cooking oil spray or margarine, alternatively line the holes with muffin cases. Spoon the mixture evenly into the holes.
7. Sprinkle with sesame seeds and pepitas.
8. Bake for 20-25 minutes until cooked through. Remove muffins from tray and cool on a wire cooling rack.

2023 Fundraising calendar.

MARCH

Ride
for a reason

18-19 MARCH



MAY



6-7 MAY



JULY



AUGUST



21-22 OCTOBER



4-5 NOVEMBER



DECEMBER

THE LONGEST DAY

ALL YEAR



GIRLS' NIGHT IN

