

THE Daffodil

STORIES OF YOUR SUPPORT

Our new home for all South Australians impacted by cancer.

Thanks to the amazing generosity of supporters like you, our vision to create a new, integrated cancer building is set to become a reality this year!

Combining cancer research, prevention and support services alongside 120 rooms of supportive accommodation for regional and remote South Australians, our new building will give every South Australian every chance to survive a cancer diagnosis.

Furnished with all the comforts of home and expertly chosen equipment throughout, every room in our new building will ensure guests feel welcomed and supported throughout their stay.

We are so excited to share the progress of our new building at 202 Greenhill Road Eastwood with you—**read more about this visionary project on page 3.**

Your first
sneak peek inside!



**Cancer
Council**
SA

Will's personal connection.



Cancer Council SA Ambassador Will McDonald reads the nightly news on Channel 9 and has a very personal reason for supporting Cancer Council SA. This is his story.

Will learnt the harsh reality about cancer in July 2020. He was feeling fit, strong and eating healthy. There was no reason to think the niggling hip injury he was dealing with was anything sinister.

A MRI scan revealed the pain in his left hip joint was metastatic aggressive prostate cancer. What followed was six rounds of chemotherapy and 20 doses of radiotherapy.

"Before I had cancer, I knew what Cancer Council SA did. I had covered many stories through my job as a journalist for Nine News on cancer prevention, fundraisers, and research. But now I UNDERSTAND what Cancer Council SA really means to people and their families as they fight for their lives."

Will has to stay on hormone therapy long-term and have a three-monthly blood test to keep a close watch. However, he is upbeat, grateful, and loving life.

We are extremely grateful for Will's support and for sharing his story with us. You can read more about Will's story and continue your support of Cancer Council SA in our upcoming Autumn appeal.

You're giving every South Australian every chance.

Professor David Roder AM, Beat Cancer Project Chair of Cancer Research.



Research by Professor David Roder AM from UniSA highlights the huge gap in outcomes between those living in regional and remote South Australia (with a cancer diagnosis) and their metro counterparts.

The study reveals that South Australians living outside the major urban areas have poorer survival rates than those who live in the city. Shockingly, they are more likely to die within five years of diagnosis the further away from the city they live.

Professor Roder, a Beat Cancer Project Chair of Cancer Research, found the huge costs of travel and accommodation in the city, and the extra pressure it can place on families, can cause regional South Australians to end their cancer

treatment prematurely. It can have disastrous effects on their health and seriously affect their chances of survival.

His research also highlights why Cancer Council SA's new building is so important—it will give every South Australian every chance to survive their diagnosis, regardless of where they're from. By having supportive accommodation, research, prevention and support services all under one roof, it will ensure that all South Australians, no matter where they live, will have the best chance of survival.

Your support has been, and continues to be, vital in making visionary new projects like this possible, so we can improve prognosis and save more South Australian lives.

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A cancer diagnosis is hard, but when you're away from family, friends and loved ones, it's even harder.

For more than 30 years, Cancer Council SA's Flinders and Greenhill Lodges have supported regional South Australians with subsidised accommodation. However, these much-loved facilities are coming to the end of their working lives.

Thanks to the kind-hearted support of our community, last year we commenced the build of a new home to better serve all South Australians and to replace the current Cancer Council SA Flinders and Greenhill Lodges, so we can take supportive patient care to the next level for this generation and the next.

Reducing the complications and financial strain that come with relocating to the city for treatment helps more people get the best support and complete their treatment. And that helps to reduce the burden of cancer for more South Australians.



With more than 11,400 new cancer cases diagnosed in South Australia every year, it's even more timely to create a place of comfort and support for those South Aussies who need it most.

Through the ongoing generosity of committed supporters like you, our new home will ensure no South Australian has to go through cancer alone.

How to get involved

From toys to TVs, there are so many items needed to provide families with the comforts of home. You can continue to make a difference and help support thousands of South Australians impacted by cancer every year by supporting our Autumn Appeal to give comfort to those who need it most.



To learn more scan our QR code or go to fundraising.cancersa.org.au/donate-appeals

Former Lodge guests heartwarming news.

Scott and his mum Dee spent countless nights at Greenhill Lodge in 2018 while Scott underwent treatment for brain cancer. Recently, Scott and Dee had reason to celebrate with some very exciting scan results.

Since Scott's initial diagnosis three and a half years ago, he has had regular six-month scans to monitor his brain cancer. Every scan since has shown evidence of the disease, however incredibly, his most recent scan was the first that showed no evidence of cancer.

To add to the celebrations, Scott is set to marry the love of his life in March this year at a ceremony in Mount Gambier. Congratulations—we couldn't be happier for you (and can't wait to see the wedding pics!).



Dee wanted to share her news with our Daffodil community and say a big thank you, as it was donations to Scott's story (shared in our 2019 Autumn Appeal) which will ensure that regional South Australians like Scott will continue to have support for generations to come.

OUR **Daffodil** COMMUNITY

Your incredible support for South Aussies impacted by cancer brings us all together again and again. You've made such an impact—by taking on sporting challenges, hosting delicious high teas, shaving your heads, or through volunteering and organising support through your local community.

There are so many wonderful ways our amazing South Australian community has made a difference in 2021!

A cruise for cancer

In its second year running, **Cancer Cruise**, operated by the Box Rallies community, continued to raise vital funds for Cancer Council funded researchers across Australia.

In total, our incredible participants have now raised over \$100,000 and are already looking forward to next year's event!

Cancer Cruise invites you to fill the seats of your favourite vehicle and join other like-minded people for a great day out in 2023.

If you'd like to take part, call the Box Rallies team on (08) 8423 1299.

Legends of The Longest Day

It was an incredible effort by our 281 **Longest Day** participants who raised over \$138,000 in December. Facing the ultimate golfing challenge, participants played up to 72 holes of golf in one day! A sincere thank you to all involved for your valuable contribution to our lifesaving work.

Seacliff Sevens Shave

Last July, Year 7 students from Seacliff Primary School made the ultimate hairy sacrifice, shaving their heads during an all-school assembly—and incredibly raising over \$30,000 in the process. What an amazing result!

Relaying across South Australia

Thanks to the tireless work of passionate, local Organising Committees across South Australia, **Relay For Life** events continued to be held across the state in 2021, empowering local communities to make strides towards a cancer free future. What a fantastic achievement!

Your Ride made it count

Five year old Wazir took part in the **Ride for a reason** January Distance Challenge this year, committing to ride 50 kms and raise \$500 throughout January to *"help people going through cancer, especially children."* Congratulations Wazir and thanks so much for going the distance!

Sharing your Flower Power

In August 2021, Cancer Council SA celebrated **Daffodil Day's** 35th anniversary! Our volunteers and participants are the perfect example of Flower Power, showing us the amazing things we can achieve when we work together. Thank you!

Marilyn nominated as a local hero

Marilyn Jetty Swim founder Sarah Tinney was recently nominated for an Australian of the Year Local Hero Award (SA) for her role in working to achieve a cancer free future.

Cancer Council SA Chief Executive Kerry Rowlands congratulated Sarah on her prestigious nomination: *"As a not for profit, we rely on the incredible generosity of the South Australian community to fund our vital work. Fundraisers like Sarah play a huge role in supporting us to achieve our vision of a cancer free future."*

Congratulations to Sarah on her exciting nomination—and to each fabulous Marilyn for being apart of this amazing event. Bring on the tenth year of the Marilyn-ing in 2023!

Addy's Big Chop

Addy Westdyk grew her hair over two years to fulfill her goal of chopping it off and donating it to be made into a wig, raising over \$2,000 in the process.

Addy says: *"My wig will hopefully help someone to feel like themselves again."* Congratulations and thank you Addy!



1. Cancer Cruise, operated by the Box Rallies community.
2. Dan Orr, Marc Talbot and Nick Orr at Longest Day.
3. Year 7 students from Seacliff Primary School.
4. Adelaide Hills Relay for Life participants (from left to right) Fabio, Lucas, Kerri and Ruby.
5. Wazir and Olympic Cyclist Matthew Glaetzer.
6. Daffodil Day volunteers from GenesisCare (from left to right), Sian, Basia and Karen.
7. Marilyn Jetty Swim founder Sarah Tinney with her Local Hero nomination.
8. Addy Westdyk's brave Ponytail chop.

In celebration and remembrance.

Please join us in remembering Emma Fantasia, Ryan Hodges, and Sam Smithson, devoted members of our Cancer Council SA community.



Emma Fantasia (1971–2021)

Described as a force of nature, Emma embraced everything life had to give—even in the face of the most challenging situations.

Emma’s incredible positivity and passion for fundraising inspired us all.

She said: “For me, the last three years of my cancer journey have been the absolute pinnacle of my life. The connections I’ve made through business, social media, and the community here in South Australia have made my Adelaide home a slice of heaven on Earth.”



Ryan Hodges (1982–2021)

A proud Dad and devoted husband, Ryan’s positivity and resolve gave hope to many impacted by cancer and he will be greatly missed.

He said: “Early in 2016, I achieved something I never thought I could—even in full health—I completed all stages of the Tour Down Under. I did the Tour to help raise money for cancer research, so my son might grow up without the fear of cancer. It was also my way of showing gratitude for all the support we received from our family, our friends, my workplace, and of course, from Cancer Council SA.”



Sam Smithson (1973–2021)

Mother of two Sam Smithson, was committed to helping others and sharing her story in many of our fundraising campaigns to help

South Australians impacted by cancer.

She said: “Throughout my entire experience, the Cancer Council 13 11 20 Nurses were my lifeline. Right now, I am so grateful to know that I don’t have to go through this alone. I have my boys, my family, friends and, of course, the incredible 13 11 20 Nurses who continue to support people like me through cancer every day.”



Jan Curtis, Cancer Council SA volunteer.

We’re better together.

When it comes to supporting South Australians impacted by cancer, you—our wonderful community—go above and beyond in every way. We simply can’t do the work we do without you.

Every week, Cancer Council SA’s team of dedicated warehouse and office volunteers give up their time to pack essential items and provide administrative assistance—enabling us to deliver programs, services and events to the South Australian community.

In the past year, 202 individual volunteers attended 118 individual events, filled 1,528 individual job roles, and **dedicated 5,949 hours to Cancer Council SA!**

The support of our amazing volunteers makes a vital difference, ensuring no one has to go through a cancer experience alone. Thank you to all our volunteers for your continued dedication and support towards our vision of achieving a cancer free future.

Denny's morning tea hosting tips.



Denny McCloud's connection to cancer has made her a fierce fundraiser for Cancer Council SA. With six of her closest friends already diagnosed with cancer, finding out about her beloved son's tumour was a devastating blow. Thankfully, after a course of treatment, he is doing well.

Inspired by her family and friends, every year, Denny hosts over 70 guests at her Cancer Council Australia's Biggest Morning Tea, which has grown from 10 guests in the first year, to an all-day event. She says: "No one has ever left my event hungry. We have gourmet finger food going ALL day with unlimited tea and coffee. No expenses are taken out, so we have 100 per cent fundraising profit."

Her guests enjoy fundraising activities like lucky door prizes every half-hour and regular auctions for high quality gifts and plants.

With a \$10 entry donation, she collects funds via an honour system, placing donation boxes around the



Carmel Brown (friend of Denny's for 22+ years) and Denny McCloud.

room. Denny says: "People are incredibly generous, it's amazing what they put in the boxes."

At last year's event Denny was so proud to announce they raised nearly \$6,000!



Thank you to Denny and all our past Australia's Biggest Morning Tea hosts, we look forward to seeing what you will cook up this year!

My first Australia's Biggest Morning Tea.



A special message from Chief Executive, Kerry Rowlands

May is an exciting month for me personally, as it will be my very first Australia's Biggest Morning Tea as Chief Executive of Cancer Council SA!

I can't wait to see people come together to celebrate food and friendship, all while raising funds for an incredibly vital cause.

I'm humbled by the generosity of people like yourself, who are passionate about supporting South Australians impacted by cancer. Through Australia's Biggest Morning Tea 2021, our incredible supporters raised over \$8.6 million (nationwide) for cancer research, prevention programs, and support services for those impacted by cancer and their families.



A cancer free future is possible, but we must all work together to make it happen.

I invite you to register for this wonderful event and join me in celebrating food, friendship and fundraising—let's make Australia's Biggest Morning Tea 2022 one to remember.

Scan our QR code or visit biggestmorningtea.com.au



Researcher profile.

The future of cancer treatment.

Cancer Council SA funded researcher Dr Madelé van Dyk is leading an Australian-first research project aimed at perfecting personalised treatments for cancer patients.

Dr van Dyk and her team at Flinders Centre for Cancer Innovation are researching how to use cancer medicines in more efficient and safer ways, and to understand why people react differently to cancer medicines.

“Every person is different in so many ways, so it makes sense that each person reacts differently when undergoing cancer treatment. Selecting the right drug and the right amount is the ultimate goal in Precision Medicine. We’re selecting the right type of drug really well, but are only half-way there, because we’re still using a ‘one-size-fits-all’ dose. I believe we can do better.”

Working with oncologists and cancer patients, Dr van Dyk and her team have set up Australia’s first Therapeutic Drug Monitoring Program, ensuring that every eligible patient in South Australia can have their drug levels tested through their oncologist—at any hospital, public or private, including those in remote areas.

Currently, the team are able to test the levels for six cancer drugs used to treat multiple types of advanced cancers of the lung, stomach, liver, kidney, and blood. By the end of her research project, Dr van Dyk’s aim is to increase the list to as many drugs as possible and offer the service Australia-wide.

By monitoring drug levels throughout treatment, Dr van Dyk and her team can ensure that patients are receiving the right dose to make the biggest impact.

For Dr van Dyk, the inspiration to make a difference comes from the incredible patients she meets every day.

“I’ve been privileged to work with a number of patients throughout my career. All of them are inspiring, but two patients, Ryan and Peter, had particular cases that scientifically stood out to me. Both were in their 30s, fit and healthy, with one having a young family. At the peak of their lives, Ryan and Peter received a life-changing cancer diagnosis—terminal cancer with a short life expectancy. Since those moments, my research interests and career were no longer just a job.

“I saw what both Peter and Ryan went through, the challenges they faced and thought that patients like them, and all patients, deserve better. It’s their stories, and the hope that we can do better, that motivates me every day.

“It’s only through the incredible support of Cancer Council that this research is even possible. With your support, I believe I can make a real difference to the future of cancer treatment and give more Australians diagnosed with cancer the precious gift of time.”

Every breakthrough discovery is so important, as is your support. From the moment of diagnosis, a race against time begins.

Talented researchers like Dr van Dyk can deliver more effective treatments sooner, but to do that, cancer research needs urgent support.

Your support has been, and continues to be, vital in keeping cancer research projects like this moving forward, so we can keep delivering better treatments and saving more lives.

Dr Madelé van Dyk



Furry friends support mental health.



Owning a pet may help support mental health in cancer survivors, Cancer Council SA research reveals.

The study, which heard from 160 Australian cancer survivors, found that living with pets was associated with a higher mental health score. More than half (55.6 per cent) surveyed were pet owners, with two thirds of cancer survivors having pets by their side throughout their cancer treatment. Those with pets reported an overall increased positive mental health score.

Researcher Dr Joshua Trigg said the research suggests just how important pets are in supporting positive mental health, particularly for those going through cancer treatment.

“Pet ownership can help support positive emotions in cancer survivors, a key factor in positive mental health outcomes,” he said.

One quarter (27.8 per cent) of cancer survivors surveyed also reported that COVID-19 negatively impacted their activities and relationships to others.

Dr Trigg said pets can also play an important support role during periods of isolation due to COVID-19.

ABC Broadcaster Julie McCrossin AM was diagnosed with stage 4 oropharyngeal cancer in 2013. Throughout her grueling recovery, her dog Bruno was a constant support by her side.

“I was very unwell. For the first time in my life, I had clinical depression. I would still be in bed at 11 am – as someone who has worked all my life, it was completely out of character,” Julie said.

Sensing that she needed something to lift her spirits, Julie’s partner Melissa persuaded her to bring home a small Cavoodle puppy they named Bruno.

“We’re inseparable—Bruno’s never left my side. When you’re alone, you’re unwell and you’re emotionally bereft, a little warm mammal for physical company is so important,” Julie said.

Your support has changed lives by ensuring Cancer Council SA can continue to invest long-term in critical research projects, prevention programs and support services for people impacted by cancer. Thank you

Meet our caring counsellors.

Cancer Council SA Counsellors like Cris supported more than 800 South Australians last year.

“Thanks to your support, we have been available for countless South Australians whose lives have been turned upside down over the past year by both a cancer diagnosis and COVID-19.

“Many of our clients saw going to treatment as a scary thing as they had to go alone—they were worried about falling through the cracks in the system, and most of all they felt incredibly isolated.

“Thanks to the community’s generosity, we were able to be a listening ear, a helping hand and a constant support to thousands of South Australians during a time when they needed it most.

“The past two years highlighted that cancer doesn’t occur in a vacuum and showed the importance of cancer support. We are so grateful to the South Australian community who allow us to be there for those experiencing a cancer diagnosis, their carers, family and friends.”



A lifeline for Kathryn.

Every year, hundreds of South Australians turn to Cancer Council SA Counsellors to support them and their loved ones through a cancer diagnosis. Kathryn De Angelis is one of those South Australians who turned to Cancer Council SA when she needed it most. This is her story.

“In August 2019, my husband Tom was diagnosed with cancer. It came completely out the blue—he was fit and healthy—a cough and shortness of breath were his only symptoms. He not only had cancer in his kidney, but it had spread to one of his lungs. It was such a huge shock to both of us.

In September Tom found out that the cancer had grown in size, and Kathryn contacted Cancer Council 13 11 20 for support who suggested they make an appointment with a Cancer Council SA Counsellor.

“Our Counsellor Cris was just marvellous and such a fantastic support. She gave us practical tips, links to websites, and meditations. She encouraged us to do activities when Tom was feeling up to it, and helped us enjoy each other’s company.

“Tom was really worried about becoming a burden on me, and Cris helped him work through those emotions. She helped Tom understand how much we wanted to be there for him during his treatment.

Sadly, Tom passed away just four months after his diagnosis. Kathryn reached out to Cris once again for support.

“I started sessions with Cris every fortnight—but the time between our appointments grew longer, as the grief stopped being such an enormous blanket around me. Cris was aware I was by myself and really helped me talk through my grief and how to cope during an incredibly stressful time. She listened and helped me with practical strategies to get through.”



“My message to anyone impacted by cancer is to reach out to Cancer Council SA and ask for help and support. I can’t thank them enough for what they did for us.”

If you or someone you know has been impacted by cancer and looking for information and support, call Cancer Council 13 11 20 to speak to an experienced cancer nurse.

Cancer Council 13 11 20 is available Monday to Friday, 9.00 am – 5.00 pm.

Kathryn’s thank you gift

Counsellor Cris was there for Kathryn and her husband when they needed it most, and to say thank you, Kathryn kindly chose to leave a Gift in her Will to ensure that future South Australians can continue to receive the same support when they need it.

A gift to future generations

Gifts in Wills play a key role in Cancer Council SA’s success at reducing cancer deaths and supporting South Australians impacted by cancer. Such generous gifts provide a vital support to our work across the entire cancer experience—from funding world-class cancer research, to providing support services, advocacy, and prevention programs.

A Gift in your Will makes a lasting impact for generations to come. If you’d like to talk to us about it, we’d love to talk to you. For a confidential discussion, contact 8291 4305 or email bequests@cancersa.org.au

Healthy eating made easy.

Did you know healthy eating can help reduce your cancer risk? Not only can it improve your health and energy, but a healthy diet can also reduce your risk by helping you to maintain a healthy weight—plus eating plenty of nutritious foods helps to keep our gut healthy.

A diet high in fruit and vegetables gives our body nutrients—such as vitamins, minerals, and antioxidants—to help protect it from cell damage and cancer. In contrast, other types of foods (and drinks) can have the opposite effect and damage the cells that line the bowel, which can lead to bowel cancer.

To reduce your risk of cancer, Cancer Council SA recommends a varied and balanced diet:

- Eat plenty of fruits, vegetables, and wholegrain foods.
- Limit red meat to less than 455g cooked red meat (equal to about 700g raw meat) per week.
- Avoid processed meats such as ham, bacon, salami, and hotdogs.
- Limit food and drinks high in fat, sugar, and salt, such as junk food, biscuits, chocolate, sugary drinks, and alcohol.



To learn more about how to cut your cancer risk, visit the [Cancer Council SA website](https://www.cancersa.org.au), where you can access some delicious healthy meal planners and recipes, like the one below.

Fish Taco.

Serves: 4

Preparation time: 15-20 minutes

Cooking time: 5-10 minutes

Ingredients

- 400 g white fish fillets such as whiting, flake or basa
- 3 tbsp plain flour
- 2 tbsp olive oil
- ½ red onion, diced finely
- 1 small green capsicum, diced
- 1 small yellow capsicum, diced
- 1 avocado, diced
- 8 cherry tomatoes, quartered
- 60 g bag of lettuce leaves



Method

1. Preheat oven to 200°C (180°C fan forced).
2. Coat fish in flour, dust off excess.
3. Heat oil in a fry pan over medium heat and pan fry fish until cooked through. Drain fish on paper towel and set aside.
4. Meanwhile, warm the taco shells in the oven for 5 mins.
5. Place diced vegetables into separate bowls.
6. Assemble tacos by filling with fish and vegetables or allow each person to self-serve, filling taco shells with desired ingredients.

Tacos are a great way to sneak extra vegetables into your day. Choose your own favourite vegetables, aiming for four to five different kinds and a variety of colours. Tortillas can also be used in place of taco shells.



Target the cancer that's hurt you most



We know that many of us have a cancer story. Your mum may have survived breast cancer. You might have seen your sister battle leukaemia. Your dad might be receiving treatment for prostate cancer.

Make your donation as personal as your story by targeting the cancer that's hurt you most.



Scan our QR code to learn more or visit cancersa.org.au/donate-to-a-specific-cause



Updates from Cancer Council SA Branches.

All across South Australia, our regional Branches are the passionate faces of Cancer Council SA in local communities. Our dedicated representatives join forces to raise funds and awareness year-round, connecting more people to what we do and how they can help. To date, lifetime Branch donations have exceeded \$4.25 million—a powerful contribution which is making a profound impact!

Thank you for your service

In 2021, after over 26 years of tireless commitment, the Murray Bridge Branch has closed its doors. Cancer Council SA would like to thank the fantastic volunteers for their years of service and warmly acknowledge everyone at the Murray Bridge Branch for their outstanding support.

Gawler Branch raise \$20,000

We would like to acknowledge and express appreciation for the ongoing commitment of the Gawler Branch and President Gwenda Green who, despite the many challenges faced in the last two years, have rallied together during 2021 to fundraise \$20,000—what an achievement!

From sausage sizzles, collecting cans for recycling, selling fresh daffodils during Daffodil Day to catering for private events, the Gawler Branch showed just how passionate they are about raising funds and awareness for South Australians impacted by cancer. Our deepest appreciation for your hard work and dedication.

Cancer Council SA's Emma McKee, Gawler Branch President Gwenda Green and Cancer Council SA's Russell Schrale taking part in Australia's Biggest Morning Tea.

