

# THE Daffodil

STORIES OF YOUR SUPPORT

## Together, we're achieving incredible things.

I am filled with immense pride as I reflect on the collective achievements of the South Australian community over the past six months. These accomplishments would have remained beyond our reach had it not been for the unwavering support of individuals like you.

Within this edition, you will discover the profound impact your generous contributions have had. Updates on stories that have deeply touched many hearts will also be shared. For instance, you'll read about how your tax-time gifts are funding research into finding better treatments for children with cancer, and Ken, who found solace at Greenhill Lodge for 15-months while undergoing cancer treatment, a daunting 600 kilometers away from home.

In addition, we have heartfelt letters from individuals like Vanessa, who, thanks to your support, received assistance from our 13 11 20 Nurses after her cancer diagnosis. Don't forget to check out our delicious and nutritious zucchini slice recipe on the back page!

We simply couldn't do the work we do without the incredible support of people like you. Thank you for making a meaningful difference in our community.



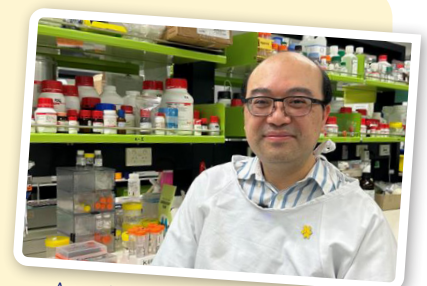
*Kerry Rowlands*

Kerry Rowlands  
Chief Executive,  
Cancer Council SA

## Thank you for giving hope to children diagnosed with cancer!

In the lead-up to tax time, we introduced you to Associate Professor David Yeung, a Cancer Council Beat Cancer Project researcher whose research is focusing on finding more effective cancer treatments with fewer long-term impacts for children with leukaemia.

The South Australian community opened their hearts and gave so generously, raising over **\$208,000** for vital cancer research that is giving hope to families!



*Associate Professor David Yeung*

Assoc Prof Yeung is confident his research will add to the growing body of knowledge that already exists and one day, we will have the answers families are so desperate to hear.

**We cannot express enough gratitude for your willingness to give. It ensures that we can continue to fund vital cancer research that is undeniably transforming the lives of South Australian families.**

# Your gifts are providing a lifeline for regional people impacted by cancer.

In August, Ken bravely shared his personal cancer journey with the Appeal community, aiming to raise crucial funds to support the ongoing operations of Greenhill Lodge. Ken was one of our longest-staying guests, who was with us for an astounding 15 months, all while going through an acute lymphoblastic leukaemia diagnosis and living more than 600 kilometres away from his necessary treatment.



Ken, Greenhill Lodge guest

Thanks to the incredible kindness from the Appeal community, Ken's Appeal raised over **\$45,000** for regional South Australians impacted by cancer!

It's important to emphasise that without your generous donations, we would be unable to sustain the ongoing expenses associated with operating Greenhill Lodge.

The approximate cost of running a single room for one night is around \$120, and your contributions are already

assisting more regional South Australians who, like Ken, are facing a cancer diagnosis.

In the heartfelt words of Ken, a cancer survivor and guest of Greenhill Lodge: *"Without Greenhill Lodge, I wouldn't have had the means to afford my treatment. The Lodge became my sanctuary, and its staff became my second family. It meant everything to me."*

**Once again, thank you for your support. Your contributions are ensuring that every South Australian diagnosed with cancer has the best possible chance of surviving cancer.**

## Your exclusive sneak peek at our upcoming Christmas Appeal.

This Christmas, we have the privilege of sharing the heartwarming story of Andy and Rosel, a devoted South Australian couple whose lives were forever changed when Rosel received a diagnosis of a brain tumour. Although they have successfully navigated the challenges of the cancer diagnosis itself, Rosel now faces the enduring side effects of her treatment every day. Throughout this journey, Andy has remained unwaveringly committed to his role as his wife's primary caregiver, a commitment that led him to resign from his job six years ago.

As Andy reflects, *"It was a monumental shock at the time; she transitioned from working on a university assignment one day to confronting a brain tumour the next."*

This Christmas Appeal hopes to share the path to a brighter future for people like Rosel and Andy. Our goal is to raise \$135,000 to support cancer research, such as that conducted by Dr. Paul Joyce, a researcher funded by the Cancer Council Beat Cancer Project. Dr. Joyce's pioneering work aims to develop more effective treatment options with fewer long-term side effects, ultimately enhancing the quality of life for cancer survivors. Together, we can make a difference in the lives of those impacted by cancer.



Husband and wife, Andy and Rosel

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

# How you've inspired Craig to become a Volunteer.

You may recall that earlier this year, in our February Appeal, we introduced you to Craig, a resilient 48-year-old who courageously shared his deeply personal journey with terminal bowel cancer. Craig's diagnosis came as an unexpected and devastating shock to both him and his family.

Craig chose to share his story with the Appeal community to raise awareness and much-needed funds for the invaluable support services offered by Cancer Council SA. These services had become a lifeline for him and his family ever since he received his diagnosis.

Since sharing his story, Craig has been inundated with acts of kindness and supportive messages from the community. The outpouring of compassion has had such a profound impact on him that it inspired him to become a volunteer at Cancer Council SA.



Craig at a Daffodil site

Today, Craig volunteers his time at various fundraising events and serves as a Concierge at Greenhill Lodge. In this role, he warmly welcomes guests and provides them with support and guidance.

**Should you ever find yourself at Greenhill Lodge, be sure to keep an eye out for Craig! His commitment to making a positive difference in the lives of those impacted by cancer is a testament to the impact that one individual's story can have on an entire community.**

# Cathy's baring it all to raise vital funds.

For the past remarkable 16 years, Cathy has dedicated herself to hosting Australia's Biggest Morning Tea's alongside her devoted Macclesfield Young at Heart Club. She does this not only to commemorate her own triumphant experience with cancer but also in loving memory of her mother, father, and husband, all of whom tragically lost their lives to this relentless disease.

Cathy's motivation is deeply rooted in her personal journey. She reflects, *"I consider myself fortunate to have survived. Witnessing the remarkable work that Cancer Council was doing for fellow patients during my hospital stays, I felt a compelling urge to contribute. As soon as my health permitted, we hosted our inaugural morning tea."*



Cathy, left, and other members of the Young at Heart Club, bravely bare all for their successful morning tea calendar.

wearing nothing but aprons. This year, due to popular demand, Cathy and the Young at Heart Club have recreated their playful 'barely there' calendar, with all proceeds dedicated to Cancer Council SA.

Cathy reflects on the profound impact of her endeavors: *"We have all received so much through our giving, and every member of our club shares a common vision of a cancer-free future. Our efforts are not just for us but for the generations that follow, our children, grandchildren, and great-grandchildren."*

**We have been truly inspired by the innovative and heartfelt ways in which the Macclesfield Young at Heart Club raises funds for Cancer Council SA each year. Their unwavering commitment is a shining example of the power of community.**

Cathy and the Young at Heart Club have raised over **\$205,000** over the years, and each year they try to raise more!

One of the cherished highlights in Cathy's journey was the creation of a calendar in 2017. This unique calendar featured 23 courageous women who boldly bared it all,



# Funding the state's best and brightest researchers, thanks to you.

In May, we were thrilled to unveil exciting news regarding fresh funding for cancer research in South Australia through the Cancer Council Beat Cancer Project. This initiative has been established to bolster the work of two outstanding researchers in our state, allowing them to bridge the gap between laboratory discoveries and practical clinical applications, directly enhancing the lives of individuals who have received a life-altering cancer diagnosis.

The recipients of the Cancer Council Beat Cancer Project Translational Research Packages are Professor Deborah White and Dr. Ilaria Pagani, both from the South Australian Health and Medical Research Institute (SAHMRI).



Dr Ilaria Pagani

Dr. Pagani's research, on the other hand, focuses on the development of more effective treatments for another type of leukaemia, Chronic Myeloid Leukaemia (CML). Currently, treatment options for CML prove effective in only 30 per cent of those diagnosed, leaving the remaining 70 per cent to endure long-term treatment. Dr. Pagani's work aims to improve these statistics and provide hope for a brighter future for those living with CML.

It is essential to acknowledge that South Australian research of this calibre would not be possible without the generous contributions from individuals like you.

Since 2011, the Cancer Council Beat Cancer Project has invested more than **\$40 million** into funding South Australia's best and brightest researchers working to reduce the rate and impact of cancer.

Together, we are forging the path towards innovative solutions and improved outcomes for people impacted by a cancer diagnosis reaffirming the significance of community support in advancing medical progress.

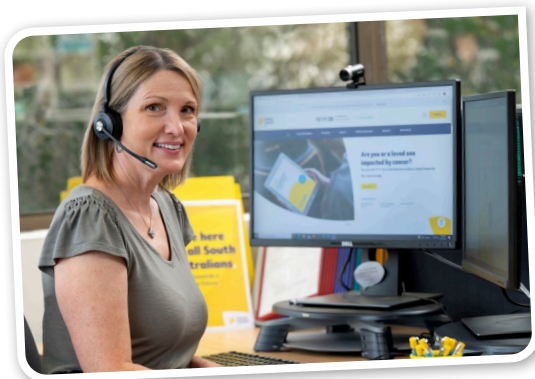


**Your support enables our researchers to do the amazing work that they do. Thank you!**



Professor Deborah White

Professor White's research is dedicated to enhancing patient outcomes and, ultimately, saving lives of those with Acute Lymphoblastic Leukaemia (ALL), a particularly prevalent form of cancer among children under the age of 10. She expresses, *"No child, or adult, should lose their life to ALL, and we work tirelessly every day to maximise our efforts in improving outcomes. In translational cancer research, it's about witnessing our labor translate into practical applications in the clinic, contributing to a deeper understanding of patients' leukemia and potential treatment options. While we recognise the journey ahead, we are proud of the significant impact we've already made in many areas."*



Valerie, 13 11 20 Nurse

# Meet Valerie, a Cancer Council 13 11 20 Nurse your gifts are funding.

After two years in her role as Cancer Council 13 11 20 Nurse, Valerie says that every day she feels in 'a very privileged space' with people going through their cancer journey.

Dividing her time between her role on the phone and working within a chemotherapy unit, Valerie enjoys knowing she is making a real difference.

"How do I manage how I'm feeling? "How do I tell people at work?" "How do I tell my kids?" are just some of the most common questions Valerie hears each day. While 60 per cent of Valerie's callers are people with a cancer diagnosis, 27 per cent are family or friends reaching out for support, too.

Talking through these questions is just part of her role, Valerie explains. Providing a safe space to talk is so important.

"We get calls from people through all parts in their journey – the end, the middle or the beginning. They want to share stories with us as they go along. Sometimes we have regular calls from people who we speak to from diagnosis straight through to 'my last scan was clear.'"

Many callers who reach out to our nurses need psychological and emotional support (29 per cent), followed by 27 per cent who need help with practical issues.

"It takes a lot of courage for some people to say they're scared, they're afraid of what the future looks like. One of the most

memorable comments I've ever heard is 'cancer was just a word until it happened to me', and this is true for so many of our callers," Valerie says.

Giving 13 11 20 Nurses like Valerie the time and resources to listen, provide comfort and advice, is all made possible by generous donors like you.

"To have someone let you into a place that's so close to their heart and so intimate truly is a privilege."

**Thanks to your kindness, Valerie and the other Cancer Council 13 11 20 Nurses can continue to provide crucial support that's only a phone call away.**

In the past year more than

**5,000**



connections were made with Cancer Council 13 11 20 for information and support

In the past year, more than

**116,000**



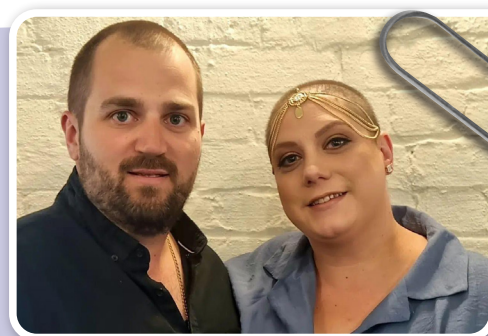
resources were distributed to the community about cancer, treatment and assistance programs

## You're helping people like Vanessa see the light at the end of the tunnel.

"Not long after my son was born, I was diagnosed with Hodgkin's Lymphoma. If that wasn't enough, not long later I was told I also had breast cancer. I was in total shock. I didn't know how I was going to find a way forward.

I got contacted by a 13 11 20 Nurse straight away. They organised six counselling sessions, ongoing therapy... they even provided financial assistance, and checked in on me regularly. They were amazing.

The nurses made me feel better about the experience. You can't really feel better about the cancer diagnosis itself, but you feel better knowing you are supported.



I really lost myself along the way, and felt like no one knew what I was going through. Cancer Council SA were really good at reassuring me that there is light at the end of the tunnel.

I am so grateful for the kindness of compassionate donors like you who made sure that support was available to me when I felt like I had nowhere to turn."

Vanessa



# Swimming for Stephie.

"My name is Alexandra Newbold and last year was my first time as a bold, brave Marilyn - all in honour of my beautiful sister, Stephanie whose strength and passion for cancer research inspired me to join the Marilyn Jetty Swim.

My sister Stephanie was diagnosed with bowel cancer and after a five-year battle, passed away on 1 January 2022. Shortly after she passed, I learned that not only had Stephanie made a huge personal donation to Cancer Council SA, but that a work friend was taking part in the Marilyn Jetty Swim. I put the two together and it seemed like a really nice way to be able to honour my sister Stephanie's memory. That's where the Stephie's Starlets team began.

The 2022 event was a glorious day, the water was warm and it was just an easy event to participate in. There was lots of camaraderie amongst people because we were all there for a common cause. It just felt like this really genuine spirit of support and being barely a month after Stephanie passed, I really needed that at the time.



Together, the Stephie's Starlets team raised \$7,593 and we took out the top fundraising team. One thing we did a lot of was communicating with family, friends and reaching out. We kept everyone updated on Facebook and personally acknowledged their donations. The team also participated in 2023 and raised \$3,024.

We are so excited to bring Stephie's Starlets back again in 2024, and continue to honour my sister."

Alexandra,  
Stephanie's sister



## ZUCCHINI SLICE

Serves: 8

Dietary fibre per serve: 4g

Preparation time: 30 minutes

Cook time: 45 minutes

### Ingredients

- 5 eggs
- 2 medium zucchinis, grated
- 200g butternut pumpkin, grated
- 1 tin reduced-salt corn kernels
- 1 medium brown onion, peeled and diced
- 2 tsp dried mixed herbs
- $\frac{3}{4}$  cup wholemeal self-raising flour
- 1 cup reduced-fat grated cheddar cheese
- Pepper to taste
- Olive or canola oil spray

### Method

1. Preheat oven to 200°C (180°C fan forced) for 10 minutes.
2. Whisk eggs in a medium bowl.
3. In a large bowl combine vegetables, egg, flour, cheese, herbs and pepper.
4. Add eggs and stir mixture until well combined.
5. Spray a large baking dish with oil. Pour in mixture and flatten.
6. Bake for 40-45 minutes or until firm and golden brown.
7. Rest in the pan for 10 minutes before cutting into 8 slices.

### Alternatives

- Make it gluten-free by substituting  $\frac{1}{2}$  cup of wholemeal self-raising flour for  $\frac{1}{2}$  cup gluten-free self-raising flour.
- Try swapping pumpkin for carrot or sweet potato.

### Notes

- Recipe can be frozen for up to two months. Cool to room temperature and cut into serving slices before freezing.

