



Governor of South Australia, His Excellency Rear Admiral Kevin Scarce AC CSC RANR with 18-year-old Shenae Johns from the Riverland. Shenae was diagnosed with cancer at 16.

One million reasons to ride

Cancer Council SA has launched a one million dollar fundraising bid to aid local cancer research, in conjunction with the 2011 Santos Tour Down Under—and we even have support from Government House.

The Governor of South Australia is saddling up for Santos Tour Down Under activities and has challenged fellow South Australians to join him and *Ride for a reason*.

His Excellency Rear Admiral Kevin Scarce AC CSC RANR will ride a 35 kilometre leg of the Mutual Community Challenge Tour, presented by The Advertiser. With others, he will form the 'Governor's 10'.

"Some years ago I lost my Nana to cancer. She was a simply remarkable woman. I jumped at the chance to help Cancer Council so that others might avoid the loss and suffering our family has experienced," said His Excellency.

"To think that half of us will experience cancer by age 85 is hard to accept. But together we can change this future," he said.

Cancer Council SA Chief Executive Professor Brenda Wilson is also in training to *Ride for a reason* in the 'Governor's 10'.

"I have worked amid the reality of people's cancer experiences since I first became a nurse, but for me the reason to ride is also a personal one," says Brenda.

"My father died from Hodgkin's lymphoma and I've watched close friends battle the challenges of this dreaded disease. I am determined to honour them by raising funds for vital research that can lessen the impact of cancer."

Since 2009, Cancer Council SA's charity partnership with Santos Tour Down Under has raised more than \$965,000.

Please join us and *Ride for a reason*, embracing the Santos Tour Down Under atmosphere. Visit www.rideforareason.com.au or phone **1300 65 65 85**.

The Mutual Community Challenge Tour offers individuals, social, corporate and sporting teams four distances from 35 km to 135 km between Norwood, Gumeracha, Balhannah, Macclesfield and Strathalbyn on Friday 21 January—visit www.tourdownunder.com.au for more information.

From the Chief Executive

I am delighted that like hundreds of other South Australians, the 2011 Santos Tour Down Under has become a very personal commitment for me. This year I will *Ride for a reason* as one of the 'Governor's 10.'



The Mutual Community Challenge Tour is just another example of how the South Australian community can engage with Cancer Council SA in our fight to beat cancer.

From our Governor to cancer survivors and weekend cyclists, each of us will *Ride for a reason*. It is simply inspiring to join such a passionate group of people.

Raising \$1 million for cancer research during the Mutual Community Challenge Tour will enable us to fund the work of talented local researchers like Professor Angel Lopez, whose story is on page three. The fact that local research may one day lead to a cure for cancer is an exciting prospect.

Stories from our Ambassador Project continue to inspire me daily. One of our youngest Ambassadors is 17-year-old, Sam Okely. As a Year 12 student and Prefect at Immanuel College, Sam has an incredibly busy life, but she has chosen to dedicate some of her time to supporting our work. You can read her story on page 10.

It is a disturbing fact that the myth of a tan being 'healthy' still persists, especially amongst young people. We are grateful to Donna-Lee Schwartz for telling her story about melanoma on page six. It is essential reading for all parents and I urge you to have your children read it also.

I trust your festive season was enjoyable and encourage all readers to stay safe in the sun this summer—remember to Slip! Slop! Slap! Seek! Slide!

A handwritten signature in black ink, appearing to read 'Brenda Wilson', written in a cursive style.

Professor Brenda Wilson
Chief Executive

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Research profile:

Professor Angel Lopez

Cancer Council SA has had a long association with Professor Angel Lopez, co-Director of the Centre for Cancer Biology in SA Pathology in Adelaide. This Centre houses 15 teams of leading cancer researchers whose ongoing work offers hope to those touched by cancer.

Professor Lopez is globally recognised for his work with leukaemia and the leukaemic stem cell, the ‘faulty’ cell believed to be responsible for the recurrence of leukaemia in many cancer patients. Last year he was named Scientist of the Year in the South Australian Science Excellence Awards, and received a 2010 South Australian of the Year Award in the Science category.

Professor Lopez’s current Program, funded by the National Health and Medical Research Council over the next five years, is a study that can lead to better treatments for blood cell cancers, such as leukaemia, and inflammatory diseases. The most exciting aspect of this work is the development of drugs that could stop leukaemia from recurring in cancer patients.

“The problem for many cancer survivors is that their cancer never really goes away. For the first time it may be possible to offer some leukaemia patients the possibility of a long-lasting treatment and potentially a cure,” said Professor Lopez.

“A unique drug we have recently developed attacks leukaemic stem cells and prevents the development of leukaemia in our experiments. We are now in collaboration with

a pharmaceutical company that has licensed our patent and, if successful in forthcoming clinical trials, the drug could be accessible shortly after that,” he said.

Last year, Professor Lopez and his team were part of a national bid for funds from the Australian Cancer Research Foundation (ACRF), which provides funding for the specialised equipment needed for cancer research. Their bid was based on exploring the DNA or gene composition of cancer patients, in order to improve our understanding of what goes wrong in cancer, help to improve current therapies and possibly find new treatments.

Professor Lopez’s team proposal for a South Australia Cancer Genome Facility was one of two winners, receiving \$3.5 million from ACRF, \$1.05 million from the South Australian government and \$525,000 from Cancer Council SA.

“This is the first time South Australia has had a facility of this capacity—a suite of machines that can perform sophisticated analysis and a team of senior scientists to help us analyse and apply our findings,” he said.

“We are fortunate to work here next to the Royal Adelaide Hospital, at the interface of clinical care and basic research, thus having the opportunity to better understand the causes of cancer and hopefully come up with a more personalised form of treatment,” he said.

“Thanks to the support of the South Australian community and Cancer Council SA, the Genome Facility enables us to continue our work to beat cancer,” said Professor Lopez.



Did you know?

Cancer Council SA’s Research Unit not only administers the funding of research projects, individual researchers and research infrastructure, but also provides scientific support and advice for the South Australian health system, national and international cancer programs.

The Research Unit undertakes ongoing work with external agencies including the NSW Cancer Institute, National Breast and Ovarian Cancer Centre, Cancer Australia, Australian Commission on Safety and Quality in Health Care and a range of other national and overseas bodies, including the World Health Organization, International Union against Cancer, the New Zealand government and Malaysian government. Our team has provided assistance in locations as diverse as New Zealand, Indonesia and Mongolia.

In brief

Berry good for you

Glorious summer fruits, especially berries, are now plentiful and delicious. Here are just a few healthy reasons to enjoy berries more often this summer.

- Berries are low in energy, which means they are a great snack if you are watching your waistline (compare the kJs in this table to 150 g milk chocolate which contains 3325 kJs!)
- A 150 g serve of strawberries or raspberries easily meets an average adult's daily requirement of vitamin C. (Recommended daily intake of vitamin C for adults in Australia is 45 mg.)
- Raspberries are an excellent—and very tasty—source of fibre.

- Like many fruits and vegetables, berries contain antioxidants and other phytochemicals (plant chemicals) that have the potential to reduce cancer risk. Some of these phytochemicals give berries their striking colour.
- Research shows that foods containing vitamin C probably

reduce the risk of cancer of the oesophagus.

- We should all aim to consume 2 serves of fruit and 5 serves of vegetables every day. As part of a well-balanced eating plan, berries are a delicious way to enjoy more fruit in your day.

per 150g serve (1 cup)	energy (kJ)	fibre (g)	vitamin C (mg)
blueberry	327	2.7	20
strawberry	138	2.1	67
raspberry	337	9.0	48



Source: FSANZ Nutrient Calculator

Daffodil Day – a record result

With more than 70 sites across Adelaide this year—our largest number of sites ever—Daffodil Day 2010 was a huge success. Three sites in Rundle Mall alone raised almost \$25,000 in one day.

This year Cancer Council SA welcomed support from numerous corporate volunteers including support from 14 employees from The Smith's Snackfoods Company. Three Smith's employees volunteered to stroll the streets of North Adelaide collecting donations rather than having a static table. This method of collection was another 'first' for us and volunteers raised just over \$1,500 in one day—an unbelievable result.



L-R Volunteer Lesley Lindsay, Professor Brenda Wilson, Chief Executive, Cancer Council SA and volunteer Helena Smith

Marjorie Jackson-Nelson's team passes the baton

After more than 30 years, Marjorie Jackson-Nelson AC CVO MBE, founder of the Peter Nelson Leukaemia Research Fellowship Fund, has passed responsibility for the management of the fund to Cancer Council SA.

Marjorie came out of retirement to focus her efforts on the Fund which was dedicated to the memory of her late husband, Olympic

cyclist Peter Nelson, who died of leukaemia in 1977. With the help of her loyal team of fundraisers, the Fund has raised \$6 million over the last 30 years.

All monies raised by the Fund go to early career researchers, "the ones with the newest and brightest ideas, to make a real impact on leukaemia," said Professor Brenda Wilson, Chief Executive, Cancer Council SA.

"The progressive focus on early career researchers helps bring fresh eyes to a problem, opening up the possibilities of a quantum leap by applying 'never before tried' ideas.

"Cancer Council SA is committed to doing all it can to continue raising money for the Fund's specialised leukaemia research," said Professor Wilson.

Shear success

After a mammoth effort with his 24 hour 'shear-a-thon' in October, Blyth shearer, Daryl Andriske raised \$43,000 for the cancer cause. Daryl sheared a total of 469 sheep and exceeded his initial aim of raising \$10,000.

The idea developed one evening with friends, as a way to pay tribute to his mother who died of breast cancer 17 years ago. "I had superb support from my wife Tracey, my kids, the community and my committee which made everything a lot easier," he said.

After a spa to ease bodily aches and pains, Daryl is now contemplating another 24 hour shear-a-thon in the future.



Daryl and Tracey Andriske with the last sheep sheared in Daryl's 24 hour shearing marathon

Operation 'Pink'

Since 2006, members of the 16th Air Defence Regiment at Woodside have dedicated time each October to walking the streets of Adelaide seeking donations and raising \$97,000 as well as awareness of breast cancer.

Event Coordinator, Chaplain David Prior says the annual operation came about in support of a soldier's wife who had breast cancer. This year, more than 90 military personnel dressed in uniform and armed with Pink Ribbon Day buckets took on the CBD, from the train station to shopping precincts and raised more than \$18,700.



'Operation Pink' soldiers collecting in the CBD

My story



Donna-Lee Schwartz

“When I was at school there was so much pressure. I didn’t understand the risks; I didn’t think it would happen to me.”

Melanoma is the most common cancer in young Australians aged 10 to 24 years and has significantly higher incidence rates than that of any other cancer, but many young people still mistakenly believe that a tan is healthy.

As Donna-Lee Schwartz discovered, trying to ‘fit in with the crowd’ can be life threatening. At age 22, Donna-Lee had major surgery to remove an invasive malignant melanoma from her leg.

“I used tanning oil with SPF 15+ and visited a solarium, but I did slip on a t-shirt and slap on a hat and sunnies,” said Donna-Lee.

“I didn’t understand the risks; I didn’t think it would happen to me. Cancer, I thought—what are the chances?”

As a massage therapist and personal trainer, Donna-Lee often wore shorts to show off her summer glow. One day her Auntie Dianne, who is a nurse, asked about a mole in the crease at the back of her left leg. It was brown, about the size of a pea with another freckle growing inside it, with discoloration.

“After my aunt told me to get it looked at, I saw another three doctors but there was still no concern about skin cancer.”

Donna-Lee’s aunt spoke to her mum, who booked a trip to a skin cancer clinic. “It was so small, I wasn’t worried, but the doctor told me that a melanoma grows from the inside,” she said.

The mole was removed for biopsy. “My first thought was, is he trying to scare me? So I had a look. It had tentacles like an octopus, it was disgusting,” she said.

Her results revealed an invasive malignant melanoma. She had 42 stitches and walked on crutches for three months, as the doctors had to cut through fatty tissue and muscle.

“I was the youngest person in the ward with a cancer scare at 22. In a couple of weeks, it could have been into my blood stream,” said Donna-Lee.

Three years later, Donna-Lee is committed to sun protection. After further scares and three surgeries, she has regular skin checks. “I marinate in sunscreen and carefully follow the Slip! Slop! Slap! Seek! Slide! guidelines,” she said.

As a Cancer Council SA Ambassador Donna-Lee is glad she has this opportunity to tell her story to young people. “I don’t want them to end up in a hospital bed. If it can happen to me, it can happen to you. White is alright, use tan in a can and check your skin before it’s too late.”

There's nothing healthy about a tan

The level of exposure to UV radiation during adolescence and childhood is critical to the development of skin cancer later in life—but still, the myth of a tan being 'healthy' persists, especially amongst young people.

"From our most recent survey in 2008, we know that South Australian adolescents continue to show very little concern for sun protection," said Joanne Rayner, SunSmart Coordinator, Cancer Council SA.

"There has been a general decline over time in the proportion of adolescents protecting their skin. In this survey, 68 per cent of adolescents reported they liked having some degree of tan and approximately three quarters had been sunburnt at least once over the previous summer," she said.

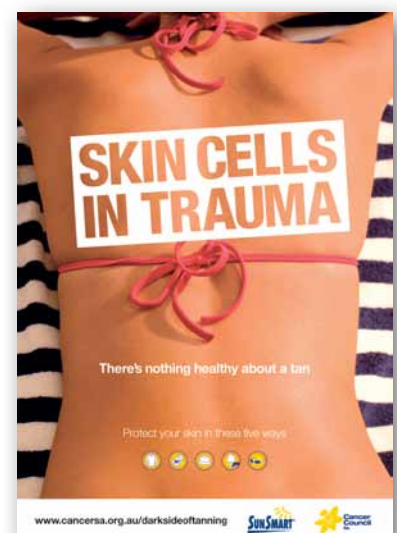
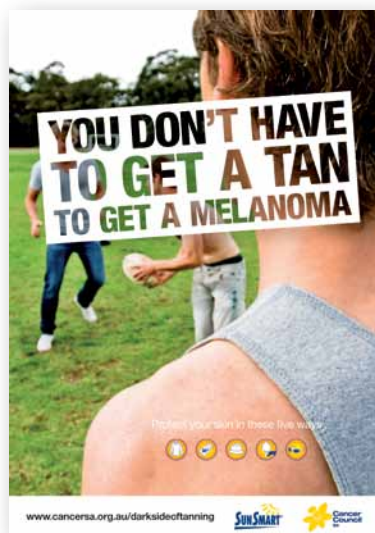
To address the myth of a 'healthy' tan and educate young South Australians about the importance of sun protection, Cancer Council SA recently launched the Dark Side

of Tanning campaign. It has been designed to challenge the belief that a tan is healthy and aims to increase awareness of the risks of melanoma.

'There's nothing healthy about a tan. Tanning is skin cells in trauma, trying to protect themselves from damage. Just one damaged cell can start a melanoma growing,' explains the ad.

Graphic images in the campaign show the way a melanoma can grow from one damaged skin cell, highlighting that this damage can start from a suntan.

The Dark Side of Tanning campaign includes television and cinema advertising and is supported with social media and a dedicated web address. Young people can view the ad by visiting www.cancersa.org.au/darksideoftanning



- Australia has one of the highest rates of skin cancer in the world. Two out of three Australians will develop some form of skin cancer before the age of 70. Melanoma is the most common cancer in young Australians aged 12 to 24 years.
- When the UV Index reaches 3 and above, it's time to Slip! Slop! Slap! Seek! Slide!

- Slip on some sun protective clothing. To be SunSmart you must cover as much skin as possible.
- Slop on SPF 30+ broad spectrum sunscreen. Always use sunscreen along with other forms of sun protection.
- Slap on a hat. Wear a hat that gives plenty of shade to your face, neck and ears, common sites for skin cancer.

- Seek shade. Always use shade from trees or man made structures along with other sun protection, as shade does not totally block out UV radiation.
- Slide on some sunglasses. Choose sunglasses that don't let light in around the frames and fit close to the face. Make sure they meet Australian standard.



Meet Beans' Builders

Cancer Council's Relay For Life is more than just a fundraiser. It is an opportunity to get together with your community and Celebrate cancer survivors, Remember loved ones lost to cancer and Fight Back against a disease that takes too much.

Pam Traynor's involvement with Relay For Life began in 2002 as a Cancer Council SA volunteer. Like many people she wanted to do something special to honour

the memory of family and friends lost to cancer.

Pam was 'blown away' by the scale, atmosphere and number of people involved that weekend, so much so that in 2004, she joined the Relay For Life committee and entered her own team. In 2011 she has entered another team in the Adelaide event at Santos Stadium.

"One of the team members owns a hotel and supports our fundraising (his nickname is Beans) so we call our team Beans' Builders. We wear

yellow hard hats and have safety bollards around our campsite," said Pam.

"Everyone on the team has someone close either lost to cancer or as a survivor. Our team has raised over \$62,000 in the past eight years and we aim to raise \$10,000 this year."

To register a team and join Pam at the Adelaide Relay For Life on 9-10 April, or to find your local Relay visit www.relayforlife.com.au or phone **1300 65 65 85**.

New Year, new you—a great time to quit

If your New Year's resolution was to quit smoking, congratulations—this could be the best resolution you have ever made.

You will have reduced your risk of lung and other cancers, heart attack, stroke and chronic lung disease, improved your sense of taste and smell and your fitness, plus saved money and set a great example for the children around you.

- After 20 minutes, blood pressure and pulse return to normal
- After 48 hours, there is no nicotine left in the body
- After one year, the risk of coronary heart disease is half that of a smoker.

Quitline 13 7848 is a free telephone advisory service available around Australia for the cost of a local call. Our new Quit onQ SMS service could also be for you. To find out more, call **Quitline 13 7848** or email quitsa@quitsa.org.au

Did you know?

Quit SA was established 21 years ago with the aim of reducing the prevalence of smoking in South Australia and the enormous cost of tobacco use to smokers, their families and the community.

Quit SA has implemented and continuously improved evidence based tobacco control strategies that encourage and assist smokers to quit, prevent young people from taking up smoking and draw attention to the harms of secondhand smoke.

There are around 55,000 fewer smokers in South Australia today but tobacco remains the single greatest cause of morbidity and mortality, causing approximately 1,140 deaths per year.



Cancer Council SA Outreach Service — support away from home

When regional South Australians travel to Adelaide to undergo cancer treatment, our accommodation facilities at Greenhill, Flinders and Seaview Lodges provide a 'home away from home'. However staying in Adelaide away from family and friends for weeks on end can be very isolating for our guests.

Social workers, Jo Lill and Deb Ball are available for emotional and practical support and form a crucial part of Cancer Council SA's counselling service.

"Our country guests are usually very independent and self reliant.

They are used to coping with adversity in their own familiar landscape. However a cancer diagnosis means so many new things to deal with, away from their regular support base, in a large and unfamiliar city. We are here if people need to talk," said Deb Ball.

"During our regular morning tea, guests can connect with other people visiting Adelaide for cancer treatment. We also visit guests in their room for 'a quick chat' but often stay for over an hour," said Jo Lill.

"Guests often comment that it is good to have someone

independent who understands what they are going through. A confidential chat with a social worker is often a safe place to talk about their deepest fears and worries," she said.

"People often don't realise the huge impact cancer has on young families. We have even helped organise for mums and their children to visit a local playgroup where they can just focus on something fun for a while," Jo said.

If you need more information about the support we offer during the cancer journey, call **Cancer Council Helpline 13 11 20**.

Helping diverse communities

Cancer Council SA is committed to providing services to culturally and linguistically diverse (CALD) communities in both metropolitan and regional South Australia.

These services are a way of engaging with CALD communities to address cancer-related needs. The challenges are considerable because of language differences, barriers in accessing more mainstream services, and cultural myths and misconceptions surrounding cancer.

Cancer Council SA recently undertook a six month review of CALD services including specific issues relating to the Riverland, where the diverse local population reflects 54 different cultural backgrounds. One outcome has been to identify significant stigmas surrounding cancer which could delay a person seeking professional medical support. The affect of social and family dislocations as a result of having to seek treatment in Adelaide was also identified as an issue.

The CALD Review revealed where work is needed and as a result, Cancer Council SA will now develop innovative strategies in collaboration with key CALD organisations. Strategies being considered include cancer education and support programs that are culturally sensitive and language-appropriate, that will help explore and dispel the various myths and misconceptions that may surround cancer.

Sam Okely



Stories from the Ambassador Project: Sam Okely

The role of a Cancer Council Ambassador is a very special one and we are delighted to see so many South Australians of all ages and backgrounds signing up as passionate supporters of our fight to beat cancer, such as 17-year-old Sam Okely.

A Year 12 student at Immanuel College and an active volunteer, Sam says she was inspired to become an Ambassador when she was touched by cancer.

“When three family friends were touched by cancer recently it all suddenly became very relevant for me and I could see how cancer can affect a family. The Ambassador Project really sounded like me and I knew I could easily work it in around my school commitments,” Sam said.

Sam says her role as a Year 12 Prefect this year is a wonderful opportunity to spread the word about Cancer Council SA and create awareness amongst young people.

“Our Student Representative Council (SRC) held a casual day in support of Cancer Council SA last November, raising funds for breast cancer and prostate cancer. Students wore pink or blue and made a gold coin donation. Everyone in SRC has become really involved, it’s been fantastic,” she said.

“Sam receives such enjoyment from being a Cancer Council Ambassador and I am very proud that she has chosen to be involved with such a great organisation,” said Sam’s mum, Trudy.

Could you be our next Ambassador?

Ambassadors are ordinary people making an extraordinary difference. Please contact **Matt Sarre** on **08 8291 4118** for more information if you would like to Unite in the Fight to beat cancer.

Milestone for our Tea Tree Gully Branch

Cancer Council SA is fortunate to have an extraordinary team of volunteers, both individuals and through our many branches.

Our Tea Tree Gully branch recently celebrated its 25th year of fundraising for Cancer Council SA in June 2010, at a dinner attended by past and present members and friends.

Over the past 25 years the Tea Tree Gully branch has successfully raised more than \$500,000 through its support of Australia’s Biggest

Morning Tea, Daffodil Day, Pink Ribbon Day, Relay for Life as well as a Melbourne Cup Whip-Around, a Doorknock Appeal and a host of self-initiated fundraisers.

Two foundation members, Joylene and Bill Haberfield celebrated a double milestone when they were presented with 25 year certificates by Cancer Council Branch Coordinator, Ambassador Project, Matt Sarre. Joylene has been Branch Treasurer for almost the entire 25 years of the branch.

“It is only with the dedication of volunteers such as these that Cancer Council SA can continue its vital work in the community,” said Professor Brenda Wilson, Chief Executive, Cancer Council SA.



L-R Dorothy Sparks, Tea Tree Gully Branch President, Bill Haberfield, Joylene Haberfield, Matt Sarre, Cancer Council SA Branch Coordinator

I would like to help!

Yes! I'd like to help

Title First name

Last name

Address

Postcode

Phone Fax

Email

Please send me more information on:

Please send me information about volunteering

Please tell me more about making a bequest in my will

I would like to make a tax deductible donation:

By regular direct debit of \$5 or more (please complete your details above, and we will contact you with more information)

OR A gift of:

\$25 \$50

\$100 My choice \$

Method of single payment:

My cheque, made payable to Cancer Council SA, is enclosed.

OR debit my MasterCard Visa

||||| ||||| ||||| |||||

Cardholder's name

Expiry date /

Signed

I do not wish to be contacted to give feedback

Please detach and return this completed coupon in the enclosed reply paid envelope or send to:

Reply Paid 929
Unley BC
South Australia 5061

Progress is a publication produced by the Business Development Unit of Cancer Council SA.

Comments and suggestions are welcome.

Please contact Nicole Thomas – Senior PR Officer by phoning 08 8291 4111 or email nthomas@cancersa.org.au

NL0111

I would like to help in other ways.

Please charge \$ monthly to my credit card until I advise otherwise.

I would like to know more about making a bequest in my will.

I would like to register for my local Relay For Life.

I would like to host an Australia's Biggest Morning Tea.

I would like to learn more about becoming an Ambassador or volunteer.

I would like more information about holding a community fundraiser.

I would be willing to share my cancer store to raise awareness.

I no longer wish to receive *Progress against cancer*. (Please fill out your details above left).

I would like to receive *Progress against cancer* via email. (Please fill out your details above left).

Do you know someone who would like to receive *Progress against cancer*? (Please fill out their details above left).

Cancer Council SA Service Directory

Cancer Council Helpline 13 11 20 and Counselling Service

Expertly trained nurses and health counsellors provide confidential information and support for health professionals, people with cancer, their families and friends.

Our free counselling service, either face to face or by telephone, is available to people with cancer, their family and friends, to provide support during their individual cancer journey.

Other support services include **Cancer Connect**, a telephone peer support program that connects newly diagnosed people with trained volunteers who have had a similar experience and **Staying Healthy After Cancer**, a seven-week program to help manage body changes, reduce feelings of anxiety and fear, work more effectively with health care professionals and reconnect with life.

Call **13 11 20**, Monday to Friday 8:30 am to 8:00 pm. Callers to the **Helpline** can also use the services of an interpreter.

Accommodation

We provide accommodation services at Flinders Lodge, Greenhill Lodge and Seaview Lodge for country people undergoing treatment in Adelaide, and their carers. Our range of support services includes a guest kitchen and laundry facilities, volunteer transport service to treatment centres, local shopping centres and weekend day trips. Call Flinders Lodge **08 8291 4400**, Greenhill and Seaview Lodges **08 8291 4200** or Cancer Council SA **08 8291 4111**.

Cancer Council Shop

Every purchase you make supports the vital work of Cancer Council SA.

Shop 11, Regent Arcade, Adelaide **08 8232 4832**

202 Greenhill Road, Eastwood **08 8291 4102**

Shop online at www.cancersa.org.au

Resources and information

Cancer Council Helpline **13 11 20**, Monday to Friday 8:30 am to 8:00 pm or visit our website

www.cancersa.org.au

Information and support is also available in languages other than English.



Look Who's Walking in Naracoorte

More than 50 people from Naracoorte took part in 'Look Who's Walking'



The town of Naracoorte came together for a very special community event last November in memory of people in their community who have been touched by cancer.

"Abbey McKenna and myself were inspired by watching Shane Crawford complete his run from Adelaide to Melbourne on 'The Footy Show'. Abbey is a teacher for disengaged and disadvantaged people and wanted an event to engage her students with the community," said Melissa Jordan.

Melissa and Abbey are both members of the Border District Football and Netball Clubs so wanted their clubs involved, as well as the Lush family, whose mother passed away from breast cancer last year.

The event became 'Look Who's Walking', a 60 km walk/run from the Lush's farm, through Naracoorte to Frances, home ground of Border Districts.

"We chose Cancer Council SA as our charity as there are so many people around here who have been touched by cancer," said Melissa.

Community fundraising efforts included a baked goods stall, donated sheep fleeces for sale and part proceeds from sales at the local Toyota dealer. Around 50 people participated and the girls raised more than \$13,000 - well in excess of their fundraising goal of \$10,000.

Events Diary

January

- 16 Cancer Council Classic, Adelaide (Rymill Park)
- 16-23 Santos Tour Down Under
- 21 Ride for a reason in the Mutual Community Challenge Tour

February

- 4 World Cancer Day

March

- 19-20 Relay for Life Southern Fleurieu
- 19-20 Relay for Life Southern Yorke Peninsula

April

- 2-3 Relay for Life Gawler
- 9-10 Relay for Life Adelaide
- 9-10 Relay for Life Pt Pirie

May

- 26 Australia's Biggest Morning Tea

To register or for more information, phone **1300 65 65 85** or visit www.cancersa.org.au



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Retail Outlet

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Cancer Council
Helpline 13 11 20

www.cancersa.org.au

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