

Spring/Summer Edition November 2011

North Sydney becomes smoke-free



Liz Hing (right) presenting a submission from the advocacy group to Councillor Véronique Marchandeau from North Sydney Council.

North Sydney Council introduced a smoke-free outdoor area policy on 29 August. It covers children's playgrounds, alfresco dining areas, sporting fields and covered bus shelters.

The Council first considered this policy in 2006, but there was not enough support to get it adopted. So when it was announced that the Council was considering the policy again, our Northern Sydney volunteers did not want to let that opportunity slip.

When a policy was put on public exhibition in May, **Liz Hing**, **Cat McPherson** and **Fran Hodgins** got straight to work on a strategy. They wanted to inform the local community of the proposed policy and ensure that community members had an opportunity to show their support.

Their strategy involved a YouTube video called *Hands Up For a Smoke Free North Sydney!*, direct mail flyers and a social marketing competition for local high schools. Many afternoons were spent on the phone and pounding the pavement to get the word out.

The result? The Council received 583 responses to the online survey, with over 92 percent of those in favour of the smoke-free policy. This is a great win for all involved, and a fantastic example of grassroots action bringing about change in a community.

Liz, Cat and Fran are also part of the recently formed **North Shore Cancer Action Network**, where they collaborate with 10 other community members who, like them, are interested in doing something to reduce the impact of cancer in their community.

Volunteers connect at annual training event

Cancer Council Connect volunteers came together on Saturday 17 September to participate in their annual training event.

Cancer Council Connect, a telephone support service, connects newly diagnosed cancer sufferers with a trained volunteer who has recovered from a similar cancer experience.

The CEO of Cancer Council NSW, **Dr Andrew Penman**, opened the event, outlining recent achievements in cancer awareness, prevention and research. He drew attention to the valuable contribution of volunteers.

Professor Phyllis Butow, Director of Medical Psychology Research Unit at the University of Sydney, spoke about the emotional impacts of cancer.

Volunteers attended workshops which enabled them to gain information and extend their skills.

A highlight of the day was the interactive session on building resilience, provided by **Cris Popp**, Facilitator and Trainer with Laughter Works.

Cancer Council NSW greatly appreciates the peer support provided by Connect volunteers, and this event was an expression of our gratitude.

Editorial team: Amy Cheng, Amelia Butler and Deirdre Mowat.
Feedback and contributions to volunteervoice@nswcc.org.au



Update from Volunteer Development Advisor, Marion Carroll

Volunteering is integral to Cancer Council NSW's mission of engaging the community. In 2009/10, more than **250,000 volunteer hours** were contributed to Cancer Council NSW. The value of this contribution is estimated at more than **\$6.5 million** (based on commercial market rates for the work performed).

In addition to regular active volunteers, we are supported by many other people who work in a volunteer capacity, including students and interns; members of the corporate employee volunteer programs;

thousands of event supporters and community fundraisers; advocates; and pro bono professionals.

There are also many committees, taskforces and community-based groups made up of dedicated people who volunteer their time and skills to local and regional issues.

We take an inclusive view of the workforce, developing staff and volunteers alike to play roles where leadership and initiative are key ingredients. In many cases, specially trained volunteers make programs possible – cancer support programs

such as **Cancer Connect** and **Living Well After Cancer** are examples.

Cancer Council recognises the National Standards for Best Practice in Volunteering, and we recently conducted a review and audit of the volunteer program. Results are still being analysed but the good news is that we are well on the way to achieving 'Best Practice'. With the implementation of key recommendations, it is hoped that Cancer Council NSW will become the organisation of choice for people looking for a positive volunteering experience.



Volunteer Profile

Evelyn McBride moved to Australia from California, in January 2010. Her sister, Maria, had passed away from ovarian cancer, and she came to care for Maria's two children.

Evelyn currently volunteers with us for two days a week at the Woolloomooloo office as the Financial Assistance Administrator, where she processes urgent financial assistance requests from cancer patients who are struggling financially. She feels that volunteering at Cancer Council NSW gives her a sense of accomplishment.

When she is not volunteering, Evelyn is taking care of two teenagers, or meeting up with friends. She also goes salsa dancing once a month.

She feels strongly about protecting the basic human rights of every individual person, and believes that we should protect the environment by reducing our carbon footprint.

Volunteers liaise with MPs

Betty Zdan, an MP Liaison volunteer since the program's inception in February 2010, believes the best thing about being a volunteer is "changing people's opinions on cancer-related issues".

MP Liaison volunteers act as the important link between the community, Cancer Council NSW and Members of the Parliament of NSW. The value of the program lies in connecting an MP with a member of their community who can provide trusted information on cancer-related issues and briefings on Cancer Council's advocacy priorities.

In many instances, the relationship is mutually beneficial. We provide cancer-related information, which is of benefit to the MPs, which they then use to present our issues publicly, thus benefiting our work. Betty's first MP, Andrew McDonald, spoke about the Saving Life campaign in Parliament, and also called for more Government action to reduce the impact of cancer in NSW.

Betty recently relocated to the country and has now taken responsibility for liaising with the new MP for Dubbo, Troy Grant. It's still early days in his career, but with Betty's guidance, he has already hinted at a commitment to the cancer cause. He raised the issue of access to treatment in his inaugural speech, and we hope this is a sign of good things to come.



Betty said the best thing about being an MP Liaison volunteer is "to make a difference in the opinions of people about cancer-related issues".

If you are interested in learning more about the MP Liaison Program, please contact your Regional Program Coordinator.

Pictured above: Betty Zdan with MP for Dubbo, Troy Grant.

Highest Daffodil Day fundraiser in NSW

For the last three years, **Noel Dare** (pictured right) has turned his world yellow for hope in support of **Daffodil Day**. He runs numerous sites throughout July and August on his own, only accepting a helping hand on Daffodil Day itself. Rain, hail, or shine, Noel is there with a smile, encouraging locals in Shellharbour to make their dollar count in the fight against cancer.

We are thrilled to announce that his efforts, including raising an astounding **\$13,703** in 2011 alone, have landed him the title of **highest Daffodil Day fundraiser in NSW**.

A cancer survivor himself, Noel is highly driven to see a cancer-free future

A cancer survivor himself, Noel is highly driven to see a cancer-free future. He is encouraging like-minded individuals to take on the challenge of beating his efforts next year: all for the great cause of raising money for those affected by cancer.



Noel has also set a very exciting challenge for himself for 2012: to make his total funds raised for the entire four years reach \$50,000. You only have to see the passion in Noel's eyes to know he will undoubtedly achieve his goal.

All of us at Cancer Council NSW would like to thank Noel for showing us the impact that one person can make in the fight against cancer.

Engaging Aboriginal communities



Andrew Crosbie volunteers one day per week at the Woolloomooloo office to help develop the **Reconciliation Action Plan (RAP)**. Working as the Project Coordinator, Andrew collaborates with the Aboriginal Engagement Working Party to develop the RAP.

RAP allows Cancer Council NSW to enhance and develop positive relationships with Aboriginal communities. Given the high cancer rates amongst Aboriginal people, this program aims to educate them about cancer. The plan is built around three areas: relationships, respect and opportunities. It will allow us to close the gap between Aboriginal and non-Aboriginal culture. It will also help identify clear actions, realistic targets and lessons learned in engaging Aboriginal communities.

Having recently completed a PhD in Ethics, about role models and responsibility, Andrew keeps himself busy through volunteering. As well as working on RAP, he also volunteers in Research Strategy. When he's not volunteering for Cancer Council NSW, he can be found at the Red Cross, where he works part-time as a volunteer coordinator.

RAP allows Cancer Council NSW to enhance and develop positive relationships with Aboriginal communities... this program aims to educate them about cancer



Volunteer Profile



Ann Sood-Ashby believes that the key to our lucky country is being involved and committed to the things you believe in. "Cancer is a great equaliser

for the rich or poor and it makes you see the compassionate side of people, and show gratitude for what we have in our lives that we often take for granted," Ann said.

Ann has been a volunteer for Cancer Council NSW since 2007. She is currently the Volunteer Intranet Editor, where she assists the Internal Communications Manager at our Woolloomooloo office. Ann helps put web content on our intranet site, Dougal, and also helps other Divisions transfer their content from the old intranet site to Dougal.

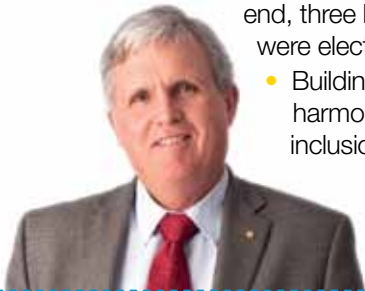
Ann is passionate about being a 'global citizen'. She wants to be community oriented, enjoy life as a journey of experiences, and not get swept away by the negativity portrayed in the news. She wants to be satisfied by what she already has, and not be pressured by the consumer market to buy more.

Update from the CEO, Dr Andrew Penman

I was very pleased to join with many staff, volunteers and advocates recently for the launch of Sydney Alliance. Cancer Council NSW is proud to be a founding member of Sydney Alliance, which is a broad-based coalition of diverse community organisations, unions and religious organisations working together to advance the common good and achieve a fair, just and sustainable city.

Some of you may already have been involved in our association with Sydney Alliance through the 'listening campaigns' we held earlier this year. We worked with staff and volunteers to understand the big issues at the heart of people at Cancer Council NSW. All other organisations in the Alliance ran similar sessions and, in the end, three key issues were elected for action:

- Building community harmony: social inclusion



We worked with staff and volunteers to understand the big issues at the heart of people at Cancer Council NSW

- Community care, health and support
- Transport.

So many of the problems faced by cancer patients and in the differential cancer outcomes in NSW are very much linked with a lack of fairness and equity in our health system and community. That's why we're committed to the Alliance and its work.

Please email SydneyAlliance@nswcc.org.au if you would like to be involved in Sydney Alliance or any of our work.

Boost to smoke-free petition

More than 80 percent of the community want smoke-free outdoor dining, and 96 percent say children's playgrounds should be smoke-free, so Cancer Council NSW has been campaigning for **smoke-free outdoor areas** for quite some time.

When the Coalition made a pre-election promise to hold a Parliamentary debate for all petitions with at least 10,000 signatures, we leapt at the opportunity.

Many volunteers have been helping to collect signatures for the petition, including advocates and those involved in Relay For Life. In addition, we also recruited **Smoke-Free Community Campaigners**. These are volunteers who hit the streets around Sydney, asking members of the public to sign the petition to ask the Government to legislate for smoke-free outdoor areas in locations such as children's playgrounds and alfresco dining venues.

Six enthusiastic volunteers, from a diverse range of backgrounds, took on this role. As of today, their efforts have contributed more than **900 signatures** to the petition tally.

Signatures were collected from various sites around Sydney, including Bondi Junction, Pitt Street Mall, Pyrmont Point Park, Darling Harbour, St Vincent's Hospital and Royal North Shore Hospital. Our Community Campaigners reported that most people were more than happy to sign the petition. This is consistent with survey data showing the high level of support for smoke-free areas.

Cancer Council would like to say a big thank you to **Angela Yau, Michelle Conley, Lance Dale, Dat Truong, Mike Lui** and **Zhe Xu** for giving so generously of their time.

Visit www.canceraction.com.au to read more about the campaign.



Volunteer Profile

Pamela Tilbrook is an administration volunteer who works on maintaining our volunteer database in the Woolloomooloo office. The upkeep of this database is essential to the organisation of thousands of Cancer Council NSW volunteers.

She has been volunteering with us since November 2010. After retiring from an administrative role she held for 15 years, Pamela was glad to be able to use her professional skills to continue to give back to society. She also enjoys being back in the "camaraderie of an office environment" while

contributing to Cancer Council's mission to beat cancer.

Pamela is passionate about keeping active, both physically and mentally, and loves to travel and experience many facets of life. When she isn't volunteering, Pamela enjoys spending time with her friends and family, and absorbing art and culture in theatres, galleries and museums around Sydney.

Her future plans involve continuing to enjoy life by doing the things she loves, and she believes that you should always be true to yourself! Cancer Council thanks Pamela for her valuable contribution.



Central and Southern Sydney Local News

Head shave raises \$70,000



Before and after (left to right) Desiree's son Brendon, Desiree and partner Scott.

In 2006 on her 35th birthday, Desiree Fraser announced to family and friends that she was going to **shave her head** in 2011 on her 40th birthday to raise funds for cancer.

In 2009, Desiree was diagnosed with a rare form of cancer called Adenoid Cystic Carcinoma. Since being diagnosed Desiree has undergone five separate operations. The operations included having half her palate removed as well as a third of her top jaw, sinus, adenoids, nerves and lymph nodes. The surgeons did a fantastic job, rebuilding Desiree's palate using skin, muscle and tissue

from her left arm and right hip and an artery taken from her left arm to feed blood up to her new palate.

Following the surgery, Desiree then underwent 32 treatments of radiation but laughs as she says, "God definitely has a sense of humour, because he gave me a form of cancer that doesn't respond to chemotherapy treatment, which has meant that as luck would have it, I have kept my hair".

On her 39th birthday on 5 September 2010, Desiree officially launched her fundraising head shave to fundraise for the Cancer Council. The official date

for shaving her hair would be 5 September 2011.

Desiree spent a year fundraising in the lead up to her hair shave. One of her fundraising events included hosting a masquerade party in August. In total **Desiree raised \$35,000 and her company's foundation (Count Charitable Foundation) dollar matched Desiree's fundraising efforts, resulting in \$70,000 being donated to Cancer Council NSW.**

Aside from fundraising, Desiree also donated her time to volunteer as a speaker at the inaugural Inner West Relay For Life on 8 October 2011.

Desiree says, "My Cancer is terminal. It is so slow growing that I have a 40% chance of getting to 15 years, by which time I figured my hair would grow back anyway. The most important thing is, is that I am alive and only have bad moments not bad days. The fundraiser gives me something positive to focus on".

We applaud Desiree for her amazing fundraising efforts.

Speak out about cancer

Community Speakers are ready to represent Cancer Council NSW after an informative training day held in Woolloomooloo on 11 August.

Community Speakers are trained volunteers who represent Cancer Council NSW at events such as health expos, sporting events and community events. They also deliver educational sessions on cancer prevention and provide general information on cancer research.

The training session covered five presentations: 'Top five cancers', 'Save your own skin', 'You and cancer research', 'Healthy lifestyles' and 'All cancers. All people. Cancer Council NSW'. The new speakers learned how to prepare for and present these topics professionally to the public.

We welcome the new **Community Speakers** and thank them for their efforts in providing the community with information on cancer-related issues.



Volunteer Profile



Anne Blair coordinates the roster at the Cancer Council Information Centre at St George Hospital. Anne's role is to organise 22 volunteer staff, while providing patients, carers and families with cancer information and details about support services.

She volunteered for Cancer Council NSW to learn about the different types of cancers and to help those affected by them both directly and indirectly.

When she is not volunteering, Anne has a rich and active social life. She enjoys practising yoga, walking, socialising with friends, entertaining at home, travelling and cooking. She strongly believes in healthy eating and keeping fit.

Far North Coast Local News

Small group has big heart

Brunswick Valley Cancer Action Group (BVCAG) is a small group that has been raising funds for cancer research since 1994. Since the group's inception, approximately \$150,000 has been sent to Cancer Council NSW.

The group was formed by **Fae Sproule**, who saw a gap in services within her local community. She came together with a group of like-minded people to raise funds for cancer research. Her husband, Ken, has also been through the cancer journey.

In November 1995, a *Memorandum of Understanding* was signed with



Fae and Ken Sproule presented with their certificates of appreciation.

Since the group's inception, approximately \$150,000 has been sent to Cancer Council NSW

Cancer Council NSW, which gave BVCAG its name and provided a solid foundation for the group to work within the community of Brunswick Valley.

Over the years, BVCAG has remained strong and committed to raising funds for cancer research. They raised **\$10,000** on **Daffodil Day** alone this year, which is a big achievement for such a small group.

The group also supports many in the community by providing information, transport and programs such as **Living with Cancer**. But most importantly, it provides a sympathetic ear. You will find them at local **Relay** events, where they will be manning Cancer Council's information tent, promoting the **Helpline** or walking the track.

To this day, Fae remains as the group's much-loved president. At this year's **Australia's Biggest Morning Tea**, a presentation was made to her and Ken for their 15 years of dedicated volunteering for Cancer Council.



Left to right: Sarah Little, Rhian Paton-Kelly and Stephanie Trevillian.

Invaluable experience

The Far North Coast (FNC) Regional Office is on the way to nurturing a strong and successful relationship with Griffith University students.

Rhian Paton-Kelly, Regional Program Coordinator, and a graduate of the university, has set in place practical volunteer work experience for two current students, **Sarah Little** and **Stephanie Trevillian**.

Sarah and Stephanie are both studying for a Bachelor of Public Health, majoring in Health Promotion as Rhian did. They are required to complete 200 hours of work experience. Since July, the girls have worked alongside Rhian to complete a Needs Assessment for Tweed Heads.

Having easily completed their required 200 hours, the girls have continued to volunteer, whilst studying full time. Stephanie is working on closing the gap in Aboriginal cancer care in the area, and Sarah is focused on SunSmart initiatives.

Their volunteering experience is not only valuable as practical work experience for them, but is also a chance to be a part of a working office.

Their efforts and practical support have been a valuable contribution to the FNC's regional plan. Hopefully, the girls are going to be the first of many interns from Griffith University to volunteer with us.



Volunteer Profile

Simon Doe's mum had cancer when he was younger, which was what prompted him to volunteer at Cancer Council NSW. He currently volunteers as a musician, performing at our events by playing the guitar and singing.

He recently performed at the **Daffodil Day** launch at Cape Byron Lighthouse, where a candlelight ceremony was held. The lighthouse

was lit yellow. "It was pretty special seeing the iconic Cape Byron Lighthouse light up. It was amazing!" Simon said.

When Simon is not volunteering at Cancer Council NSW, he is studying graphic design at university. In his free time, he enjoys playing music and surfing.

Simon also recently performed at the launch of **Girls Night In** at the Lennox Point Hotel.



Greater Western Sydney Local News

TAFE students help grow Relay



Since May, Granville TAFE students **Emma Maclean, Trista Barker, Na Xue** and **Herbert Cuizon** have been working on the **Blue Mountains Relay For Life**, alongside the local organising committee and the coordinator, Sandra Tahmasby. They hope to grow this small but hopeful Relay.

The students' work contributes to their Certificate IV in Community Service Work, where they are required to complete a 160-hour internship.

Both Herbert and Emma volunteered with the community in mind. Emma wanted to get more involved with the community. "Working on Relay For Life has given me a fantastic experience – one you can't get in the classroom," Emma said.

Trista is motivated and encouraged by seeing other volunteers working together and towards the same goal. "I have always highly respected people who get behind something just because they have a passion and love for it, and aren't motivated by money," Trista said.



Left to right: Emma Maclean, Trista Barker, Na Xue and Herbert Cuizon.

Na has developed a lot of skills that have benefited her. "I have learned various skills that assist in community development, bringing the community closer together, and understanding how they help each other," she said.

The students have been attending committee meetings and each week assist to recruit teams for the event. They also organised a fundraiser sausage sizzle in Springwood on 17 August.



Volunteer Profile

Heather Lee walked 225 laps at this year's **Hawkesbury Relay For Life**. This is the equivalent of 75km, which is an amazing achievement considering Heather is 84 years old! She had more than doubled her own personal goal of 100 laps. The Gold Company agreed to sponsor Heather \$10 per lap, which brought her total amount of money raised to **\$5,232**.

Heather has been involved in Relay for seven years, motivated by the desire to fight cancer, the disease to which she lost her husband and many friends. Heather also enjoys the physical aspect of Relay For Life, as she likes to keep fit and look good. She also participates in other races, such as City2Surf and the Mt Annan Challenge Walk.

During October, Heather also competed in four events at the 13th Australian Master Games in Adelaide.

Celebrating 10 years of volunteering

This year marks the 10th year for **Lorna Gradden's** Daffodil Day volunteering efforts. Lorna, who also volunteers each week in the Parramatta Office, mostly enjoys the stories people share with her each **Daffodil Day**. It makes her feel good to know she is making a difference.

Lorna (pictured right) believes that Daffodil Day has really grown over the past 10 years, and that people are more aware of Cancer Council NSW's good work and more willing to get involved.

Lorna will keep coming back for as long as she is able to. We thank Lorna for her contribution in helping us to beat cancer.

Lorna believes that Daffodil Day has really grown...and that people are more aware of Cancer Council NSW's good work



Hunter Local News



Volunteer Profile

Cheryl Cooper has been a volunteer for the **Newcastle/Lake Macquarie Relay For Life Organising Committee** since 2009 and has been a part of the Relay For Life team Pink Wings since 2007. Throughout that time, Cheryl and her team have been a fundamental part of the Relay through their passion, dedication and vibrancy at the event. Together they have raised over **\$16,000** for Cancer Council NSW.

Cheryl and her team take pride in their fundraising efforts, with her 2011 fundraising idea being to bring together ex-Newcastle Falcons basketball players for a special reunion. Players came from all over the country to support Cheryl and Relay For Life for the special reunion game, which took place on Saturday 24 September at the Newcastle Basketball Stadium.

Hundreds of Falcons fans and Cancer Council supporters showed up on the night to help raise money



From left: (back row in team colours) Tony Blyth, Tonny Jensen and Ben Melmeth; (centre row) Peter White, Julie White, James Garlick, Verity Currey and Adam Melmeth; (front row) Astrid Hocking, Megan Mills and Cheryl Cooper.

for Relay For Life. The night was a huge success, with current fundraising totals exceeding **\$5,000**.

Cancer Council's team in the Hunter Region thanks Cheryl, her family and friends, and the Relay committee for their tremendous efforts and ongoing support.

Bengalla Mine donates over \$11,500



Kathy Duggan, RPC Hunter Regional Office, with Glen Parsons, Community Program and Event Coordinator, Upper Hunter.

Bengalla Mine recently ran a fundraising campaign to help raise awareness of prostate cancer. As part of this campaign, they painted their 45-tonne dragline bucket blue with Cancer Council NSW's logo and Helpline number. A dragline bucket is a large bucket used on mining sites.

Daniel Benefer, Expansion Project Coordinator at Bengalla Mine, shaved his head and grew a moustache to

inspire his fellow colleagues to donate to the fundraising campaign. "Many guys don't want to think about prostate cancer, let alone talk about it, but if they get help early, it is possible to prevent it. It is a great reminder to everyone that we need to take our health more seriously and get regular checkups when necessary," Mr Benefer said.

Andrea Sutton, General Manager Operations, was proud to hand over a cheque of \$11,523 to Cancer Council NSW. "Many people who work at Bengalla Mine are men. We believed it was an important issue and message to share with our employees. It also gave us a chance to support those who have had or are going through prostate cancer treatment," Ms Sutton said.

"I am very proud of the immense effort our workforce has put in to raise more than \$5,700. They achieved this by running a number of barbecues with the crews. Cancer Council NSW staff were present at each barbecue, to educate employees, provide important information about cancer and raise further awareness."

Bengalla Mine decided to match the amount that their workforce had raised, so altogether they were able to donate more than \$11,500.

Mid North Coast Local News

Community Speakers training day

Community Speaker volunteers in the Mid North Coast Region recently came together for a training day in Port Macquarie. They learned about new resources for the program, and shared stories and ideas with each other.

The **Community Speakers Program** was developed to inform the community of issues relating to cancer. Specially trained volunteers deliver presentations to community

Below, back row (left to right): Keith Anderson, Robyn Hawkshaw, Colin Imer and Warren Taylor. Front row (left to right): Adele Hayne, Jenny Baker, Sharon Munro, Annette Davidson, Suzanne Towsey and Colleen Moran.



groups and organisations. The program has recently been updated with a manual, including five new presentations that provide prevention and early detection messages.

The training day was facilitated by Community Speaker volunteer **Robyn Hawkshaw** and was supported by Cancer Council staff members **Adele Hayne** and **Brenna Smith**.

The day included sessions on presentation skills and working with technology, and provided opportunities for Community Speakers to practise their presentations.

The feedback from the volunteers was overwhelmingly positive, and the Mid North Coast team is looking forward to implementing the updated program.

If you are interested in becoming a Community Speaker volunteer, please contact Adele Hayne, Regional Programs Coordinator, at adeleh@nswcc.org.au or phone **(02) 6659 8404**.

The feedback from volunteers was overwhelmingly positive, and team is looking forward to implementing the updated program



Volunteer Profile

Jennifer Lock has been working as volunteer Media Officer for the local Cancer Council Office for the past two and a half years.

During this time, Jennifer has built a reputation among the staff and volunteers as the 'Media Machine'. Demure by nature, Jennifer has wonderful sense of humour and an encyclopaedic vocabulary.

Initially motivated to volunteer by the death of her mother to cancer, Jennifer has also witnessed her father and brother suffering from cancer. In recent years, she has also cared for her husband, Noel, who has survived bowel and bladder cancer.

Jennifer has media in her genes, having worked in and headed up the family business, The Charles Batten Advertising Agency, during the late 1960s and 1970s.

This was where Jennifer initially learned her craft, from writing copy to finished art.

Over the last few months, Jennifer worked tirelessly tracking 25 'stories of hope' in the lead-up to Daffodil Day.



"Having spoken to so many people reaffirms my outlook on life that optimism is the key to hope. Underpinning every narrative there has been an element of optimism and a story as to how they come to embrace life differently," Jennifer said.

"Having spoken to so many people reaffirms my outlook on life that optimism is the key to hope. Underpinning every narrative there has been an element of optimism"

Northern Sydney and Central Coast Local News



Volunteer Profile

Robyn Clements volunteers with the Erina Fair Office as the Accounts Assistant. Here are 10 facts about Robyn:

1. First Job: Typist
2. Favourite TV series: *Packed to the Rafters*
3. Favourite movie: *Titanic*
4. Restaurant recommendation: Terrigal Thai
5. Favourite toy as a child: Teddy
6. Favourite motto: "Live each day as it comes, don't think too far ahead".
7. I came to volunteer at Cancer Council because: I like helping
8. What movie should never have been made: *The Last Day*
9. Favourite form of exercise: Dancing
10. Favourite band/musician: John Farnham



Going yellow for Daffodil Day

Belinda Lowe, first time Daffodil Day volunteer, will forever be reminded of Cancer Council NSW when she sees the colour yellow.

There were **37 sites** held across the Central Coast on **Daffodil Day**, and they contributed to the fundraising of more than **\$56,600** this year. One of the fantastic volunteers who helped turn the Central Coast yellow on Daffodil Day was Belinda, team leader for the Terrigal Main Street site. This was her first Daffodil Day, so she made sure she attended one of the training sessions held by our Erina Fair Office.

"The training was really helpful because it gave background about Cancer Council, helped me familiarise myself with the merchandise, and gave simple instructions about team leader responsibilities, like banking," Belinda said.

"This was my first time doing Daffodil Day and I was really excited. I've always liked Daffodil Day. It's the yellow, I think: when I see it, I feel happy and excited, and know that spring is just around the corner. Now, when I see it, I'll also be reminded of

the fantastic work that Cancer Council does." When asked about her favourite Daffodil Day item, her reply was: "Daffodils, of course!"

"This was my first time doing Daffodil Day and I was really excited"



Judy Hessey-Mott (left), team leader of the Erina Fair site, and Belinda Lowe practise for Daffodil Day.

Bringing residents together



On Sunday 26 June, I had the privilege of attending an **Australia's Biggest Morning Tea** event as a Cancer Council Community Speaker. The event was hosted by **Donna Worthington**. Donna was inspired by her mother, Tess, who each year hosts an Australia's Biggest Morning Tea event in her home town of Monto in rural Queensland. Donna said the women of Monto get behind the event every year, and it is a powerful example of how communities work together.

Donna wanted to recreate some of that community's energy in

Willoughby. She has recently moved into the area and put an invitation out to residents in her street. She was surprised at how many young families turned up and shared their Sunday with her family. Donna was able to engage a face painter to donate time to attend and paint children's faces. Donna's friends donated items for a raffle, and also baked for a cake stall that ran on the day. They all did an amazing job, the food was delicious, and the combined fundraising of the raffle and cake stall raised over **\$1,200**.

This event, however, was far more than a fundraiser: it was an opportunity

for a community to come together and meet each other. "Maybe we should host these kinds of events more often so people can stop for a moment and just enjoy each other's company," Donna said.

Thank you, Donna, for bringing your street together and for raising funds that will help Cancer Council continue to help fight cancer. I am sure that this is the start of an annual event for Donna and her street.

Contributed by Liz Hing, Volunteer Community Speaker, Northern Sydney Region.



North West Local News

Wee Waa Relay a success

Wee Waa's second **Relay For Life** was again a tremendous success. Over 500 people registered to take part – a fantastic turn-out for the 16-hour event.

The organising committee, consisting of **Robyn Kelly, Lorraine Haddon, Letitia Lowder, Anne Weeks, Sue Stove** and **Conrad Bolton**, generously put in a lot of hard work in coordinating this special event and sourcing a great venue.

A big thank you must go to the local Wee Waa residents for providing the food and entertainment over the course of the event.

And, most importantly, despite being a small community, the Wee Waa Relay For Life raised over **\$32,000**. Congratulations Wee Waa!

Clockwise from right: Faith Ross and Tee Cameron; Cindy and Ryan O'Neill; the Humphries family.



Volunteer Profile

Helen Hall volunteers at the **Tamworth Cancer Council Information Centre**, where she provides information and support to patients and their carers and families. Having lost two close friends to breast cancer, she wanted to volunteer for Cancer Council NSW to give back to the community.

"I love the daffodils and what they represent"

Helen also volunteers for **Daffodil Day** every year, where she sells merchandise at a designated site. "The day has such a 'buzz' about it. I love the daffodils and what they represent," said Helen.

Helen loves her family and is great at supporting them. She has three grown-up daughters – Pollyanna, Victoria and Edwina and husband, Stephen. When she is not volunteering for us, she can be found spending time with them.

Tamworth Relay and Cancer Support Services Expo

Another successful **Relay For Life** was held in the North West Region on 15-16 October, and was complemented by a **Cancer Support Services Expo**. The expo provided the residents of Tamworth with an opportunity to find out more about local cancer support services, including those for breast cancer, prostate cancer and lymphoedema. Along with Breastscreen and the Red Cross Blood Bank, each cancer support service manned an information booth and supplied the public with informative literature.

Tamworth Cancer Council Information Centre coordinated the expo, with **Lorna O'Brien**, State Manager, Cancer Council Helpline, and

The expo provided the residents of Tamworth with an opportunity to find out more about local cancer support services, including those for breast cancer, prostate cancer and lymphoedema

community volunteers on hand to discuss the many support services and programs available in the area.

Adding some more fun to the weekend event, Relay participants were encouraged to enter a guessing competition gathering the contact numbers of the support services.

The expo proved to be a terrific way to highlight the many support options in the North West Region and celebrate the success of Relay For Life.

Southern Local News

Practical support triples in region



The Southern Region will be launching two new volunteer **In Home Support** programs and a new **Cancer Council Information Centre** in the coming months.

The volunteer In Home Support programs are based in the Shoalhaven and Southern Highlands. Trained volunteers assist people who are undergoing cancer treatment, and their carers, by providing a helping hand with the everyday challenges, throughout their battle with cancer. This may include transport, light housework, companionship or shopping.

Joan Hayward, one of the newly recruited volunteers for the Shoalhaven program, couldn't be happier to be involved. "I've had cancer twice. In Sydney, I found there was plenty of support, but upon moving to the country, I realised how isolated we

really are. I wanted to give that support to others," she said.

The **Wollongong Cancer Council Information Centre** provides a new facility for people attending the Illawarra Cancer Care Centre at Wollongong Hospital for treatment. It allows them to find answers to questions, to be linked with support services, or simply to take some time out in a relaxed and comfortable environment. Trained volunteers are on hand to provide support.

The addition of these services is fantastic news for these communities.

"I've had cancer twice... upon moving to the country, I realised how isolated we really are"

Daffodil Day smiles

It was all smiles at Shellharbour Hospital on Friday 26 August, as team leader, **Melinda Montgomery**, (pictured below) displayed her **Daffodil Day** wares with pride and raised an impressive **\$891**. With a record 70 sites, and more than 320 volunteers out on Daffodil Day, the Southern Region is well on the way to reaching the target of \$250,000. Thanks to all volunteers who took part.



Cancer Council extends to Bega

Bega has welcomed its new **Cancer Council Community Centre** with a smoking ceremony and delicious bush tucker.

"The Bega Cancer Council Community Centre is for anyone who is connected to the cancer cause," Toby Dawson, Regional Programs Coordinator, said. "It is a place for local community members who need access to information and support, and those who want to help defeat cancer or learn more about it." The centre is a base for Cancer Council to conduct programs, services and fundraising events in the local region. It was officially launched on Saturday 22 October with Andrew Constance MP, Cancer Council NSW Statewide



Andrew Constance MP and Toby Dawson.

Services Division Director, Jenny Beach, and the local Koori Women's Group, who provided the smoking ceremony and delicious catering.

You can get involved with the centre by:

- Volunteering some of your time at our centre
- Help support our fundraising and social events



Attendees enjoying bush tucker catering.

- Become a committee member for our Relay For Life
- Support our research activities
- Become a Cancer Council advocate
- Share your experiences, skills and knowledge with us.

If you are keen to get involved, call the office on **(02) 6492 1805**. The office is located at Shop 8, Auckland Plaza, Auckland Street, Bega.

Hugh helps kick start Relay For Life in Hay

Hugh Burnham is a man who doesn't mess about when something needs to be done. When he was asked to be chair and lead the **inaugural Relay For Life in Hay** this year Hugh (pictured right) jumped at the chance to fight back against cancer locally. "Cancer is huge out here" says Hugh.

Hugh has lived and worked in Hay for four years, is an active member in the community and also plays in the local Hay Cutters football club. Hugh along with fellow committee member Rebecca Gargaro attended the **Relay For Life conference in Sydney** at the beginning of 2011 and was able to take some great ideas back to the committee and implement them at Hay's first Relay For Life event in September. Thanks to the hard work of Hugh and his dedicated committee, the event was a huge success with over **500 participants** attending the 18 hour event which is impressive in a farming community of 2,700.



"We rely so heavily on our farmers and we have been in drought for 10 years," Hugh said. "To come out here and have such a successful event is just amazing", he added.

Hugh's community spirit and determination made sure the event went off without a hitch and he is already planning Hay's next Relay For Life in two years time!



Volunteer Profile

On 18 October 2011, **Emeritus Professor Ted Wolfe** was announced as the **2011 Riverina Volunteer of the Year**, as part of the NSW Volunteer of the Year Awards. The award was given to Ted for his outstanding commitment and dedication to volunteering.

Ted's volunteer work involves chairing the Regional Advisory Committee (RAC) and developing regional strategies, along with occasional public speaking and media engagements.

Ted would like to urge everyone to be part of improving community health, and to be responsible for their own health. "Many illnesses are preventable, and most are manageable. Cancer Council NSW offers good training and professional development," Ted said.

Ted was Professor of Agriculture at Charles Sturt University. When he's not volunteering with us, he enjoys pursuing his agricultural interests.

The South West Region office congratulates Ted on his well deserved award.

Below: Dr Ted Wolfe hosting at an Australia's Biggest Morning Tea event.



South West Region gets inspired



In August, the South West Region inspired the Wagga community to volunteer at the **Get Inspired! Volunteer Open Night**. The event allowed people to learn more about volunteering and find out how to get involved.

Two of our volunteers, **Narelle Potts** (pictured left) and **Leonie Johnson**, gave talks on the night. They explained why it was good to volunteer, talked about what drove them to give up their time, and shared their reasons for volunteering.

The night was a huge success, because it allowed people to see volunteering from different perspectives. Thirteen local organisations and not-for-profit organisations set up stalls on the night. They showed people what a volunteer does and helped them understand the contribution that volunteers make.

This was a new event and there are hopes of more like it being held in the future. If you have any questions, or want to talk to one of the team about volunteering, phone the South West Regional Office on **(02) 6937 2600**.

Western Local News

Volunteers take on Helpline challenge

Challenge: How fast can you distribute Cancer Council Helpline cards? Can you beat the efforts of these two volunteers?



Every two months, local volunteers attend the Western Region's volunteers meeting. The dedicated volunteers come to the office to get the most up-to-date information on the Cancer Council's programs and fundraising events.

At their last meeting, a challenge was set. Each volunteer was given 10 wallet-sized Cancer Council Helpline cards. Their mission was to distribute them amongst their family, friends and the community.

Bev Charles (pictured above) caught a taxi home that day. She



started chatting to the driver, who asked if she worked at Cancer Council, and so she told him about her volunteer role with us. He spoke about his own life and how he and his wife had been dealing with cancer, but didn't know who or where to turn to for help.

Bev told him about Cancer Council's Helpline, and gave him the Helpline card. He appreciated the information and asked Bev if she had any more. Bev immediately handed over her 10 cards and felt a great sense of satisfaction. She was back in the office to replenish her stock of cards the next day.

Norm Slattery (pictured left) also set about to get the word out. He handed his Helpline cards to his golf buddies; most of them put the cards in their wallets straight away. Norm thought nothing more of this until the following week, when he discovered that a couple of his mates had punched a hole in their cards and were proudly displaying them on their golf bags.

Well done to Bev and Norm for getting the Helpline message out in Orange.

At their last meeting, a challenge was set. Each volunteer was given 10 wallet-sized Cancer Council Helpline cards. Their mission was to distribute them amongst their family, friends and the community



Volunteer Profile

Graham Williams is a cancer survivor, having been diagnosed with male breast cancer in 2002. He received great support from Cancer Council NSW during his treatment and wanted to return the favour by volunteering. Cancer Council also helped his sister, mother and father through their cancer journeys.

Graham currently has several volunteer roles with us. He is a **Relay For Life Taskforce** member, **Cancer Connect** volunteer and **Community Speaker**. As a Relay

"I always recommend volunteering at Cancer Council NSW because you know you will be supported all the way"

For Life Taskforce member, Graham works as the Survivors and Carers Development Coordinator. This requires him to assist other members in planning for Relay events, and find ways to boost numbers for them. He also attends quarterly meetings in Sydney with other members.

A highlight of Graham's time at Cancer Council NSW has been attending the

Relay For Life Leadership Summit in 2010. He felt incredibly honoured to travel to America for the event. Graham highly recommends volunteering with Cancer Council NSW to others.



"I always recommend volunteering at Cancer Council NSW because you know you will be supported all the way. It is a rewarding pastime, where every little bit of time you spare is appreciated and helps make our world better," Graham said.

Volunteers go above and beyond

Did you know there is a link between cancer and poor lifestyle factors, such as poor diet and being overweight? **Eat It To Beat It** volunteers take on the challenge of promoting the benefits of healthy eating.

Eat It To Beat It aims to improve fruit and vegetable consumption among young children. It relies on volunteers to run peer education sessions for parents across the Hunter Region.

Eat It To Beat It volunteers consist of new and experienced Program Facilitators, who help deliver the program to the region.

Donna Allen, Alysha McKenna, Julie Hayes, Lauren Neale and **Carly Hughes** have all decided to take it up a notch by dedicating time each week to help the program go that extra mile. They have gone above and beyond, to promote the program to schools, organise their own sessions and assist with cooking demonstrations.

They have a passion for healthy eating and want to help Cancer Council spread the fruit and veggie message to families across the Hunter. We appreciate their enthusiasm and dedication, and welcome them.

Recipe Corner

Poached Pears

10 minutes preparation plus 15 minutes cooking. Serves 6.

- 1 L dark grape juice
- 6 pears, peeled and quartered, cores removed

1. Pour juice into a saucepan and bring to the boil. Lower the heat, add pears and simmer for 10-15 minutes or until just tender. Turn pears over to cover in juice during cooking.
2. Remove from the heat and allow to cool in the syrup. Serve warm or cold.

Variation

Try substituting apple juice for grape juice and adding ¼ cup caster sugar. Alternatively use red wine and ½ cup caster sugar. Add sugar to the juice or wine and simmer until sugar dissolves before adding pears.

Serving suggestion

Pour over syrup and serve with a dollop of low-fat natural yoghurt or reduced-fat vanilla ice cream.



Book Review

Amelia has Cancer

by Alison Johns



I thought I would review this book because, as a new grandmother, I have become a little obsessed with children's books. This is, of course, a book I hope never to have a need for, but if I did, I would feel very comfortable reading this to children.

When Alison's daughter, Amelia, was diagnosed with cancer, Alison thought it was important that Amelia, and the children she came in contact with, had a good understanding of what was happening. Cancer and cancer treatments are explained in a simple and non-threatening way.

The manuscript was published and given to a number of oncology staff, parents and nurse educators to review. The feedback was that this is a book that would be immensely beneficial to children affected by childhood cancers.

Amelia has Cancer is easy to read, with clear illustrations by Alisa Coburn. The book not only provides information but also has discussion questions (with answers) to take the conversation further.

Reviewed by Marion Carroll.

Volunteer Profile

Margot Morris has volunteered since 2009. She helped us develop a pilot program: a pro bono Legal Referral Service for cancer patients and their carers.

She currently volunteers as a Staff Partner in the Policy and Advocacy Unit, where she provides legal research and analysis on our policy work. One of her proudest achievements for Cancer Council NSW was developing a tobacco retail licensing scheme for NSW.

Margot believes that the possibilities at Cancer Council NSW are limited only by one's imagination. When Margo is not volunteering, she can be found at the Intellectual Disability Rights Service, where she works full time as a principal solicitor.

In her free time, Margot enjoys meeting up with friends, visiting the local produce market, going to the movies, and walking by the harbour or through the bush.

Events Calendar



General Events

Every Wednesday 5-6pm

Daffodil Choir rehearsals
Level 6, Woolloomooloo
Enquiries: 0400 118 043

5 December:

Volunteers Christmas Party,
Woolloomooloo

Central and Southern Sydney Region

25-26 November:

Two-day advocacy training workshop

Far North Coast

26 November: Tweed Valley Relay
launch pool party at the Benora pools

10-11 March 2012:

Tweed Valley Relay

Greater Western Sydney Region

26-27 November: Bankstown Relay

Hunter Region

3-4 December: Merriwa Relay

Mid North Coast Region

12-13 November: Manning Relay

4 February 2012:

Dancing With Coffs Coast Stars

March 2012: Advocacy Program
training for volunteers (date TBA)

May 2012: Coffs Relay

North West Region

25-26 February 2012:

Gunnedah Relay

South West Region

17 November:

Twilight charity movie screening

24 November:

Volunteer orientation session

24 February 2012:

Volunteer orientation session

3-4 March 2012:

Corowa Relay

Southern Region

26-27 November:

Eurobodalla Relay

18-19 February 2012:

Queanbeyan Relay

10-11 March 2012: Young Relay

Western Region

10-11 March 2012:

Orange and District Relay

24-25 March 2012: Warren Relay

Join a Research Study

The **Join a Research Study** program allows you to participate in research studies related to cancer. You do not need to be diagnosed with cancer to join.

Studies range from questionnaire-based surveys to focus groups and interviews. You can also supply information by sending in flyers or entering information online.

So far, the Join a Research Study database has been able to approach a number of people to assist in their studies. One such study was ENRICH (Exercise and Nutrition Routine Improving Cancer Health). Another example is the CLEAR (Cancer, Lifestyle and the Evaluation of Risk) Study.

To become a part of Join a Research Study, register at **www.cancercouncil.com.au/joinastudy** or call the helpline on **(02) 9334 1398**.

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Regional offices and hubs

For volunteer enquiries please email volunteersydney@nswcc.org.au or call the Volunteer Hotline (02) 9334 1773

Central & Southern Sydney: 153 Dowling Street, Woolloomooloo NSW 2011	(02) 9334 1754
Far North Coast: 101-103 Main Street, Alstonville NSW 2477	(02) 6627 0300
Hunter Region: 22 Lambton Road, Broadmeadow NSW 2292	(02) 4923 0700
Mid North Coast: 121 High Street, Coffs Harbour NSW 2450	(02) 6659 8400
North West Region: Shop 2, 218 Peel Street, Tamworth NSW 2340	(02) 6763 0900
Northern Sydney & Central Coast (Crows Nest): Level 1, 117 Willoughby Road, Crows Nest NSW 2065	(02) 9334 1600
Northern Sydney & Central Coast (Erina Fair): The Hive, Erina Fair, Erina NSW 2250	(02) 4336 4500
South West Region: 1/37 Tompson Street, Wagga Wagga NSW 2650	(02) 6937 2600
Southern Region: Suite 7, Ground Floor, IC Enterprise 1, Innovation Campus, Squires Way, North Wollongong NSW 2500	(02) 4223 0200
Western Region: 75 Kite Street, Orange NSW 2800	(02) 6392 0800
Young Cancer Council Community Centre: Suite 8, Millard Centre, Boorowa Street, Young NSW 2594	(02) 6382 3426
Bega Cancer Council Community Centre: Shop 8 Auckland Plaza, 81-83 Auckland Street, Bega NSW 2550	(02) 6492 1805
Western Sydney: Rotary House, 43 Hunter Street, Parramatta NSW 2150	(02) 9354 2000
Casula Hub: 39 Ingham Drive, Casula NSW 2170	(02) 9354 2050
Penrith Hub: Suite 105, 114-116 Henry Street, Penrith NSW 2750	(02) 9354 2060
Rouse Hill Hub: Library & Community Building, Level 2, 29 Main Street, Rouse Hill NSW 2155	(02) 9354 2070