



I'LL NEVER EAT CHOCOLATE AGAIN AND OTHER RESOLUTIONS...

So it's that time of year again, full of good intentions and New Year's resolutions... I'll walk every day, eat salads, ditch the TV, no more chocolate... but now it's back to 'real life'. And don't we all want 'real life' to be easy as well as healthy? Well here are a couple of tools to assist you to stick to this year's resolutions!

LiveSmart

LiveSmart is a 12 week e-programme designed to make life easy and healthy. Through making simple and small changes to your life, LiveSmart helps you to stack the odds in your favour against certain cancers. Once you have joined you will receive a series of weekly emails giving you simple tips to help you achieve some of your New Year's resolutions all year round. To join LiveSmart simply register at www.livesmart.co.nz/iReg.asp

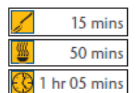
EatSmart Cookbook

Another tool to help you keep at least one New Year's resolution is the Cancer Society's EatSmart Cookbook. The EatSmart Cookbook is full of quick, simple, tasty meals developed by Allyson Gofton. You'll be able to whip up some fantastic meals this summer when friends and family drop in or load up the basket for some picnics. There are also a bunch of simple lunch ideas for the school lunches and BBQs too.

Not only will your meals look and taste great this summer but you'll also be helping the Cancer Society. \$6.00 from every book comes to us to help us work to prevent certain cancers and provide support for those with cancer in our community.

Buy your copy on special today at www.mightyape.co.nz

Try the delicious Pizza Pizzazz recipe from the EatSmart Cookbook



Pizza pizzazz

Get away from the traditional pizza with all that cheese to something more filling and tastier.

What you need

- 200 gram pot sundried tomato hummus or plain hummus
- 2 large Lebanese pita breads
- 2 tomatoes, sliced
- 1 red pepper, deseeded and finely sliced
- 1/2 red onion, finely sliced
- 150 grams mushrooms, diced
- black olives
- 100 grams feta cheese, crumbled
- 1 cup (100 grams) grated mozzarella cheese
- chopped fresh oregano to garnish

How to make it

1. Spread half the hummus on each pita bread base. Arrange slices of tomato on top and then scatter the red pepper, mushrooms, olives, feta and mozzarella evenly over the pizzas.
2. Bake at 220C for 10-12 minutes until the base is crisp and golden and the topping hot. Garnish with fresh oregano leaves and ground black pepper.

EatSmart tip

Look for the wholemeal pita bases; they have a lovely nutty taste to them. Hummus makes a great change from the traditional tomato paste bases. It comes in many flavour variants and adds a mellow creamy texture to your pizzas.

Serves: 4

Did you know...

Research shows that if you make changes with friends and family, you'll be able to stick to them much easier? So get your family, your whanau, your friends and your workmates eating and living smart with you. Register for LiveSmart today or buy the EatSmart Cookbook to stack the odds in your favour.

INSIDE THIS ISSUE

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- RELAY FOR LIFE SPECIAL INVITATION

This issue of NEWScan is proudly supported by the Mt Wellington Foundation Ltd



From the CEO



Another busy year is already well underway at the Cancer Society; however, I hope that all our supporters enjoyed a restful and SunSmart summer break.

On 5–6 March, the first of our annual Relay For Life events will be held at the Millennium Stadium on the North Shore. Details of this amazing event, and also our Pukekohe &

Whangarei events, are in this issue of NEWScan. Relay For Life holds a special place in our calendar and provides a unique opportunity for all parts of our community to come together in support of the key themes: Celebrate, Remember and Fight Back. Relay For Life is a unique experience, a fun filled event and also a place to learn how you can make a difference – see you there!

People often ask me “How can I fight back against cancer?” Fortunately there are many ways. On an individual level you can quit smoking, make sure you don’t get sunburnt, eat more fruit and vegetables and exercise more. To make a large impact in your community, you can get your children’s school to become SunSmart,

get your sports club to go Smokefree or write submissions to your local MP about upcoming legislation. Becoming an active supporter of the Cancer Society makes a big difference. Your donations underpin the work of supporting patients, health promotion to prevent certain cancers and important research into the causes and treatment of cancer. We also encourage people to learn about our advocacy work where together with the community, we influence local and central government to create a healthier environment and future.

Last year saw the Cancer Society at the forefront of efforts to introduce legislation banning the marketing displays of tobacco products in retail stores. These prominent promotional displays are known to be an effective way of enticing our young people to try smoking. The fact that this legislation is now before Parliament is a real triumph and proof that public advocacy is a very effective tool. With further tobacco control measures being contemplated by the Government right now it is a critical time for our voices to be heard.

Regards, John Phone: 09 308 0173 email: jloof@akcansoc.org.nz

Cancer Society receives great commitment from Ardmore Nurseries

Ardmore Nurseries is a small business making a large difference in our community. To support the Cancer Society, the nursery provides a free shade tree and delivery of the tree to every school that becomes a SunSmart accredited school.

Ardmore Nurseries is a trade nursery who supply to landscapers, councils, schools, garden centres and developers. With approximately 500 primary and intermediate schools in the Auckland region and many still to become SunSmart accredited, the Cancer Society is fortunate to have such a commitment for the future from Ardmore Nurseries.

Shade can be a difficult issue for schools. It can be a costly exercise and takes time for a small tree to grow to provide enough shade. Ardmore Nurseries provides assistance in selecting the right trees for the school as well as advice for future planting developments.

John and Susy Beaumont, owners of Ardmore Nurseries, share their thoughts on the partnership:

“We are delighted to be involved with the Cancer Society as in our industry much of our work is outside. We are aware of the need to be protected from the sun by trees, hats and sunscreen”.

Shade is one of the four components of becoming a SunSmart school. The Cancer Society provides resources to these schools to help incorporate SunSmart into their curriculum. A shade tree complements this and provides more incentives to the programme without additional costs to the Cancer Society.

This ongoing partnership is a great example of how organisations can help us to make a difference and make the places where we work, live and play healthier.

Check out if your children’s school is SunSmart on: <http://www.sunsmartschools.co.nz>

Ardmore Nurseries, 230 Clevedon-Takanini Rd, RD2, Papakura. Phone (09) 292 8661 or email ardmorenurseries@ihug.co.nz.



Ardmore Nurseries owner John Beaumont

‘Butt Out’ of Whangarei’s sports grounds and playgrounds



No parent wants to see their children start smoking and Whangarei District Council (WDC) is right behind keeping Whangarei kids Smokefree too.

Smokefree signs have already gone up in all Whangarei playgrounds and sports grounds to remind people not to smoke in these areas as part of Whangarei District Council’s new Smokefree policy introduced on 26 September 2010. In addition, neighbourhood parks will become Smokefree early this year.

It is important that the new Smokefree policy is seen as educative. It’s not about punishing people who smoke but aims to protect our kids – our Tamariki – making non-smoking the norm and encouraging positive role models for our children and young people in the Whangarei district.

Signage and publicity will encourage the public to maintain a clean, healthy environment in playgrounds and sports grounds.

Whangarei already has a number of smokefree sports venues; the new Northland Events Centre at Okara Park, Whangarei Aquatic Centre, Northland Hockey, Netball and Athletics at Kensington Park.

A number of Whangarei’s playgrounds are being used to evaluate the effectiveness of the Smokefree policy.

Late last year Cancer Society Northland volunteers undertook a pre-implementation survey of playground users. The survey showed that whilst only 20% of the playground users smoked, 82% of them smoked ‘less than normal’ or ‘not at all’ when in a children’s playground, or when they are with or around children. Only 6% people surveyed thought that people should be able to smoke in a children’s playground.

Let’s keep up the fantastic work and continue the support for Smokefree playgrounds and sports grounds.

BECOME A CANCER SOCIETY VOLUNTEER

Volunteers play a vital role for the Cancer Society by helping raise money or by working in our many programmes. They enable us to carry out work and provide services that would otherwise not be possible. While most people volunteer because they want to give something back, many find they get much more in return.

Volunteering is an opportunity to meet people, learn new skills and make a real difference. It can also be helpful for future employment or student applications. We have learned from our volunteers that it provides them with a great sense of personal satisfaction knowing they have helped make things a little easier for someone with cancer.

You can get involved as a volunteer with the Cancer Society by:

- Offering support to people in the Oncology Department at Auckland City Hospital
- Preparing and freezing meals in your own home for our patient meal service
- Transporting people to and from their cancer treatment and appointments
- Hosting morning teas and pot luck dinners for people staying at our Domain Lodge accommodation facility while they receive cancer treatment
- Assisting with health promotion and advocacy activities and events
- Assisting with fundraising events such as Daffodil Day and Relay For Life, either in preparation for the event or on the day
- Assisting with day to day administrative functions including mail outs, photocopying, filing and data entry



As a valued volunteer, we will provide you with training and support and will take into account your interests, skills and experience when identifying a role for you. You are also able to volunteer at times and on days that suit you best. If you would like to become a volunteer, please call us on 09 308 0496 or email volunteers@akcansoc.org.nz.

We urgently need volunteer drivers for **South Auckland** covering Dannemora, Flatbush, Manurewa, Otara and Otahuhu areas. To find out more or to register your interest, please call us on 09 308 0496 or email volunteers@akcansoc.org.nz.

Domain Lodge Support Volunteers – a new programme

We are adding to our Support Services at Domain Lodge to ensure people who stay with us during their treatment have a positive and comfortable experience. Domain Lodge provides a restful environment for people living outside the Auckland area who have to travel long distances to receive treatment and cancer care in Auckland.

Our new Domain Lodge Support Volunteers will complement the services already provided by Cancer Society Auckland by offering an even more personal experience for visitors. Our volunteers will welcome and greet people and their supporters on arrival, provide an orientation to Domain Lodge, introduce our support services, help with parking and show people how to get to their treatment appointments at Auckland City Hospital.

Within the next few weeks, Domain Lodge will be recruiting new volunteers to fill these roles. We encourage those who have a genuine desire to assist people and the ability to relate to people from all walks of life to get in touch with us. We provide training, support and guidance for our volunteers to ensure they understand what the Cancer Society Auckland does and how they can help meet the needs of those being treated for cancer.

To find out more about this role, please come along to our information morning here at Domain Lodge. This will be held on Wednesday 9 March 10.00am – 11.00am. You can register for this by contacting us on 09 308 0496 or emailing volunteers@akcansoc.org.nz

For Māori by Māori pilot education and support programme in Northland

In the second half of 2010, the National Office Supportive Care Service of the Cancer Society New Zealand advertised for expressions of interest from Māori providers to run a Living Well (Te Maramatanga o te Mate Pukupuku) whanau workshop for people who have had a recent cancer diagnosis.

The aim of the programme is to offer practical ways of living well; building knowledge, self confidence and self help skills as they work through their cancer experience. Funding was made available for three pilot programmes using the current mainstream package. Following these initial series of workshops, evaluations would be carried out and the programme modified as necessary to better meet the needs of our Māori people.

Once this process is completed, the modified programme will be made available to other Māori providers should they wish to run it in their communities.

Ki A Ora Ngatiwai, a Whangarei based Māori Health provider was selected as one of the three organisations to pilot this programme and the first of the six sessions will be held on 17 February 2011.

Cancer Society Northland has welcomed this programme to their area due to their high Māori population and related cancer rates. They have worked with Ki A Ora Ngatiwai during the planning stages and are keen to see the final programme and encourage other Māori organisations across Northland to take part.

For cancer information and support phone the
CANCER INFORMATION HELPLINE
0800 CANCER (226 237)

AUCKLAND CANCER SOCIETY RESEARCH CENTRE

Clinical expertise added to ACSRC Directorate

A recent independent panel, commissioned to review cancer research in the University of Auckland's Faculty of Medical and Health Sciences, noted the wide range of cancer research activities being carried out within the Faculty and singled out the Auckland Cancer Society Research Centre (ACSRC) as a group of internationally recognised calibre and a strength that needed to be maintained and built upon. It also suggested, more generally, that strengthening the links between basic and clinical research should be given high priority by the Faculty.

The ACSRC has recently moved in this direction by the appointment of Associate Professor Mark McKeage as a new Co-Director of the ACSRC, thereby joining Professors Bill Denny and Bruce Baguley in their roles of guidance in the Centre. Associate Professor McKeage is a well-known oncology clinician and scientist in the Department of Pharmacology and Clinical Pharmacology at the University and will remain active in teaching and clinical work. In his new role, he will focus initially on the development of new translational research in the ACSRC, including clinical trials, particularly phase I oncology studies of novel cancer drugs. He states, "It is very exciting for me to be taking on this role in the ACSRC. I am looking forward greatly to working with everyone there on exciting new initiatives towards improving our understanding of cancer and its translation to patient care".

Commenting on the appointment, ACSRC Director, Professor Bill Denny, said, "We enthusiastically welcome Mark to his new role. He is of course no stranger to us, having collaborated with the ACSRC for many years, particularly in the early clinical trials of our drugs DMXAA and PR-104. This new appointment reflects the growing importance of translational research for the ACSRC and the Faculty. Academic groups like the ACSRC are playing an increasing role in cancer drug discovery and development, and Mark's appointment will greatly strengthen our capability to do this".

The Dean of the Faculty of Medical and Health Sciences, Prof Iain Martin, said, "I am delighted that Mark will be taking on this role. His skills will complement those of the two existing directors and ensure that the Centre continues its enviable track record of bringing new therapies into clinical trials".

The CEO of Cancer Society Auckland, John Loof, said, "We are very proud of the long association between the Cancer Society and the ACSRC and the world class achievements of the Centre to date. Mark brings with him a wealth of knowledge and expertise and we are thrilled to have him on board. We see this as a great opportunity to build on the strengths of the ACSRC as we continue to work towards our goal of a future with better cancer treatments for all New Zealanders".



ACSRC's new Co-Director Associate Professor Mark McKeage

The Auckland Cancer Society Research Centre (ACSRC) was founded by the Cancer Society in 1956. It has over 80 staff and an international reputation as a leading anti-cancer drug development laboratory. To date the centre has brought eight new drugs to clinical trial and has had work published in over 1,200 scientific papers.

Your donations and support help the Cancer Society Auckland contribute around \$2.5 million to the ACSRC each year to ensure they are able to continue this important work.



If you would like to support the Cancer Society please complete this section, detach and return to the Cancer Society
Yes! I want to support the Cancer Society Auckland

Cancer Society of New Zealand Auckland Division Inc.
 PO Box 1724, Shortland Street, Auckland 1140

Name:

Address:

Postcode:

\$35 \$50 \$100 \$250 \$500 Other

Cheques made payable to Cancer Society of New Zealand Auckland Division Inc. (or)

Please debit my: Visa Mastercard Amex

Name on card: (please print):

Signature: Expiry /

Please send information on: Research Bequests Membership

The Cancer Society is entirely reliant on donations and bequests to fund a wide range of free services to help people affected by cancer and work towards a future with less cancer. We value the time and thought given by generous individuals and groups to raise funds to help support our work. Here we acknowledge just some of the many inspiring fundraisers.

Pay it forward

This year when you celebrate your birthday or special milestones, why not encourage your family and friends to contribute in a way that's a little different. We'd like to thank these two donors for 'paying it forward'...

- A special thank you to James Joyce who invited guests to make a donation to the Cancer Society in lieu of gifts in celebration of his 50th birthday. James and his friends generously donated over \$2,000 to mark this personal milestone.
- Raymond and Emma decided to ask their friends for donations to the Cancer Society Auckland, instead of gifts, to celebrate their official engagement. More than \$400 was kindly donated.

Newly engaged couple Raymond and Emma.



New Zealand Celtic Supporters Club Charity Golf Day success



Members of the Celtic Supporters Club with Cancer Society staff.

Grateful thanks to the members of the New Zealand Celtic Supporters Club who organised a Charity Golf Day in memory of a club member's late wife. They exceeded their fundraising goal of \$2,000 and the impressive amount of \$10,280 was presented to the Cancer Society Auckland.

Oblique Hair Spa glamour showcase

Paul and Angela Foster-Nesbit from The Oblique Hair Spa organised a fantastic glamour showcase in October raising over \$12,000 for the Cancer Society Auckland. The showcase was a stunning display of avante garde hair styles from the Oblique team and featured the latest summer collection by one of New Zealand's best young designers, Sera Lilly. Adding to the glamour were Latin Fever dancers, who revved up the crowd with their sizzling dance! Our grateful thanks to the many talented hairdressers, makeup artists, assistants and organising committee who made the event such a great success.

Many Miles for Mary

Jamie Milne from the Institute of Golf organised a relay running event, "Many Miles for Mary". This involved a team of four runners, all professional sportsmen, Craig Dixon, Jonny Gladwell, Jamie Milne & Guy Wilson running from Auckland to Wellington over six days, covering 30km a day each. A total of \$10,000 was raised and distributed among four selected charities, one of which was the Cancer Society.



The Team of runners arrive triumphant at Wellington.

3Dozen

Simon Jones, Stuart Prill and Sunil Unka challenged each other to push themselves harder than ever before to raise funds in support of the Cancer Society. Their challenge was to enter and complete one event per month of at least 21km – the equivalent of a half marathon, for the duration of 2010, hence the name "3Dozen".



The men have completed their challenge and raised over \$9,000 for our cause.

We are absolutely thrilled with the result and very much in awe of the tenacity and determination of Simon, Stuart and Sunil. Thank you all for such a great effort!

November

Movember is held during the month of November and is an annual campaign which encourages men to grow a moustache to raise money for men's health initiatives. More than 9,400 men participated in 2010 and raised \$929,632 which will be directed toward prostate cancer research and an information and counselling service for men. Thank you to everyone who got into the spirit of Movember by growing a moustache or by making donations in support of the cause. If you would like to find out more or learn how you can be involved for 2011, please visit www.movember.co.nz

Read about more fabulous fundraisers on our website – www.cancernz.org.nz/divisions/auckland/help/our-supporters

Grants *The Cancer Society acknowledges the following organisations for their generous support*

- **The Reed Charitable Trust** granted \$5,000 towards Counselling and Psychology Services.
- **The Acorn Charitable Trust** granted \$5,000 to contribute towards the Cancer Patient Information Packs.
- **First Sovereign Trust** granted \$3,370 towards the purchase of a Defibrillator for Domain Lodge.
- **The North and South Trust** granted \$5,000 to contribute towards the 2011 Relay For Life event.
- The New Zealand Post through **Community Post** initiative donated 3,500 envelopes for Volunteer Services.
- **Community Organisation Grants Scheme (COG's)** granted \$1,150 in Papakura/Franklin, \$4,600 in Manukau, \$2,875 in Waitakere, \$5,750 in the Far North and \$2,300 in Whangarei/Kaipara. The grants will contribute towards Support Services.
- **Constellation Communities Trust** granted \$5,000 towards the 2011 Relay For Life event.
- **Sir John Logan Campbell Residuary Estate** granted \$1,508 to the production of a relaxation CD for patients undergoing treatment for cancer.
- **Lady Alport Barker Trust** granted \$80,000 to help fund cancer research.

SunSmart and Smokefree for Auckland Cricket and Cancer Society Auckland

Auckland Cricket and Cancer Society Auckland have teamed up to work together to ensure your cricket communities, clubs and games are SunSmart and Smokefree. Prevention is a major part of our focus and Auckland Cricket will lead by example and demonstrate safe practices when out in the sun for all their cricketers and supporters.



Auckland Cricket CEO Andrew Eade and Cancer Society Auckland CEO John Loof.

Auckland Cricket CEO, Andrew Eade, is delighted with the partnership. "We've been trying for some time to align ourselves with an appropriate charity organisation and we think that the Cancer Society Auckland is a great fit for us. We are both concerned with looking after the wellbeing of cricketers and our supporters in Auckland and I look forward to working with them."

With over 50 people diagnosed with cancer every day in New Zealand, it is a disease that affects all parts of our community so it is important for us to ensure our sporting environments are safe for us and our children by promoting SunSmart and Smokefree practices.

Cancer Society Auckland CEO John Loof expressed his pleasure at the announcement. "I've been a lifelong cricket fan, and have children who play the game so I'm delighted that we are able to be involved with Auckland Cricket. I think that together we can make real progress in engaging with the cricketing community in Auckland about cancer prevention and the work of the Cancer Society."



RELAY FOR LIFE SPECIAL INVITATION

Relay For Life is a remarkable and moving overnight team event to raise funds for the Cancer Society while joining together to Celebrate, Remember and Fight Back. There are many ways to get involved and be part of Relay For Life 2011:

Celebrate

At Relay we **Celebrate** and acknowledge cancer survivors. If you have experienced a cancer diagnosis, or know someone who has, then we would like to host you and your supporters as our VIP's at Relay For Life.

Remember

At Relay we **Remember** loved ones lost to cancer with a moving dusk ceremony and the decoration and illumination of hundreds of candle bags. Please join us for this wonderful experience on the Saturday night of Relay For Life.

Fight Back

At Relay we **Fight Back** against a disease that takes so much by joining with others to have fun, raise awareness, fundraise, support those with cancer and work towards a cancer free future.

To find out more about Relay For Life or to take part as a VIP at the event, please call 09 308 0494 or visit www.relayforlife.org.nz

Celebrate, Remember, Fight Back!

Relay For Life 2011

Auckland North Shore, 5-6 March, 4pm-10am

Franklin, 12-13 March, 4pm-10am

Whangarei, 19-20 March, 12pm -12pm

Second annual Cancer Society Charity Golf Open 2010



"Smiles all round!" Cup sponsor John Schipper, Winning Team Captain John Green and Cancer Society Auckland staff Lisa and Simone.

The second annual Cancer Society Charity Golf Open was held on 19 November 2010 at The Grange Golf Course in Auckland. The winning team was The Hugh Green Group with second place going to Soar Print and third to Team ANZ National Bank.

Congratulations to Sam Sullivan who shot the best round for the men and Milica Unkovich who shot the best round for the ladies.

The funds raised from this tournament will

go towards continuing to provide fully subsidised accommodation at Domain Lodge for patients undergoing treatment for cancer.

Congratulations to our winners and thank you to all the players and supporters who provided an excellent array of items for the auction.

The 2011 Charity Golf Open will be held on Friday 18 November so make a note in your diaries now and get your teams together.

HELP THE CANCER SOCIETY BY:

Making a donation / becoming a volunteer / making a gift in your will

Contact us today to find out how you can help make a difference in the lives of people affected by cancer

PLEASE NOTE THE CANCER SOCIETY DOES NOT COLLECT DOOR TO DOOR

Cancer Society of New Zealand Auckland Division Inc.

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Domain Lodge
1 Boyle Cres, Grafton, PO Box 1724,
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Fax. 09 308 0175
Email. info@akcansoc.org.nz

Northland
Daffodil House
73 Kamo Rd, PO Box 8100,
Kensington, Whangarei 0145
Phone. 09 437 5593 Fax. 09 437 5602
Tollfree. 0800 366 066
Email. northland@akcansoc.org.nz

OUR GRATEFUL THANKS TO THE FOLLOWING SUPPORTERS FOR THEIR GENEROUS CONTRIBUTIONS



The National Bank