

Let's Connect...



... with the Cancer Society and its services

4th Quarter 2011

Mission Statement

Improving community well-being by reducing the incidence and impact of cancer.

Cancer Society Centre

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Relay For Life



Relay For Life has been officially launched in the Division. We have three Relays planned for February – March 2012 with events in Hokitika, Twizel and Ashburton.

Snow on the morning of the Twizel launch did not deter 40 people from attending the function which was held at the Hunters Café and Bar. Ashburton's launch was held on 3 November and planning for Hokitika's event is underway.

Relay For Life is a community event led by a volunteer committee. Both Twizel and Hokitika are inaugural events but it will be the third time we have held Relay For Life in Ashburton.

We hope you will come and join the thousands of New Zealanders for whom Relay For Life has become an eagerly anticipated event. Come and join the fun, share memories and make new friendships by forming a team, becoming a volunteer or joining us for the survivor's lap and the candlelight ceremony. This is an event for everyone and we hope to see you there.

For further information about Relay For Life and how you can be involved, contact your local Cancer Society Centre or visit www.relayforlife.org.nz

18–19 February 2012	Relay For Life Hokitika
10–11 March 2012	Relay For Life Twizel
24–25 March 2012	Relay For Life Ashburton



Philippa Watson, Co Chair of the Twizel volunteer committee and Helen Ryrrie completing the pre-event questionnaire at the Relay For Life launch in Twizel.

Celebrate, Remember, Fight Back!

NZ House & Garden Tours 2012

Step inside the pages of NZ House & Garden this March, as homes in Auckland, Kapiti Coast, Canterbury & Queenstown Lakes open their doors for the NZ House & Garden Tours 2012. Enjoy a day with family and friends while taking a peek into some of New Zealand's most interesting and inspirational homes.

The Cancer Society of New Zealand and Look Good Feel Better are delighted to once again be the charity partners for this spectacular event, from which proceeds will be used to help reduce the incidence and impact of cancer as well as promote the confidence and well being of women currently undergoing treatment.



Canterbury	Friday, 2 March
Auckland	Friday, 9 March
Kapiti Coast	Friday, 16 March
Queenstown Lakes	Saturday, 24 March

Tickets are on sale from Monday 21 November through Ticketmaster www.ticketmaster.co.nz, ph. 0800 111 999. Tickets cost \$58 per ticket and make a great Christmas gift idea.

The Cancer Society is a non-government organisation, dependent on community support and donations, serving the people of Canterbury and the West Coast.

Daffodil Day

Snow fell this year throughout Canterbury in late August, just as we were putting the final plans in place for Daffodil Day. It made for a nervous time as we waited to find out if the pickers could pick the daffodils and secondly, even if they could pick the flowers, would we be able to distribute them across the Division in time for Daffodil Day. But the sun shone in time; the daffodil pickers and growers, the flower market, our couriers and, especially, our volunteers ensured that the pre-ordered daffodils were delivered in time to businesses across the Division.

Once again, we have been overwhelmed at the wonderful response we received for Daffodil Day. Our special thanks must go to the many hundreds of volunteers who so generously give their time to collect on street corners and shopping malls and those who sell bunches of flowers to business houses by telephone.

This year the South Canterbury Centre were very fortunate to have 16 volunteers from the South Canterbury Vintage Car Club help the Cancer Society deliver 15,000 fresh daffodils to local

Timaru businesses. We were delighted to have the Vintage Car Club members involved and their fantastic gesture helped us to reduce our courier expenses.

We are also grateful to the National Bank staff who wholeheartedly embrace Daffodil Day. This year we were delighted to welcome the ANZ Bank and staff to the Daffodil Day family. Our volunteers, business houses, schools and early childhood centres along with National Bank and ANZ Bank staff and members of the public have held fundraising activities across the Division. To all of them we say a great big thank you.



- 1 Ashburton volunteers Colleen Prendergast and Sue Letham bunching the daffodils.
- 2 Bernie Shutt and Millie collecting for Daffodil Day in New Brighton. Bernie moved his radiation appointment to early on the Friday morning so he could be out and about collecting and is looking forward to having an even heavier bucket/collection box next year.

- 3 Westport South School dressed for Daffodil Day.
- 4 Jim Geddes of the South Canterbury Vintage Car Club with Lorna Johnson, Cancer Society, setting off to deliver daffodils.
- 5 Bill Gage collecting in Greymouth.
- 6 Lily Boock picking daffodils that she then sold outside her gate raising \$100 for the Cancer Society.

A special family weekend to remember



Jarrold and Joshua at Punakaiki

After the earthquake, the Hokitika Cancer Group were approached by John Assen from the Shining Star Motels in Hokitika offering a 2-3 day stay for a family who had been affected by cancer.

Many of you will remember reading Cheryle's cancer story in our August newsletter. Cheryle and her partner were delighted to accept this generous offer and decided the ideal time to take up this special offer with their son Joshua, would be once Cheryle had completed her radiation treatment.

The Hokitika Cancer Society volunteers were determined this was to be a trip to remember. They organised for a large basket of goodies to be in the motel on arrival full of home baking, books and toys for Joshua as well as a voucher for the Cheese and Deli Café where the family enjoyed a meal. In addition to this, the volunteers organised a free family pass to the National Kiwi Centre where Joshua got to see kiwis as well other animals and fish.

Cheryle sent the following note to the volunteers and to John and his team at the Shining Star Motels. "I just wanted to say a big thank you for organising the wonderful family break that we enjoyed in Hokitika. We had such an amazing stay, the accommodation was outstanding, the weather was perfect and our outing to the Kiwi Sanctuary was lots of fun. Joshua really loved playing on the beach and the passing trains and glow worm cave made a big impression (we're still hearing about them now). Your kindness and hospitality have really lifted our spirits – it was just the tonic we needed at the end of what has been the most challenging year of our lives and for this we cannot thank you enough."

Chris Cuff, Cancer Society Hokitika, says they are so grateful to everyone in Hokitika who so willingly helped make this trip for Cheryle and her family so memorable.

Any
Cancer,
Any
question

0800 CANCER

(0800 226 237)

Cancer Information
HELPLINE



Cancer Society of New Zealand Canterbury West Coast Division,
246 Manchester Street, Christchurch • Ph 03 379 5835 • www.cancernz.org.nz

Youth involvement at the Cancer Society in South Canterbury

The Cancer Society's work brings us into touch with people of all ages in the community; both young and old. Currently our South Canterbury Centre has some very dedicated young people supporting their work and they include:

James Murray from Timaru Boys' High School is currently doing volunteer service at the Cancer Society as part of his Young New Zealanders Challenge Award. He has been involved in a variety of activities, including getting the shade tents ready for the coming summer.



James Murray and Kate Johnson, Cancer Society, preparing the shade tents for a busy summer season.

Youth Ambassadors South Canterbury: The Smokefree youth ambassadors have been storming along on their Smokefree sports grounds campaign. They collected 200 surveys from people down Stafford Street in Timaru and from a public sports ground. The feedback they have received from the community has been overwhelming. This term they are planning to visit secondary schools to spread their message and get their banners signed. The data and information collected will support their case and submission to the Timaru District Council.

All of these students are great ambassadors for youth.



South Canterbury Smokefree Ambassadors 2011.

Once again, the Smokefree Youth Ambassadors had a great time collecting on Daffodil Day this year.

Relay For Life "Fight Back Chairperson" in Twizel: The organising committee for Twizel's *Relay For Life* event is up and running. The committee is made up of a group of champions who have really grabbed the *Relay For Life* concept and run. One champion in particular is Monica Beardsley, a Year 11 student from Twizel Area School. Monica has put up her hand to encourage other youth to get involved and create activities before and during *Relay For Life*. This will create awareness about how people can fight back against a disease that takes so much.

Chamber of Commerce Table Top Expo

This year the South Canterbury Centre has been "adopted" by the Aoraki Chamber of Commerce as honorary members for the year. This is proving to be very beneficial as we have been able to attend Chamber of Commerce Business Training courses and most recently be a part of the Business Table Top Expo where we were able to showcase the work done in the community by the Cancer Society.



South Canterbury Cancer Society staff promoting their work at the Expo.

Art in a garden



The very successful Art in a Garden event was recently held in Hawarden. Cancer Society volunteers from our North Canterbury groups—Cheviot, Amberley and Hurunui/Hawarden enjoyed their time at the event selling raffle tickets, lemon cordial and marmalade all in support of the Cancer Society. The Cancer Society is very grateful to Alison Meyer and Penny Zino for their continued support.

Volunteers – make a difference



The Cancer Society is indebted to the hundreds of volunteers who do all sorts of things for the organisation. Some of these activities are done on a regular basis and some are one offs or more specialised.

The skills and generosity of one of our committed Christchurch baking volunteers has meant that we are able to offer themed birthday cakes to the children of parents being supported by the Cancer Society Support Team. The birthday cake brings special delight to children coping with a parent's cancer.

1987 players



Phil Gifford and Alec Wylie at the function.

As part of their sponsorship of the Rugby World Cup and their association with the Cancer Society, the ANZ Bank held a special evening in Christchurch featuring players from the 1987 winning World Cup team. During the evening, players answered questions from the MC Phil Gifford and the evening culminated with an auction raising \$6000.00 for the Cancer Society.

Mike's Hike



Mike, Rapid and Ella.

Mike Butler has just completed his mission of visiting on foot every branch of the National Bank in the South Island. Mike was accompanied by his two trusty friends, a Border Collie called Rapid and an Australian Kelpie called Ella.

They covered 2323 km on foot in all sorts of weather from snow to sunshine hail and rain. To date Mike has raised over \$22,000 for the work of the Cancer Society and his determination and enthusiasm is to be admired.

Special thanks to

- The Cancer Society of New Zealand, Auckland Division for \$3000 contribution from their three *Relay For Life* events held earlier this year. This donation is a contribution towards financial difficulties faced in our Division since the earthquake
- The ASB Christchurch Community Group Assistance Grant for their grant of \$10,000 to reimburse expenses incurred as a result of the Christchurch earthquakes. Our special thanks to the Cancer Society's Waikato

- Division for their support in submitting this application
- Claire Fodie who shaved her hair raising over \$750 for the Cancer Society and to Mattie Rowlands who also shaved her hair raising \$1100
- Southern Woods Tree Nursery for their continued support in donating a tree to each school when they become SunSmart accredited
- The Garden City Charitable Trust who once again chose the Cancer Society to be one of the recipient charities of their Spring Wedding Show—the donation we received was \$2500

- The St Francis Charitable Trust for their generous donation of \$14,291.90
- The Temuka Nifty Thrifty Charitable Trust for their donation of \$500 to be used for accommodation costs at Daffodil House and the unexpected additional costs we have incurred for patients having to stay in motels when Daffodil House is full

Summer recipes

Red and Green Christmas Vegetables with Lemon *Serves 6*

200g Green beans—can use fresh beans or frozen baby beans
 200g Asparagus
 200g Peas—can use fresh peas, snow peas or baby peas
 1 cup Cherry Tomatoes

1. Prepare the vegetables, if you are using fresh beans top and tail them, snap the tough end off the asparagus and shell the peas
2. Cook the green vegetables in boiling salted water for 2-3 minutes until just tender
3. Slice the red pepper and remove seeds
4. Add the cherry tomatoes and red pepper strips to the pot for the last 30 seconds of cooking
5. Drain vegetables well and toss with lemon juice and lemon pepper seasoning



Raspberry Souffle *Serves 6*

750g Fresh raspberries
 1/3 cup Caster sugar
 150ml Water
 1 Tbsp Gelatine

1. Mash the berries
2. Heat the water with 1/3 cup caster sugar. When dissolved, boil hard for 1 minute. Remove from heat and then add the berries
3. Soak the gelatine in 3 Tbsp of cold water. Sit the bowl over hot water to dissolve. Stir into the berry puree.
4. Place 3 egg yolks and 1 egg white with second measure of caster sugar (1/4 cup) in heat proof bowl and whisk slightly to blend. Place the bowl over a pot of hot water and beat until thickened (about 4 minutes). The mixture should stick to the back of a metal spoon.

For garnish
 6 fresh raspberries
 6 fresh mint leaves
 Yoghurt or cream

5. Remove the bowl from heat and beat until almost cold using an electric beater. Stir into the berry puree. Place in the fridge and leave until the mixture begins to thicken.
6. Beat the remaining 2 egg whites until stiff but not dry. Fold into thickened berry puree mixture
7. Serve into individual dishes, glasses or a bowl.
8. When firm decorate with whipped cream or yoghurt and some whole fresh raspberries along with some small mint leaves.



Golfing for a cause

Over the past couple of months the Cancer Society has been the recipient charity for two golf tournaments.

The National Bank Commercial Banking team once again, organised their annual Daffodil Day tournament in August. This tournament has become a regular event on the calendar for the many businesses that come and play and this year the tournament raised \$15,000 for Daffodil Day.

The Ashburton Charity Classic Golf Tournament was held in late September in Ashburton. This is the fourth year the Cancer Society has been involved in this successful tournament and was delighted to be a recipient charity alongside the Westpac Helicopter Air Rescue Trust.

Cancer Society volunteers had a very busy day selling 800 raffle tickets and manning the BBQ for the day. We are very grateful to the major sponsor Bradfords, in association with Brophy Knight Ltd and Placemakers.



Cancer Society Volunteers Trish Corbett and Brian Hanrahan setting off to deliver refreshments and sell raffle tickets to the golfers.

Art Works Wonders Charity Art Exhibition



Debbie and Polly at the gala evening.

Timaru women Debbie Templeton-Page (York Street Gallery owner and sculptor) and Polly Rowe (Artist and Art teacher) recently organised their second Artworks Charity Art Exhibition held in August in Timaru. Debbie and Polly were the energy and ideas behind the fundraising event choosing the Cancer Society as the recipient of the funds and also obtaining great business support from the local community.

105 canvases were presented for a silent auction, created and donated by renowned artists, well known New Zealanders and local Timaru personalities. The art works were not signed so buyers did not know who created the work until it was purchased!

The support for the event was outstanding with \$17,874 donated to the South Canterbury Centre as a result of the evening. Our special thanks go to Debbie and Polly for all their hard work in making the event so successful and for their generosity in selecting the Cancer Society as the recipient charity. Our thanks also go to those who created a masterpiece. Without the "artists", the local sponsors and those who purchased art work the event could not have been held.

Sunburn can lead to skin cancer later in life

Remember Slip into a shirt and into some shade
to be

SunSmart
this summer

Slop on some sunscreen

Slap on a wide brimmed hat

Wrap on some sunnies



CUT ALONG THE LINE

Yes ... I want to help the Cancer Society reduce the incidence and impact of cancer in our community. Here is my donation ...

Enclosed is my/our tax deductible donation of

\$ \$ \$ \$

\$ Other amount (please enter)

Cheque payable to Cancer Society of New Zealand

Or charge my American Express

Visa MasterCard

Card No.

Expiry date ___ / ___ Signature _____

THANK YOU! We will send you a receipt.

Please send me information about making a gift to the Cancer Society in my Will.

I am interested in finding out about direct crediting regular donations to the Cancer Society.

Please remove my name from the mailing list.