

What's on in your region?

• **Wellington** - Life After Cancer; Survivorship, 5th December, 7-8.30pm, 52 Riddiford Street, Newtown.

Can-X, 2nd Wednesday of each month, 5.30-7.30pm. This lively group is for those under 50 yrs affected by cancer.

Upper Hutt Evening Support Group, 2nd Wednesday of each month, 7.30-9pm. Silverstream, Upper Hutt.

Porirua Cancer Support Group, 1st Friday of each month, 10am-12 noon. 20 Ngatitua Street, Elsdon, Porirua.

Living Well - Wainuiomata, 3 December & 10 December, 12-4pm. Contact Hazel 04 389 0088 or hazeln@cancersoc.org.nz

• **Wairarapa** - Womens Support Group, 3rd Wednesday of each month, 11am-1pm.

Mens Support Group. 4th Wednesday of each month, 12.30pm-2.30pm.

South Wairarapa CanSupport. 2nd Wednesday 1-3pm, Turrett House, 42 Fox Street, Featherston.

• **Kapiti** - Spirited Women, Breast Cancer Shared Lunch. 3rd Wednesday, 12.30-2pm, Kapiti Community Centre, Paraparaumu. Bring some lunch to share or if you prefer, simply bring your own.

CanSurvive Group - 4th Tuesday of each month 6.30-8.30pm, Kapiti Rotary Room, Community Centre, Paraparaumu.

• **Marlborough** - CanSurvive group - 3rd Wednesday each month, informal survivors and partners group.

• **Nelson** - Volunteers Xmas Party, 1st December.

Please contact your local Cancer Society office for more details:

Wellington: 04 389 8421 Kapiti: 04 298 8514
Nelson: 03 539 3662 Marlborough: 03 579 4379
Wairarapa: 06 378 8039

Our Mission

Improving community wellbeing by reducing the incidence and impact of cancer.

Daffodil Day 2011

Once again the Cancer Society has been overwhelmed at the support received for our annual Daffodil Day appeal. Donations have come in from across the community, including schools, businesses, rest homes, street collections and merchandise sales.

The funds raised from Daffodil Day will be used by the Cancer Society to support the services we offer to people coping with cancer.

Fundraising Manager, Helen Montgomery, says "We are indebted to the many generous people who support our annual appeal. Thank you to everyone who donated or provided gifts in kind. And a special thank you to all the volunteers who gifted their time to help make the day the success it was."

Thank you for supporting the Cancer Society's 2011 Daffodil Day appeal...

The daffodil is the Cancer Society's symbol of hope. Your support provides hope for the **1 in 3** people affected by cancer by helping the Cancer Society reduce the incidence and impact of cancer.

With your help, there is hope. Thank you.

Relay For Life 2012

Cancer Society Wellington Division's tenth Relay For Life will again be held at Frank Kitts Park, Jervois Quay, over the weekend of 31st March - 1st April. The waterfront park will once again become a marquee city and temporary home to over 1,500 Relay participants and visitors.

2012 also marks an exciting chapter in Relay history as we launch a Relay in Porirua for the second time. Led by a group of committed volunteers, Relay For Life - Porirua will be held at Te Rauparaha Arena on 25th - 26th February and promises to be an amazing day and night for all!

Cancer Society Relay For Life is a life-changing event that gives communities a chance to celebrate the lives of people who have experienced cancer, to remember

loved ones lost, and to fight back against the disease.

Thanks to Relay participants, Cancer Society of New Zealand is able to improve community well-being by reducing the incidence and impact of cancer in Aotearoa New Zealand.

Relay For Life is more than just a fundraiser. It's a life-changing experience. Everyone's reason to participate in Relay is as unique as their own personal story. At Relay, people can find healing, comfort and support from others who have faced cancer, or who have lost a loved one to the disease.

For more information about Relay For Life or to register a team contact the Cancer Society on (04) 389 8421 or visit www.relayforlife.org.nz

Seven Times A Survivor

Seven-time cancer survivor Phil Kerlake has been appointed an international Hero of Hope at a global Relay For Life summit, hosted by the American Cancer Society. As part of this role, Phil will also serve as the Cancer Society of New Zealand's Relay For Life Ambassador.

Phil is the author of the best-selling book *Life, Happiness---and Cancer*. He has been a Cancer Society volunteer for over twenty years and is the first New Zealander to be recognised with this honor.

The 'Heroes' are a select group of cancer survivors and carers from across the world and they are acknowledged and recognised for their outstanding contribution to cancer survivorship in their home country.

"I am truly honored and humbled to receive this appointment. Through it I hope to encourage more survivors, and others, to become involved in Relay in their areas. We want more people involved in the life-affirming experience that is Relay For

Life. This will enable us to inform people about the huge benefits of becoming involved in the Cancer Society's information, education and support measures after a diagnosis. From personal experience, this can be a life-preserving step in the cancer journey" said Phil.

In 2012 there will be 21 Relays held around the country. As Relay For Life Ambassador Phil will try and get to as many of them as he can.

He has a simple message for people coping with cancer. "When I first got cancer I was a typical macho-male. I went on my own for a long time. I now know that tapping into support networks is not weak but is sensible and has life extending and affirming qualities. Asking for support is not a weakness."



In the photo above, Phil is seen talking with the Minister of Health, Tony Ryall, about his role and explaining Relay's potential to save the country a substantive amount of health budget through engaging more people in the Cancer Society's supportive care services. "People who receive support tend to travel better with cancer, said Phil and in turn be less of a cost to the health system."

The Volunteering Contribution to the Cancer Society Wellington Division was recognised at the 2011 AGM by the award of Life Membership to:

Dorothy Shea's relationship with the Cancer Society began in the formative years of the Society's Porirua Ladies Auxiliary, inaugurated in 1968 (renamed the Kapi Mana Auxiliary in 1986). A year later, Dorothy persuaded Lima Watson to become involved. By 1980 Dorothy was Vice-President, having served as Treasurer and Secretary in the intervening years. Over the decades both Dorothy and Lima continued in leadership roles as either President or Vice-President.

In 2008, the remaining ageing members of the Auxiliary advised the Cancer Society, unable to sustain the level of activity which had characterised their earlier years, decided to officially dissolve the Auxiliary. However, the commitment of both women to fundraising remained resolute, each continuing to do so in their respective retirement villages.

Kapi Mana Auxiliary volunteers were most successful fundraisers, attracting loyal support. The tens of thousands of dollars raised were dispersed locally, dispatched promptly, imbuing the community with a

sense of confidence that their generosity was valued and their funds well spent.

But the role of the Auxiliary was more than just fundraising. In 1968 welfare work was part of the Auxiliary's responsibility. It was from this group that today's Kapi Mana Driving Service and the Patient and Family Volunteer Visiting Support Services evolved.

Dorothy's wise counsel, receptivity to new ideas, enthusiasm and perceptive leadership have been cornerstones of the Auxiliary throughout the years she has been associated with it. Underpinning all of Dorothy's activities is her strong faith and her belief in social justice.

Lima's great personal style, her generosity, energy, joie de vivre and total pizzazz are defining trademarks both of her and her service to the Cancer Society.

Dorothy and Lima are two truly remarkable women, great friends with a dedicated and a shared commitment and a great sense of enjoyment of life. Theirs is a successful collaboration spanning more than forty years, a collaboration based on trust and mutual respect for their complementary skills and personal styles, benefiting the Cancer Society and the community in an extraordinarily constructive and inspirational manner.

Professor David Lamb, shares with fellow Life Member, Dr Alan Gray, the honour of being awarded the gold medal in the Royal College radiotherapy fellowship examination. Over the past 27 years David's dedicated work has seen the continued upgrading of radiation treatment services at Wellington Blood and Cancer Centre resulting in it becoming a centre of excellence. He has been resolute in advocating on behalf of cancer patients, in particular those experiencing prostate cancer. An outcome of which was the establishment in 2002 of a brachytherapy service for Wellington patients.

David has always had an interest in research; he has an impressive publication record. In addition to his services on various specialist committees he has served with distinction as a policy volunteer, and senior office bearer on the Wellington and National Executive Committees, National Board, and Medical and Scientific Committee spanning the years 1985 - 2010. He made an important contribution to decision making because he was both knowledgeable about cancer, the issues in cancer management, the politics of cancer management and he also knew how to evaluate the proposals for Cancer Society expenditure according to the objectives of the Society.

Ann F Hodson, Manager Volunteering

Samoan Breast Cancer Booklet Launched

A partnership between the Pacific women's organization P.A.C.I.F.I.C.A., Wellington Central branch and Cancer Society of New Zealand has resulted in the launch on Friday 28 October of a new patient information booklet: Kanesa o le susu: O le ta'iala mo tama'ita'i ua maua i le kanesa o le susu e le'i sosolo: Breast Cancer: A guide for women with early breast cancer.

Following an approach by Luamanuvao Winnie Laban P.A.C.I.F.I.C.A. undertook fundraising which contributed significantly to the cost of this publication and their local President and Secretary, Maureen Tukoroa-Betham and Annie Roberts worked tirelessly alongside the translators and the Cancer Society to bring this booklet to fruition.

The booklet is written in everyday language (both Samoan and English) for women and their families who are diagnosed with early breast cancer. We introduced many features to make this booklet what we hope will be an effective tool for creating a sense of comfort and comradeship for Samoan women. The diagrams were drawn by a Pacific artist and depict Samoan women. The booklet contains many photographs including several of Samoan women in the cancer treatment centre, women looking at breast prosthesis, photos showing the importance of family life, with Pacific motifs used throughout the booklet.

The booklet translators were Wellington health professionals Dr Tupu Ioane-Cleverley and Elaine Ete-Rasch who have done a magnificent job translating complex medical terms into 'Plain Samoan'.

As Dr Cleverley said at the launch the booklet represents true engagement between the Cancer Society and our community.



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 NZ and Look Good Feel Better are delighted to 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.

Dates: Canterbury - Friday, March 2nd
Auckland - Friday, March 9th
Kapiti Coast - Friday, March 16th
Queenstown Lakes - Saturday, March 24



Tickets are on sale from Monday 05 December through Ticketmaster www.ticketmaster.co.nz, ph. 0800 111 999 at a cost of \$58 per ticket. A great Christmas gift idea.

It's nearly Christmas.....

And time to start thinking about Christmas Cards.

This year the Cancer Society is selling a lovely design.

To purchase a pack of 10 cards for \$15

please contact
Rachael on
04 389 0057
or email
rachaelh@cancersoc.org.nz



Introducing... Zechariah Reuelu

Zechariah is of NZ Tokelau/ Samoa descent and a founding member of Hoe Mua Designs Ltd, a creative communication and design company situated in Porirua.

Zechariah has extensive experience working with and advising

Government Departments on Pacific projects to improving social & economic outcomes from community led initiatives.



Caroline Down

The Cancer Society warmly welcomes Caroline Down who started in October as part time Administration Assistant to Ann Hodson, Manager Volunteering.

Caroline is returning to work after a three year gap spent full time parenting

her daughter, Hinewai. Before that she led a very different life as a publishing contractor and illustrator, working for a variety of organisations including The Correspondence School, The New Zealand Treasury and Huia Publishers.

Caroline's skills and experience, along with her creativity and keen sense of humour will be invaluable assets to our organisation. We are pleased to have her on board as part of the Volunteering team.





From the Divisional Managers Desk

Friends of the Cancer Society Ball and Relay For Life.

In this CanNews you will read about Relay For Life. This event that had small beginnings in the USA with a Doctor who ran round a track to raise money for his local Cancer Society, to today, where Relay For Life is one of the biggest fundraisers in the world with thousands of participants worldwide raising many millions of dollars for the ongoing work of the Society and research.

It isn't just a fundraiser though, it also serves to raise awareness of cancer and to deliver messages about our services and health promotion activities. If you are not currently part of a team then I suggest you look to register in your area where Relay is to be held, it is a fun time and your efforts contribute to the cause.

In the time I have been with the Society I have witnessed the improvements in treatment for cancer, the professionalism of those entrusted to treat cancer patients, improved equipment and as a result of all this a gradual decline in mortalities from cancer, resulting in an increased number of survivors.

But the fight goes on, there is still more to be done and the Society will continue to be part of that fight.

So thank you for your support over the years and I am sure you will continue this support so that the Society can provide its services and contributions to research in the coming years.

Roger Taylor - Divisional Manager

This will be the last article I write for CanNews as I retire at the end of this year after 18 years with the Society. In that time I have seen enormous growth in the range and type of services that the Society offers. The many support services, the cancer prevention and health promotion programmes and an increase in the funding for research. We have only been able to do this because of the generous support of our many donors, sponsors and our special events such as Daffodil Day, our annual

Wellington City Council / Beijing City relationship

In recognition of the fifth anniversary of our relationship, Beijing's Mayor, Guo Jinlong, presented Wellington City Council with 100 mountain bikes. Beijing shares Wellington's goal of promoting cycling and the aim of this gift will help increase cycling's visibility and acknowledge the relationship between the two cities.

Cancer Society Wellington were delighted to have been allocated, through the Wellington City Council / Beijing City relationship, the loan of 4 of these bikes.

Our application to be considered for the bikes, included a commitment to sustainable and economically sound transport options, saving petrol and parking costs, and that we also viewed this as an excellent opportunity to highlight the link between physical activity and reducing cancer risk to staff, volunteers and the public.

At this stage 2 bikes are to be available here at Richard Evans House, for the use of volunteer and paid staff, either to access their meeting obligations or for recreational use as opportunity permits - lunchtime bike rides perhaps!

The other 2 bikes are to be kept at Margaret Stewart house, and will be available for use by staff, volunteers, patients and families.

To ensure that all users are safe, we have provided helmets and high visibility vests and staff and volunteers

will be offered the opportunity to attend cycle safety training sessions provided by Wellington City Council

Travel well and enjoy!



Staff collected the bikes from the City Council and biked back to Newtown.