Over the past six months, I’ve been honoured to meet many different people and groups from around the region. Through you, I have learnt more about both the challenges and opportunities we have to support and care for people impacted by cancer and to help reduce the risk of cancer in our communities.

Among the many people I have met, this issue I would like to make a special mention of the Cancer Core student volunteer team who were responsible for the Otago Students Relay for Life. The infectious enthusiasm from the chair Georgia Mayer and the wider team was inspiring. To see over 1,000 students walk in celebration and remembrance of loved ones was a very special experience – and they raised over $100,000! Well done to you. We are all very proud of the hard work you have all put in.

Meeting the needs that exist in our community is a real team effort. Whether it be the Cancer Core team, our many volunteers, our staff, businesses that partner with us, healthcare professionals, those that donate, or researchers – I would like to say thank you for all the work that you do and the support that you provide in so many different ways. We are one big team, and together, we do make a difference!

With very best wishes

Rachael Hart, Chief Executive
team made contact with the couple. Although Juliana and Pete live in a rural, relatively isolated corner of the Wakatipu Basin, Mary would happily drive over at least once a week, to see them.

Clinicians deemed chemotherapy safe for the unborn baby after the first trimester. Juliana then went through a mastectomy, followed by the chemo. By then, her husband Pete had to return to work. He describes how anxious he was the entire time he was away from home.

‘I was so worried about a possible reaction to the chemotherapy I wanted Juliana to text me almost every fifteen minutes, or I’d leave work and head home.’

With her own family back in Brazil, and friends simply working most days, Juliana was indeed on her own. She suggests, however, that she didn’t feel quite so isolated, with Mary nearby.

“She would bring meals, goodies, or we’d just sit and talk. She almost became part of the family. She was there for the baby shower and brought so many gifts when Mia was born,” says Juliana.

“Now she’s offering to drive me over to Dunstan, when I start chemo next week.

“It’s been overwhelming. People give so much of their time, and they hardly know you. This is the worst thing that could happen, but it seems to bring the best out in people.”

Juliana and Pete’s trials are far from over. Test results are still a while away, and scans not for many more months. For now though, baby Mia – so named because her full name Mia Moore sounds like Mi Amore, ‘My Love’ - is indeed surrounded by warmth and love. This is one little miracle that made it into the world. Let’s all hope for few more.

My Life Story: a record for future generations

What do you know about your parents and great grandparents? Imagine a life before smartphones or even phones.

Imagine what a treasured gift it would be to share family memories of the “old days” - where and how family lived, where they went for holidays, their school memories, or even their first love!

Cindy Quertier, Supportive Care Northern Southland, has developed the My Life Story resource to capture clients’ precious life stories and memories for the future generations. Recent workshops in Te Anau and Gore have been extremely positive for those involved, where a guest speaker shared with the group how creating her My Life Story and collecting photographs to support it was such a positive experience for her and her whole family. She also shared how having her husband’s life memories recorded and written has been such a precious gift for her whole family now he has passed away.

Cindy says of the resource, “I became very passionate about biographies and life stories in a previous role as community palliative care nurse. I found that the process of patients completing their life story was something they and their loved ones enjoyed. It was something positive to focus on during their stressful cancer journey. At times people were reluctant, thinking that their life had not been exciting enough and they did not see the importance of keeping their legacy alive, but in the reliving of their stories they came to appreciate the fullness of their lives and developed a sense of achievement and peacefulness they may not have felt previously.”

For more information contact cindyQ@cansoc.org.nz

Celebrating our youngest volunteer

The Cancer Society turned 88 on March 29, so we decided to celebrate with our youngest volunteer - Savannah, age 6, from Invercargill (pictured left). Savannah has helped as a collector with her mum, raising funds in memory of her much loved Grandad.
Cancer Society Health Promoters are disappointed that there won’t be legislation to protect children from second-hand smoke in the confined space of a car.

This goes against the recommendations of the Health Select Committee, Māori Affairs Select Committee and other health groups, which all support banning smoking in cars carrying children and young people under 18 years of age.

There is huge majority support from the public to protect children from tobacco smoke in cars and this should form a key part of the strategy to achieve the government’s goal of making New Zealand Smokefree by 2025, which would see less than five-percent of the population smoke.

Smoking in cars carrying children is banned in numerous other countries including Australia, the UK, France, most Canadian provinces and parts of the USA.

The government claims that enough is already being done to reduce smoking in cars. We disagree and think the government has a responsibility to protect children from the serious health risks of inhaling second-hand smoke. Children who breathe in second-hand smoke are more likely to develop chest infections, glue ear and asthma. Exposure to second-hand smoke also increases the risk of sudden unexpected death in infancy (SUDI).

The last national level campaign was in 2006-2008 with another brief campaign in 2013-2014. Every day thousands of children are exposed to pollutants in smoke-filled cars. Pollutants remain long after the smoking stops. We will continue to stand up for children who have no choice about whether they are in a car while others are smoking.

The aim of the video is to demonstrate to people the impact of cancer in our communities - as many people are diagnosed with cancer each year as would fill the stadium!

Look out for the video on our Facebook page.

A big thanks to those who participated and shared their stories, the staff who helped bring it together, 858 George Street Motel, Sharon Bennett Photography, Dunedin Venues and our production partners and sponsor Shotover Media - we couldn’t have done it without your help and support.

Pictured below is the Shotover Media crew filming Dunedin businessman, magician and Cancer Society supporter, Jonathan Usher under the roof at Forsyth Barr Stadium.

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I love smokefree cars
Daffodil Day is the most celebrated day of our year, and we are now pre-selling daffodils to businesses and groups. These are always popular to brighten the place up coming into spring. You can purchase by contacting us at daffodilday@cansoc.org.nz

We are also on the hunt for volunteers right around the region to help with different roles in the days leading up to Daffodil Day and on the day itself. We’d love to hear from you and can find a role to suit. Contact robyn.flowers@cansoc.org.nz

The 2017 Audi quattro Winter Games NZ has selected the Cancer Society Otago and Southland as its official charity for the 2017 Games. Look out for the bouquets of yellow blooms as the launch of this year’s Games on Coronet Peak is on Daffodil Day. ‘WeCan’ will be alive and well as we join in the fun on and off the slopes. Watch our website and Facebook for details.

Real Journeys has generously donated its ‘Cruise for a Cause’ Milford Sound overnighter to the Cancer Society Otago and Southland, and you are invited to join us. Grab your friends, pack your camera and spend a wonderful overnight cruise on Milford Sound. The journey begins in Te Anau where we take a coach (or self-drive) to Milford Sound. Here we board The Mariner, complete with old world charm and comfort, for a magnificent cruise to the head of Milford Sound/Piopiotahi. The cruise style is relaxed with evening entertainment, fabulous onboard cuisine and a cosy cabin (with ensuite). The cost is $355 per head ($710 per twin share cabin) and all proceeds go to your local Cancer Society. Book through Real Journeys, phone 0800 65 65 01 (explain it’s for Cruise for a Cause), or at www.realjourneys.co.nz/ms-cruise-for-a-cause Further information is also on the website. Thank you Real Journeys!

Enjoy a great evening of dining and dancing at our Dunedin and Queenstown Society Balls. These are hugely popular annual events. For details contact (Dunedin) joanna.jones@cansoc.org.nz (Queenstown) nicole.carvell@cansoc.org.nz

Have you considered regular giving through your pay?

The Cancer Society is proud to be one of the charities that a number of organisations have for Payroll Giving. Some of these organisations include the University of Otago, Otago Polytechnic, Z Energy, The Warehouse and Vodafone. A little can go a long way, so check with your HR team to see if it can be arranged. Even a small amount can make a difference, and the great thing is that the IRD will automatically process the tax credits at the end of the year. Even if you don’t have Payroll Giving, we can help you set up a regular automatic payment if you want to do this.
The Wanaka branch of the London-based Royal Overseas League is yet again, very generously, organising a stunning Queenstown concert for music lovers with all proceeds to the Cancer Society Otago and Southland Division. And this year we’ll be treated to the spectacular sound of Ferio Sax - four international saxophonists playing a intoxicating blend of contemporary and classical jazz. There’ll be wine and food to complement the evening. It will be a beauty - save the date now!

There are many ways to be involved with the Cancer Society. Here are a few:

**Like us**

Like us on Facebook, or share our posts. It helps get the message out there and it’s often the best way to keep up with news and upcoming events.

**Make yourself heard**

Write a note or send a message to an MP. It’s election year and there are a number of issues that are pretty important to our country. Two at the top of the list are becoming a Smokefree nation by 2025 and having Smokefree cars to reduce the impact of smoking on our children - see page 3 for this story.

**Be a volunteer**

There are so many different ways of becoming involved - we can find a role that suits you and the time that you have. We’d love to hear from you - contact us at robyn.flowers@cansoc.org.nz and we can work out what suits you best.

**Donate**

With no direct government money, the Cancer Society relies on donations and community support. One way of helping is by becoming a regular donor, with regular payments coming out throughout the year. A little can go a long way over time, and every dollar is used to provide practical support and care in our region.

**DIY**

Hold your own fundraiser. It could be a mufti day for the kids at school, a quiz night, or putting baking skills to the test. There are lots of fun opportunities, out there and we are happy to help you with ideas.

**Join us**

Be part of our unique Cancer Society events. No matter what your age or budget, we have something to suit - from a Real Journeys Cruise For a Cause, to a Ball in Queenstown or Dunedin.

**Go daffy**

Daffodil Day is coming and there are so many ways to be involved. You could pre-purchase daffodils for the day (we will deliver direct to you), place a collection box on a counter, or you could come up with a team fundraiser. We have lots of blooming ideas! Contact us at daffodilday@cansoc.org.nz

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**Cancer Society Support Programmes**

There are a number of support programmes and workshops on around the region throughout the year.

Please contact us for more information about your area - see the back page for contact details. Some of these programmes include:

- Young adult support groups
- Carer support groups
- Breast cancer support groups
- Bridge to Health
- Bowel cancer support groups
- Prosthetics fitting and advice
- Look Good Feel Better
- Self-help support networks
- Exercise groups
- Living Well programmes
- My Life Story
- Prostate cancer support
- Creative art for those affected by cancer (in Southland).
OTAGO STUDENTS SMASH RECORD
RAISING OVER $100,000
At 6pm on Friday 7th April, as the University
clocktower began its chimes, over 1,000 participants
at the Relay for Life Otago students began their
12 hour walk or run around the campus.

Collectively they raised over $100,000, far
exceeding the last event, with donations coming
in from friends, family and some very creative
fundraising schemes.
The relay continued through the night until 6am
the following morning.

Fourth-year public health student and Relay Chair
Georgia Mayer said she is “thrilled” with the support
shown by students and staff from both the University
and Otago Polytechnic.

“Cancer has an impact on so many people’s lives,
including many students and staff here in Dunedin.
It’s great to see so many of them joining together to
celebrate and remember our friends and family who
have had a cancer diagnosis.

“For us, it’s even more special given that Otago is
the only student-run Relay for Life in New Zealand.”

A big thanks to the major sponsors The Edge,
Mediaworks Foundation and Anytime Fitness for
helping to make the event such a success and so
entertaining, especially throughout the quieter hours
of the night. We couldn’t do the event without your
support.

MISCUED GOLF SHOTS PAY OFF
Watch out for that tree coming down the 7th tee or
up from the 8th! In remembrance of a number of
members who have been impacted by cancer the
team at Waikouaiti Golf Club decided to “charge”
members who hit the tree. Every hit meant a dollar
donation in the clubhouse, and thanks to miscued
shots and the prevailing wind down the 7th (which
helps!), a generous amount of money was raised.

HOUSE OF TRAVEL GOLF TOURNAMENT
A stunning day at Otago Golf Club and St Patrick’s Day
were the perfect backdrop for the annual House of
Travel Golf Tournament in March. Fifteen years young,
the tournament brings together customers and suppliers
of the House of Travel and Orbit Travel, with proceeds
going to the Cancer Society. St Patrick’s Day brought
the green to the green and the Cancer Society’s
putting challenge brought all manner of green to the
fore, with guests trying their putting skills to win a
travel voucher. Our thanks to John Harley and the
team at House of Travel - it was a great occasion for
the Cancer Society to be involved in. Sunscreen was
put to good use and the variety of sunhats was a sight
to behold. We appreciate the support.

TOP TEAM, TOP EFFORT, TOP REWARD
The recent Top Team Charity Challenge at the North
Otago A & P show saw the team from Gordon Handy
Machinery come in third and with it a cash prize,
very kindly donated to the Cancer Society.

MAKING CHOCOLATES FOR A CAUSE
Thanks to the students and teachers from Ruru
Specialist School in Invercargill who made chocolates
to sell with the proceeds coming to the Cancer
Society. By all accounts they went down a treat and
we can’t wait to try the next batch - well done and
thanks for your efforts.

MY DAD’S BOY - A SPECIAL EVENING AT THE
FORTUNE THEATRE
It was a delight to be approached by the Fortune
Theatre who offered their first live performance of
the year to the Cancer Society with a My Dad’s Boy
performance exclusively for people associated with
the Society. All proceeds were donated to the Cancer
Society. Thank you Fortune Theatre and to all those
who attended.
**ACKNOWLEDGEMENTS OF LONG SERVICE**

**Kathy Hopgood**
Kathy has been an extremely valued and well respected member of the Cancer Society team over 19 years, providing supportive care to many individuals and their families/whanau as Team Leader Supportive Care Southland. She is still very involved providing a warm and professional service in her new role as the prosthetic fitter in Southland. Thank you Kathy.

**Jan Wildey**
A massive thank you to Jan Wildey for running the Southland Daffodil Day and her work with so many volunteers and supporters around the region over the years. Her contribution has been invaluable and on 12 August we will celebrate her 30 years of service with the Cancer Society. Jan remains an integral member of our team and she will continue to help with front-of-house duties.

**Emma Ramsay**
Emma Ramsay-Brown has played an important role in raising the profile of different events, including both Relay For Life and Daffodil Day in the greater Dunedin area over the last 14 years. Emma has done an incredible job implementing efficient processes and initiatives for Daffodil Day which we will continue to use for many events to come. Thank you Emma.

**WELCOMES**

**Anna Anderson - Team Leader Volunteering Dunedin, North Otago and South Otago**
Having recently returned from seven years in London working in the not-for-profit sector, Anna is excited to work with the volunteer team, acknowledging how vital they all are to the work of the Cancer Society.

**Chris Edwards - Supportive Care Invercargill**
Chris joins the Invercargill team having spent the past 13 years as an oncology/transfusion nurse at Southland Hospital. Prior to that she spent 11 years as part of the Hospice Southland team. A registered nurse, Chris’ passion for her work stems back to her work in the UK, looking after patients receiving chemotherapy and radiotherapy.

**Peta Carey - Marketing and Community Relations Co-ordinator**
Peta comes to the Cancer Society with a broad background in media (documentary film-making and feature writing), is a resident of Queenstown and an ardent fan of the Cancer Society.

**Chris Green - Marketing and Communications Manager**
Chris has joined the team fresh from having spent six years as the Director of the NZ International Science Festival. Prior to that he had a number of marketing roles in different industries, including sports, foods and telecommunications.

**Monique Harvey - Supportive Care Central Otago**
A registered social worker who has just completed her Masters in Social Welfare, Monique joins the team in Central Otago. She has also worked in the social service sector for the past 17 years. Sunny Central is now her family home and Monique is looking forward to developing the support services in the area and working closely with clients and their families and whanau.

**Joanna Jones - Marketing Support Co-ordinator**
Joanna joins the team having made Dunedin her home last year from Sydney, where she graduated with a Bachelor’s Degree in Communications and developed experience working in the public relations and communications industry. She has most recently been involved in the non-profit sector in Dunedin, working for Anglican Family Care.

**Julie Manson - Team Leader Volunteering, Central Otago and Southern Lakes**
A long-term resident of Queenstown, Julie brings a wealth of experience in the public sector, customer services and tourism. Most recently, Julie has been part of the Queenstown Primary School focusing on learning and behaviour. She is a passionate volunteer, coach and leader in local equestrian sports.

**Angela Melrose - Supportive Care Dunedin**
Angela has recently joined the team after a number of years as a treatment nurse in the oncology service at Dunedin Public Hospital. As is crucial to all supportive care roles, Angela’s focus is on getting to know people and their families, and working closely with them, sharing her knowledge and assisting them at such a significant time.

**FAREWELLS**

**Katy Atkinson**
Katy was the Team Leader of Volunteering, covering Dunedin and North Otago for over two years and made a huge contribution in her time with us. Katy has relocated to Adelaide to pursue a Master’s degree at Flinders University. We miss her enthusiasm and energy.

**Nicole Hedges**
Nicole joined us in 2011 and was a vital part of the marketing and communications team in many different areas, including the growth in our online presence, managing the marketing campaigns and activities, maintaining our database activity, managing the donor register and our relationships with many donors. She is currently studying and running a massage therapy business. We wish her well in her new exciting new venture.

**Susan Helmore**
Susan joined our team in Central Otago in 2015 bringing to the role her boundless energy and a real passion to make a difference to those affected by cancer in the Wanaka district. Susan made the decision to focus on her young family and to take time out to explore new opportunities. We wish her all the very best for her future.

**Diane Hill**
Diane answered the challenge of her position as Team Leader of Volunteering, covering Queenstown Lakes and Central Otago, with enthusiasm and flair. Diane has left to pursue a business venture. She is very much missed.

**Pam Morrison**
Pam’s steadying presence will be missed, but she maintains a presence with the Young Adult Group and the Care Support Group as a facilitator, with both groups are developing and growing. We wish her well in her future endeavours.
Thank you to our supporters

Major Sponsor - ANZ

Grants and Community Funders
Altrusa International Queenstown, Callis Charitable Trust, Central Lakes Trust, Community Trust of Southland, Dutch Club of Southland, Invercargill Licensing Trust Foundation, ILT Staff Charitable Trust, ILT Trust, JN Lemon Charitable Trust, Mediaworks Foundation, New Zealand Lottery Grants Board, Real Journeys Cruise for a Cause, Youhtown.

Supporting Organisations

Community Groups and Individuals
Arrowtown Bowling Club, Barbara Bridger, Central Lakes Equestrian Club, Chris Staynes, Cromwell Lions, Dunedin Rotary, Gallaher family, Graeme Williams, Inner Wheel Ladies, Invercargill Bowling Club, Invercargill Dutch Club, Invercargill East Lions Club, Ken Lister, Lions Club Central, Matamata Parkside Ladies Club, Next Rotary Generation Dunedin, Next Rotary Generation Queenstown, Queens Park Ladies Golf Club, Queenstown & Alexandra Quilters, Rotary Dunedin North, Rotary Dunedin South, Sam Foley, Sharon Hyndman, Southland Motorcycle Club, Sue Macdonnell, Terry Davies, Waikouaiti Golf Club.

Here to help
Cancer Information Helpline
0800 CANCER (0800 226 237)
Dunedin Centre - 283 Great King Street
Postal PO Box 6258, Dunedin 9059
Phone 03 477 7447
Email admin@cansoc.org.nz
Invercargill Centre - 149 Spey Street
Postal PO Box 955, Invercargill 9840
Phone 03 218 4108
Email adminsouth@cansoc.org.nz

Regional phone numbers
North Otago
03 434 3284
Central Otago/Queenstown-Lakes
03 442 4281
Alexandra
03 440 0754
South and West Otago
03 418 3916
Eastern Southland
027 218 4008
Western Southland
027 305 2133

Websites
Cancer Society (select Otago/Southland) www.cancernz.org.nz
Relay For Life: www.relayforlife.org.nz
Daffodil Day: www.daffodilday.org.nz

For more information about donations and bequests
Please send me more information about Wills and Bequests
Please send me more information about the Cancer Society

Enclosed is my/our tax deductible donation of (please ✓)

$35 $50 $100 $250 $500 $

I enclose a cheque payable to Cancer Society of New Zealand.
Or charge my Visa Mastercard

Date valid to ________________________
Signature ________________________

Please ✓ the appropriate box(es):

I require a receipt
Yes, I would like to make a regular donation by Automatic Payment
Please send me more information about the Cancer Society
Please send me more information about Wills and Bequests

Dunedin: phone (03) 477-7447, email admin@cansoc.org.nz
Invercargill: phone (0) 218-4108, email adminsouth@cansoc.org.nz

Charity Commission Registration Number CC23699