

r elay for life

THE OFFICIAL NEWSLETTER

ISSUE 2 2007

Dates for Relay 2007 events

Exmouth

7 – 8 September 2007 6pm – 6pm
Tallanjee Oval

Geraldton –Greenough

20 – 21 October 2007 1 pm – 1pm
Greenough Oval

Bunbury-Southwest

3 – 4 November 2007 3pm – 3pm
Hands Memorial Oval

Peel – Mandurah

3 – 4 November 2007 12pm – 12pm
Rushton Park North Oval

Event dates to be confirmed

Pilbara – Karratha
Central Midlands – Miling
Joondalup

Reaching for the Stars

Relayers continue to strive for greater and greater heights. Every year we see the Relay communities and teams reaching for the stars and producing the most amazing fundraising results.

Every year we wonder if the previous year's results can be bettered. But once again the fundraising has exceeded all expectations with the Wheatbelt, Perry Lakes and Albany Relays raising extraordinary amounts of income for The Cancer Council Western Australia.

Perry Lakes is by far the most successful event in Australia reaching a massive \$652,000 from 165 teams. Last year 168 teams took part and raised \$537,000. In spite of having three teams less the 2007 Relayers have increased the amount raised by \$116,000. We are stunned, amazed and very, very proud. Since 2001, the Perry Lakes participants have collectively raised \$2,871,545. An incredible achievement.

Albany held its inaugural event on 21 – 22 April. They became the first regional WA Relay to raise in excess of \$100,000 at their first

attempt. Their goal was to attract 20 teams and raise \$30,000. The event attracted 33 teams and raised more than \$147,000.

This result was way beyond anything the committee's wildest dreams, but when we do dream, anything is possible.

The total for the Wheatbelt event has now climbed to \$40,000. This is an extraordinary result given the difficulties faced by the farmers, residents and local business caused by the harsh climatic conditions. Merredin is an example of a small community coming together in support of one another, in good times and bad and Relay for Life offers the perfect vehicle for a community to strive and achieve.

Congratulations to all the committees, teams, volunteers for their dedication and passion, to the sponsors, supporters and entertainers for generously honouring the requests and needs of the committees and teams and to the survivors and carers who through their courage and determination who inspire us all to continue 'reaching for the stars'.

Message from the Chair

Another successful Perth Relay is now behind us and planning for next years event has already begun!

What a wonderful 24 hours were enjoyed by everyone who participated in this year's Relay at Perry Lakes Stadium on 24 – 25 March. From the high energy opening by WASAMBA, who led the Governor and our survivors on the first lap at 3pm on Saturday, to the closing ceremony and awards presentation at 2pm on Sunday (yes, we successfully negotiated the daylight saving time shift!), much fun, little sleep and a lot of hard work were experienced by all. Along the way we had the moving Candlelight Ceremony, some great entertainment, a hearty breakfast, a visit by some up-and-coming Eagles stars and a multitude of weary feet were massaged.

Huge thanks are due to all who contributed to making this year's Relay such an outstanding success: the wonderful organising committee (new members welcome!), sponsors, volunteers, survivors, carers and the 2000 team members who so enthusiastically circumnavigated the Perry Lakes running track for hour after hour. Special acknowledgement must also be given to the tremendous Relay team at the Cancer Council who put their heart and soul (and so much more) into our event.

If you haven't experienced Relay I encourage you to get involved in 2008. You'll not only be participating in the world's largest fundraising event for cancer, but you'll also be part of a growing community that is taking up the fight against this insidious disease. If you



are already a participant, I encourage you to aim for an even greater contribution in 2008!

The organising committee will be aiming for an even bigger and better Perth Relay in 2008. We enthusiastically look forward to seeing you at Perry Lakes on 29 – 30 March 2008, to ensure our vision becomes a reality!

Mark Shircore

Albany Chairperson's Report

In October 2006 after a number of meetings and countless phone calls, the City of Albany hosted the community launch for Albany's Relay for Life. The Organising Committee has put in many volunteer hours to ensure our first event was one to remember. Margaret-Anne (The Cancer Council WA – Relay for Life Event Manager) was of significant assistance to our local committee. Her dedication and enthusiasm greatly assisted and inspired our committee and team of volunteers.

Why did I get involved with Relay?

My family, like too many others, has been touched by cancer. Relay is a way for each of

us to participate in whatever way we can to eliminate cancer. Relay is about hope, Relay is about being active in your community, Relay is about the sense of belonging you feel when being part of such a worthwhile cause, Relay is about making a commitment back into the community by fundraising for cancer research.

Events such as Relay do not succeed without the participation and support of sponsors and an organising committee. I would like to acknowledge and thank all our generous sponsors including Fletchers International, many local donors, supporters, and volunteers and support from the Albany Volunteer Centre.

A huge thank you to the Deputy Chair David Schober and Secretary Andrea Smithson who

are part of the most committed and dedicated volunteer committee I have been involved with – the organising committee for the inaugural Albany Relay for Life. A huge thank you for all their input and to my husband Crispin who has been so generous with his support of me and my involvement with the committee.

Relay for Life is not just a one-off event – it becomes part of the fabric of a community. I look forward to also seeing you at the 2008 Albany Relay for Life.

Trish Travers
Chair
Albany Relay for Life



Hail to the Team Captains

Much has been said (and written) about the prodigious effort of the Albany Relay teams in raising \$143,000. This remarkable success certainly demonstrated the energy, enthusiasm and efficiency of the teams. However, it also highlights what a magnificent 'team of captains' led this charge. The committee asked much of these captains and they invariably answered with a resounding 'yes'.

Unquestionably, the community was elated and proud of the financial accomplishment. However, many people are aware of the vast amount of 'social capital' that the Relay generated and, in some ways, this is more significant than the dollars, because we are

tending to live in less community-minded environment.

Relay made an enormous contribution to the community bank of social capital in Albany, Cranbrook, Denmark, Kojonup and Mount Barker.

A member of the North Albany Football Club committee, who participated in Relay, said: "There was a wonderful sense of fun and enjoyment in the event. But it also had a certain solemnity about it".

Basil Worner
Logistic Coordinator
Albany Relay for Life Committee

Perry Lakes Relay for Life

Most SunSmart Tentsite

Lynton City Slickers

Best Decorated Tentsite

Cirque de Relay

Best Fancy Dressed Team

Forrestfield Fruit Loops

Most Laps Completed

Team	– Wesley 1	905 laps
Male	– Reid Hamilton	303 laps
Female	– Leanne Williamson	200 laps

Most Funds Raised – Corporate

1st	– Calibre 1	\$27,800
2nd	– National Australia Bank	\$11,200
3rd	– Rio Tinto	\$11,152

Most Funds Raised – Community

1st	– Just for Justin	\$53,790
2nd	– Steel Magnolias	\$27,200
3rd	– Cotton on to Cancer	\$26,983

Rule the Schools

1st	– Wesley Team Chloe	\$29,983
Total raised by schools		\$84,000



Albany Relay for Life

Congratulations to the following winners

Most SunSmart Tentsite

Act Belong Commit

Best Decorated Tentsite

Fairy Slappers

Best Fancy Dressed Team

The Surf Life Saving Club

Most Original Baton

Simply the Best

Most Laps Completed

Team – ATHS 811 laps

Highest Funds Raised

1st Health Hazards 1 \$24,519

2nd The Slappers \$12,249

3rd Blairs Bandannas \$7,599

Albany 's First Relay Raised \$143,000

For a very first event Albany made all the right moves. The event had all the elements to make it a winner zing, fun, passion, emotion, joy, tears, laughter and camaraderie by the buckets loads! It truly was a team event to fight cancer.

The Opening Ceremony guest speaker Mayor Alison Goode, a cancer survivor was joined by 75 survivors and 80 carers in the opening lap of honour. They were overwhelmed with emotion and their chests swelled with pride as the teams and onlookers cheered acknowledging their courage and inspiration.

During the Candlelight Ceremony the faces of loved ones lost to cancer were projected onto a screen on the stage and the lovingly decorated candle tribute bags placed around the track inspired a sense of oneness as walkers joined in a vigil of silence to reflect, remember and hope.

Highlights were the healthy games and activities which encouraged family participation. There was feast of fresh fruit, delicious hot food delights freshly prepared on site.

The Relay FM radio enabled non-stop entertainment right through the wee hours keeping the walkers motivated while allowing others to get some shut eye.

This Committee had all courage, vision and commitment It takes to stage a Relay along with a willingness to listen and be guided. The timelines and information provided in the committee booklets and training guidelines were greatly valued and well used by this fledgling committee.

The sub-committees were a great support and the excellent communications prepared committee for every contingency. Every 3 – 4 hours the Committee gather for a briefing session, update and some fun.

The Albany Committee has thrown down the challenge to other Relays but to help grow and improve their own event for 2008 would love to network with other committees for more tips and darn good ideas.

The Purple T-Shirt Brigade

The praise goes out to the Purple T-Shirt brigade "The Volunteers". They work tirelessly behind the scenes, giving up their weekend, not expecting anything in return. If it wasn't for the volunteers, which includes the committee members the Relay would not be the success it is. HOORAY for our volunteers!!!! What would our communities be without you?

Ilona Diessner

Volunteer Coordinator and
Albany & Regional Volunteer Service



Thank You

Participants in the Albany Relay enjoyed an afternoon following the event to reward and thank everyone for their support large and small which contributed to its outstanding success.

Wesley College

Excerpts the Wesley College Newsletter 3 April 2007.

Peter Reidy – Wesley Teacher and Overall Relay Coordinator

"What a fantastic 24 hours. With 192 Wesley representatives running, walking or almost crawling, they covered 7175 laps of Perry Lakes track over the time, which equates to 2,870km or roughly the distance from Perth to Adelaide.

The Wesley 1 Team were again successful in running 905 laps to win the greatest distance covered by a team. This is the 7th year the boys have won this honour.

It was also very special this year to have the extra teams, the mums and sons of Team Dene, the staff and student tea associated with Team Jackson and the group of boys who ran as Team Gilbert.

My special thanks go to the Wesley Maintenance Department the parents who

gave of their time and energies, supervision and organisation or providing food for the masses and Ian Crosby for his assistance.

The College community is congratulated in raising \$39,000 for The Cancer Council WA to assist those in need, like our own special people. A special acknowledgement to Brenton Siviour for his individual efforts in raising \$10,000. To All the boys, staff, mums, dads and children for their total involvement in running / walking and fundraising, as this event unified the entire College community in a single cause.

The effort by Wesley College is outstanding and a real inspiration to other schools which can use this example of how to get involved with Relay for Life. We are very grateful for the on-going commitment of the students and Wesley College community and look forward to your achievements next year.

Hands of HOPE



For the first time at both the Albany and Perry Lakes Relays survivors made their mark by imprinting their palms as a reminder of their involvement in the Survivors Walk and the 2007 Relay event. In Albany the banner was carried by survivors in the lap of honour and

at Perry Lakes it was placed for viewing in Café de Relay. This tradition will be carried forward to future Relays and survivors can mark their continuing journey of life like leaving a 'footprint' in the sand.

Myfi's Story



At the Perry Lakes event there is one person you just can't miss. She's always dressed in pink and in the Survivors' Walk she is up the front striding out with pride and a sense of purpose. Her name is Myfi Dunning. She has had an on-going battle with cancer for some years now but that has never stopped Myfi from doing what she wants with great determination and gusto. Myfi is a single team member and gets right into the spirit of Relay. She puts an enormous amount of effort into her costume and tent decorations and lots of time into her fundraising activities such as selling raffles tickets to attain her targets. Myfi may not do lots of walking at Relay but she understands only too well the journey of a cancer diagnosis.

She is a most endearing character and has been a Relay participant for several years. This is a small tribute to Myfi and the special touch she brings to Relay.

Perry Lakes Wrap-up

The committee staged a fun evening at the Boulevard Centre and took the opportunity to express special thanks to some special people, Ken Goodwell received the inaugural 'Golden Boot' Award, Wayne Kuser the 'Sparkies' Award and Rob and Anne Thompson who have been committee members since 2001 were acknowledged for their tireless contribution. Retiring committee members Mar Knox, Brenda Jones and Sue-Anne Hamilton were thanked for their contribution over a number of years.

Cancer Council Support Coordinators

Who are they and where are they?

The Cancer Council WA now has 12 Cancer Council Support Coordinators across the state. They are all health professional who promote the Cancer Council services and provide community based support to people affected by cancer. Cancer Council Support Coordinators can be contacted at the following locations:

Albany: Pam Jarman-Layne

Tel: 9842 7536 Mob: 0427 990 128
pam.jarman-layne@health.wa.gov.au

Broome: Jenny Costigan

Tel: 9192 5899 Mob: 0427 303 038
jennifer.costigan@health.wa.gov.au

Bunbury: Val Tuffin and Lynne King

Tel: 9791 1464 Mob: 0427 724 401
swsupport@westnet.com.au

Busselton: Yvonne Innes

Tel: 9752 3055 Mob: 0427 990 134
yvonne.innes@sjog.org.au

Esperance: Kym Sullivan

Tel: 9071 0400 Mob: 0427 303 037
kym.sullivan@health.wa.gov.au

Geraldton: Lindsey Richmond

Tel: 9956 2408 Mob: 0427 724 432
lindsey.richmond@health.wa.gov.au

Guildford: Julie Ryan

Tel: 9376 9251 Mob: 0407 004 043
j.ryan@phdgp.com.au

Kalgoorlie: Peta McCausland

Tel: 9080 8200 Mob: 0427 724 465
peta.mcclausland@health.wa.gov.au

Metro (North): Sharron Armitage

Tel: 9489 7302 Mob: 0432 752 499
sarmitage@cancerwa.asn.au

Metro (South): Clare Duggan

Tel: 9489 7341 Mob: 0407 003 572
cduggan@cancerwa.asn.au

Northam: Gill Trilling

Tel: 9390 1603 Mob: 0428 747 845
gill.trilling@health.wa.gov.au

Peel / Rockingham: Pat Lowe

Tel: 9581 4059 Mob: 0407 004 824
plowe@westnet.com.au

For more information about the services offered by the Cancer Support Coordinators please call the Cancer Council Helpline 13 11 20.

Launching Geraldton-Greenough

The Geraldton-Greenough Relay for Life launch will be held on Thursday 7 June at Conversations Restaurant. The committee is energised and ready to put on an outstanding event this year.

The Geraldton Office will only be open on Fridays from 2 – 5pm but teams will be notified if that arrangement changes. Mitchell

and Brown generously sponsor the office equipment and internet connections. Previously the Cultural Trust provided the office space free of rent and even though the building has now been sold the new owners have carried on the sponsorship for this year. We are extremely grateful for this wonderful support.

Hot News for Bunbury Relayers

The Bunbury-Southwest Committee has relocated to it's very own Relay for Life office in McCombe St in the light industrial area in Bunbury. Thanks to the generosity of National Hire and Cat Rentals The Relay Committee will now have their own office and volunteer working space.

Parking will be much easier and the committee has it's own phone line and email address. The team recruitment coordinator will be touch with all previous team captains to advise the office hours and the date of the first team captain's meeting. The Relay launch will be held in July.



Web Donations

Any easy and efficient way for you to raise your funds- ask everyone you know and ask them to donate on-line. Of the \$53,000 raised by the Just for Justin team at the recent Perry Lakes event, \$12,768 came from web donations. Once you have registered people can start making tax deductible donations to your team. Remind them to include the Team Captain's name, Team name and the Relay location. Visit <http://www.cancerwa.asn.au/donations/donate/event>.

Register Now

Don't delay, even if you don't have all your team together you can register now, receive your fundraising tools and get started, set your targets and go for it. The sooner you start fundraising the more successful you will be. You can also get registration forms by visiting www.cancerwa.asn.au

Regional Relay Contacts

Exmouth

Chairperson: Jackie Cutler
Tel: 9949-1516 Mob 0439952291 gregjackie@bigpond.com.au
Team Registration: Kerry Hayden
99494449 bkayden@bigpond.com

Geraldton- Greenough

Chairperson: Terry Maddren
Tel: 9923 1400 terrymaddren@atc-midwest.com.au
Team Registrations: Glenys Maddren
Tel: 99217299 ggrelayforlife@westnet.com.au
Office: Upstairs 244 Durlacher St (opp Freemasons Hotel)
Office Hours: Fridays 10am – 4pm

Bunbury –Southwest

Chairperson: Kym Ashby
Tel: 9795700 Mobile: 0414 751 477 Kym.ashby@bcgs.wa.edu.au
Team Registrations: Jo Trench
Tel: 9726 2960 relayforlifebunbury@bigpond.com.au
Office: National Hire and Cat Rental 72 McCombe St Bunbury

Peel – Mandurah

Chairperson & Team Registration: Gayle McGovern
Tel: 95355563 gaylemc@westnet.com.au

Sponsors

Perth–Perry Lakes Sponsors

Gold



Silver



Bronze



Albany Sponsors

