

# Who knows how much we eat & how much we move?

Promises have been made by government to spend millions tackling the growing childhood obesity epidemic. That's probably overdue.



But how will we know if any of it works? What are kids eating, and do they burn enough energy by being physically active? What about adults – don't we set the example kids follow? So what are adults eating, and how much exercise are we undertaking?

The answer to all these questions and more is – we don't know.

It has been almost 10 years since the Australian Government conducted the last national nutrition

survey. Last held in 1995, the survey involved almost 14,000 Australians, recording how much and what we eat and drink. This is essential information for guiding policies and programs.

In 1995 over half the males aged 12-44 and approximately a third of children aged 4-11 had not eaten fruit. Also, more than 20% of children under 12 had not eaten vegetables on the day prior to interview. In 2004 we don't know if things are better or worse.

Sadly, there is currently no commitment to repeat that survey, despite all we hear about obesity.

We can only mount effective programs and campaigns to fight obesity if we have good quality information.

It also helps us determine the success (or otherwise) of current programs.

What about changes to the food that is available to Australians? Over the past 10 years we have seen an increase in organically grown food, claims of "fat free" food, the Atkins diet, and an explosion of food choice, with thousands of different food items stocked by the average supermarket. Again, we don't know the effect of these changes or its impact on what we eat.

We know that our eating habits have a major impact on our health and well-being.

Research links a healthy diet with prevention of certain cancers, along with the well known links with heart disease and diabetes. Food is only half the story around our growing girth. Lack of physical activity is the other half.

Concerns over growing levels of obesity have led to summits, reports and begs the question – how will we deal with the epidemic of chronic diseases that is almost guaranteed to follow a population getting

fatter, faster than ever before? As a result of increasing overweight and obesity, it has been suggested that we may be the first generation to raise children who have a shorter life expectancy than ourselves. Not a proud record!

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# Cancer News

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# Australians Exposed to Solarium Dangers

In December, The Cancer Council Australia released some alarming statistics showing that over 290,000 Australians have been exposed to UV radiation in the past year due to solarium use.

Chair of the National Sun Survey Research Committee Professor David Hill said, "A solarium can emit UV radiation that is five times as strong as the midday summer sun."

"Subjecting skin to the excessive amounts of UV radiation that solariums emit can be dangerous. It is important that the public understand that using solariums will increase exposure to UV radiation and risk of skin cancer."

The research found the highest users of solariums were females aged 25 – 44 years.

"It may be that more women in the 25-44 age group are working indoors and so have less opportunity to tan in the sun. They may also have more money available for solarium use than younger women"

"The marketing of the industry is targeted directly at the female market so the results from the research are not surprising." Professor Hill said.

The solarium data is a part of the National Sun Survey, which reveals the sun-related behaviours of more than 5,000 Australian adults, aged 18 to 69 during peak UV times on summer weekends in 2003-04. The

research was funded by the state Cancer Councils and the Australian Department of Health and Ageing.

Recent studies have shown that there has been an explosion in the number of solariums over the past ten years.

A voluntary code, the Australian and New Zealand Standard on Solaria for Cosmetic Purposes, is used to regulate the industry. Research released recently in Victoria showed



that many of the regulations were not being met. This included solariums that were unsupervised, solariums that were providing access without written parental consent to clients under the age of 18 and access to fair skin clients who will never tan. The Cancer Council Tasmania believes the same problem is occurring in Tasmania.

Chair of the National Skin Committee for the Cancer Council Australia, Craig Sinclair said, "We are particularly concerned about

unsupervised solariums that are coin operated or self serve, and those found in Health and Fitness centres without trained staff. These solariums provide very easy access with little or no prior information or guidance for customers."

"The Cancer Councils across Australia are working to increase the awareness of the dangers of solariums and to increase the regulatory restrictions on the industry, particularly in the area of unsupervised solariums and restricting access to minors," Mr Sinclair said.

The Australasian College of Dermatologists spokesperson Dr Ian Hamann said "We have the world's worst skin cancer rates and if we do nothing to minimise the risk of excessive UV exposure, the incidence of skin cancer will continue to rise."

"There is recent research suggesting a link between solarium use and the development of melanoma. Melanoma is one of the most common cancers affecting young adults and can be life threatening. There is no safe way to tan the skin using either natural or artificial UV light."

"Skin cancer is a preventable disease and dermatologists are seeing these cancers in otherwise healthy adults in their twenties and thirties." Dr Hamann said.

## Burnie Centre Relocates



Larger frontage at new Centre.

Last November, far North West regional co-ordinator, Judy Brown and her team of volunteers relocated the Support Centre to larger and brighter premises, still in Cattley Street, Burnie, but now at number 54, which is closer to the central business district.

The Centre's improved facilities will better serve the needs of clients in the far north west region offering

larger retail and cancer information areas, a meeting room, storeroom and improved amenities. Two car spaces are also available for Centre visitors.

Thank you to all volunteers who assisted with the move with special thanks to Keith Booth for his assistance.

An official opening for the Centre is planned for later this year.

# A Taste of Sun Protection



Crowd enjoying the Taste of Tasmania and doing the right thing by putting on plenty of sunscreen.  
Insert: Health Promotion staffers Janette and Felix offering free squirts of sunscreen.

For the eighth successive year The Cancer Council had a strong presence at the Taste of Tasmania, the biggest community event in the state. A team of paid and volunteer staff led by Eric Johnstone and Ella Ashley were rostered across the seven day period from 28th December until 3rd January.

With the focus on promoting the SunSmart message and the weather being generally sunny and mild throughout, staff in our large blue tent at the entrance to Princes Wharf were very busy selling sunglasses, hats and sunscreen.

Health promotion staff patrolled the outdoor eating and entertainment areas during sunny breaks offering free squirts of sunscreen as well as selling the product.

Over 200,000 people thronged to the area to taste the wide selection of food and wine on offer and enjoy the relaxed holiday atmosphere.

The Council appreciates the dedication of all staff who worked across the holiday period and in particular those brave and happy people who managed "service with a smile" on New Year's Day.

## On Closer Examination

In the past 20 years we've seen improvements in the way Australians protect themselves from the sun, but despite this melanoma remains our fourth most common cancer. It's time to take a long hard look at ourselves.

You should be familiar with your skin, the type of spots you have including moles, birthmarks, freckles or blemishes. It is important to know what changes may have occurred since the last time you looked.

The Cancer Council recommends that everybody check their skin regularly for example, every three months. Be alert to any new or changing moles, lumps, freckles or spots. If you do notice anything new or different seek medical advice immediately.

### How to Check Your Skin

It's easy to do, and should only take 15 minutes. Just follow these steps:

- Check the whole body from head to toe, front, back and sides.
- Check the head and neck and don't forget the ears.
- Check the torso, front, back and sides. Use a mirror or ask your partner to look at the parts you can't see.
- Check your arms and hands, including the nail beds.
- Check your buttocks and legs. Don't forget the soles of your feet, and between the toes and the nail beds.

If you think you have a suspicious spot or would like to have your skin checked there are a number of things you can do:

- See your GP. They know your full history and can examine your skin and advise you regarding appropriate care.
- See a specialist. If you would like a second opinion ask your GP to refer you to a specialist such as a dermatologist.

### Did You Know?

- Every day, two Australians aged 50 and over die from melanoma.
- Over 95% of melanomas are treatable if caught early.
- A Melanoma can be life threatening in as little as six weeks.
- Five or more sunburns in your lifetime can double your risk of skin cancer.

### Who's at Risk?

- Anyone who spent their childhood in Australia
- Anyone who spends time in the sun
- People with lots of moles
- People who have suffered sunburn in the past
- Fair-skinned people who's skin burns easily, freckles and does not tan.
- Blue or green-eyed, fair or red-haired people.
- Anyone who has had skin cancer
- Anyone with a family history of skin cancer

For information about skin spots to watch, or for general support call the Cancer Helpline on **13 11 20** or visit [www.cancertas.org.au](http://www.cancertas.org.au)

# State's Largest Fundraising Event Launched

The 2005 series of Relay For Life, The Cancer Council's largest fundraising event, was launched at functions in Hobart and Launceston in November. Raising funds for community cancer services, Relay For Life Series 5 has a \$600,000 + fundraising target for the three events to be held in Hobart, Launceston and Penguin in February and March.

At the launch functions, TCCT Chairman Harvey Cuthill paid tribute to the thousands of Tasmanians who participated in 2004 and set a new national fundraising record for Relay.

"Tasmanian is the first state to have had a cancer fundraising event of any type that has raised more than \$1 per head of population.

"4450 participants across 240 teams raised \$575,000 (gross) across the state which was a stunning achievement.

"The 2005 target is an ambitious one but community support for the cancer cause is strong."

Mr Cuthill also paid tribute to the event's major sponsor, SMF Funds Management Pty Ltd (Financial Planning and Superannuation Specialists), which has signed on as Relay's major sponsor for the third consecutive year. Other sponsors acknowledged were the Hydro, Southern Cross Television, the Tasmanian Radio Network (Magic107, 7LA, 7BU and 7AD) and print media supporters, the Mercury, Examiner and Advocate newspapers.

Since its inception in 2001, Relay For Life has raised over \$1.5 million (gross) for The Cancer Council Tasmania's support and information services.

Mr Cuthill also cited the impressive cost efficiency of Relay For Life which in 2004 incurred overall administrative cost of 9.92 cents in the dollar.

"That administrative efficiency has been made possible by the large team of volunteers who co-ordinate the Relays and in particular the Lions and Rotary Club volunteers who form the event organising committees. Without their support and skills Relay could not happen."

**Hobart: Domain Athletic Centre, February 26-27**

**Penguin: Dial Sports Complex, March 5-6**

**Launceston: St Leonards Athletic Centre, March 19-20.**

The poster features three columns of event details: Hobart (26-27 February 2005, Domain Athletics Centre), Penguin (5-6 March 2005, Dial Sporting Complex), and Launceston (19-20 March 2005, St Leonards Athletics Centre). It includes a photo of children holding hands in a circle, the Relay For Life logo, and the text 'a team event to fight cancer'. A list of activities includes: 'A fun overnight team walk', 'Raise funds for cancer support & information services', and 'Entertainment, games & food for everyone'. Contact information: 'Register your Relay Team now, call 1300 65 65 85'. Logos for sponsors like The Cancer Council, Hydro, and Southern Cross are also present.

**To register to participate or for further information telephone 1300 65 65 85.**



At the Hobart launch of Relay For Life 2005 were (left to right) Board Chairman, Harvey Cuthill, southern organising committee chairman, Tim Woolley and SMF Funds Management CEO, Ian Griffiths.

# Unprecedented political interest in cancer control

The 2004 Federal election campaign saw unprecedented political support for cancer control in Australia, with both the Government and Opposition announcing cancer-specific policies among their key funding commitments.

The Cancer Council Australia (TCCA) publicly welcomed the Coalition's comprehensive \$137.1m cancer plan and the ALP's separate \$64.7m prevention and \$48m treatment plans when they were released in the lead-up to the election.

Much of the content in both parties' commitments was consistent with The Cancer Council Australia's Cancer priorities for the Federal election, a raft of policy proposals developed in consultation with state and territory Cancer Councils.

Highlights from The Cancer Council's point of view included both sides of government committing to independent cancer clinical trials funding, a national bowel cancer screening program and a national SunSmart campaign.

The Cancer Council also welcomed the Government's plan to establish a national cancer agency, "Cancer Australia", to provide national leadership in cancer control and integrate the work of existing initiatives, while the Opposition's commitments to tobacco control and building multidisciplinary cancer care into the Medicare Benefits Schedule were also publicly commended.

Cancer Council Australia CEO, Professor Alan Coates, said the commitments were very encouraging, especially the willingness of both the Government and the Opposition to involve The Cancer Council in their implementation plans.

The unprecedented interest in cancer control at the Federal level comes at a time when cancer has again been confirmed by the Australian Bureau of Statistics as responsible

for more Australian deaths than any other cause, despite improvements in prevention, early detection and treatment.

"Australia has a strong cancer control record, and Australian governments over the past 20 years have played an important role in reducing the impact of cancer," Professor Coates said.



"However, the facts remain that one in three Australian men and one in four Australian women are likely to be diagnosed with cancer at some point in their lives and that 36,000 Australians are likely to die from cancer this year.

"Up to half of all cancers could be prevented or detected early enough to be treated successfully using technology we already possess, so we need to do more to save and enhance lives and reduce unnecessary medical expenses.

"The pre-election commitments suggest that cancer is increasingly gaining the level of political interest it deserves as Australia's number one killer."

Now that the election is over and Parliament is preparing for a busy pre-budget period, the focus will be on continuing to work closely with

the Government and the Opposition to help ensure cancer remains high on the federal agenda.

Meanwhile, data emerging since the election continues to paint a picture of achievement mixed with the urgent need to more at the national level.

The Australian Institute of Health and Welfare's groundbreaking Cancer in Australia 2001 shows that Australia has low cancer death rates compared with similar countries but higher incidence rates.

Cancer Council Tasmania CEO, Lawson Ride, said the new figures reflected the success of early detection and treatment programs in Australia, but indicated that we needed to do more to prevent cancer and to prepare for even higher incidence rates as the population ages.

"Cancer survival rates in Australia are higher than those in the US, the UK, Canada and New Zealand," Mr Ride said.

"However, we have unacceptably high incidence rates of melanoma and non-melanoma skin cancer, which are preventable through sun-protection measures.

"Our bowel cancer incidence rates also compare unfavourably with similar economies, clearly justifying the Government's and the Opposition's commitment to a targeted bowel cancer screening program."

The CEO, who together with a group of Cancer Council Tasmania Board members promoted the TCCA pre-election policy document to Tasmanian MPs and candidates in the lead-up to the election, said he looked forward to seeing the Federal Government's four-year commitments to cancer control implemented from later this year.

# Launch of **Clinical Practice Guidelines** for Ovarian Cancer



Ovarian cancer program manager at the National Breast Cancer Centre, Ms Jane Francis, who launched the Guidelines.

In October a range of health professionals, including nurses, GPs and gynaecologists gathered in Hobart at the Hotel Grand Chancellor to participate in a workshop to launch the recent publication of the Clinical Practice Guidelines for Woman with Epithelial\* Ovarian Cancer.

Ovarian cancer program manager with the National Breast Cancer Centre (NBCC), Ms Jane Francis, coordinated the workshop chaired by medical oncologist Dr Robert McIntosh.

For the forty people in attendance, the evening began with an introduction to ovarian cancer from a patient perspective delivered by Mrs Jan Langley, who had been diagnosed with ovarian cancer in 2000.

Jane Francis provided an overview to the background to the guideline development and the anticipated impact they will have for women being diagnosed earlier than is currently experienced. Advanced disease is more common at present than the desired early pick up of ovarian cancer.

The guidelines will be of particular use to GPs with a focus on clinical, psychosocial and support mechanisms for women and their clinicians. Dr Fran Donaldson and Dr Penny Blomfield of the Royal Hobart Hospital talked about ovarian cancer from their perspectives as a GP and gynaecological oncologist respectively.

A case study discussion facilitated by Dr McIntosh closed the evening. Gynaecologist Dr Lisa Turner provided additional

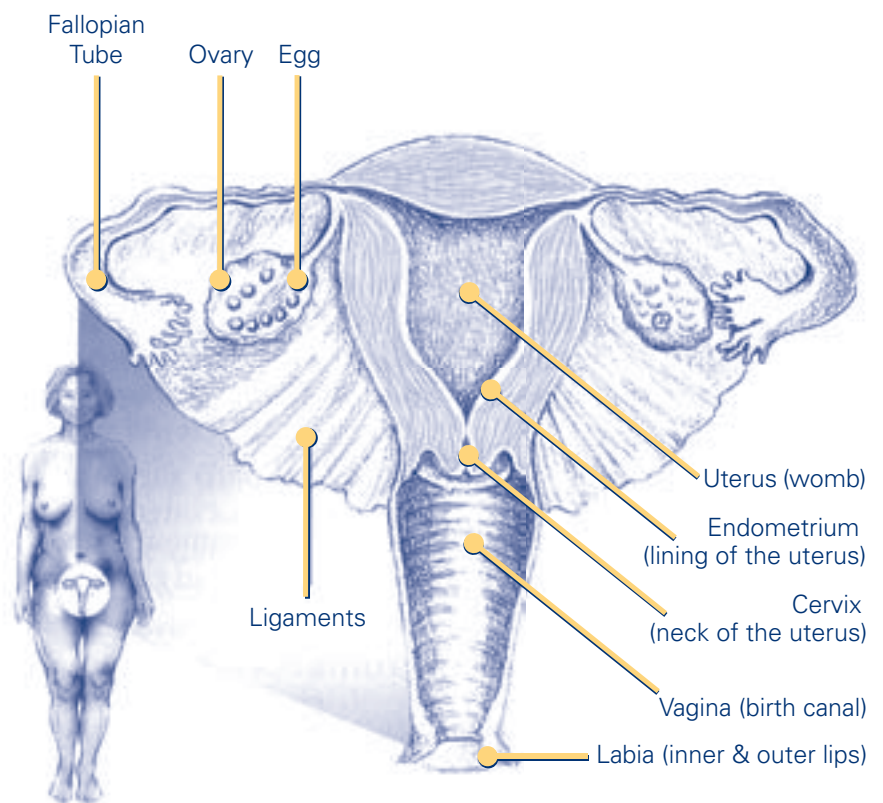
commentary along with general surgeon Mr Rob Bohmer and palliative physician Dr Paul Dunne.

Key learning points from the discussion included the non-specific and persistent symptoms of ovarian cancer, assessment techniques of pelvic mass, psychosocial dimensions of care and the need for individualised care.

For further information about ovarian cancer, call the Cancer Helpline on **13 11 20**.

\* Epithelial ovarian cancer is the most common type of ovarian cancer. The epithelium is the surface of the ovary.

## The Female Reproductive System



The diagram of the Female Reproductive System is reproduced from a publication titled "Understanding Ovarian Cancer – A guide for women with cancer, their families and friends", produced by The Cancer Council New South Wales. Copies of the brochure are available from our Support Centres in Hobart, Launceston, Burnie and Devonport.



## Ask The Helpline

### Ovarian Cancer

#### What is ovarian cancer?

Ovarian cancer is a malignant tumour in one or both ovaries. There are four main types of ovarian cancer with the most common being epithelial ovarian cancer. The epithelium is the surface of the ovary.

#### What is the cause?

The cause of ovarian cancer is unknown. However, the following factors increase a woman's chance of developing ovarian cancer:

- Age: about 9 out of 10 ovarian cancers occur in women aged over 45
- Family history: around 5-10% of cases of ovarian cancer are caused by inheriting a damaged gene. If you have a close relative who has had cancer of the breast or ovary, you may be at increased risk of ovarian cancer. However most women who develop ovarian cancer do not have a family history of the disease
- Not having children: ovarian cancer is more common in women who have not had children. Women who have taken the contraceptive pill for a number of years seem to have a lower risk. However, many women who have these risk factors do not develop ovarian cancer.

***You need to make sure that you understand enough about your illness and all the possible surgical options before you have your surgery.***

#### What are the symptoms?

Ovarian cancer is often a silent disease in the early stages, which means many women have no symptoms. If symptoms do appear, they are usually vague and may include:

- Swelling, discomfort and pain in the abdomen
- Gastro-intestinal symptoms such as heartburn, nausea and bloating

- Changes in bowel habits, such as constipation and diarrhoea
- Tiredness and appetite loss
- Unexplained weight loss or weight gain
- Changes in menstrual pattern or postmenopausal bleeding.

However these symptoms are common to many illnesses and most women with these symptoms will not have ovarian cancer. Only tests can confirm the diagnosis.

#### What are the types of tests done to detect ovarian cancer?

Blood tests are one option. Some ovarian cancers produce chemicals that are released into the blood. These chemicals are the proteins that the cancer cells make. They are called tumour markers.

X-Rays and Ultrasounds are other test methods. Routine chest and abdominal x-rays may be taken or a bowel x-ray to make sure the symptoms are not caused by a bowel problem. An ultrasound is another test option which uses soundwaves to make up a picture of the inside of the abdomen and pelvic area. This test is used to reveal any lumps.

#### What are the treatment options?

Treatment for ovarian cancer usually involves surgery and chemotherapy. It may also include radiotherapy. The type and extent of the surgery will depend on the type and spread of the cancer.

***Incidence and mortality rates for ovarian cancer in Tasmania are similar to rates in other Australian States and Territories.***

***In 2001, 37 Tasmanian women were diagnosed with the disease and 18 women died. Ovarian cancer was the fifth most common cancer diagnosed in Tasmania women in 2001.<sup>1</sup>***

## National Ovarian Cancer Awareness Week 20-27 February 2005.

**As there is no early detection test or screening for ovarian cancer, awareness is imperative. If the disease is detected and treated at an early stage, there is a 90% chance of surviving past 5 years. However of the 1200 or so cases diagnosed in Australia each year, some 80% will be at an advanced stage.**

***For further information about ovarian cancer  
Call the Cancer Helpline on 13 11 20.***

# A Successful Pink Ribbon Day Wrapped

Proudly sponsored by  
**Commonwealth Bank**



The Cancer Council's appeal to Tasmanians to support breast cancer support & information services has seen over \$56,000 banked from Pink Ribbon Day product sales and fundraising events during October. Across the state, nearly 600 merchandise boxes were distributed and 57 street stalls held.

Event income provides the basis for delivering a comprehensive support and information service to those living with breast cancer and to those family and friends who act as supporters or carers.

The Commonwealth Bank was the event state sponsor with distributor support coming from Best & Less, Amcal, Millers, Angus & Coote, HIC, Rockmans, Crossroads.

State supporters included Performance Automobiles with the loan of two vans for stall merchandise distribution, Freycinet Lodge which provided a merchandise box sales incentive prize of 2 nights accommodation and Avis for providing a hire car.

A number of breast cancer awareness and fundraising events were held around the state for Pink Ribbon Day and these included:

## Ulysses Bikers at Campbell Town

In 2003, fundraising officer Alan Wood approached fellow members of the Ulysses Club to consider a fundraiser for Pink Ribbon Day. Over 200 riders from branches statewide met at Campbell Town that year for a barbecue, raffle and "chin wag" that also raised \$1,300 for breast cancer support, information and research.

With a general consensus that it should become an annual event for the Club, the bikers met again at the same location last October raising over \$1,000.

Ulysses members are all motorcyclists in the (mostly) over 50 category whose club motto is "Grow old disgracefully". Thank you to club members and barbecue donors for their support.

## ABCD Launceston Breakfast

Held at Inveresk, Rosie Beardsley was the guest speaker in her capacity as Breast Care Nurse at St Lukes in Launceston. The event was attended by Harvey Cuthill, Michael Fergusson MHR, Mayor Janie Dickinson and Aldermen Margot Smart and Joan Walters.

## Bras Down Brisbane Street

In Launceston, Capri Body fashions integrated their previous Bra Buy Back Scheme with a Bras Down Brisbane St promotion with Launceston City Council officials stringing up bras that had been traded in for \$2.00.

## Zonta Pink Ribbon Day Breakfast at Devonport

This annual fundraiser organised by the Zonta Club of Devonport was attended by 110 guests.



Ulysses Club members lining up at Campbell Town to purchase pink ribbons sold by Colin Kemp (right) and supervised by Board chairman, Harvey Cuthill.



A presentation was made to the Commonwealth Bank regional manager Malcolm Portwin (left) by CEO Lawson Ride (right) in recognition of the Bank's support for Pink Ribbon Day for the last five years



Stall sites statewide raised nearly \$20,000 this year. Pictured at a stall site at New Town in Hobart are (left to right) Jane Bowman, Eric Johnstone and Miriam Garrett.

# Athol Meyer Awards 2004

The Mercury newspaper was the winner of the 2004 Athol Meyer Award for best media reporting of an issue in cancer control. The Award honours the memory of the distinguished Tasmanian journalist and parliamentarian who died of cancer in 1998 and is open to journalists, media professionals and health promotion professionals.

The Mercury won the Award for its series "Tassie's Silent Killer" which was launched in June to draw Tasmanians' attention to the evils of smoking and its significance as a major public health issue, as well as

to promote public debate on the Smoke-free legislation currently before State Parliament.

The President's Suite in the Legislative Council was the venue for the Award presentation by Board Chairman Harvey Cuthill to Mercury editor Garry Bailey and Davies Brothers managing director, Rex Gardiner.

Cancer Council CEO Lawson Ride said the Mercury articles had seen a massive upsurge in public interest on this important issue which had been reflected in a major shift in political consideration.

"We congratulate the Mercury on the quality of its coverage and the impact this series has made both in the community as well as in the political arena."

West Tamar Health and Community Service received a special Award commendation for their cancer support group promotional brochure "C" Change.

Mrs Pat Meyer attended the Awards function together with a number of former Parliamentary colleagues of Athol Meyer.



Accepting the Athol Meyer Award from Cancer Council chairman Harvey Cuthill are Davies Brothers Ltd managing director, Rex Gardiner (left) and Mercury editor Garry Bailey (centre). (Photo courtesy of the Mercury newspaper)



A certificate of commendation was awarded to the West Tamar Health & Community Service. Their representatives at the function were Lorna Cleaver (centre) and Judy Clancy (right) with Council chairman Harvey Cuthill. (Photo courtesy of the Mercury newspaper)

## Who knows how much we eat & how much we move?

Continued from page 1

Eating well and being active have many more benefits for us and our kids than just keeping a healthy weight. We feel better and we reduce our chances of a whole range of chronic physical and mental health problems, we even sleep better.

Collecting data is generally not a politically popular thing to do. It is easier to put off spending tax dollars

on this kind of research, in favour of "action".

If we take this issue seriously, establishing a "score card" in the form of a national nutrition and physical activity survey, is the most basic of first steps. But we need an ongoing commitment to collect this information at least every 5 years.

Alternatively, we can spend millions of dollars on "quick fix" solutions, and

billions more dollars down the track in hospitals and doctors' rooms on trying to fix the consequences of our inaction.

Simply put, we need to know what we eat and how much we move. This essential information must be gathered via a national nutrition and physical activity survey ... NOW!

**Terry Slevin is chair of The Cancer Council Australia Nutrition and Physical Activity Committee.**

# The Clinical Practice Guidelines for the Psychosocial Care of Adults with Cancer Launch – Hobart

The Tasmania workshop for the implementation of the Clinical Practice Guidelines for the Psychosocial Care of Adults with Cancer was held in Hobart on Tuesday November 16th at the Woolstore Conference Centre.

Over 40 health professionals attended the workshop and enjoyed a series of presentations chaired by Dr Rob Macintosh.

The session was opened with Mr Robin Sims, a prostate cancer survivor, telling his story to recovery. The second half of the workshop used a hypothetical case to highlight psychosocial issues and elicited responses from a panel of member representing medical and radiation oncology, surgery, palliative care, psychiatry, psychology, social work, nursing and a GP.



*The psychosocial impact of cancer diagnoses and treatment cannot be ignored.*

Workshops have been held in other states with the expectation that the guidelines will become a part of the multidisciplinary work of all teams in their treatment of adults with cancer.

The key learning points from the session included reactions to diagnosis of cancer and responding to distress, referral to palliative care, barriers to referral and needs of the family members.

## Jeanne Foster Scholarships

Janet Colbeck and Denise Walshe were recent recipients of Jeanne Foster scholarships presented at The Cancer Council Tasmania's annual general meeting.

Allocated twice yearly for professional development in a recognised field of cancer control, the scholarships honour the memory of the Council's first major benefactor, the late Miss Jeanne Foster. The annual pool of funding available is \$5,000.

Applications are open to Tasmania residents employed in an area of cancer control and are given to assist applicants to participate in an approved course of professional development or to attend a conference or seminar recognised by the appropriate peer organisation and directly relate to the improvement of cancer control.

Awards may be used to assist with travel, accommodation, registration, or other costs associated with the program of development.

In presenting the scholarships to Ms Walshe and Mrs Colbeck, Cancer Council Board Chairman, Mr Harvey Cuthill said Jeanne Foster's legacy supported Tasmania's health care

professionals as they develop their knowledge and skills in the treatment and care of people with cancer.

An employee of Myer Hobart, Mrs Colbeck's scholarship was to attend a Post Breast Surgery Basic Training Program (prosthesis fitters) in Melbourne, while Ms Walshe who is a Clinical Nurse Manager at the Royal Hobart Hospital used her scholarship to enrol in a 12 month course through The New South Wales College of Nursing – consisting of 4 separate units of study, in the role of Stomal Therapy Nursing.

In accepting her award, Mrs Colbeck talked about the satisfaction her job provided in assisting women who have had breast cancer.

"Being able to provide assistance to women who may no longer be as familiar or comfortable with their own shape and form is simply a privilege. I am absolutely humbled

by the strength and humour displayed by the women I have met and I hope I may be able to make the difference in their lives that this experience has made in mine".

Many recipients were unable to attend the award ceremony, however Sue Pracy and Helen Tubb, Radiation Therapists at the WP Holman Clinic in the Launceston General Hospital, wrote a letter of thanks noting what they had gained from attending the NZIMRS conference on radiotherapy in Hamilton, New Zealand.



*Scholarship recipients Denise Walshe (left) and Janet Colbeck (right) with former TCCT Director Cancer Services, Christine Nolan.*

# in BRIEF

## Corporate Garage Sale Helps Council



Corporate Express state sales manager, Micheal Maple being presented with a Council appreciation certificate by community fundraising officer, Valda Saunders.

Cancer Council services have received a \$5,000 boost thanks to a giant “garage” sale conducted by leading supplier of business products and services, Corporate Express.

An office relocation in December from Murray Street to their new location in the Webster Big Shed building at 120 Campbell Street, Hobart provided the opportunity for the company to sell off a lot of old stock cheaply.

Corporate Express state sales manager, Micheal Maple, then

approached The Cancer Council and Camp Quality with a generous offer to donate all proceeds from their “garage” sale to the two charities, as well as any unsold stock.

In addition to the \$5,000 donation to both charities, they have also received surplus stock with a total value of \$10,000.

The Cancer Council thanks Corporate Express for their generous donation.

## Kick Up Your Heels Fundraisers



Fundraising officer Alan Wood (right) presenting St Johns Dance Group secretary, Des Peterson with a certificate of appreciation.

The St Johns Dance Group at Glenorchy have been generous supporters of The Cancer Council for several years. Last November, fundraising officer Alan Wood attended one of the regular get togethers of the dance enthusiasts to accept a cheque for \$3,500 for cancer research, the largest donation made so far by the Group.

After a turn around the dance floor guided by Jean Bricknell, Alan presented a certificate of appreciation to Group secretary, Des Peterson.

## Melbourne Cup Bonus



Maggie O'Neill (right) presents her cheque for \$2,422 to Cathie Shirley, Director, Fundraising & Communications.

At Wrest Point's Melbourne Cup luncheon last November, attendees could nominate charities as beneficiaries of \$25,000 worth of cash prizes, provided they booked a table of ten people.

Maggie O'Neill, a staff member of The Mercury, booked a table of ten and nominated The Cancer Council Tasmania as her charity of choice.

Thanks to Maggie and Wrest Point, the Council received a cheque for \$2,422 in December, when Maggie came in to present the cheque in person to Director, Fundraising and Communications, Cathie Shirley.

Like most Tasmanians, Maggie's family has been touched by cancer and we thank her for helping the Council to minimise the impact of cancer on all Tasmanians.

# Student's Successful Fundraising Ride

Sixteen year old Hobart school student Tom Madden tackled a 1,200 kilometre fundraising bike ride for cancer research in December. With a goal of raising \$2,000, the tally has reached \$7,000, thanks to generous support from family, friends and several organisations.



Photo courtesy of the Mercury newspaper

Tom's ten day ride started in Hobart and covered Ouse, Lake St Clair, Strahan, Cradle Mountain, Hawley, Bridport, St Helens, Freycinet and Orford before returning to Hobart. The longest stages of the ride were 143 kms from Strahan to Cradle Mountain and 145 kms from Hawley to Bridport.

With encouragement from his school Hutchins, to undertake community service, Tom was also motivated by cancer affecting a family member.

Accompanied by his father John and a team of fellow riders, he trained for about a month before the ride. According to his father the young legs stood up well to the endurance ride.

'When Tom first started training he was way behind us, but by the time the ride finished he was well ahead of us!', John said.

Tom's supporters included Lenna of Hobart Pty Ltd, Motors Pty Ltd, Westwood Properties Pty Ltd, Calvary Healthcare, Hobart Private Hospital, Zimmer, Fahan School, Hutchins School staff. Special thanks go to Hobart Private Hospital theatre staff member Ricki Peres who collected \$2,000 from the medical and nursing staff at the hospital.

"Its great to see a young person taking on a project like this. The Cancer Council Tasmania thanks Tom, his family and generous sponsors and ride donors for a great team effort.

And a final word from Tom:

"Now that the ride is over, I am happy with the amount raised and did not expect to reach the record amount of \$7,000. Thanks to everyone who supported me to raise money for cancer research"

# TCCT events

## Relay for Life

**Hobart:** 26-27 February 2005  
Domain Athletics Centre

**Penguin:** 4-5 March 2005  
Dial Sporting Complex

**Launceston:** 19-20 March 2005  
St Leonards Athletics Centre

## Graeme Milburn Cycle Challenge Ride

7-18 March statewide

## Gala Night Hobart "Glitz & Glamour"

Saturday 30 April

## Australia's Biggest Morning Tea

Thursday 26 May

## Daffodil Day

Friday 19 August

**For further information about any of these events call 1300 65 65 85.**

## Hot products

### ZOGGS Junior Swim Set

Combination Pack

- goggles
- ear plugs
- cap

was \$12.95

**NOW \$9.95!**



Order online at  
[www.cancertas.org.au](http://www.cancertas.org.au)  
or visit a Cancer Support  
Centre near you

Call 131 120 for location details

## Your donation makes the difference

*Yes, I would like to help in the fight against Cancer*

Please accept my donation of:

\$25  \$50  \$100  Other amount \$ \_\_\_\_\_

My cheque made payable to *The Cancer Council Tasmania* is enclosed

Please debit my credit card in the amount of \$ \_\_\_\_\_

Bankcard  Mastercard  Visa  Diners  Amex

**For your convenience donations can now be made on-line by visiting our website at:**

**[www.cancertas.org.au/donate.php](http://www.cancertas.org.au/donate.php)**

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