



Shine

Jacka's legacy lives on



INSPIRATIONAL: Anna Hession (second from right) with high tea organising committee members Sue Prescott, Annette Meyer and Fiona Brooks.

A BORDER cancer survivor who drew strength from much-loved football identity, Karl Jacka's battle with the disease has been able to give something back by speaking at a gathering of his sporting community.

Anna Hession was one of the first patients to be treated at the new Albury Wodonga Regional Cancer Centre, alongside Jacka, in 2016.

She knew his family well, having previously met Jacka's wife, Cristy, and their daughter, Lucy, while working as an occupational therapist in Rutherglen.

So when she was asked to speak at a fundraiser inspired by the late football coach, she jumped at the chance and addressed a crowd of about 80 ladies at a Rutherglen Cats Football Club high tea on Saturday.

"I can't thank you enough for the fundraising you do (for the cancer centre) and in memory of Karl and the battle he put up, because I know that was a really hard journey for him," she said.

"Seeing him at the cancer centre and seeing how he progressed was really very, very sad, but it certainly gave me so much strength to get through that [cancer] myself."

Anna, of Yackandandah, was diagnosed with ovarian cancer in June 2014 aged 47 years.

She had surgery in Melbourne and because of her young age, was considered a candidate for a rare clinical trial.

The Albury Wodonga Regional Cancer Centre was the only place in the state to offer intraperitoneal chemotherapy, which feeds directly into the target area via catheter, outside of Melbourne.

"So I felt myself really fortunate because otherwise the alternative was going to Melbourne," Anna said.

"I had three lots of chemo every two weeks, with one week free.

"The thought of having to travel to Melbourne from Yackandandah - my boys were 14 and 16 - was just really going to be so challenging for us."

Anna finished her cancer treatment about 18 months ago and is now a community representative on the Albury Wodonga Regional Cancer Centre advisory committee for the Wellness Centre.

The high tea on the weekend was held as part of the Rutherglen Cats Cancer Awareness Round, which also included a charity auction and ball drop.

The event raised \$13,000 for the Wellness Centre, which is in addition to almost \$100,000 raised by the club last year.

Sunshine Week back for 2018

THE Albury Wodonga Regional Cancer Centre Trust Fund's major fundraiser will be held from Saturday, September 15 to Saturday, September 22 this year.

Sunshine Week will include a Trust-organised wine tour and family fun day.

But the aim is to have the whole community involved with schools, businesses, sporting clubs and community groups encouraged to hold a fundraising event of their own.

Trust Fund Chairman Grant Luff said that since its launch in 2016, Sunshine Week has raised more than \$110,000 for the Albury Wodonga Regional Cancer Centre.

"This has helped buy new life-saving medical equipment, and fund staff training and research to ensure that our centre is providing the very best treatment and care," he said.

"It is hoped the event this year can raise even more funds to help people in our community who have been diagnosed with cancer."



FAMILY FUN: From Spider-Man to pussy cats, it will be fun for all at the Sunshine Week Family Fun Day this September.

Community events last year included open gardens, bowls tournaments and fun-filled "survivor" theme day.

But Mr Luff said anything as simple as a barbecue, raffle or

morning tea could be organised to show your support.

"Whatever it is, and whatever amount is raised, will help us make a genuine difference to the lives of cancer patients



It is hoped the event this year can raise even more funds to help people in our community who have been diagnosed with cancer."

- GRANT LUFF, TRUST FUND CHAIRMAN

in our community," he said.

Anyone interested in getting involved can register their event at sunshineweek.com.au or call our Fundraising Manager on (02) 6064 1538 for further information.

New equipment benefits patients

NEW specialist equipment funded by the Albury Wodonga Regional Cancer Centre Trust Fund is now being used to treat head and neck cancer patients from across the region.

It includes a high definition endoscope to examine cancers of the nose and throat, valued at \$114,000, and a \$150,000 laser for larynx surgery.

Ear, nose and throat surgeon, Dr Eliza Tweddle, said the endoscopic equipment, known as a rhinolaryngoscope, has been used on more than 50 patients in recent months.

"It has greatly improved the accuracy and timeliness of diagnosis for local cancer patients, which means they have a better chance of survival," she said.

"The scope gives us video images of a part of the body that is difficult to examine, and allows us to better plan treatment including surgery, radiotherapy and chemotherapy."

Further training is also underway with the speech therapy team at Albury Wodonga Health to further increase use of the equipment.

The laser has been used on at least three patients, with one cured of the cancer.

Dr Tweddle said laser surgery delivers better outcomes for patients through less invasive techniques, and reduced recovery time compared to traditional surgical methods.

It can also be used by many different surgical specialities including ear, nose and throat, urology and gynaecology.

Six doctors and 18 nurses from



INNOVATIVE: Dr Eliza Tweddle tests out the new scope on ear, nose and throat registrar Matt Elliott.

Albury and Wodonga hospitals have undertaken training to learn about the laser and the safety requirements for themselves and their patients.

The scope and laser equipment was funded by the Trust Fund as part of its Grant Assistance Program announced last October.

It was made possible only through the generous support and donations by the community.

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- DR ELIZA TWEDDLE, EAR, NOSE AND THROAT SURGEON

Thank you

IT is difficult to find an appropriate way to provide our individual donors and community fundraisers with the recognition you deserve to reflect your amazing acts of generosity and kindness. Please know that every donation is a very significant contribution for the benefit of our local community, and we express our deep appreciation for your commitment and support of this vital service.

Recent significant contributions:

- Joss Construction\$50,000
- SS&A Albury\$40,000
- Rotary Club of Bellbridge Lake Hume.....\$25,000
- Zauner Construction.....\$15,000
- Silo Bags Australia.....\$11,200
- Berringa Community morning tea.....\$8217.05
- Combined Catholic Parishes Deb Ball Committee.....\$5680
- Kath, Mary-Anne, Matthew and Andrew Thomas.....\$5000
- Kevin Fogarty fundraising efforts.....\$2050
- Rhonda Sinclair funeral donations.....\$1710
- John Griffin Old Time Dance.....\$1557
- Henty community.....\$1100
- Albury Gateway Lifestyle Village.....\$1000
- Corowa Golf Club ladies committee.....\$1000
- Janet Butcher.....\$1000
- Albury Wodonga Chrysler Club.....\$1000
- Myrtleford Lawn Tennis Club.....\$720
- Edna Wilson fundraising efforts.....\$627
- Dianne Harris.....\$500
- Peter Welsh.....\$500
- Dianne Harris.....\$500
- Norm Gray #RaceToEraseCancer fundraising efforts.....\$500

Albury Wodonga Regional Cancer Centre Trust Fund Inc.

To find out more about the Albury Wodonga Regional Cancer Centre or to join our mailing list contact us on (02) 6064 1538 or email info@awcancertrust.org.au

Donation options

- ONLINE ▶ www.awcancertrust.org.au
- IN PERSON ▶ Direct debit at any Bendigo Bank branch
Albury Wodonga Regional Cancer Centre Trust Fund Inc.
BSB: 633-000 Account No: 150854123
- PHONE ▶ (02) 6064 1538 and have your credit card ready
- MAIL ▶ Complete and send the form below.

Your Details

Name.....
Address.....
Suburb/Town.....
State.....Postcode.....
Email.....
Phone.....

Donation type

Please accept my tax deductible donation of:
 \$20 \$50 \$100 \$200
 \$500 \$750 Other \$.....

Please send me more information about:

- I would like to become a regular supporter of the Albury Wodonga Regional Cancer Centre Trust Fund
- Leaving a gift / making a bequest in my will to the Albury Wodonga Regional Cancer Centre Trust Fund

Payment options

Enclosed is my: Cheque or Money Order
Pay to: Albury Wodonga Regional Cancer Centre Trust Fund Inc

OR Debit my: Visa Mastercard Amex

Name on card.....
Signature.....
Expiry...../..... CVV.....

Send this completed form to:

Albury Wodonga Regional Cancer Centre Trust Fund Inc, PO Box 479, Albury NSW 2640.

Donations \$2 and over are tax deductible. Albury Wodonga Regional Cancer Centre Trust Fund Inc. has been established by the Albury Wodonga Cancer Foundation and approved by the Australian Charities and Not for Profit Commission. The Australian Taxation Office has provided DGR status to enable tax deductibility for donations of \$2 or more.



NEW FACE: Sera Ozdemir

Sera takes on fundraising role

THE Albury Wodonga Regional Cancer Centre Trust Fund is pleased to announce the appointment of Sera Ozdemir to the role of Fundraising Manager.

Ms Ozdemir has more than 25 years of experience in the not-for-profit sector with a special interest in business development and fundraising.

Her experience spans across a broad range of areas including health and community service organisations, children, youth and family services, homelessness, family violence, settlement, education and training, and business development/fundraising.

Having lived in Melbourne for some time, Ms Ozdemir is excited to move back to the region

where she has previously worked as the Regional Manager of TAFE NSW-Riverina's multicultural unit and for the Department of Human Services in Wodonga.

She was also instrumental in advocating in partnership with Albury Wodonga Development Corporation, for SBS coverage in the region.

Ms Ozdemir, who moved to Australia from Turkey with her family when she was just seven years old, has two adult children.

She will be responsible for coordinating Trust Fund events and fundraising activities, assisting community organisations who wish to hold a fundraising event and increasing the community's awareness of our cause.



Trust launches revamped website

THE Albury Wodonga Regional Cancer Centre Trust Fund is excited to announce it has a newly revamped website.

Created by Wmedia, the site features a more modern design with improved navigation and up-to-date content. Visitors can learn more about

facilities within the cancer centre, the work of the Trust Fund and what they can do to help.

It also features comprehensive information about the Trust Fund's supporters and the latest news and events.

Check it out at awcancertrust.org.au





UPSKILLED: Yvonne Gaspari of GenesisCare is hoping to build further on clinical trials being conducted at the Albury Wodonga Regional Cancer Centre.

Trust grant delivers world-class training for radiation therapist

AN Albury radiation therapist was among those to attend an international conference in Tasmania recently to discuss new and improved cancer treatment options being implemented around the world.

Yvonne Gaspari, of GenesisCare Radiation Oncology Centre, attended the Trans Tasman Radiation Oncology Group annual scientific meeting in March following a grant from the Albury Wodonga Regional Cancer Centre Trust Fund.

The four-day conference discussed new research and the latest technology being used worldwide to find a cure for cancer.

Ms Gaspari said one of the more promising developments was the use of immunotherapy, which activates the immune system, in conjunction with radiation.

"There is still more research to be done, however, what they have found so far is that in some cases, unleashing a person's immune system on tumour cells that have already been compromised by radiotherapy proven to be more effective than a combination of chemotherapy and radiation," she said.

"It can also result in fewer side effects in comparison to chemotherapy."

Ms Gaspari said between 10 to 30 per cent of patients were eligible for immunotherapy trials research.

"However, more research in this area will hopefully result in an alternative treatment option for those requiring systemic treatments," she said.

equipment and software used for cancer care.

Ms Gaspari said she is now able to share her knowledge and experience with her colleagues at the GenesisCare to support clinical trials in cooperation with Border Medical Oncology Research Unit.

"This will continue to build engagement and enhance the great progress the Albury Wodonga radiation centre is making in the clinical trial space," she said.

Ms Gaspari was granted \$1000 by the Albury Wodonga Regional Cancer Centre Trust Fund to cover registration costs associated with attending the conference.

This forms part of the Trust's commitment to staff training and development to enhance patient care and support at the cancer centre.

Young, fit mum didn't "tick any boxes" for cancer diagnosis

ASHA Wiese was young, fit and had no family history of cancer.

So it came as a complete shock that at 36, she discovered a lump that was later diagnosed as advanced breast cancer.

"People could not believe I had cancer because of my age, and because they considered me to be so healthy," she said.

"I went to the gym three or four times a week, had no history of cancer in my family and I breastfed my kids - I didn't tick any of the boxes."

Asha was diagnosed in October 2015, when she, husband Travis and their three young boys - Noah, 9, Jett, 6, and Lochie, 4 - were planning to move to Mildura from Adelaide.

But following the diagnosis, she decided to remain in Adelaide until Asha completed her treatment.

Just as she didn't fit the mould of a typical cancer patient, Asha determined to approach her cancer treatment a little differently.

"I underwent chemotherapy with

what I considered to be amazing results," she said.

"Everything cleared, other than two tiny spots. The surgeon wanted to do a mastectomy and I questioned why.

"I thought that I would still be having radiotherapy and I was also on the hormone therapy, so I kind of felt that that would be my safety net and would mop up any cancer cells that were left."

Asha remained on top of the cancer until almost two years to the date when she was first diagnosed.

In October 2017, she found a lump in almost the exact same location.

She agreed to have her right breast removed on this occasion, along with 12 lymph nodes.

"I didn't cry, I wasn't upset... I didn't even cry going into it," she said.

"I felt very much this is what I need to do to get better, so this never comes back again."

Having moved to Wodonga in December 2016, Asha received the majority of her treatment, including

five weeks of radiation, at the Albury Wodonga Regional Cancer Centre.

She described the facility as "amazing", and said it was one of the reasons the family decided to make the move to the Border.

"It was a safety net for us to have the cancer centre here," she said.

"Before we moved, Travis had actually found out that there was a cancer centre being built here and that all the services were going to be in the one place.

"When he had his job interview, we drove past and were just blown away by the magnitude of it."

"It's been great and the convenience of it literally being 15 minutes down the road means I could go to work and schedule my treatment in during my lunch break."

Asha, who works as a secondary learning enhancement coordinator at Victory Lutheran College, has now been given the all-clear from cancer.

She continues to have check-ups with her specialists every three months to ensure it hasn't returned.



BRIGHT FUTURE: Asha with husband Travis and their boys, Jett, 6, Noah, 9, and Lochie, 4.

Group support specially for men

IT'S a sight not too often seen - a group of men getting together to talk about their feelings.

But at the Albury Wodonga Regional Cancer Centre, it's something that happens every month as a way of reaching out to men who have been diagnosed with all types of cancers.

The newly formed Men's Cancer Support Group allows men to come together and talk with others with similar experiences.

According to group leaders, Bernard Townson and Darrell Richards, it offers support and encouragement from those who have "been there".

"We've both been diagnosed with bladder cancer and when you get told you've got cancer, you don't always get a lot of information about what happens next," Mr Townson said.

"In your mind, you have been given a death sentence and that's it."

"But we want to be here for men who have received that diagnosis and show them that there is a lot of support out there available to them if they want it."

The group currently has 10 members on its books, with hopes this number will grow in the future.

There are also plans to have guest speakers come and talk to the group about a range of health and wellbeing topics.

Mr Richards said it was challenging to get men to come along and open up about their feelings.

"But most men, when they get together will drop the façade and start talking," he said.



FRIENDLY FACES: Bernard Townson, Tony Brown and Darrell Richards of the Men's Cancer Support Group.

Tony Brown has battled a number of different cancers over the past 12 years including tongue, mouth, throat and bowel.

He has been a member of the group since its inception and said it provided him with relaxation and a place to come and have a coffee when he feels like it.

"But I'm hoping to eventually find someone who has had the same cancer as myself so we can swap notes," he said.

"I don't think you can beat experience. It's a horrible experience it would be nice to talk about it with

others who have been through the same thing."

Wellness Centre coordinator Karen Mildren said confidentiality is assured by the group and sharing your cancer story is optional.

"A range of topics are talked about and Bernard usually has a good story or two to share," she said.

The group meets from 10am to midday on the fourth Tuesday of the month in the Wellness Centre.

For further information, contact Bernard on 0428 434 587 or Darrell on 0408 269 305.



Make your donation count this end-of-financial year

As the end of the financial year approaches, please consider a donation to the Trust Fund that could boost your tax return whilst delivering a clear message that you are committed to supporting the local community.

The Australian Taxation Office has provided DGR status to the Trust to enable tax deductibility for donations of \$2 or more.

A tax deductible receipt can be provided almost immediately.

Make a real difference to those battling cancer in our region and donate today.

Further information available at awcancertrust.org.au



COMFORTING: Margaret Brown with some of the turban hats she has made for cancer patients.

Hats off to long-serving turban maker

IF you know a cancer patient with a turban hat, chances are it was made by Albury sewer Margaret Brown.

Margaret, 78, has been making the versatile headpieces for distribution throughout Albury-Wodonga and Wagga for the past 27 years.

Between 1995 and 2011 alone, she made 6000 turban hats.

Margaret first began making hats after her mum underwent chemotherapy, but lost her battle with cancer in 1990.

"It's really a joy making them," she said.

"I know the ladies like them and they need them. You can't always wear a wig; it's uncomfortable."

Margaret also made 1400 moon-shaped pillows for breast support after chemotherapy for 19 years.

Turban hats of all colours are available to cancer patients for free in the Wellness Centre and from the day chemotherapy unit reception.

"I know the ladies like them and they need them. You can't always wear a wig; it's uncomfortable."
- MARGARET BROWN

Why donate to the regional cancer centre?

WITH the Albury Wodonga Regional Cancer Centre now up and running, the trust fund needs your support more than ever. Money donated to the trust fund is used to pay for research, training and equipment not funded by government, including services provided at the Wellness Centre.

The \$65 million centre has united cancer services under one roof, offering a place to educate, support, research, diagnose and treat all forms of cancer. But to ensure it remains a first class, proactive and formidable facility, we must continue to source and manage extra funding within the community.

Where will the money go?

The Albury Wodonga Regional Cancer Centre Trust Fund will allocate donations to the service area most in need. Some examples of how your donation will be used include:

- New life-saving cancer equipment;
- Professional training and development for staff;
- Clinical trials; and
- Wellness and supportive care programs provided through the Wellness Centre.

100% of your donation stays in the Albury Wodonga region

The Albury Wodonga Regional Cancer Centre Trust Fund's point of difference is that we are a 100 per cent local charity organisation supporting a vital local service. All of the money raised will stay in our regional community and help our family, friends, colleagues and acquaintances who are going through the cancer journey.

See over for ways to make your donation to the Albury Wodonga Regional Cancer Centre or call **(02) 6064 1538**.

Albury Wodonga Regional Cancer Centre Trust Fund Inc.

