

# Celebrating 10 years - Relay for Life



Starts 6th April, 2013

Register now at [www.relay.cancercouncil.com.au/2013/shoalhaven\\_nowra\\_2013](http://www.relay.cancercouncil.com.au/2013/shoalhaven_nowra_2013)

## Message from the chairman

CHAIRMAN of the Shoalhaven Nowra Relay For Life organising committee, Greg Brennan, is looking forward to this weekend's event.

He sends the following message.

"The first Shoalhaven Relay For Life was held in Nowra in March, 2004 and here we are on the eve of our 10th relay which is being held on Saturday, April 6 and Sunday, April 7 at the Nowra Showground. "This year marks a significant milestone for the local event which has continued to grow each year to the point where it is now one of the largest annual community events held in our region and one of the largest relays in NSW.

"Relay For Life is a unique event which brings us together for 24 hours as a community to celebrate with those who have won their battle against cancer and to remember those who lost the fight.

"Our dream is to have a cancer-free society and the relay is a vehicle to raise much needed funds to help with research, health education and patient-carer support programmes.

"To date, the Shoalhaven Nowra Relay For Life has raised over \$1.5 million for this cause and it makes me very proud to be a part of this standout Shoalhaven community.

"Events like this don't just happen on their own and I take this opportunity to thank all those past and current committee members for their hard work and dedication in making the relay such a success each year.

"I also thank the many sponsors for their generous support, the entertainers for sharing their talents and the thousands of people who have participated in the relay over the years. In particular I thank those

sponsors, entertainers and relay teams who have been involved from day one.

"If you haven't been to a relay event before, I invite you to come up to the Nowra Showground on Saturday, April 6 to see the relay in action and take in some



• Greg Brennan

of the wonderful entertainment.

"There is also a variety of delicious food available during the day and night provided by the hardworking Nowra and Bomaderry Lion's Clubs.

"Finally, to all of the survivors, carers and relay team members participating in this year's relay.

"I wish you well and look forward to seeing you on the track."

Greg Brennan

### Past relay chairs

Ralph Cook	2004
Bill Ryan	2005
Geoff Werry	2006 (partial)
Phil Smith	2006 (partial) to 2010
Greg Brennan	2011 to 2013

## Ambassador role meant to happen

FATE always had its eye on John Wells.

It saw him play a role in getting the Shoalhaven Nowra Relay for Life established 10 years ago and also saw him become a cancer survivor.

In his role as Shoalhaven City Council's community service director a decade ago, Mr Wells met with Cancer Council representatives about holding a relay in 2004 and gave the proposal his full support.

He also attended a public meeting and, thanks to council's support, the Relay for Life is now one of the most important events in the local area.

Fast-forward to May 2009 and the recently retired Mr Wells' life took an unexpected turn for the worse.

He felt something in his body was not right and a visit to his general practitioner, followed

by a visit to a local surgeon, confirmed the worst.

"The news was not good and I was told I had a big problem," he said.

The big problem was bowel cancer.

He was operated on and the cancer cut from his body.

Mr Wells wanted to live and was going to fight cancer with all the energy he could muster.

"I have to beat it," was his mantra.

The Shoalhaven Relay for Life committee gave Mr Wells time to recover, but it was only a matter of time before he was asked to be ambassador.

"I did not hesitate to say yes this year," he said.

"It's a great honour because there are so many other wonderful and inspirational cancer survivors."

His role is to promote the relay any way he can.

Mr Wells said people who are not in teams should come to this weekend's relay at the Nowra Showground and mix with their community.

"I am proud of the Shoalhaven community. Pound for pound when it comes to being generous, the community punches well above its weight," he said.

Mr Wells said there was another important reason why people should support the relay.

He said cancer does not discriminate and could take anyone at any time.

On the weekend Mr Wells will be walking around the Nowra Showground as much as possible and is looking forward to being part of a great community event.

Mr Wells shares the ambassador role this year with Donna Walsh.



READY FOR ACTION: John Wells says it's an honour to be one of the Shoalhaven Nowra Relay for Life ambassadors.

## Shoalhaven Nowra Relay for Life Ambassadors

2004 - Jack Fisher and Louise Perkins

2005 - Jo Hillyard

2006 - Les Bryant

2007 - Terry Hetherington

2008 - Terry Crockford and Craig Stanbury

2009 - Judy and Slim Cartwright

2010 - Tracey Puxty

2011 - Rhod McGhee and Brittany Booth

2012 - Matt White and Jade Hodges

2013 - John Wells and Donna Walsh

The Hon  
**Shelley Hancock MP**  
Member for South Coast  
Speaker of the NSW Legislative Assembly

*"Please come in and see me - it will be a pleasure to help"*

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## Happy 10th Birthday, Relay for Life!

One of the most significant community events on the Shoalhaven annual calendar, Relay for Life has raised in excess of \$1,500,000 to date. Participated in by thousands of Survivors, Carers, Ambassadors, Volunteers and Relayers, and supported by fantastic local sponsors, partners and entertainers, we have all joined together to fight these dreadful diseases.

**Our heart-felt thanks and congratulations from the 2013 Nowra Committee**

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## Emily's song from the heart

IF ever there was a song from the heart Emily White's Beautiful Lady is that song. Emily and her dad Chalkie White wrote it for her grandmother Christine Joy Turner. She will sing the song at the Shoalhaven Nowra Relay for Life on Saturday at the Nowra Showground. Mrs Turner was taken from her family in 2010 - another cancer victim. The 13-year-old Nowra High School student wanted to honour her grandmother and wrote what is a touching song. "She was one of the most important people in my life," Emily said. She performed Beautiful Lady for the first time at last year's relay. Getting on stage to sing the song, given how much her grandmother meant to her, would have been hard.

However, the old attitude of the show must go on took over. Things were different after she left the stage. "I shed a tear," Emily said. She knows her grandmother would have been proud of her and is with her in spirit. One of Emily's favourite possessions is a photo of her grandmother enjoying life. It's a photo of Mrs Turner with her face painted - she was the only adult at Emily's 10th birthday to have her face painted. "The photo sits beside my bed," she said. Emily said cancer was just evil and she would do anything to stop it from destroying other people's lives. Her friends know what Emily will be doing and many will show their support by being at the showground on Saturday when she performs.



### Beautiful Lady written by Emily and Chalkie White 2012

*You always made time for me  
You showered me with your heart  
The colours in your world, that smile on your face  
The voice we all knew, with love  
Every birthday was a turning page  
Just like the letters that you sent  
That part of you, you gave to me  
and all the places we both went  
(Chorus)  
That shining light, for all the world to see*

*Beautiful lady in the sky, I see you in my dreams  
And the kisses you left all over my face  
All the memories time can't erase  
I love you, more than I can say  
Beautiful lady*

Available on iTunes  
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**TOUCHING PIECE:** Emily White will sing a song at the Shoalhaven Nowra Relay for Life she wrote for her grandmother.

## Community support shines

THE local community has always supported the Shoalhaven Nowra Relay for Life since its inception in 2004. The fundraising efforts of the teams have always been one of the amazing features of the event. When the inaugural relay chairman Ralph Cook took to the stage on March, 2004 nobody knew what he was about to announce. His voice choked with emotion when he announced \$67,500 was raised. The 2004 relay fundraising goal was \$30,000 and this goal was surpassed days before the event. The grand total stands at \$1,568,328 and continues to rise. Thanks to teams like Team Suzie, The Cure Walkers, Tutti Fruiti Freesias and many more champion fundraisers over \$142,000 has already been raised this year. Team Suzie staged what was a stunning fundraising evening and

raised \$25,000. The event was held in memory of the late Suzanne Radburn who, just over 12 months ago, lost her battle with cancer. Mrs Radburn's daughter Toodra Keogh and several friends organised the night to celebrate Mrs Radburn's life. The event was held at the Bomaderry Bowling Club and during the evening there was much excitement with 75 silent actions, lucky dips, raffles and a whole lot of fun. Professor Bill McCarthy, a leader in the world of melanoma education, was guest speaker and he talked about the ongoing management and research into melanoma, while Chance Hanlon was a great emcee. Team Suzie would like to thank every for their support and looks forward to see them at the event this weekend.



**IN SUPPORT:** Community members like Fiona Schreurs, Nicole Liddicoat, Joe Schreurs and Andrew Liddicoat continue to support the Shoalhaven Nowra Relay for Life by attending events like the successful one held by Team Suzie.

## The stats that matter

2004: 36 teams 500 participants 30 cancer survivors \$76,800 raised	110 cancer survivors \$157,500 raised
2005: 50 teams 700 participants 40 cancer survivors \$105,000 raised	2010: 135 teams 2200 participants 173 cancer survivors \$237,895 raised
2006: 59 teams 1020 participants 55 cancer survivors \$120,000 raised	2011: 112 teams 1582 participants 180 cancer survivors \$278,000 raised
2007: 60 teams 1000 participants 75 cancer survivors \$123,500 raised	2012: 155 teams 2257 participants 186 cancer survivors \$322,633 raised
2008: 73 teams 1200 participants 80 cancer survivors \$147,000 raised	
2009: 106 teams 1400 participants	

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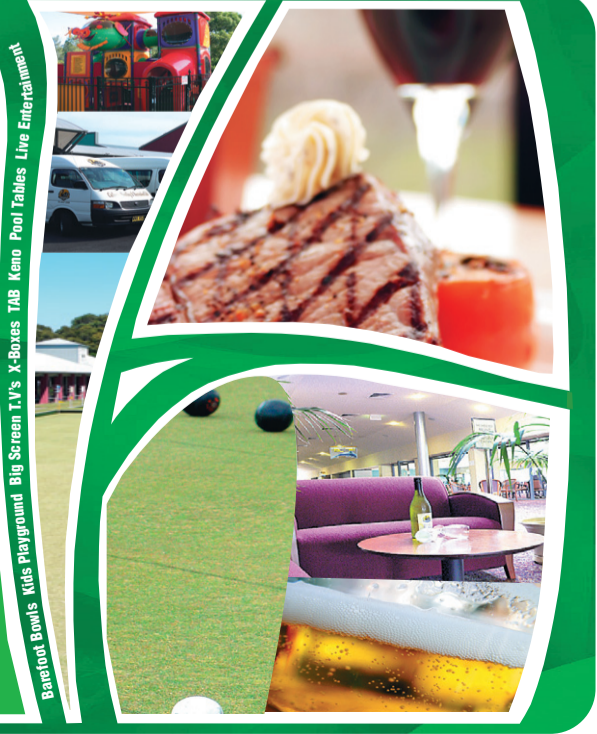
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## Volunteers continue to give



**SO PROUD:** Without volunteers like Les and Catherine Bryant there would be no Shoalhaven Nowra Relay for Life.

YOU can see the pride in Les and Catherine Bryant's eyes as they talk about the Shoalhaven Nowra Relay for Life.

The relay stalwarts have been involved with this great community event since it started.

When they get a chance this weekend, the Nowra residents will sit down and reflect on the past 10 years.

They love how the relay has grown over the past decade.

Both hope the event will blossom in the future.

A cancer survivor, Mr Bryant was president of the Shoalhaven Little Athletics Association when he first heard about the Relay for Life.

He was sent a letter from the Cancer Council, asking for the Little Athletics club to send a representative to a meeting to discuss the relay.

Mrs Bryant said the family was looking for a community event to support.

It ended up being their son Chris who urged his family to become involved.

"We have to do it (the relay)," Chris said to his father as they left the meeting.

Mr Bryant said he was proud of how Chris and his brother Phil put up their hands to help get the budding event off the ground.

Mrs Bryant said the relay made them stronger as a family.

They remember the first relay and in particular how the community supported it straight away.

Since day one the Bryants have always been prepared work hard for the relay.

They co-ordinate the ever-growing cancer survivors' morning tea, have co-ordinated the fightback ceremony and attended several relay summits.

These involve volunteers from all over the state meeting to exchange ideas.

"Going to the summits was one of the best things about being involved with the relay, you meet so many awesome people," Mrs Bryant said.

"We came back and shared the summit ideas

with everyone.

"We also saw where the money raised from the relay was spent."

Mrs Bryant said she was confident money made at the Shoalhaven relay helped local people adding her husband was one of the beneficiaries.

"I could be gone but I am still here," he said.

The survivors' morning tea has become an important part of the relay and the Bryants can remember the first one they co-ordinated.

They did not know how many people would attend and were stunned when 30 people turned up.

Now the survivors, when they head off on the first lap of the relay, pack the track.

They would like to thank the Nowra Lions who had supported the morning tea since day one by supplying the food.

Mrs Bryant said key to the relay's growth was getting more committee people.

She said new committee members would bring new ideas.

### Relay's busy agenda

IT'S is going to be a weekend full of highlights at the Nowra Showground - here are a few.

#### Saturday April 6

**9.15am** Opening Ceremony

**10am** Relay For Life commences

**10am to 10.30pm** Children's activities like board games, hat competition, craft, colouring-in, jumping castle and lots more.

**10.15am** Survivors' morning tea and entertainment starts

Noon to 3pm Health Expo - includes free health checks,

massages, pilates, fitness sessions, healthy lunchbox stop and local support services and cancer information.

**2.20pm** Mazza the Clown

performs and shaves her trademark curly locks to raise money for relay - if she gets \$500.

**3.30pm** Miss Relay Quest

**6.45pm** Candlelight Ceremony of Hope

#### Sunday April 7

**9.30am** Closing Ceremony

**10.00am** Relay For Life concludes

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