



# ACRF News • June 2011

*Every dollar of every donation received goes to cancer research*

## A MESSAGE FROM THE GENERAL MANAGER



I'm delighted to be able to share this newsletter with you all, as our CEO David Brettell has been away on a well-deserved break.

June is always a busy month, as we make one last fundraising push before the financial year comes to a close. We are delighted and humbled at the generosity of our supporters in response to our latest fundraising appeal. Thank you all very much, and I would like to assure you that every donated dollar we receive goes to cancer research.

The research institutes applying for these donated funds have been shortlisted by the ACRF Medical Research Advisory Committee. Details about each project are available in the far column (right).

To further endorse our belief in what we do, ACRF has entered a staff team into this year's City2Surf. I must say, some of us are a little apprehensive, but with the scenic end-point of Bondi beckoning, I am sure everyone will give it their best to reach the finish line and raise funds for cancer research.

Kind regards,

Jill Deering, General Manager

## Fred Pham 500 Charity Dinner

Friday July 15, 2011



Father of five, teacher and friend, the late Fred Pham had one final wish: to raise \$100,000 for cancer research.

Fred passed away from cancer last year, but his legacy lives on through Fred Pham 500 - a wonderful organisation dedicated to raising funds to realise Fred's dream.

The annual Fred Pham 500 Charity Dinner will be held this July 15, from 7pm til late at Bankstown Sports Club's Grand Ballroom. To purchase tickets at \$60, and enjoy a night of entertainment, email [info@fredpham500.org.au](mailto:info@fredpham500.org.au).

We'll see you there!

## We've set ourselves an impressive target at this year's City2Surf and we need your help!



Will you walk with us to raise \$100,000? The City2Surf (August 14, 2011) is the world's biggest fun run. If you know of a family member, friend or colleague who is completing the City2Surf for ACRF, please support their efforts with a small donation. Alternatively, please visit [www.city2surf.com.au](http://www.city2surf.com.au) to register.



### Tips for training:

ACRF fundraiser Karen Martini has a few training tips based on how she has prepared for RunMelbourne.

**On being motivated:** A close friend passed away recently and it was tragic, so unfair. There needs to be a cure.

**On sustenance:** I like to eat one hour before training. My favourite training foods are 2x poached eggs, goats cheese, rocket, tobasco, on a whole wheat sandwich.

**On rewards:** I love the endorphin rush after running. I hate taking the time to stretch afterwards but I know it's important if I want to walk the next day... Then I reward myself with a couple of good glasses of red.

Click here to support Karen's Run Melbourne campaign.  
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### Funeral directors supporting ACRF

ACRF acknowledges its most supportive funeral directors, who have helped us support families that have been affected by cancer this month:

1. Heritage & Heritage Funerals, Wantirna
2. White Lady Funerals, Bankstown
3. Andrew Valerio & Sons Funeral Directors, Five Dock
4. Ann Wilson Funerals, Mona Vale
5. William R. Groves Funeral Director, Picton

## WHAT'S ON: AUSTRALIAN CANCER RESEARCH

### The ACRF funding shortlist

The distinguished ACRF Medical Research Advisory Committee has revealed their short-list of world-class cancer research initiatives applying to receive ACRF funding. The shortlist will be further assessed and the winners announced in November this year:

#### Menzies Research Institute, TAS

To expand the current preventative research being undertaken to identify causative genes in cancer. This work capitalises on the uniquely isolated population of Tasmania.

#### St Vincent's Institute of Medical Research, VIC

To develop a cancer-focused Rational Drug Discovery Centre that makes the most of St Vincent's expertise in structural biology.

#### Ludwig Institute for Cancer Research, VIC

To provide seed funding for a cancer therapeutics and imaging centre. It will provide a new understanding of the underlying causes of cancer, and explore therapeutic approaches with a focus on maintaining quality of life.

#### Westmead Institute for Cancer Research, NSW

To improve collaboration by developing a facility for two internationally recognised melanoma research teams currently operating separately at Westmead and Newcastle.

#### University of Queensland Centre for Clinical Research, QLD

To establish a translational facility that advances health outcomes in Australia, and world-wide, by fast-tracking discoveries from the lab to the clinic.



**"We can't change the past but together we can change the future." A quote from ACRF Regular Donor Mr Lee Philips of Wollstonecraft, NSW. We couldn't have put it better ourselves.**

## WHAT'S ON: FUNDRAISING

### Head shaves are all the rage

42 years in the making, Chips Fearon's fundraiser for cancer research was a hair-razing affair. "Lots of people do feats of endurance to raise money, but I couldn't ride a bike across the Nullarbor and I can't run a marathon," Chips told the local newspaper. "All I have is a 42 year old beard."

Throw in a pair of rusty sheep sheers for the drama, a jazz trio for ambiance, over 50 spirited locals from Stawell VIC for moral support, and you've got yourself a spectacle.

Chips' promise to shave his much-loved locks, in the middle of winter no less, received incredible support from the community. "Once people hear it's about cancer, everyone's pleased to chip in. But I'm overwhelmed by the support," he said.

With a number of collection tins still to be counted, Chips is thrilled to have raised at least \$7,000 - with every dollar that ACRF receives funding world-class research.

ACRF would like to send a huge thanks to Chips and members of the local community who got behind the cause.

Thanks also go to Kay Webb of Claremont, TAS, and Janet, Ben, Jan and Julie from Morphett Vale, SA, who also underwent a symbolic colour, shave, and in some cases a painful leg wax, this June - all for cancer research. We have such wonderful fundraisers, so thank you again!

More information and photos for all of these events can be viewed at our website [www.acrf.com.au](http://www.acrf.com.au).



### Coffs to Sydney ride for research



600km of NSW coastline, 2 bicycles (one newly acquired after a driveway mishap), and over \$10,000 in funds raised for ACRF!

This is the inspiring story of Will and Kale who, at 15 and 16 years of age, set out to cycle from Coffs Harbour to Sydney and raise funds for cancer research.

After months of campaigning, the boys were farewelled at their school on Friday 24 June. Their 6 day ride culminated at the Sydney Opera House where an ACRF welcoming committee was waiting!

"The way these young men have motivated the entire community to raise \$10,000 for cancer research is a fantastic achievement - local business, schools, the council and even the local bank branch were involved," said Jill Deering, General Manager of ACRF.

"We were thrilled to finally meet them and thank them when they rode into Sydney. What an achievement!"

## The ACRF CORPORATE BOX

### Corporate supporter of the month

PepsiCo is one of ACRF's most active corporate supporters. Their fundraising efforts have recently been acknowledged world-wide with an additional contribution to ACRF from PepsiCo's headoffice in the USA. We are very grateful for their support.

### Corporate engagement session

Kickstart the financial year with a social approach to your business, build your networks, and find out how your company can join the fight against cancer through ACRF.

**When:** 4 - 5:30pm, Wed August 17, 2011  
**Where:** Royal Bank of Scotland Morgans Tower, Level 29, 88 Philip St, Sydney.  
**RSVP:** Gilbert Lorquet, 02 9210 7404, [glorquet@acrf.com.au](mailto:glorquet@acrf.com.au),

## IN THE MIX



### Blue September

Kris Smith, former footballer turned model and television presenter 'got blue' this June in preparation for Blue September. Visit [www.blueseptember.org.au](http://www.blueseptember.org.au) to watch an interview of Kris facing up to cancer in men.



### Unite and Fight

Combining martial arts with the art of fundraising, Unite and Fight is an event that celebrated its third year raising funds for cancer research on June 25, 2011. Thanks to Catherine Tan and her supporters from Ascot Vale, VIC for a stellar effort, raising \$14,000+ for ACRF.

### Cycle the scenic byways of rural Vietnam this November and raise funds for cancer research!

[www.inspiredadventures.com.au/acrf](http://www.inspiredadventures.com.au/acrf) has all the details.



### Abby Dobson leads all-female act for ACRF

Abby Dobson (Leonardo's Bride lead singer) is headlining "A Night to Remember" at the Thornbury Theatre in Thornbury, VIC on Saturday September 24, 2011. Proceeds go to cancer research, for more details visit <http://thornburytheatre.oztix.com.au/>.