

What's News



breast cancer
research centre-wa
Incorporating Perth Breast Cancer Institute

WELCOME TO THE 2022 AUTUMN EDITION



Velvet and Sarina Cary - [page 6](#)



Prof. Arlene Chan AM
*Medical Oncologist MBBS, FRACP,
MMed (Palliative Care)*

Welcome to our new edition of What's News for 2022.

Recently we welcomed two new Oncologists to our team, Dr Louisa Lo and Dr Peter Lau.

Dr Louisa Lo is a breast medical oncologist and the Education Lead at the BCRC-WA. She completed her breast cancer fellowship training at Peter MacCallum Cancer Centre (PMCC Petermac) in Melbourne. She worked as a consultant medical oncologist at PMCC breast unit for two years whilst completing her PhD. Read more about Dr Louisa Lo on [page 2](#).

Dr Peter Lau is a medical oncologist and the Investigator Initiated Research Lead at BCRC-WA. Peter Lau also leads the Breast Cancer Unit at Sir Charles Gairdner Hospital Medical Oncology Unit and is a principal investigator for several breast cancer and immunotherapy trials.

Both Peter and Louisa will be consulting at the Perth Breast Cancer Institute in suites 404-405 at Hollywood Consulting Centre.

I would also like to welcome our newest Fellow, Dr Mohammad Amira to the BCRC-WA team who will be spending the next 12 months completing his specialist training and who is keen to expand his clinical research experience.

We also announce that our Early Breast Cancer Survivorship Education sessions will be virtual this year. While we would prefer to meet face-to-face, we have to consider the health and safety of our patients due to the spread of COVID-19. We remain passionate about bringing support and education to the community and look forward to sharing more details of this soon.

This edition of our newsletter shares Bruce Seligmann's story, a husband of a patient who lived with metastatic breast cancer. Bruce reflects on his journey with his wife Pam as they navigated breast cancer over nineteen years. Bruce's story shares his perspective on supporting his wife under the care of BCRC-WA, the connections made, and the friendships offered through the PYNKS. His story can be found on [pages 4-6](#).

Our support people and family come along on the breast cancer journey with us, with this in mind we also share a poem authored by Velvet Cary about her mum's breast cancer diagnosis. These thoughtful words express her perspective as her mum went through treatment. Thank you for your beautiful words, Velvet (picture on front cover).

Our medical article discusses the impact of COVID-19 and the diagnosis and treatment of breast cancer. This article addresses the two aspects; Are COVID-19 vaccines less effective in cancer patients? What else can I do after I am fully vaccinated? Read more on [page 7](#).

Lastly, I would like to congratulate all those who fundraised for BCRC-WA over the past months. Your support has been important to the growth of our services which support women and men impacted by breast cancer.

WELCOME TO

Dr Louisa Lo

MEDICAL ONCOLOGIST

My interest in oncology started when I was a 4th year medical student at the University of Manchester (UK). I completed my honours project in gastric cancer at the Christie's Hospital (UK) and that was my first introduction to a cancer hospital, passionate researchers and inspiring patients. It was also where I started my first research publication in the British Journal of Cancer.

After obtaining my medical degree and UK medical internship in 2011, I flew to Perth with the hopes of settling closer to family and to enjoy the year-round sunshine. No more rainy Manchester! I had to adjust to not bringing umbrellas with me when I went out. As a junior doctor, I got to see cancer patients for the first time whilst covering other doctors on leave at Royal Perth and Sir Charles Gairdner Hospital. To my pleasant surprise, the experience was incredibly satisfying and rewarding. Despite the dread of giving bad news, I got so encouraged by how the patients faced their day-to-day lives with cancer. That was also when I fell in love with oncology – we get to use treatments that could potentially give someone more time with their own family. It was very meaningful.

When I started my oncology training in Adelaide, I discovered my interest in research and wrote my first combination drug study trial in bowel cancer, hoping to make a new drug accessible to the Australian public and to ascertain if this treatment combination was safe and efficacious. I also had the opportunity to provide expert reviews on the related anticancer drug treatments and authored a book chapter in this area.

Given my specific interest in breast cancer, I applied and was accepted into the breast cancer fellowship training at Peter MacCallum Cancer Centre (Petermac), Melbourne. Life was never the same! It was such a privilege to share the same vision and passion for cancer research; to treat patients with the highest standards and discuss treatment strategies aspiring to provide the best treatments possible. I had the opportunity to further my training in breast cancer familial genetics and risk management, translational research and molecular genetics. As a result, further international journal articles were generated here during my training.

After obtaining my specialist qualification, I continued to work as a consultant at the Petermac breast unit. Here, I was also awarded the NHMRC PhD scholarships to study the role of circulating tumour DNA (liquid biopsy) in breast cancer in 2017. I set up my first liquid biopsy study at Petermac and at Austin Hospital in Melbourne, aiming to use liquid biopsy as a tool to look for early sign of cancer return after treatment completion in women with high risk early breast cancer.

When COVID-19 landed in Australia and was invading Melbourne, my family moved to Adelaide and I took up a consultant position at Lyell McEwin Hospital, mainly treating women with breast cancer. Here, I established satellite study sites for liquid biopsy and drug studies, wanting to improve patient access to drugs targeting specific mutations to better outcomes.

Fast forward to October 2021, my family has moved to Perth and I was lucky enough to meet Prof Arlene Chan and her legendary team at BCRC-WA. I was struck by their vision, dedication and passion in breast cancer cutting edge research and treatment and was overjoyed to be part this team in providing excellent and comprehensive service to women with breast cancer. It is my absolute pleasure to be here and I look forward to be at your service!

Dr Louisa Lo

FROM THE CEO

Carmelo Arto



2022 has been a significant year for BCRC-WA as we continue to see the growth of our Breast Clinic, providing breast health services and same-day screening for our patients. Our goal is to ensure that patients receive a streamlined and coordinated service.

As part of our growing team of PBCI medical professionals, I am pleased to welcome our two new Oncologists, Dr Louisa Lo and Dr Peter Lau. An introduction to Dr Lo features on page 2. We are thrilled to see the growth of our medical team and the benefits this will have for our new and existing patients.

In event news, to ensure the health and safety of our patients, staff at BCRC-WA and all of the guests, we decided to postpone our scheduled May Gala event, Couture for a Cure. The new date is Saturday 29th October 2022.

Proudly partnered with Channel 9 and Guru Productions, Couture for a Cure will be the black-tie gala event of the year. Tickets are on sale now and available through givergy.com.au/bcrcwa. We look forward to sharing this night with our BCRC-WA friends and supporters.

Mr Carmelo Arto
Chief Executive Officer

breast cancer research centre-wa

COUTURE for a cure

Guests are invited to enjoy an evening of style and glamour, **Saturday 29th October 2022** at Pan Pacific Perth, to support Breast Cancer Research Centre-WA.

Proudly partnered with Channel 9 and Guru Productions, **COUTURE FOR A CURE** will bring WA's best Designers to the runway for a very worthy cause.

Our State ON A PLATE

Tickets are limited so to avoid disappointment, secure your table today!
givergy.com.au/bcrcwa

PAM SELIGMANN'S JOURNEY WITH CANCER –

a husband's perspective

BY BRUCE SELIGMANN

This story is about Arlene Chan and the BCRC-WA contribution to Pam's journey with cancer over the past 19 years.

65 years ago as a precursor to a career selection interview, my housemaster told me that there were only 2 important choices in life – career and wife. My wife Pam and I managed to get both choices right first time, allowing us the opportunity to spend 50 remarkable years together – Pam's 19 year journey with cancer and the impact on this of Arlene Chan and the BCRC-WA represented close to 40% of those 50 years.

However the story really goes back to 1990 when I retired. There were several reasons I decided to retire but the overriding one was that a couple of years previously in 1988 Pam had had a breast cancer operation. Although at the time we were assured that the nature of the cancer was such as not to pose any significant risk of reoccurring, Pam and I decided that I should retire to allow us to focus on enjoying our remaining life together. This turned out to be another important choice that we got right.

I like to consider the interaction with and influence of Arlene Chan and the BCRC-WA in terms of 4 phases:

1. The first 5 years from 2003 under Arlene's care

The first year was extremely challenging physically and mentally with chemotherapy, radiotherapy and 13 consultations, 9 with Arlene. But the three things I particularly remember are all positive – Arlene encouraging my involvement, her focus on maintaining a normal life style and the empathy and trust she created with us. At Pam's first consultation with Arlene in April 2003, Arlene encouraged my attendance at the consultation; during Pam's journey with cancer I attended some 50 of Pam's consultations with Arlene. The side effects of some of the treatments, particularly the chemotherapy and radiotherapy were extremely debilitating. However Arlene's approach of wherever possible scheduling consultations and treatments to allow her patients to enjoy their normal lifestyle allowed Pam and me to enjoy a fabulous four day break at Broome's Cable Beach Resort between her 4th and two final chemo sessions and 3 months later to enjoy 3 weeks in the SW of France before starting radiotherapy. It was amazing how helpful these breaks away from treatment were for Pam. For some, Arlene's empathy with her patients might seem to be understated. It never was for us with the warm welcome and smile at the start of every consultation and the high five when Arlene cleared Pam at the end of the 5 years.

2. The next 10 years from 2008 - 'cancer free'

The next 10 years were really about what we managed to do during these so called 'cancer free' years. A lot of travel including boating in France, a cooking school in Italy, New Zealand twice, Vietnam and visits to every state in Australia during which we travelled 90,000km and spent a total of nearly 2 years in our camper trailer and caravan. It also included Pam setting up her Lovely Smocking Ladies group as well as the West Coast Community smocking ladies, St Phillips Cottlesloe smocking and ultimately the PYNKS smocking ladies, all of whom smocked fortnightly on behalf of the BCRC-WA. At one point during this period Pam was hospitalised for 4 days with the cause of the problem never satisfactorily diagnosed. Arlene was consulted in case it was cancer related. Fortunately it was not but I still recall Arlene saying with a smile "You had me worried Pam".

3. The final 3 years from 2018 under Arlene's care again but now with the additional support of the BCRC-WA.

Like that first year in 2003, these final 3 years were challenging physically and mentally but so much less than they might have been. By this time Arlene had established the BCRC-WA and PYNKS and Arlene and her team at BCRC-WA made an immense contribution to the enjoyment Pam and I had of those last 3 years. Again Arlene's focus on lifestyle allowed us to undertake

trips to Thailand, New Zealand, Melbourne, an annual 3 month winter escape to Broome 3 of our annual one month Christmas stays at Parry Beach Camping Ground, 4 annual Busselton Cinefest Film Festivals and just under 6 months away in our beloved caravan; it allowed Pam and the Lovely Smocking Ladies to raise some \$10,000 for BCRC-WA by sale of smocked dresses; and pre-hospitalisation it allowed Pam to attend the PYNKS get-togethers at Zamia. This in turn resulted in her teaching some of the PYNKS group how to smock. Pam and the PYNKS smocking ladies continued having fun smocking right up to 6 weeks before her death. This PYNKS camaraderie was extended to texting between PYNKS members with the hospital named 'the Resort', Arlene 'the Resort Manager', being discharged 'being evicted', chemo in the day ward going to 'the day spa', and scans/xrays 'a photo shoot', 'with cocktails' if contrast was required.

But Arlene and the BCRC-WA had also moved into new premises with the obvious benefit of having much easier access to the increasing range of technical resources Arlene had and was continuing to build up. However for us there were other less obvious benefits – Einstein's excellent little cafe on the 4th floor provided extra opportunity for Pam and me to interact with Arlene's staff in a less formal manner; and more convenient parking, significantly cheaper if use of the free 15 minute drop-off and pick-up facility was optimised.

The PYNKS celebrating with Pam



"It's the journey, not the destination..."



Cue, WA – 1992, Pam and Bruce

Finally and most importantly, people. I am not great on naming people but three do deserve special mention:

On our first visit to BCRC-WA's new facility, Kylie was at reception and dealing with 4 parties simultaneously, 3 on 2 phones and us at the counter. Unflustered she handled all 4 with calm and courtesy. Pam and I immediately named her Kylie the Wonder Woman. Some time later at home, Pam's health deteriorated suddenly to the extent of needing immediate hospitalisation. My call to BCRC-WA for help was answered by Kylie, half an hour later we were met at hospital reception and Pam taken immediately to a room in Gosse Ward.

Pam and I constantly needed advice on how to deal with all the ups and downs of those last three years of her life and Amanda Goddard was always available to give it and to organise at very short notice the necessary facilities and treatment - on at least 2 occasions, she organised Pam's admission to hospital at very short notice; from her diary I know how much Pam valued Amanda's care during her final 12 days in hospital; and Pam's move to the "special large room" which Amanda organised for her final week made all the difference to Pam's last few days.

When the return of Pam's cancer was diagnosed 4 years ago, life expectancy for someone in her condition was of the order of 12 months. Arlene and her BCRC-WA team made a major contribution to Pam managing an extra 2 years and allowed her to enjoy 3 years of doing the things she loved with the people she loved, an enjoyment which I shared. But Arlene also ensured that during the last 12 months of her life Pam experienced little pain and discomfort, particularly during the last few weeks. Arlene personally managed Pam's last 24 hours to ensure a truly peaceful end, free of pain and discomfort with her closest friend and me by her side, holding her hands when she died.

4. The 6 months since Pam died.

It is now 6 months since Pam died and friends assume that I must be missing her. I feel almost guilty when I say that to date I am not, using being busy with executor duties as an excuse. But the reality is that one of the major reasons is that Arlene Chan and the BCRC-WA helped us manage those last 19 years so well that the transition to life without Pam so far has been almost seamless. Contact with friends stimulates memories of the many things we managed to do and the fun we shared together during those years. And these memories invariably have a picture of Pam smiling at me.

A BREAST CANCER

Journey!

In your eyes I see the pain,
Slowly the tears roll down, they won't refrain

The day I found out
The day I broke
The day you got diagnosed

I look down to the floor as if I'm hiding,
As I whisper, "Mum keep fighting. Keep fighting."

As I reach for your hand so strong yet so weak,
I notice the paleness in each cheek.
That night I left the hospital with chords and drips hanging out of you,

I wish I could never leave you!

Dad like a warm pillow comfort me until I sleep
Because you're my rock, my man, my daddy! my double of me!

Our lives changed so quickly
It all happened in the blink of an eye
One day you were fine and healthy
The next I wished the cancer was a lie.

I know ups and downs are normal
Just like a roller coaster ride
Remember no matter how you feel
I'll always be by your side.

Mummy I love you more than the moon and back you are amazing
For coming through this
I know u don't feel like you,
but you've got us two!

Looks don't matter
Only your love does in my heart!

I can't explain how happy I am I didn't lose you
Because there's no way I could live without you

Cancer sucks!
I love you mum and dad!

A Poem by Velvet Cary



Velvet and Sarina Cary



Velvet Cary

IMPACT OF COVID-19 AND THE DIAGNOSIS AND TREATMENT

of breast cancer

The COVID-19 infection clusters started in December 2019 in Wuhan, China and was later declared a global pandemic by the World Health Organisation (WHO) on March 11, 2020. Since then, international efforts of border lockdown, quarantine, and vaccine development quickly ensued to try and curb rising COVID-19-related hospitalisation and complications.

Are COVID-19 vaccines less effective in cancer patients?

A study of 439 cancer patients on active cancer treatment was recently published from Europe. Though the protective antibody levels against COVID-19 decreased as few as three to six months after two vaccinations, these levels increased to good protective levels after the third vaccine booster dose. Side-effects after the third dose were similar in patients who do and do not have cancer. These included injection site pain (46.9%), fatigue (15.6%), fever or chills (10%). Based on these study results, the third booster vaccination is strongly recommended to all cancer patients.

Compared to other cancer patients, breast cancer patients recover and fare better when compared to patients with other types of cancer. There is some evidence that women undergoing active cancer treatment at the time of COVID-19 diagnosis appear "protected" and have fewer complication from COVID-19 and recover more fully. As with the general population a small number of women (8%) may experience "long COVID-19". From the current scientific evidence, it is concluded that breast cancer patients can safely proceed with cancer treatment during the COVID-19 pandemic and that cancer treatment has no impact on the risk of COVID-19 complications.

What else can I do after I am fully vaccinated?

As advised by the Australian Technical Advisory Group on Immunisation (ATAGI), it is still important to continue practising good hygiene, physical-distancing and other COVID-safe recommendations after you have been fully vaccinated. All women with breast cancer are advised to refer to and adhere to up-to-date Australian COVID public health advice.

Thus, at this time point women with breast cancer are advised to have all three COVID-19 vaccinations. Whether a fourth vaccine booster is needed is not clear at present. It needs to be remembered that the degree of immunosuppression varies with different chemotherapy drugs. So, men and women being treated for blood cancers or those who have had an organ transplant, are generally more 'immunosuppressed' than a breast cancer patient. Also remember, that those patients who are receiving anti-HER2 therapy, are not regarded as receiving an 'immunotherapy'. Nevertheless, if you develop symptoms suggestive of COVID-19, you should get tested, report the test result to your oncologist and alert the WA Health Department with attendance at one of the city-wide COVID clinics. Be guided by your treating medical oncologist as to how to modify or delay your breast cancer treatment if you are on chemotherapy or tablets which can lower your immunity.

RUTHY AND

Alejandra

In 2018, Sisters Ruthy and Alejandra were both battling breast cancer, diagnosed only two months apart. They shared the highs and lows of this disease, and in July 2021 Alejandra's cancer had returned, spreading to her liver and bones.

Ruthy and Alejandra share that sister bond and were both treated under Breast Cancer Research Centre-WA. Ruthy and her family have done a 500k walk to support Alejandra and to give back to BCRC-WA.

'My darling sister Alejandra and I both battled breast cancer four years ago (2 months apart) but now my darling sister's cancer has returned and metastasised to her liver and bones. She has been undergoing treatment for the past few months and has recently re-commenced chemo. As a family, my husband, daughters and I decided to walk 500km over a two week period to raise funds for the Breast Cancer Research Centre-WA (BCRC-WA) who continue to assist Alejandra and have also assisted me in my battle with this terrible disease. This started from the 21st of Feb till the 6th of March. In addition, I shaved my head in support of my sister'.

We are privileged to play a small part in the stories of our patients. Giving back can be a powerful way to support your loved ones and to give to a worthy cause. Donations to BCRC-WA go towards continuing our support services and reshaping the future of breast cancer treatment.



The Raw Colour Art Exhibition

"WHERE ART MEETS SCIENCE – RECOVERY AND RESTORATION A CELEBRATION OF LIFE"

Authored by Tania Fabris

The Raw Colour Art exhibition fundraiser for Breast Cancer Research Centre-WA (BCRC-WA) held on (opening night) the 15th October 2021 was made possible by major supporter Minderoo Foundation and the generosity of Janet Holmes a' Court, Raw Colour, Curtin University, Leeuwin Estate, Castledine & Castledine, Benara Nurseries, Perspective, Linton & Kay, Art Collective, Amaroo PS and Bunnings.



Breast Cancer does not discriminate; it affects everyone at any time. The seed for Raw Colour Art exhibition was planted some 6.5 years ago when Professor Arlene Chan shared her vision of a one-stop Breast Cancer Centre. Professor Chan highlighted the inspiration, dedication, and commitment to research our medical community provides for us all. I asked myself how I could assist with Professor Chan's vision. After all, we are dealing with life, and is there nothing more important than this?

fundraiser is close to my heart and is my way of giving back. Putting the exhibition together has been a labour of gratitude to honour a healthy future and open discussions and awareness. BCRC-WA is not only about research and the medical side of things, but also about different aspects of life after diagnosis, where people don't realise assistance that is still needed. There is support for families and individuals, also social workers for children, for instance.

The exhibition was a great success, with over 500 people attending the exhibition and media coverage reaching 409,000 people. Many people of all ages and walks of life attended the exhibition, from Professor Arlene Chan's rooms to school groups. They all thoroughly enjoyed the opportunity to share openly, should they have wished to or just contemplatively sit and enjoy the beautiful Artwork and plants grown by Benara Nurseries, especially for the exhibition. I had the pleasure of visiting the nursery and watching them grow. These babies formed part of an ever-changing installation and were also gifted to visitors. Horticulture therapy was an important part of my journey and walk to recovery. Hopefully, the use of plants encouraged others to do the same and embrace our Western Australian bushland and gardens. Immersing in nature certainly lifts the spirit, as does exercise and nurturing a plant.

Congratulations and thank you to supporters, visitors, artists, poets, and organisations. Our collaborative effort raised \$19,168.00 in 12 days.

Harnessing the narrative and theory that Art and creativity assist and informs recovery, restoration, and the renewal of life; life for our humanity and life forms itself. This is when Raw Colour "Where Art meets Science - Recovery and restoration a celebration of Life" was created. Walter Isaacson Quoted, "Art gives meaning to data science provides. Science can give us empirical facts and try to tie them together with theories, but it's the humanists and artists who turn them into narratives with moral, emotional, and spiritual meaning".

The Raw Colour Art exhibition fundraiser took eighteen months to organise gathering artists, poets, organisations, and businesses to support my vision of raising funds for the Centre. This exhibition



Exhibiting Artists: Mikaela Castledine, Olga Cironis, Jennifer Cochrane, Pippin Drysdale, Sharyn Egan, Tania Fabris, Susan Flavell, Juluwarlu Art Group (Wendy Hubert, Denise Kelly, Jean Norman, Mary Watson), Eveline Kotai, Norma Macdonald, Maxxi Minaxi May, Stephanie Reisch, Alessandra Rossi, Lea Taylor, Michele Theunissen, Monique Tippett.

Poets: Marcella Polain, Elizabeth Lewis, Morgan Yasbincek, Sari Smith, Jan Teagle-Kapeta.



BCRC-WA would also like to thank Tania Fabris, for her work, vision and commitment to this fundraiser.

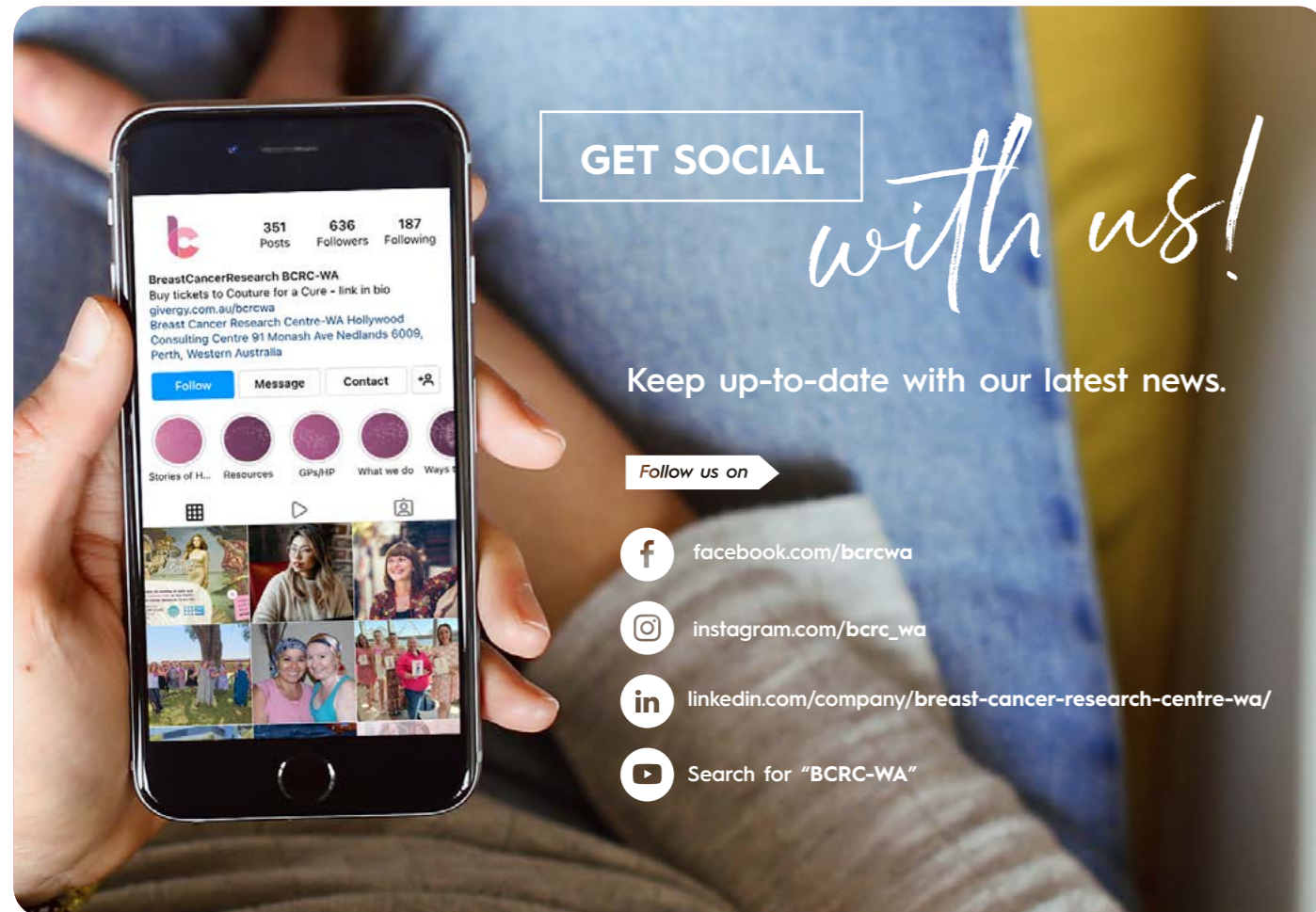
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CALENDAR GIRLS

Raised \$33,245.00

Tuart Lakes Lifestyle Village residents who dared to bare all for Breast Cancer Research Centre-WA have raised an incredible \$33,245.00.

'Homeowners from Tuart Lakes Lifestyle Village have stripped for a 2022 charity calendar to raise money for breast cancer research and to inspire all women to check their breasts. With their modesty protected by props, the otherwise nude photos capture the women relaxing or undertaking everyday activities in the vibrant Tuart Lakes community, from watching a film, playing lawn bowls or cards, swimming, reading or enjoying an afternoon tea,' said Tuart Lakes blog.

Our CEO Carmelo Arto and Board Member Mr David Carter recently visited Tuart Lakes to accept a donation from the Calendar Girls.

Calendar Girl Bev said, 'I was prompted to do something to raise some money due to a dear friend and her family members having breast cancer and mastectomies. Then some ladies in our community were also going through breast cancer. It struck a chord that a group of ladies could get together and raise funds for research to prevent this disease.



I remembered the group of ladies from many years ago who did a calendar. The story was made into a movie, and my imagination took over. I asked ladies during a Friday night "Happy hour" and had 20 volunteers at no time. We had a fantastic year photographing for the calendar. Much laughter, bonding of ladies and sharing of stories. The generosity of our community and the public, in general, was overwhelming.

We thought we were being ambitious trying to raise \$10k, and we are blown away to have reached \$33,595.00.'

We are so proud of this community and how much they have been able to achieve for charity. So much joy in this photo we had to share it.



CAPRICORN SOCIETY

Raised \$4,570

On January 20th, 2022, Capricorn held a Women in Business Event for women helping to shape the future of the automotive industry whilst fundraising for Breast Cancer Research Centre-WA.

AHG Trade Parts, Repco and Idom Group generously sponsored this event. Sponsors donated items for a silent auction and some door prizes, with all funds proudly going to BCRC-WA.

"We were very fortunate to have CEO of Breast Cancer Research Centre-WA, Carmelo Arto speak at the event, and all attendees very much appreciated it. After this Nicola shared her breast cancer journey, Julie Wadley and Robyn Cook (both trailblazing women in the automotive industry) also spoke at the event. We had installations by Flower Box Home Fragrance as well as the very talented artist Michelle Pike who provided guests with a fashion portrait of them on the day", said Sue Walker, Capricorn Area Manager.

Capricorn was established in 1974 by a small group of Western Australian service station owners to increase their buying power and level the playing field.

Today, Capricorn has over 24,000 Members, and over 2,500 committed Preferred Suppliers across Australia and New Zealand, all looking to support the automotive industry.

Thank you kindly to Sue Walker, Area Manager, for organising the event and to Nicola for sharing her breast cancer story and initiating this fundraiser.



SONIA'S SISTERHOOD

Raised \$7,095

The amazing Professor Arlene Chan and her team provide patients with the best care and treatment support services, and we pray through their trials and ongoing research, one day a cure. As patients of Arlene's, Carol and I wanted to do something to show our appreciation and support the incredible work the team is doing at BCRC-WA. Walking was our way of doing this.

We created our team in 2019 'Sonia's Sisterhood' in memory of our beautiful friend and work colleague Sonia McCambridge.

Sonia passed away from breast cancer in 2012. Sonia impacted all those who knew her; she always greeted everyone with her beautiful smile, inspired us with her bravery, and blessed us with so many treasured memories.

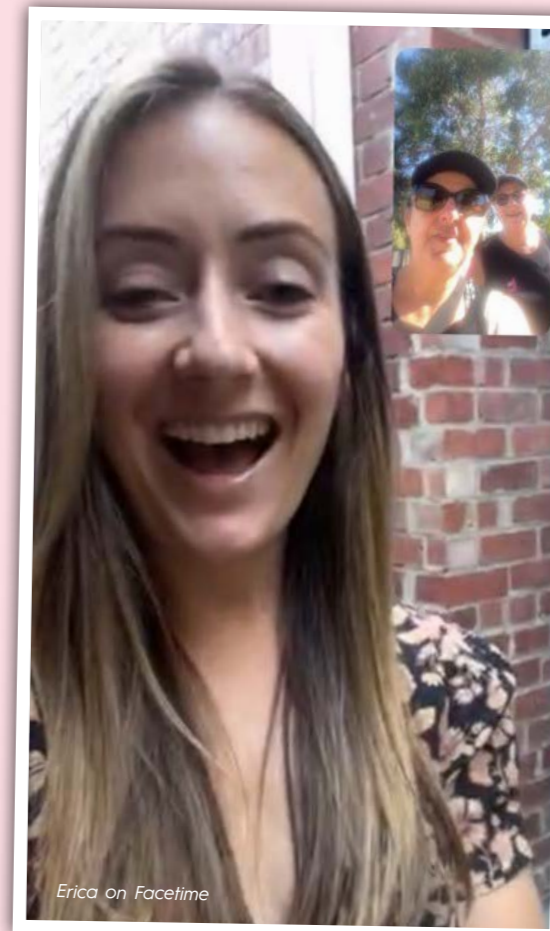
It was the hottest day, Friday 21 January, a predicted 41 degrees, and as we met at 6.30 am in front of the Shoe Bar, we knew it would be a warm walk. Just before 7 am, we set off 52 walkers with lots of laughter and chatter. Some walked faster than others; some strolled along the path, enjoying the beautiful river views. No matter the pace we walked to honour our beautiful friend, the family and friends we have lost to breast cancer, the survivors and those who are fighting the battle, we walked united and in hope.

Sonia's family joined us on our walk; it was so emotional having her husband Tony, children Hannah and Tim walking with us. Erica lives in Melbourne but joined us on the walkthrough Facetime. Seeing Erica's big smile as we showed her what we could see as we entered the entrance to BCRC-WA and how many people came to walk in honour of her beautiful Mum, with tears that overwhelmed us all will be something I will never forget.

Some people walked the 7km, and the rest of us walked the 14km walk. We may have been hot, had a few aches and pains and been slow to move the next day, but it was all worth it.

Our fantastic support crew - Dean, Bill, Clare, Adriana, and Wilma - provided us with icy cold water, cold packs, fruit, and encouragement. David and Analyse from Yagan Square, Jo and Paul from the Shoe Bar and Sarina from BCRC-WA. People we didn't know who donated to our event and watched as our target of \$2,000 climbed to \$7,095.00. We were so overwhelmed by the generosity of our family and friends.

By Rita Panebianco



RUC MINING AND WILSHAW ENGINEERING CONSULTANTS

Raised \$30,305

Thank you to RUC Mining and Wilshaw Engineering Consultants for fundraising at their workplaces for Breast Cancer Research Centre-WA.

RUC Mining and Wilshaw Engineering Consultants raised an incredible \$30,305 towards providing the best possible standard of care for women, men and families impacted by breast cancer.

In January 2022, Wilshaw hosted a morning tea with an invitation extended to our BCRC-WA CEO Carmelo Arto to speak about our work at BCRC-WA. Thank you to all those who donated and supported us.



Leave a Gift in your will



"My decision to leave a gift in my will to the Breast Cancer Research Centre-WA was a purposeful choice. My gift was in memory of my late wife, Janine who received the best treatment and care available from the BCRC-WA team. It gives me great satisfaction that my bequest will have a long-term impact."

- David Park

Your gift can achieve so many things

Your gift can assist our general programs allowing BCRC-WA to apply these funds to research or where it is needed the most.



Contact our Fundraising Coordinator Sarina Menzies on **08 6500 5515** or sarina.menzies@bcrc-wa.com.au and learn more about how you can make a difference.