

What's News



breast cancer
research centre-wa
Incorporating Perth Breast Cancer Institute

WELCOME TO THE 2022/23 SUMMER EDITION



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

Welcome to the Summer 2022/23 edition of What's News.

First of all, I would like to announce the appointment of BCRC-WA's new CEO, Sarah Fordham. Sarah was previously the CEO of the Heart Foundation, Western Australia and is joining us from Monday, December 12. We are very much looking forward to welcoming her to our centre and are excited about her invaluable input into our organisation.

We have also welcomed two new board members recently. In this edition of What's News, we introduce Sal Vallelonga. Sal has had many years of experience in business advisory roles as well as serving on numerous community-based boards and committees. Learn more about Sal on [page 2](#).

Lisa Holland's story can be found on [pages 4-5](#). Her 21-year journey with breast cancer has been one of struggle but also joy, surprise and empowerment. During her journey, Lisa has seen how far cancer treatments have progressed, she has been a part of multiple clinical trials and has also investigated her family history. I hope you take the time to read her honest and inspiring words.

On [pages 6-7](#), you can find an article entitled *The Benefits of Exercise after Early Breast Cancer Treatment*. Written in collaboration with Lizzie Eastwood, the Oncology Clinical Lead Physiotherapist at Hollywood Private Hospital, the article covers why exercise is important, how it can improve certain symptoms and what kind of exercise may be right for you.

This medical article has been adapted from our Early Breast Cancer Survivorship Education Video Series that will be released in the new year. The series will be available online and will cover an assortment of topics concerning early breast cancer, where several breast cancer professionals have taken the time to present topics that we believe are important to EBC patients and their families. We can't wait to share it with you.

This quarter, BCRC-WA was overwhelmed by the generosity of fundraisers and donors.

A very big thank you to our friends and colleagues at Perth Radiological Clinic for continuing their October Breast Cancer Awareness fundraiser for us. Our ongoing partnership has lasted years and I hope to continue it for many more to come. You can read about their fundraiser on [page 10](#).

Thank you to Pan Pacific Perth, the Association of Financial Advisors, Sea View Golf Club, Perth Glory, the Rocky City Hash House Harriers, the Zumbathon-ers and the friends and family of Susanna de Castro. Your support is immensely appreciated. Read more about these fundraisers on [pages 10-11](#).

Last but not least, our inaugural Couture for a Cure event took place on Saturday, 29 October 2022 at the Pan Pacific Perth. It was a wonderful night organized by our Fundraising Coordinator, Sarina Menzies and her team. Thank you to all the sponsors, partners, donors and attendees. With their help, we were able to raise \$159,158 for BCRC-WA and the work that we do. To read more about the event turn to [pages 8 and 9](#).

I wish everyone a very festive and safe holiday season and a happy new year.



Lisa Holland's story - [pages 4-5](#)

NEW BOARD MEMBER

Sal Vallelonga

Sal Vallelonga is a co-founding Partner of Plexus Global Consultants and is a Chartered Accountant of some 23 years standing who holds a Bachelor of Commerce degree.

Sal specialises in providing corporate advisory, business coaching, strategic planning, business optimisation, succession planning, taxation, accounting and wealth creation solutions to its SME and emerging growth clients. He is also a non-executive director of many businesses and has served on numerous community-based boards and committees.

Sal continues to serve as President of The WA Italian Club, Board member of Care Cure Support (MND Fundraising), MyVista Retirement and Aged Care and other community organisations.



Sal Vallelonga

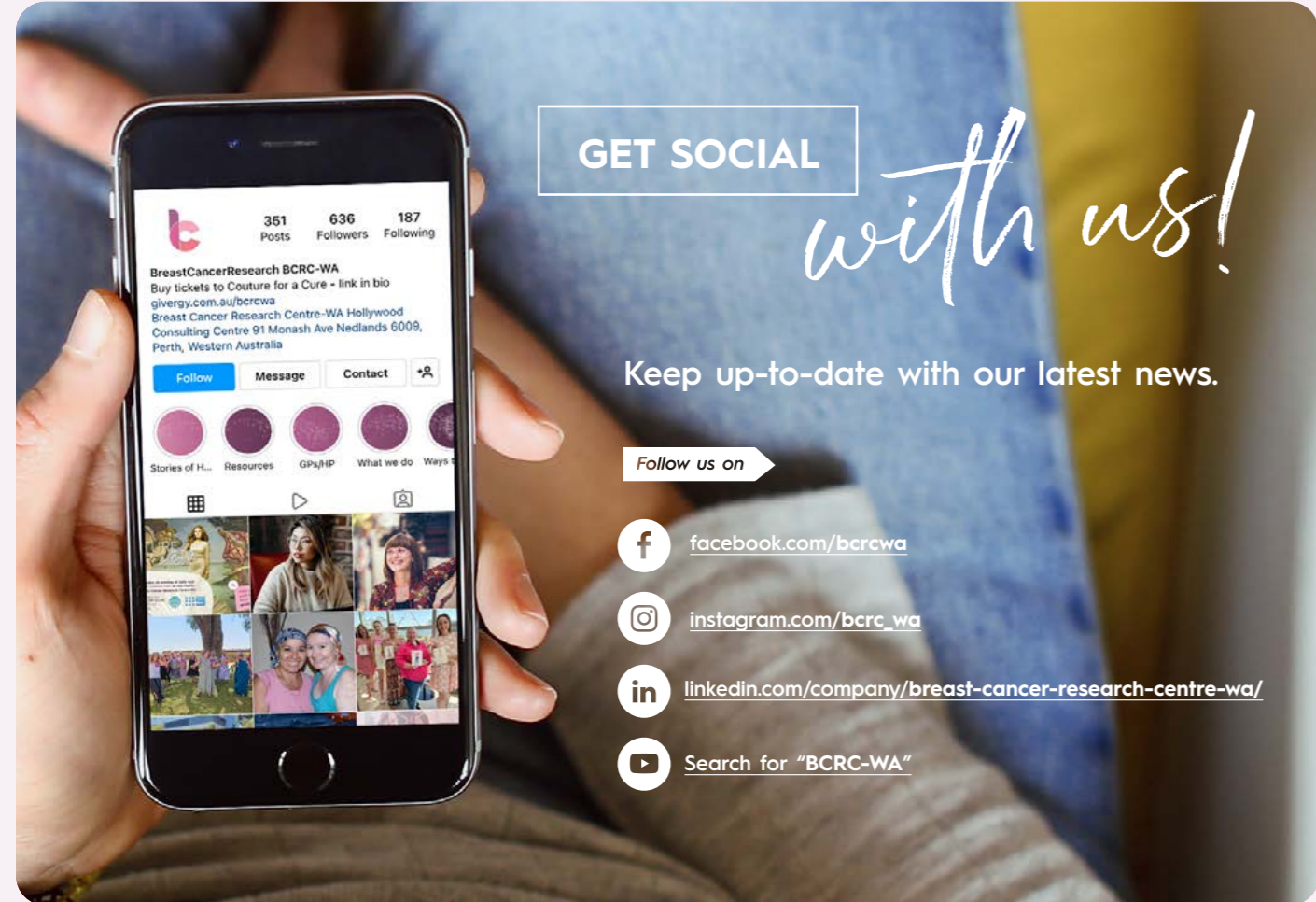
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FROM

Fiona



October's Breast Cancer Awareness Month has come and gone, and what a busy month it was! Our breast physicians Pamela and Susie did a magnificent job screening more new and returned patients than ever before, ensuring that our private patients can get fully screened within a week of making an appointment, while also helping BreastScreen WA meet their screening parameters. Our surgeons and oncologists have been flat out as a result. While getting a diagnosis of breast cancer is likely to be one of the most challenging life events a patient will experience, we are hopeful that the comprehensive support provided here at PBCI makes the journey a little easier.

We would like to send a special thanks to Perth Radiological Clinic who donated \$10 from every mammogram conducted in October to BCRC-WA. PRC do this for us every year and over the years has contributed over \$75,000 to breast cancer research

in WA. It is support like this, along with the invaluable support of our wide community of donors (acknowledged below), that allows us to continue to provide world-leading breast cancer treatment and research capabilities here in Perth.

October was also a big month for furthering our educational endeavours. Our colleagues spent one Saturday in October filming a series of webinars which are now in post-production and will be available resources for the general public on our website shortly.

October culminated in our inaugural Couture for a Cure event, held on the evening of October 29 at the Pan Pacific Hotel. We are so grateful to our patients, former patients, business partners and the public for their support of this event, and are thrilled to be able to report that we raised \$160,000 from the night. Our Fundraising and Events coordinator Sarina, along with her helpers Christina, Leigha, the PYNKS ladies and our other volunteers, should be congratulated on such a classy and successful event. You can read more about the event and check out some pics on [pages 8-9](#).

Lastly, I am very excited that our next newsletter will feature the new Chief Executive Officer of BCRC-WA, Sarah Fordham. Sarah comes with a wealth of experience in the not-for-profit, health, research and corporate sectors and I cannot wait to start working with her to bring the best of BCRC-WA to all of you.

The year is rapidly coming to a close, with school holidays and Christmas looming. I would like to take this opportunity to wish our community a happy holiday season with family and friends, and all the very best for a happy and healthy 2023. Thank you again from the bottom of my heart for your support this year.

2022 COMMONWEALTH BANK STAFF FOUNDATION



In October, we received the exciting news that we received a 2022 Commonwealth Bank Staff Foundation Community Grant. We have been given \$10,000 to support the vital work we do in the community.

Since 1917, CommBank employees have been supporting Australian communities through their workplace giving program. The 2022 program saw CommBank employees nominate organisations they were passionate about to receive a grant. \$2m were awarded via \$10,000 grants to a broad range of community organisations across Australia.

Breast Cancer Research Centre - WA was nominated by Paul Massie. His fiancé, Richelle, was diagnosed with breast cancer in July of last year and was treated here at BCRC-WA.

Community Grant

Here's what the couple had to say:

"When I had the opportunity to nominate a charity for a CommBank Staff Foundation Community Grant it was an easy decision to choose BCRC WA. The support Richelle has received since her diagnosis last year has been invaluable, so to be able to play a small part in giving a bit back is fantastic." - Paul Massie

"I'm so pleased that BCRC WA was selected to receive the grant of \$10,000. Having benefited first-hand from the support you provide, it's amazing to know this work will be further supported with these funds." - Richelle Wynn

A very special thanks to Paul and Richelle and thank you to the staff at CommBank who participate in Workplace Giving - this grant wouldn't be possible without you!



Paul and Richelle

LISA HOLLAND'S

Story



A 21st is always a celebration, but I found myself celebrating it last month at 51 years of age – 21 years since I was first diagnosed with breast cancer.

Accompanying my 21st celebration were the words every cancer survivor wants to hear from their oncologist; "this is goodbye, I hope to never see you again."

When Professor Arlene Chan said these magical 10 words to me last month, I'm not sure what I felt the most – joy, disbelief, shock, fear – after all, I had heard them once before.

I'd first met Arlene back in 2001, a few weeks after my 31st birthday and with my eight-week-old first born Drew in, my arms.

After finding a lump when I stopped breast feeding, and being reassured by all and sundry it would just be a blocked milk duct, I was diagnosed with the rarest of breast cancers, the triple-negative sort.

A lumpectomy was performed and a 'new procedure' used to see if it had moved to my lymph nodes. Joyous news upon awakening from surgery, it had not, and my lymph nodes were still intact. But sometimes new procedures need the kinks worked out and a week later, I was back in surgery getting the nodes removed as the cancer had travelled, they just hadn't found it first time around.

After the surgery Arlene outlined a new breast cancer trial which theorised that giving triple-negative breast cancer patients aggressive chemotherapy would give them a better chance of survival.



Lisa Holland with her children, Drew and Amber

I was all for this, especially as she also said at that time they knew very little about this cancer, but if I insisted on being given a statistic, then a 50/50 chance of being alive in 12 months was realistic.

I was terrified. I was a new mum, no family history of breast cancer and 31 years old.

What followed was so very hard, especially after already having two lots of surgery less than three months after giving birth.

I was told the chemotherapy would most likely push me into early menopause so my dreams of more children could only be kept alive by a quick trip to Hollywood Fertility Centre to store some embryos. This is its own traumatic journey, but nothing compared to what was to come.

Time for 'the trial' chemotherapy.

Let's just say chemo has come a long way in the past 20 years. I was so sick I had to be given daily injections just to get my blood count high enough to have my next dose of chemo. Then it was straight into six weeks of daily radiotherapy.

And, of course, the treatment was a trial, so no one knew if it would work or not.

Sidenote – turns out it did work as I've been told that women with triple-negative breast cancer are now receiving this treatment. It still makes me very happy to have done my small part to help others who have followed.

Looking back, I only got through this traumatic time with a newborn baby because of the love and support of those around me for which I will always be grateful.

When I finally emerged from the medical haze, I had to learn how to live with the constant fear of dying. The only way I could do this was to make sure I lived my best life.

A few months later, in my search for answers, I signed up for another trial with Arlene, this one was to try and find out why I had got this disease. It was exploring the role of genetics and breast cancer.

For me the answer was another negative, in fact I used to joke I had quadruple-negative breast cancer. Years later, with advances in science, I asked the question again, but the answer was still 'no' link to genetics.

Having exhausted all channels known at the time, I still wanted to know why this had happened to me. Arlene, out of answers by this stage, simply said "we'll have to put it down to bad luck."

Luck? What could I do to fight luck? Nothing. So, for a long time, never a day passed without me thinking it would come back and my luck would run out.

But I didn't feel sorry for myself for too long. I changed my lifestyle, I changed my attitude, I changed everything I could to say no to luck and take some sense of control back over my life.

Then, after nearly four years of menopause, I got my period back, and considering my breast cancer wasn't hormone-related, convinced Arlene to support me to try and fall pregnant.

And I did. My miracle baby girl Amber was born nearly six years after my son.

Life was good. Cancer had taught me it could be short, so I kept living my best life possible.

Then, some 16 years after it first reared its ugly head, in 2017 cancer decided to visit me again.

Not the same cancer metastasising, no, a completely different type of breast cancer, this time HER2+, completely unrelated to the first.

The following two years saw me undergo a mastectomy, reconstruction and more chemotherapy, this time at 46 years of age. My kids were older, my son 15 and my daughter nine years old, but in a way that made it harder. They understood more. Asked more questions. Felt the fear of losing their Mum more acutely.

Me, I felt a lot of anger; I'd done my dues and it didn't seem fair to have to do it again. But as many people reading this will know, life can be bloody unfair.

Was it easier the second time? No. Once again all I could think of was death and missing out on life, my kid's life, the future I'd already fought so hard for.

But, as I moved towards finishing all of my treatment, cancer wasn't quite done with me yet.

A jaw infection and subsequent MRI revealed a lump on my thyroid. It actually was just a coincidence that the scan went that far down, but sure enough, there was a chance I had thyroid cancer.

All tests to diagnose failed so I was told they'd have to take half or all of the thyroid (which BTW for those who don't know, looks like a butterfly – the things you learn on your cancer journey) out to be certain if it was cancer or not.

Problem was, both 'wings of my butterfly' had suspicious lumps. I was given three options; take one side, take the other, or take the lot.

I'd just gone through four lots of surgery and all the chemo for the breast cancer so I was over general anaesthetics, hospitals and doctors. I was so sick of being sick I just told them to take the whole thing, anything to avoid more surgery afterwards. Lucky I did, as it turns out the thyroid cancer was on both sides.

So, some four years later here I am. I've survived three different types of cancer but unfortunately my marriage of 25-plus years didn't survive all the grief, fear and hardship.

I not only survived, but three days after Arlene told me she never wanted to see me again, I celebrated another 21st milestone; this time it was my son Drew's 21st birthday party.

There I stood, proudly next to that baby boy I thought I'd never see grow, with my daughter I never thought I could have, standing smiling on my other side.

Lucky? Yes, very much so. Over the past 21 years I have seen friends get diagnosed and some succumb to this disease so despite my hurdles, I realise I'm one of the lucky ones after all.

For those of you currently travelling this bumpy and scary road, keep fighting, keep looking cancer in the eye and saying 'no, it's not my time.' Don't let it win my friends, don't let it win.

"There I stood, proudly next to that baby boy I thought I'd never see grow, with my daughter I never thought I could have..."



Benefits of exercise

AFTER EARLY BREAST CANCER TREATMENT

Lizzie Eastwood is the Oncology Clinical Lead Physiotherapist at Hollywood Private Hospital. She works out of Ramsay Health Plus, the outpatient allied health department at Hollywood. We recently sat down with Lizzie as part of our Early Breast Cancer Survivorship Education Series to discuss how exercise can benefit people after treatment for early breast cancer.

Although improvements in screening, detection and treatment of breast cancer have led to better outcomes for those with a breast cancer diagnosis, men and women can experience a variety of side effects that linger or develop after treatment has been completed.

These side effects can differ in type, severity and duration and depend on somebody's general health and well-being and the combination of treatments received.

The common side effects include fatigue, reduced fitness and function (deconditioning), muscle and scar tightness, joint pain, lymphoedema, peripheral neuropathy, brain fog (reduced memory and concentration), menopausal symptoms, mood changes, weight changes and sleep disturbance.

Some side effects resolve in a matter of weeks, such as muscle tightness, mild symptoms of fatigue and lethargy, and skin changes with radiation.

Others will linger and take longer to improve such as moderate fatigue, weight changes, peripheral neuropathy, brain fog and menopausal symptoms, and muscle strength and function.

And some side effects are latent, meaning they may appear after a period of time such as tissue fibrosis that can tighten muscles, scars and nerves. This may cause pain, and impact your posture and movement. Lymphoedema, heart or lung changes, joint pain and bone density loss can also occur later.

The good news is that there is strong evidence that exercise improves cancer-related fatigue, health-related quality of life, physical function, anxiety, depression and lymphoedema.

There is also moderate evidence it improves bone health and sleep quality.

Several recent studies suggest that higher levels of physical activity are associated with a reduced risk of the cancer coming back, and longer survival after a breast cancer diagnosis. Women who exercise after completing treatment live longer and have a lower risk of cancer recurrence. Patients who exercised for up to 150 minutes per week had a 38% reduced risk, whilst patients who exercised for 360 minutes or more per week had a 70% reduced risk of cancer-specific death. So, some activity is better than none, and more activity is generally better than less.

A combination of both aerobic and resistance exercise has been shown to be the most effective for patients recovering from cancer.

Aerobic exercise is something that predominately stresses the cardiovascular system. It is any exercise that can be maintained continuously and rhythmically and uses your large muscle groups. For example, walking, jogging, cycling, or swimming. Aerobics workouts can consist of moderate-intensity continuous training, ideally for at least 20 mins, or interval training where you alternate work intervals with lower-intensity recovery or rest intervals.

The aim is to reach and maintain at least 150 mins of moderate intensity or at least 75 mins of vigorous-intensity aerobic exercise each week.

The expected benefits of aerobic exercise are reduced anxiety and depression, less fatigue, a better quality of life, and improved perceived physical function

Resistance exercise is a form of exercise that predominately stresses the musculoskeletal system. It requires muscle or muscle groups to work against an external resistance using your own body weight, free weights (dumbbells and barbells), weight machines or elastic resistance bands.

The aim is to do resistance exercises at least twice a week, targeting muscles that have been impacted by treatment. Try to lift a load that requires moderate effort. You should be able to do the exercise 8-12 times with the last 1-2 repetitions being quite effortful. To build muscle, do high volume load (increase sets, repetitions and then the weight). If you are less fit or just getting started, you might work at a lower intensity, to begin with, and build up. You should allow at least 48 hours of recovery for each muscle group.

The expected benefits of resistance exercise are less fatigue, a better quality of life, reduced lymphoedema and improved body composition and perceived physical function.

Even when the benefits of exercise are clear, it can be hard to get going.

The most commonly reported reasons for not exercising are concerns about treatment-related side effects, fatigue, lack of time or access to an exercise centre or activity.

Talk to your oncologist about any concerns you have with starting an exercise program. They can refer you to a physiotherapist or

exercise physiologist for specific treatment and to devise a modified exercise program for you. Some other exercise tips include:

- Make a start, no matter how small it is
- If you really don't feel ready to exercise, just try to increase your physical activity each day. Parking your car further from your destination, doing a bit more housework, taking the stairs, not the lift, getting off the bus a stop earlier etc. Once you get your foot in the door of being active, you can add more formal exercise
- Exercise does not need to be expensive. You don't need expensive equipment or clothing to exercise but appropriate footwear is important - i.e. comfortable runners/sneakers, closed-toe shoes
- Find something that you enjoy doing, you are much more likely to stick with it
- Most exercises involving large muscle groups are beneficial. Some options include: Walking, Strength Training, Dancing, Swimming, Gardening, Yoga, Cycling, Bushwalking, Tai Chi
- Set goals to keep yourself motivated
- Recruit an exercise buddy to workout with to keep you accountable

You can get support and guidance from a physio or exercise physiologist who has experience working with cancer. They can guide you through a starter program in a safe and effective way that is specific to you.

Our full discussion with Lizzie about the Benefits of Exercise After Breast Cancer, along with useful resources and links for exercise options, will be posted on our website, social media and Youtube along with other videos in our Early Breast Cancer Survivorship Education Series over the next few months.

EARLY BREAST CANCER SURVIVORSHIP EDUCATION SERIES

Topics include:

- Managing Menopause
- The Benefits of Exercise After Breast Cancer Treatment
- Expected Side Effects After Breast Surgery
- Coping With Fear
- Improvements in Survival and more...

Keep an eye on our website and social media for more details

Coming soon



"Women who exercise after completing treatment live longer and have a lower risk of cancer recurrence."

COUTURE FOR A

Cure 2022

On Saturday, 29 October 2022, 320 excited guests put on their finest to attend BCRC-WA's first-ever fashion fundraiser gala event, Couture for a Cure. Partnered with Channel 9, Radio 6PR and WAtoday, this premiere event brought local fashion designers, artists and businesses to the stage at the Pan Pacific Perth to support Breast Cancer Research Centre – WA.

The evening began with a bang on arrival, entertaining guests with a fashion show featuring acclaimed West Australian Designers such as Steph Audino Couture and Kirrikin, Emerging designer Karen Elizabeth Young and the fashion design students at South Metropolitan Tafe in Bentley. A highlight upon entry (apart from the cocktails and red-carpet paparazzi) was for guests to scan a QR code and download a digital programme entailing the order of events for the night.

Indigenous youth spokesperson and activist, Jack Collard, kicked off the show with a Noongar Acknowledgement and authentic Didgeridoo performance, as Vivien's models floated down the runway wearing luxury Indigenous Designer Label, Kirrikin, showcasing artwork by local indigenous artists. Fast forward to the Live Auction and this element to the fashion runway was the perfect introduction for the special guests and indigenous artists from the Juluwalu Art Group that would be featured in the art exhibition/auction.

With the audience left on a high after the Finale, cue the doors to the Golden Ballroom to open and let the formalities begin. Nine News Perth weather presenter, Scherri-Lee Biggs was the host for the evening, and she greeted the crowd with a warm welcome before giving away the first prize of the night – a door prize offered by one of our photographers of the night – Viva! Photography, for one lucky guest.

Guests were treated to a delicious 3-course meal, free flowing beverages throughout the night and entertained by Artisia Agency who sponsored the evening with their amazing talent. DJ duo 2Spicii kept the spirits high upon entry and collaborated with some of Perth's most premium talent. During Entrées the audience was serenaded by Violinist Cheralyn Simpson, who wowed the crowd with her energetic, modern twist on a classical instrument alongside a DJ. Next, Saxophonist Tom Greble got the room dancing during Mains and into Dessert with 2Spicii taking over the dancefloor for the rest of the night.



South Metropolitan Tafe
Photograph: Ammon Creative



Professor Arlene Chan
Photograph: Viva! Photography



Scherri-Lee Biggs
Photograph: Viva! Photography

We had a very special Guest Speaker, Professor Arlene Chan, which was a lovely surprise for the audience, as well as Tania Fabris, who not only shared her 'Story of Hope' with the audience but also curated a stunning art auction which was beautifully exhibited, showcasing some of WA's most prestigious artists, including her own.

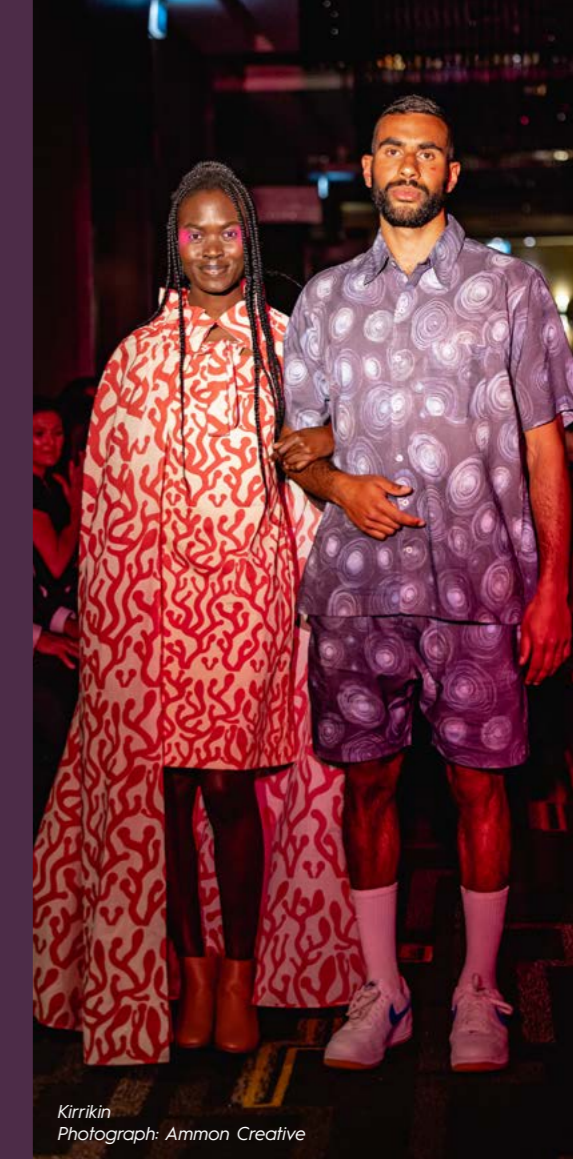
The live art auction was conducted by 6PR's very own Oliver Peterson. Oliver's energetic auctioneering successfully sold all 7 paintings by all 5 WA artists, Ian de Souza, Mary Watson, Eveline Kotai, Joanne Duffy and Tania Fabris.

The paintings weren't the only items on the table. One week before the event, the silent auction, powered by Givergy, went live allowing people to bid on items such as trips abroad, private dining experiences, artwork, jewellery and more. This online auction was an exciting way for guests to be able to donate and bid if they chose not to partake in the live auction.

Guests were also invited to purchase raffle tickets throughout the evening, which proved to be so popular that the volunteers struggled to keep up with the demand! The raffle included prizes from Pan Pacific Perth such as a Michelin Chef Master Class, worth \$1,950, A Channel 9 VIP Experience valued at \$1,500 and 2 x Dua Lipa Concert tickets kindly donated by Nova Entertainment. At the end of the night, everyone was invited to the dancefloor to dance the night away, and they did, until midnight.

Thanks to the tremendous support from our partners, sponsors, guests and volunteers, Couture for a Cure was a huge success and ended up raising an amazing \$159,158 for BCRC-WA. We are so thankful for the generosity of everyone involved who helped make this possible.

All in all, the feedback has been incredibly positive and the request to make Couture for a Cure an annual event has been voiced by many who attended the night. Will 'She' return bigger and better in 2023? Watch this space...



Kirrikin
Photograph: Ammon Creative



Steph Audino Couture
Photograph: Ammon Creative

AFA INSPIRE CHARITY WALK

Raised \$2,447

The WA AFA (Association of Financial Advisers) Inspire committee held their annual charity walk and breakfast again this year to support and raise funds for BCRC-WA.

The walk took place on Sunday 23 October 2022, at 8 am around beautiful Lake Monger and attracted approximately 100 participants, including kids & dogs, along for the walk and a barbeque breakfast.

Sponsored by MetLife Australia, AIA Australia, Zurich Australia, and Magellan Financial Group, along with a raffle and donations AFA Inspire managed to raise a grand total of \$2,447!

We are truly grateful for the genuine support from the team and look forward to a continued partnership.



PAN PACIFIC PERTH'S HIGH TEA WITH HEART

Raised \$8,145

High Tea with Heart was a full house and a big success! The weekend high tea event at Pan Pacific Perth raised \$1,700 for Breast Cancer Research Centre and we have SO MANY people to thank:

- Monika Page for sharing her 'Story of Hope' with the audience - you are an inspiration!
- Emerging designer Karen Elizabeth Young for entertaining the guests with a surprise fashion parade.
- Pan Pacific Perth for hosting the event at the Stage Restaurant and donating a voucher to the value of \$250 to spend at Uma Bar & Restaurant.
- Willie Creek Pearls for donating one of their beautiful freshwater pearls worth \$500.
- Posh Little Cakes for donating a Creative Workshop valued at \$330.
- And of course everyone who attended!

We look forward to continuing this wonderful event with Pan Pacific next year.



PERTH RADIOLOGICAL CLINIC

Raised \$15,631

Perth Radiological Clinic focuses on breast cancer and its impact on those affected by the disease in our community and are proud supporters of Professor Arlene Chan and her team at Breast Cancer Research Centre-WA in their ongoing research into breast cancer.

This year, for the month of October, PRC donated \$10 of every mammogram and sold cupcakes at their five breast imaging locations: Booragoon, Hollywood Consulting Centre (Nedlands), Midland, Mount Medical Centre (Perth), Shenton House (Joondalup), raising an incredible \$15,631!

PRC has supported BCRC-WA since 2015 and has now raised over \$75,000 for us! A BIG THANK YOU to all the PRC clinics around Perth who participated.



SEAVIEW GOLF CLUB CHARITY GOLF DAY

Raised \$4,040

The charity day held by the ladies at Sea View Golf Club on November 7th was the first charity day the club has hosted for more than 13 years and proved to be a great success.

Blue Skies and Sunshine permitted much fun to be had by a field of 62 players with others attending for the conviviality and lunch, whilst raising \$4,040 for multiple charities including Breast Cancer Research Centre- WA.

In addition to the golf there were craft, produce and plant stalls with items made and donated by the ladies, alongside a raffle and silent auction all ably coordinated by the club members.

Congratulations and thanks to Seaview Golf Club for putting on a fantastic event, hopefully, the first of many!



IN LOVING MEMORY OF SUSANNA DE CASTRO

Raised \$6,945

Susanna De Castro fought Breast Cancer for 9 years before losing her fight in May 2018. She was cared for by Professor Chan and the wonderful staff at BCRC WA. Susanna organised a fundraiser in October each year to help raise funds to support this beautiful cause.



This year, thanks to the generosity of family and friends, an amazing \$6,945 was raised in the loving memory of Susanna. Her family wishes to continue fundraising in her honour for BCRC WA so that "they can continue to undertake their wonderful work in caring for the community of WA."

On behalf of The Breast Cancer Research Centre WA, a heartfelt 'Thank you' to Susanna's loved ones who continue to fundraise and everyone who continues to donate to this beautiful tribute, which has managed to raise over \$47,000 in total since it began in 2018.

ROCKY CITY HASH HOUSE HARRIERS

Raised \$3,360

'The Hash House Harriers' have been long-time supporters of BCRC-WA organising an annual run and raffle for their club members across Perth.

This year, the Rocky City Hash Pink Breast Run raised \$3,360! Altogether, over the past decade, they have raised an incredible \$30,902 for Breast Cancer Research Centre-WA!

On the night of the fun-run, 125 Hashers - all looking fabulous in everything PINK! - represented 11 Perth Hash Clubs.

A very big THANK YOU to the Rocky City Hash House Harriers for organising this amazing event year in and year out, which seems to get better each time. We can't wait to see what you have in store next year!



PERTH GLORY LEGENDS CHARITY GAME

Raised \$1,200

For the third year running the Perth Glory Legends v The PCH All-Stars battled it out on the field for charity at Balcatta Etna FC



Special thanks to Perth Glory Football Club's best-known former players such as Jamie Harnwell, Gareth Naven, Jacob Burns, Chris Harold, Sarah Carroll and Caitlin Doeglas and some long-serving staff plus Steve Allen from Channel Ten.

Congratulations to the PCH All Stars - a team consisting of some highly competitive consultants, doctors, and other staff from Perth Children's Hospital - for winning the third year in a row!

An enormous thank you to Gareth Morgan for organising this fantastic event, everyone involved, and the 600-odd people who came to support helping raise funds for Breast Cancer Research Centre-WA.

ZUMBATHON PARTY IN PINK

Raised \$4,235

Saturday, October 15th, 2022, 143 energetic people and 14 supercharged instructors, all dressed loudly in every shade of pink, came together at Mount Hawthorn Main Hall for a 90-minute session of ZUMBA to support Breast Cancer Research Centre WA.

Zumbathon Party in Pink 2022, organised by the amazing Zumba WA Instructors, was the third of its kind, and was a definite success, raising a fun-tastic \$4,235 for BCRC-WA.

Thank you to everyone who turned up to dance for breast cancer research and awareness and a huge thank you to the Zumba WA organisers and instructors who made the Zumbathon Party in Pink 2022 an event to remember!



Thank you

TO OUR 2022 FUNDRAISERS AND DONORS

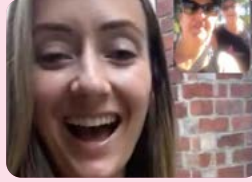
Jenny Lynch & Pink Ribbon Books



Karen Smith & the Entertainment Books



Sonia's Sisterhood - Rita Panebianco



Capricorn Society



Christine Carmichael & Gosnell's Bowling Club



Ondine and Ian Gordon



Ruthy & Alejandra



Something Pink



Mt Lawley FC



Ravensthorp Tigers Football and Sporting Club



Erin Hanford



West Leeming Primary



Shearing for Liz



Local Matters Grill'd Karrinyup



Ladybird Foundation



Seaview Golf Club



Tracy Robinson Create



Association of Financial Advisors



Pan Pacific Perth



In loving memory of Susanna de Castro



Perth Glory FC



Perth Radiological Clinic



Rocky City Hash Harriers



Zumbathon Party in Pink



The Prospect Project



Donate or Fundraise Today

You can donate online at bcrc-wa.com.au, or by direct deposit (NAB BSB: 086-006 Acct No: 73798 6097) or contact us on (08) 6500 5501, or in person at BCRC-WA, Suite 407, Hollywood Consulting Centre, 91 Monash Avenue, Nedlands WA. Gifts of \$2 or more are tax deductible.

For more information on fundraising or how to leave a gift in your will contact our Fundraising Coordinator on fundraising@bcrc-wa.com.au

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