



Headed your way with CanTeen bandannas

By CATHERINE HEALY

Getting kids to think beyond themselves can be a challenge.

So if you're approached by one of these smiling faces in St Heliers village or Mission Bay, give them a moment of your time.

May Dijkgraaf of St Heliers has organised these 11-year-old girls to fundraise in support of teenage cancer patients through the CanTeen Bandanna Challenge.

The annual appeal sees a range of colourful bandannas for sale for \$4.

Proceeds go to CanTeen's work in making life a bit more bearable for young people living with cancer.

The charity receives no government funding and relies entirely on donations.

It offers everything from support groups to camps, weekends away and special experiences for teenage cancer patients.

Elizabeth Tan, Luz Galaverna Gonzalez and Maggie Smith from St



Heliers School will be out collecting for the campaign from today until October 9.

Mrs Dijkgraaf, Elizabeth's mum, will be supervising them. She last featured in the East & Bays Courier in November, when she took part in the Lion Foundation Hope and Possibility fun run.

Mrs Dijkgraaf has a rare genetic skin disorder called epidermolysis bullosa or EB.

It's a condition where the lightest touch can cause blistering of the skin.

Raising money for cancer patients is a cause close to her heart.

"My brother, Elizabeth's uncle, died of lymphatic cancer last year."

Bandanna challenge: St Heliers School pupils, from left: Luz Galaverna Gonzalez, Maggie Smith and Elizabeth Tan are raising funds for teenage cancer patients.

Photo: CATHERINE HEALY

CanTeen member support manager Brian Barnett says a teenager is diagnosed with cancer every second day in New Zealand.

"In your teenage years you're dealing with puberty and learning to know yourself. Having this disease can be alien-

ating for them. Our programmes try to fill in those gaps. May has had a heavy burden in her own life, and it's fantastic that she wants to fundraise for us as well."

■ See www.canteen.org.nz for more information or to make a donation.



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Buy a bandanna

A range of bandannas go on sale today in an attempt to break down barriers people feel when confronted with someone living with cancer.

CanTeen has released eight new designs this year which can be purchased for \$4 between September 23 and October 9. They are available from Pak'nSave, New World, Four Square, Farmers, BP, Repco, Burger King and Warehouse Stationery nationwide. Bandannas are also available to buy via CanTeen's Facebook page www.facebook.com/CanTeenNZ.

A range of special bandannas, signed by celebrities such as Dan Carter, Shortland Street stars and Sara Tetro, will also be going up for auction on TradeMe today, check out www.trademe.co.nz/CanTeen. CanTeen is a charity supporting 13 to 24-year-olds with cancer.

The bandanna is a symbol of hope, courage and survival. It came about because young people choose to wear one as a head-covering when losing their hair while undergoing chemotherapy treatment.

For more information go to www.canteen.org.nz.



Bandannas rule

The CanTeen Bandanna Challenge starts today with bandannas going on sale around the country.

Organisers are encouraging supporters to buy a bandanna and find a way to get over the awkwardness of talking about cancer.

“At one time or another we’ve all experienced an awkward moment – those times when you just want to bury your head in the sand and wish the ground would open up and swallow you whole,” CanTeen communications manager Kimberley Waters says.

“For many it can be especially awkward around young people living with cancer. Quite often it’s hard to know what to do or say but there’s a way to make those awkward moments into awesome ones this year with a CanTeen bandanna.”

Cancer fighter and bandanna designer Amanda Beaton says wearing a bandanna is a way for people to show their support for young people and their siblings living with cancer when sometimes it’s hard to know what to say.

The 24-year-old was diagnosed in 2008 with Hodgkin’s lymphoma and has been through several rounds of chemotherapy, radiation ther-



Big supporter: All Black Dan Carter is supporting this year’s CanTeen Bandanna Challenge. He has designed a bandanna, among those on sale from today.



Go to www.northharbournews.co.nz to watch the latest CanTeen Bandanna Challenge video.

apy and a stem cell transplant.

“I understand that cancer also affects people I meet as it can be hard to know what to say.

“A bandanna is a visual thing you can display that says ‘I support you’ without any words.”

The range of eight bandannas designed by CanTeen members and celebrity ambassadors including Dan Carter, Paige Hareb and Maria Tutaia are on sale until October 9.

They are \$4 each from

Pak’nSave, New World, Four Square, Farmers, BP, Repco, Burger King and Warehouse Stationery nationwide.

Bandannas can be bought online at www.canteen.org.nz or at hundreds of schools.

A range of special bandannas, signed by celebrities such as Dan Carter, Shortland Street stars and Sara Tetro, are up for auction on TradeMe today. Check out www.trademe.co.nz/CanTeen.

CanTeen is calling for volunteers to help sell bandannas. To find out more phone 0800 CANTEEN – 0800-226-8336, or email info@canteen.org.nz.

CanTeen estimates there are up to 12,000 young people living with cancer as a patient, sibling or bereaved sibling.



Rising to the challenge

Charley Mann
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Rachel Allan was just 18 when she lost brother Ben to an aggressive brain tumour. Now she is back for a second year raising funds for CanTeen's annual Bandanna Challenge.

Allan, 20, is now the same age as her brother when he lost his battle with cancer and is determined to support others going through similar experiences

The siblings joined CanTeen, an organisation for young people living with cancer, after his 2007 diagnosis.

Allan was CanTeen's Canterbury-West Coast president for two years, leaving her post before she travelled

to the United States to work at a summer camp a few months ago.

She said being a part of CanTeen had helped as she watched her brother undergo gruelling treatment and eventually succumb to his illness.

"Everybody thinks we talk about cancer and death, but that barely comes up," she said. "You can just hang out with friends who know about what's going on. It's a life outside of hospital and outside of cancer."

The bandanna appeal was symbolic not just of the hair loss commonly associated with cancer treatment but also with the "awkward moments sufferers face during their cancer journey".

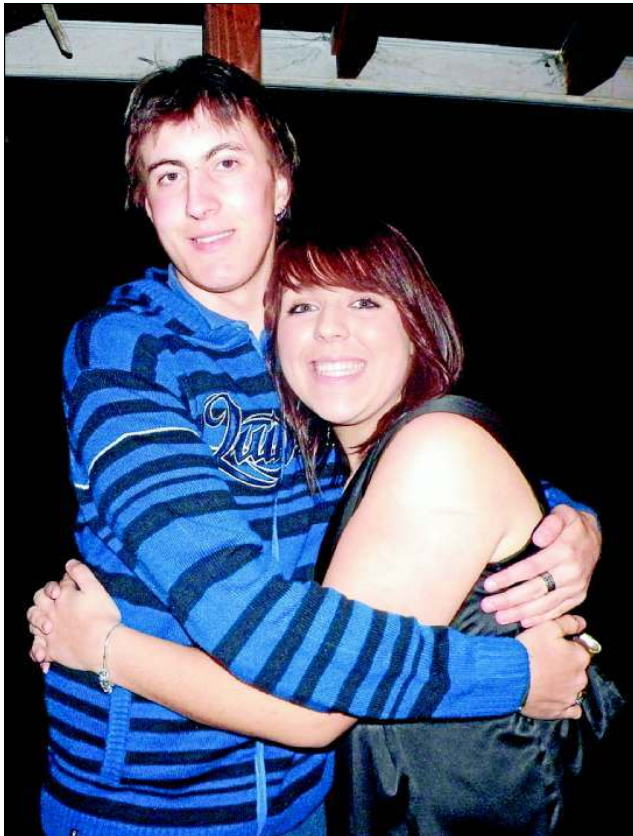
"People can feel really awkward around people with

cancer. People don't want to offend you or say something wrong. It's not that they want to make it awkward, but they don't know what to say."

Many who lived with cancer would rather talk about it than ignore the issue. "I would prefer to talk about Ben and what he means to me."

The Bandanna Challenge raises money by selling bright designer bandannas.

The collection of eight bandannas, designed by a team of CanTeen celebrity ambassadors, including All Black Dan Carter, runner Lisa Tamati and netballer Maria Tutaia, and CanTeen members, will be available in Pak 'n Save, New World, Four Square, Repco, Farmers, Burger King and BP outlets from today.



Precious time: Rachel Allan with her brother Ben, on her 18th birthday, just months before he died of an aggressive brain tumour.



National CanTeen 'family' has given lasting support

Stacey Kirk

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A rare genetic disorder left Adrian Bradley battling tumours and with no friends at school for support, but CanTeen has given him a family right throughout the country.

Mr Bradley, 23, from Palmerston North, is now three years in remission, but he said January 15, 2009 was a date locked firmly in his memory – it was the day he lost his arm to cancer.

Mr Bradley suffers from Neurofibromatosis-1 (NF1) – an inherited disorder in which nerve tissue tumours form in the bottom layer of skin, the brain and spinal cord.

He said for about one person in 3000 who had the disease, the tumours could turn cancerous.

Tomorrow is the launch of CanTeen's annual Bandanna Challenge and he is appealing for people to support CanTeen as it had supported him.

"A lot of people think we just sit around and talk about our cancer, but it's so much more than that. CanTeen gives us support, takes us kayaking, and rock climbing and lets us do things that we might not normally think we can do because of our disabilities," he said.

Mr Bradley discovered he had cancer in 2008 after a rugby injury left his arm feeling sore.

He underwent an operation to remove a tumour in December that year, but unfortunately by January it had come back and his arm

needed to be amputated.

He said he fought the urge to sit and think "why me?"

"It doesn't do any good and life is really great now.

"CanTeen supports me and I hope people remember to buy bandannas and show their support."

The Bandanna Challenge starts tomorrow and runs until October 9.

During the appeal, people will be able to buy bandannas from primary, secondary and intermediate schools, retailers and on the street.

CanTeen Manawatu will also be holding activities throughout the region.

■ Visit canteen.org.nz for details and to donate.



New lease on life: Adrian Bradley says he suffered some "dark days" after losing his arm to cancer, but CanTeen has helped him along every step of the way.

Photo: WARWICK SMITH/FAIRFAX NZ



New Grant: Bayswater Primary students Max Bridge, left, and Oliver Schmid planting trees with Environment Minister Nick Smith. Mr Smith visited Bayswater Primary to announce a grant of up to \$199,500 to expand the Paper 4 Trees programme. The grant from the government Waste Minimisation Fund will enable expansion into at least 1100 more Auckland schools and preschools. Bayswater Primary was one of the first in Auckland to join the programme where schools are rewarded with native trees in return for paper and cardboard recycling.



Going gone: Long Bay College student Eden Corbett is planning to shave her head for CanTeen cancer charity. She has raised \$1600.



Record visit: Evelyn Napier was Torpedo Bay Navy Museum's 100,000th visitor on her 81st birthday. The visit was at 1pm on September 8, 11 months to the day of the opening. Mrs Napier was visiting the museum as a birthday treat with her daughter Debbie, second left. She was met by museum director Commander David Wright and the museum's programme co-ordinator Caris Boos.



Ultramarathon runner shares her mind power techniques

Spending time with your kids as a family is one of the most important things you can do, ACG Sunderland Primary principal, Kent Flavel believes.

With this philosophy sitting solidly on his shoulders every year, he and the school's Parents and Friends Association plan a special breakfast for all the families of the primary school to attend together.

"We're delighted this year to have Fuji Xerox support us to secure Lisa Tamati as our guest speaker for our breakfast at the end of the month. Her experience in working hard for your goals and family first messages are inspiring and great reminders to us. As an ultra marathon runner she's achieved physical feats that most of us will only ever dream about, but her lesson is one we can all relate to. It's about doing our best and facing our fears," Mr Flavel says.

Lisa Tamati has pushed herself beyond what she knew she was capable of by facing her fears.

In doing this she has been the



Lisa Tamati

first New Zealand woman and fastest New Zealander to conquer the infamous Badwater ultramarathon through Death Valley in the USA, twice.

She has also run thousands of kilometres in other desert races from Morocco to Jordan, Niger, Egypt and Libya. More recently

she has been invited as one of 20 to run the high altitude La Ultra run in Northern India covering 222kms.

Locally she has been on a quest throughout New Zealand raising money for Curekids and CanTeen by encouraging people to become active through her K a day programme.

"I want to show everyone that we are often capable of far more than we give ourselves credit for, if we just believe in ourselves by facing our fears. I really believe I'm an average person, but I have the desire and will do what I set out to do. I'm very determined and the mind is the key to magnificent undertakings and achievements," Lisa Tamati says.

Lisa's message is for all of us. Getting out there and exercising, even if it's just a K a day makes an enormous difference to your life. From your general well being through to long lasting health benefits. Do it for yourself and do it for your family, for those you love.



Great achievement: Ultra Distance runner Lisa Tamati gives a high five to spectators on the side of the road as she completes the final leg of her run covering the length of New Zealand.



Banners on sale from Friday

A collection of eight bandannas, designed by a team of CanTeen celebrity ambassadors will be hitting stores from September 23.

All of CanTeen's ambassadors have returned for another year to design a colourful bandanna including Dan Carter, Lisa Tamati, Maria Tutaia, Scott Dixon, Paige Hareb and Federation clothing.

Dan Carter's famous 'Number 10' jersey number is a symbolic choice for his bandanna and expected to be a popular choice.

CanTeen marketing and communications manager Kimberley Waters

says she hopes to see continued support throughout New Zealand during the Bandanna Challenge, CanTeen's annual appeal for the year.

The bright, colourful designs can be purchased for \$4 between September 23 and October 9, from PAK'n'SAVE, New World, Four Square, Farmers, BP, Repco, Burger King and Warehouse Stationery nationwide.

Bandannas can also be bought online at www.canteen.org.nz or at participating schools.

CanTeen also needs volunteers to help sell bandannas. Phone 0800 CANTEEN or email info@canteen.org.nz.



New CanTeen bandannas on sale

THIS year's new designs for CanTeen's Bandanna Challenge have been unveiled in the countdown to the charity's annual fundraiser next month.

The collection of eight bandannas, designed by a team of CanTeen celebrity ambassadors and members have vibrant colours and patterns and will be in stores from September 23.

CanTeen marketing and communications manager Kimber-

ley Waters said CanTeen played an important role for young cancer patients and their siblings by acting as a support network.

"By allowing them to support one another, CanTeen ensures young people living with cancer don't go through their journey alone," Ms Waters said.

The colourful head scarves cancer patients wear when losing their hair during chemotherapy have come to represent

hope, courage and survival.

The \$4 bandannas can be bought during the two week challenge – September 23 to October 9, from Pak 'n Save, New World, Four Square, Farmers, BP, Repco, Burger King and Warehouse Stationery nationwide or online as www.canteen.org.nz and in participating schools.

CanTeen needs volunteers to help sell bandannas during the Bandanna Challenge.



New bandanna designs for fundraiser

This year's funky new bandanna designs for CanTeen's Bandanna Challenge have been unveiled in the countdown to the charity's annual public fundraiser.

The collection of eight bandannas, designed by a team of CanTeen celebrity ambassadors and members are an array of vibrant colours and patterns and will be hitting stores from Friday.

All of CanTeen's ambassadors have returned for another year to design a colourful bandanna including Dan Carter, Lisa Tamati, Maria Tutaia, Scott Dixon, Paige Hareb and Federation clothing.

Dan Carter's famous Number 10 jersey number is a symbolic choice and is expected to be popular.

Champion ultra distance runner

Lisa Tamati teamed up with patient member Amanda Beaton to design a bandanna.

"The inspiration behind our bandanna design was from our Maori and Pacific Island cultures and the journey CanTeeners embark on. We used a connected Koru design in the shape of a kiwi to symbolise new beginnings."

Amanda is a CanTeen patient



member from Auckland, and other member designers include bereaved sibling Rachel Allan from Christchurch and bereaved sibling Kathryn Harris from Wellington.

Kathryn got involved with CanTeen after losing her brother in 2002 when he was only 11-years-old to a form of leukaemia.

CanTeen marketing and communications manager Kimberley

Waters says CanTeen plays a similar role for young cancer patients and their siblings by acting as a support network.

"By allowing them to support one another, CanTeen ensures young people living with cancer don't go through their journey alone."

But there is more to each bandanna than just a funky design.

The colourful headscarves, which cancer patients wear on their head when losing their hair during chemotherapy, have come to represent hope, courage and survival.

Ms Waters says she hopes to see continued support throughout New Zealand during the Bandanna Challenge, CanTeen's annual appeal for the year.

"CanTeen doesn't receive any direct government funding so the funds raised during this campaign allow us to keep supporting young people living with cancer across the country through the various programmes, activities and support services we offer."

■ **The bandanas can be purchased for \$4 during the two weeks of the challenge, between September 23 and October 9. In Te Awamutu they will be available from Pak'nSave and Repco, online at www.canteen.org.nz or at participating schools. CanTeen is also calling for volunteers to help sell bandannas during the Bandanna Challenge. To find out more phone 0800 CANTEEN or email info@canteen.org.nz.**



Patchwork of good deeds

Quilting group with social focus



THE Tauranga Patchwork and Quilters Group was formed in 1989 after a founding member, Mrs Margaret Hall, put an advertisement in the local newspapers looking for ladies who wanted to start such a club.

Several women joined her, and so began the continual growth and success of the group.

Initially meeting at the facilities made available in Tauranga Boys' College, they later moved their meetings to the Tauranga Art & Craft Centre in Elizabeth St, renting space and then taking up a share in the ownership of the building.

Their present membership stands at 88, which does not include the breakaway group that has formed at Papamoa.

The Art & Craft Centre was perfect for the group's exhibitions in their early years, but with growing popularity and audience numbers the exhibitions are now staged at larger public venues — both Baycourt Theatre and Memorial Park have been used in the past.

The group's aim is to enhance and encourage the art of patchwork and quilting,

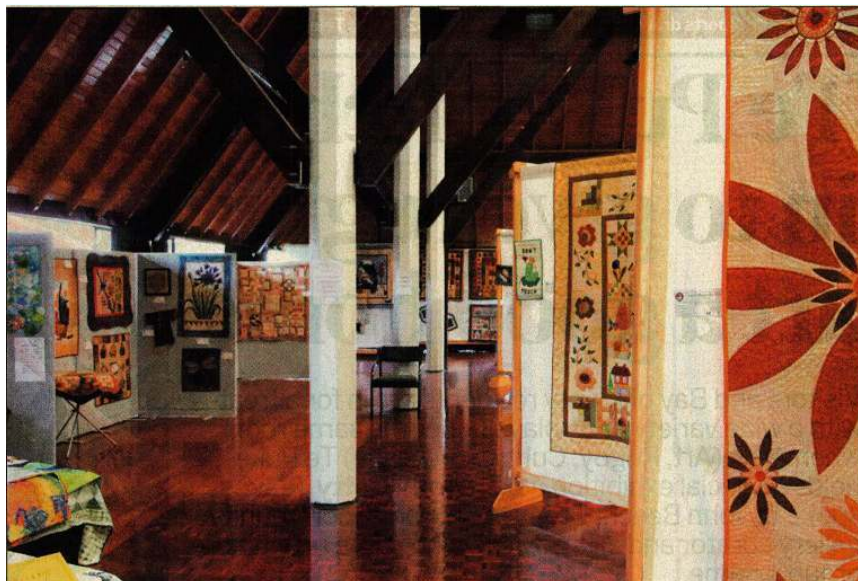
to share their knowledge and patterns, and also to make friends and care and support each other when necessary.

They meet four times a month, on two evenings and two days to make sure that all their members' schedules are catered for.

Over the years they have made many quilts, wall hangings and novelty items for various charities — from Ronald McDonald House to The Ruel Foundation, and an auction to raise money for the new chemotherapy department in Tauranga Hospital. They are currently making items for Canteen, which supports young people with cancer.

Each year, the group choose a charity to support and help in simple ways through sewing — hopefully making life a little easier for those who are sick offering a reminder that they are not alone.

The Tauranga Patchwork and Quilters Group have an annual exhibition of their work showing at the Memorial Park QEII Hall from September 23-25, from 10am to 4pm. Cafe facilities will be available as a fundraiser for Save The Children. It really is worth a visit.





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New funky designs

This year's funky new bandanna designs for CanTeen's Bandanna Challenge have been unveiled and will be hitting stores from September 23.

The colourful headscarves, which cancer patients wear on their head when losing their hair during chemotherapy, have come to represent hope, courage and survival.

Bandannas also show visible support for young people living with cancer every day.

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Bandannas can also be bought online at www.canteen.org.nz or at hundreds of participating schools throughout New Zealand.

CanTeen is calling for volunteers to help sell bandannas during the Bandanna Challenge. To find out more phone 0800 CANTEEN or email info@canteen.org.nz.



Funky new designs

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