



Renmark Paringa
Council



Relay For Life

Official Program

Riverland

21 and 22 October 2023
Renmark Football Oval
Renmark

relayforlife.org.au



**Celebrate.
Remember.
Fight Back.**

Welcome to Relay!

A very warm welcome to all team members.

Relay For Life is one of the longest-running community fundraising events for Cancer Council SA and without your support and passion, this event would not be possible.

The power of Relay For Life is wide-spread and is felt not only here in South Australia, but around the world. Since Relay For Life began in the USA in 1985, this community-led event now unites 31 countries and over 1.2 million participants from 3,000 communities in one shared mission: to reduce the impact of cancer, bring hope and give support to people who have been diagnosed with cancer and their families.

Each of you joining us have signed up to Relay for a reason – whether you Relay to celebrate your life or someone you love, to remember and pay tribute to a loved one or perhaps you simply want to contribute towards a world without cancer.

Whatever your reason, and whomever you Relay for, we are grateful that you are uniting with us in the fight against cancer. You truly are making a difference with every step you take.

This weekend is all about taking part, making a difference and having plenty of fun along the way. We sincerely hope you enjoy this event that your Volunteer Committee have proudly made possible.

Best wishes to each and every team. Thank you for your unwavering support and enthusiasm which keeps the spirit of Relay alive and brings hope to so many families impacted by cancer.



Dean Parker
Relationship Officer
Relay For Life
Cancer Council SA

Volunteer Committee

- Chair:**
Gail Voigt
- Secretary:**
Bronwyn Foote

- Logistics:**
Anne Smith

- Ceremonies:**
Dean Parker
Gail Voigt

- Catering:**
Rosie Potts
Anne Smith

- Team Development:**
Dean Parker

- Activities and Entertainment:**
Julie Pahl
Anne Smith
Danielle McManis
Caroline Eichenberger
Annika Newman

- MC:**
Tim Vivian

Together with Cancer Council SA staff:

- Relationship Officer Relay For Life**
Dean Parker

Committee members and staff will be available throughout the event to answer your queries. Look out for the yellow committee shirts.

Say hello to our special guest

We are joined by an inspirational guest speaker, Carina will join us to share her story.

Carina Nicholson

Carina's personal story with cancer began in 2017, when she discovered a small, hard lump in her breast, and her life took an unexpected turn. After receiving her breast cancer diagnosis, she underwent surgery, followed by two rounds of chemotherapy and six weeks of radiation in Adelaide, where she stayed at Cancer Council SA's Greenhill Lodge.

Then just two years ago, her life was turned upside down again when she was diagnosed with stage 4 breast cancer that had spread to her bones.

"Now it's the unknown; they can't give me a timeline. The last two years have been a hard time for my girls and my family to go through, but we try to have a positive mindset to make the most of the situation," Carina said.

"There's no way I would have been able to afford six weeks of staying in Adelaide during radiation therapy without Greenhill Lodge. By raising funds and taking part in Relay For Life, we are helping to ensure that these services that I've benefited from will continue to be there for other regional people going through cancer, long after I'm gone."

All the money raised through the 2023 Riverland Relay For Life will help Cancer Council SA fund vital prevention, research and support services, including our Greenhill Lodge accommodation, which in the past year has provided 27,500 nights of accommodation for regional South Australians travelling to Adelaide for life-saving cancer treatment.



What's on and when

Saturday 21 October

| | | | |
|-----------------------|--|----------------|--|
| 11.00 am | Gates open Team arrival and Team check-in Team Captain collects team pack Commence setting up team tent sites Location—Registration Tent | 2.30 pm | Merchandise tent opens Candle Bags and other merchandise available for purchase Location—Registration Tent |
| 1.00 pm | Team Captains meeting Location—Registration Tent | 2.45 pm | Entertainer—Christine Clifford Location—Main Stage |
| 1.00 – 1.45 pm | Pre-registered survivors and carers collect their sashes Location—Registration Tent | 3.30 pm | Wellness Marquee opens All day mindful colouring and jigsaw Tea and coffee |
| 1.50 pm | Survivors and carers assemble Team Participants gathering for Opening Ceremony Location—at daffodils/flags | 3.30 pm | Team game—Movin' On Up Location—Wellness Marquee on Oval |
| 2.00 pm | Opening Ceremony commences Location—at daffodils/flags Acknowledgement to Country: Kale Karpany Welcome: Emma McKee Guest speaker: Deputy Mayor Renmark Margaret Howie Reading of survivor and carers' names: Tim Vivian Relay For Life Oath: Dylan Gilgen Ribbon cutting: Steve Kalisch | 3.45 pm | Entertainer—James – Travelling Musician Location—Main Stage |
| 2.20 pm | Survivors and carers walk To be led by the Onkaparinga Pipe Band All team members to clap survivors as their name is read out and they enter the track All teams to follow last survivor and carer onto the track Relay For Life begins | 4.00 pm | Walking backwards Lap Tim Vivian to announce |
| 2.30 pm | Survivors and carers afternoon tea All survivors and carers are welcome to join us for afternoon tea Location—Wellness Marquee on Oval | 4.15 pm | Entertainer—Laughing Yoga with Sharon Location—Wellness Marquee on Oval |
| | | 5.15 pm | Team game—Footy kicks Location—Wellness Marquee on Oval |
| | | 5.15 pm | Entertainer—Mandy Page and Crew Location—Main Stage |
| | | 6.00 pm | Entertainer—Andy Willis Location—Main Stage |
| | | 6.30 pm | Team game—Junk in trunk Location—Wellness Marquee on Oval |
| | | 6.45 pm | Entertainer—John Rakin Molden Location—Main Stage |
| | | 7.15 pm | Team game—Scoop-it-up Location—Wellness Marquee on Oval |
| | | 7.30 pm | Tim to announce Blindfold—two laps Collect blindfolds from Lap Counting tent (Daffodils) Two walkers are required for these laps |

- 7.45 pm** **Entertainer—Tahlia Hearn**
Location—Main Stage
- 8.15 pm** **Gather for Candlelight Ceremony**
Location—Wellness Marquee and Main Stage area
MC: Tim Vivian
Bag pipes: Play Amazing Grace as photo tribute commences
MC speaks and leads into minutes silence during photo tribute
Guest Speaker: Carina Nicholson
Song: Caroline Eichenberger sings 'Jealous Of The Angel'
Lighting of Candles:
Past—Trudy Jambrovic
Present—Steve Kalisch
Future—Reece Clark
Bag Pipers to play again
Lap of Solidarity: Candle lighters to lead everyone around the track for Lap of Solidarity
Candle Light Ceremony concludes and Relay continues
- 9.30 pm** **Quiz 1 delivered**
- 9.30 pm** **Entertainer —The Red Dirt Station**
Location—Main Stage
- 9.30 pm** **Foot, neck or head massage for a donation**
15 minute booking sheet
Location—Wellness Marquee
- 9.45 pm** **Backwards lap**
- 10.30 pm** **Quiz 2 delivered**
- 10.45 pm** **Team game—Stack attack**
Location—Wellness Marquee on Oval
- Midnight** **Quiz 3 delivered**
- Midnight** **Soup on sale (\$2 per cup)**
Location—Wellness Tent

Sunday 22 October

- 12.15 am** **Team game—Tug of War**
Location—near Wellness Marquee
- 1.00 am** **Backwards lap**
- 1.30 am** **Quiz 4 delivered**
- 3.00 am** **Quiz 5 delivered**
- 6.00 am** **Wake Up Chair Yoga with Tracey**
Location—Wellness Marquee
- 7.00 am** **Free breakfast**
For all participants cooked by the Renmark Rotary Club
- 8.55 am** **Final lap (whole team participation)**
All teams complete their final lap with banners, led by the Onkaparinga Pipe Band and finishing at Main Stage
- 9.00 am** **Official Closing Ceremony**
Location—Main Stage
MC: Timothy Vivian
Presentation of Awards:
Emma McKee and Gail Voigt
Thank you: Emma McKee and Gail Voigt
Close of Relay: Tim Vivian
- 9.15 am** **Pack-up**
The Relay For Life Committee would appreciate any help with packing up of the event (marquees, etc.)



Relay For Life merch

- Relay For Life Pens\$3
- Candle Tribute Bags (Printed or Plain)\$5
- Relay For Life Bucket Hats\$5
- Relay For Life Keep Cups.....\$5
- Relay For Life Aprons..... \$10
- Relay For Life Socks \$10
- Relay For Life Beanies (Yellow or Black) \$20
- Relay For Life Umbrellas..... \$35
- Relay For Life Hoodies..... \$70

Credit card (Mastercard and Visa) and EFTPOS available. **No cash out facilities available.**

Wellness Marquee

- Survivors afternoon tea
- Laughing Yoga with Sharon
- Games with Tracey
- All day and night puzzles, colouring or getaway
- Seating for Candlelight Ceremony
- All day and night tea and coffee
- Massage for a donation (feet/shoulders/head)
- Soup and roll for \$2, from midnight
- Wake up at 6.00 am chair yoga with Tracey

Refuel and recharge

- Mario's Numero Uno Coffee van
- Awesome Hotdogs (1.00 pm-4.30 pm)
- Sausage Sizzle (4.30 pm - 7.30 pm)
- Domino's Pizza
- Soup (12 midnight)
- Participants breakfast at 7.00 am Sunday

Take home a trophy

Trophies will be awarded in the following categories at the Closing Ceremony. Which one do you want to be taking home?

- | | |
|--------------------|--------------------|
| Most Sunsmart Team | Games Champions |
| Best Themed Team | Highest Fundraiser |
| Most Laps | |



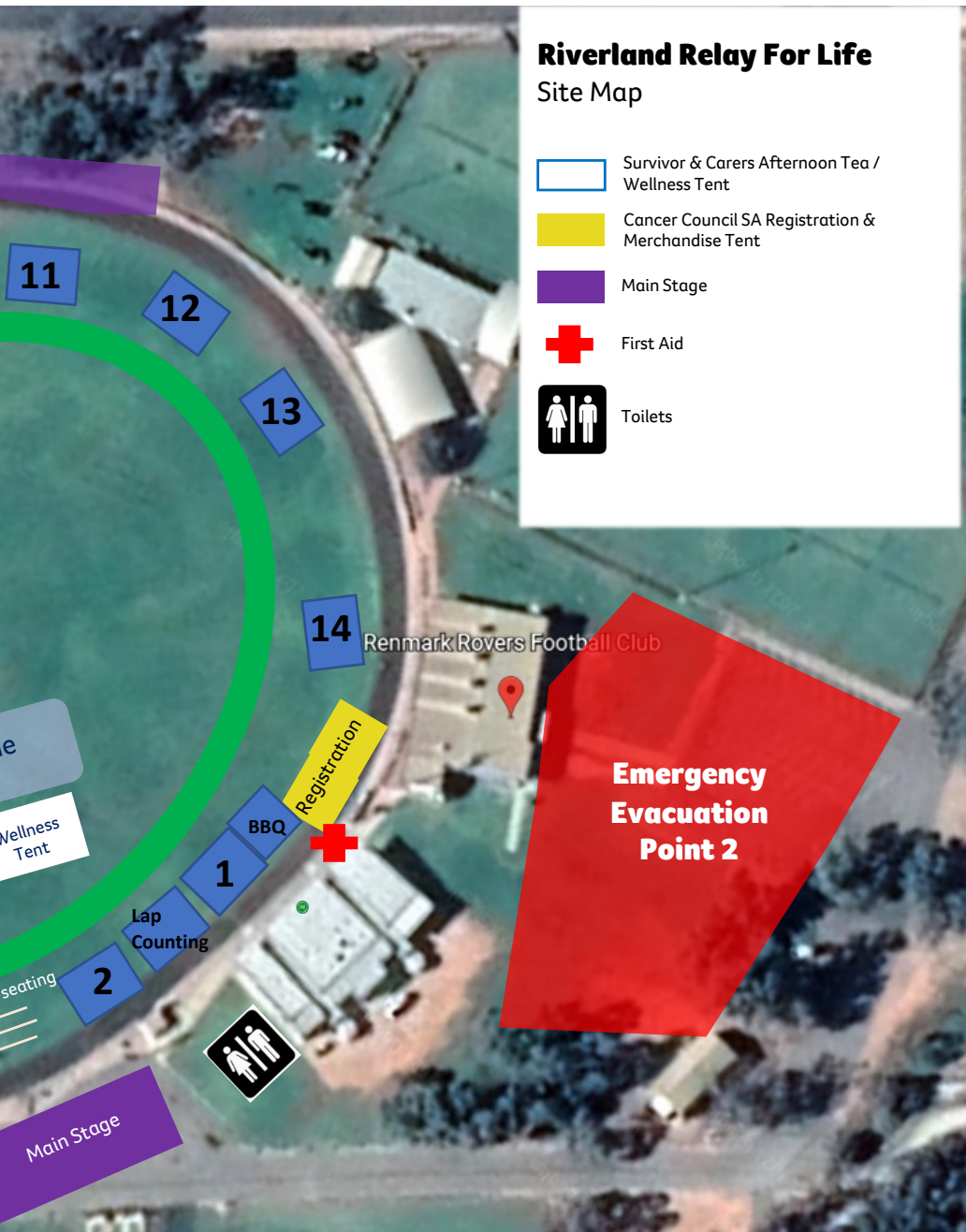


Renmark Football Oval






Team Campsites

1. Utter Nutters
2. Rainbow Rookies
3. Tooth Fairies
4. The Wanderers
5. BRSC Kookaburras
6. Riverland Customs and Classics/Riverside Rodders
7. Avengers
8. SFoAC
9. SFoAC
10. SFoAC
11. SFoAC
12. She Unit
13. God First Youth
14. Riverland LIFE FM





Riverland Relay For Life Site Map

-  Survivor & Carers Afternoon Tea / Wellness Tent
-  Cancer Council SA Registration & Merchandise Tent
-  Main Stage
-  First Aid
-  Toilets

**Emergency
Evacuation
Point 2**



Teams

| Team Name | Site Number | Team Name | Site Number | Team Name | Site Number |
|------------------|-------------|--|-------------|-------------------|-------------|
| Utter Nutters | 1 | Riverland Customs and Classics/Riverside Rodders | 6 | God First Youth | 13 |
| Rainbow Rookies | 2 | Avengers | 7 | Riverland LIFE FM | 14 |
| Tooth Fairies | 3 | SFoAC | 8-11 | | |
| The Wanderers | 4 | She Unit | 12 | | |
| BRSC Kookaburras | 5 | | | | |

Things you should know about...

“It’s about a community that takes up the fight...”

1. This is a non smoking event.
2. This event is Alcohol in moderation until 12pm Saturday only.
3. Sunscreen will be available at various locations for your use. Please be sunsmart.
4. Please ensure your team’s belongings stay within the boundary of your campsite and do not impede the track in any way.
5. Team Captains are responsible for the actions of their team members and their families/friends. A responsible adult must accompany people under the age of 18 attending the event.
6. One team member must be on the track with the team baton at all times.
7. Friends or relatives may accompany a designated walker/runner but when they are doing so, their laps are not credited to the team. The same rule applies when more than one team member is on the track at the same time.
8. Lap counters will count laps based on the amount of laps your baton does (not Individuals). Make sure your baton can be seen as you pass the lap counting tent.
9. The track is for all participants. Walking participants are requested not to impede the progress of runners.
10. The walking and running directions will be reversed periodically.
11. Teams are requested to mark their tents with the name of their team or team banner.
12. Participants are responsible for the safety of their belongings—you are advised not to leave valuables unattended.
13. All youth and school teams to have a supervisor over the age of 25 (unless parents caring for their own children) present for the entire duration of the event.



A very big thank you!

There are always a great many people and organisations to thank after an event such as this:

Volunteers and staff

We simply could not manage an event of this magnitude without the support of our on-the-day volunteers who have worked in all areas—from event set-up to the registration desk, running activities and supporting teams with pack up. Thank you!

And a special thank you goes out to the volunteer Event Leadership Team who have brought this weekend's event to life. Their ongoing enthusiasm over the past few months is something the community can be proud of.

Entertainers and special guests

Thank you to the following people for giving their time and talents:

Margaret Howie
Carina Nicholson
Caroline Eichenberger
Tim Vivian
James Traveling Musician
Mandy Page and Crew
Andy Willis
John Rakin Molden
Tahlia Hearne
Chris Clifford- Red Dirt Band
Onkaparing Pipe Band

Sponsors

Renmark/Paringa Council
Karbec IT Services
Monash Club
Renmark Club
Renmark Hotel
Renmark Football Club
Glenview Poultry
Berri Hotel
Nippys
Charles Juice
Pickering Transport
Coles
Dominos Pizza
Renmark Rotary
Marios Numero Uno Coffee Van
Country Bakehouse
Smooth Flow Traffic



Help your Relay have more impact!

If you love Relay as much as we do, why not consider joining your local Committee and help us make a difference.

To find out more or to register your interest today,
phone 1300 65 65 85 or email relay@cancersa.org.au.





About Cancer Council SA

We're here for all South Australians impacted by cancer.

Almost one in two Australians will be diagnosed with cancer by the age of 85. But all of us can help improve those odds. Whilst our cancer outcomes continue to be amongst the best in the world, by working together we can all play a part in reducing the rate and impact of cancer for all South Australians.

As South Australia's leading cancer charity, working across every aspect of every cancer, we support families impacted by cancer when they need it most, speak out on behalf of the community on cancer issues, empower people to reduce their cancer risk, and find new ways to better detect and treat cancer.

We help people from the point of diagnosis through to their treatment and beyond.

Together, it's all of us against cancer.

Thank you.

Cancer Council SA relies 100 per cent on the support and generosity of the South Australian community. Every day, we are working towards reducing the rate and impact of cancer for all South Australians.

Impact of cancer:

3,800

South Australians lose their life to cancer each year.



1 in 2

Australians will be diagnosed with cancer by the age of 85.

31

new cases of cancer diagnosed in South Australia every day.

Our Impact:

Every **\$1**

invested into fundraising we raised **\$4.32** to invest in research, prevention and support programs.



Provided

27.5k

nights of accommodation for regional South Australians seeking cancer treatment.

1,252 Volunteers dedicated

6,688 hours through Cancer Council SA.



Protected

124k

South Australian children and their educators from harmful UV radiation.

900+

counselling sessions were provided.

This work is only possible because of the generous support of the everyday South Australians, and businesses like you.



Relay For Life

Oath

In the name of all Relay For Life participants, I confirm that we are here to celebrate the lives of cancer survivors, to support those fighting cancer, and to honour those we have lost.

Our commitment will be symbolised in every step we take, each and every one moving us nearer to our goal, the goal of a cancer free world for future generations.

Information and support

13 11 20

cancersa.org.au



**Celebrate.
Remember.
Fight Back.**