



**Relay For Life**

# Official Program

**Adelaide Hills**

5 & 6 November 2022  
Johnston Memorial Park  
Balhannah



facebook.com/RelayForLife  
CancerCouncilSA

relayforlife.org.au



**Celebrate.  
Remember.  
Fight Back.**

# Welcome to Relay!

Dear team members,

A very warm welcome to this year's Adelaide Hills Relay For Life. This incredible event is a major fundraising event for Cancer Council SA and without the personal support and commitment from each and every one of you, this event simply would not be possible.

Now more than ever, we are reminded of the importance of coming together with Relay For Life within our community to celebrate, remember and fight back against cancer. The event also gives us all a chance to reconnect after the distance we have experienced over the past few years, all while supporting South Australians impacted by cancer.

Whether you're a carer, survivor or team member—today is about taking part, making a difference and having plenty of fun along the way. We sincerely hope that you enjoy this event that your community has worked so hard to make possible.

Best wishes to each and every team and thank you for your unwavering support and enthusiasm—it is keeping the spirit of Relay For Life alive in South Australia. I hope you all enjoy the wonderful program of activities and entertainment we have lined up for you.



**Dean Parker**  
Relationship Officer  
Relay For Life  
Cancer Council SA

# Event Leadership Team

**Event Lead:** Michelle Kenley

**Secretary:** Karen Baraglia

**Logistics:** Peter Baraglia and Mitchell Smyth

**Catering:** Jacqui Smyth

**Team Development:** Pauline Camp

**Activities and Entertainment:** Jacqui Smyth

**Mission:** Michelle Kenley

**MC:** Sarah Martin

*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.

# About Cancer Council SA

Cancer Council SA has a proud history of working across every aspect of every cancer for more than 90 years. With the support of the South Australian community, we have worked—and continue to work—hard to reduce the rate and impact of cancer through research, prevention and support programs that make a real difference.



# Say hello to our special guests

We are joined by a number of inspirational guests and guest speakers, a couple who are profiled below.

**Alison Warner**  
**Cancer Survivor and Caregiver**  
**Global Relay For Life Hero of Hope**

Alison's first introduction to the world of cancer began at 14 years of age, when her mum was diagnosed with metastatic breast cancer, at age 34. As a teenager, Alison witnessed her mum's strength and will to live, but little did she know that this terrifying meeting with cancer would inspire the determination to find a cure and devote herself to fundraising and volunteering for Cancer Council SA, through Relay For Life.

Since their first Relay in 2008, Alison and her team, The Desperate Housewives, have raised over \$195,000 to support the work of Cancer Council SA, and we are delighted to see the team return to the Adelaide Hills to join you on the track this weekend.

Alison's commitment and advocacy of cancer prevention issues within our community, sees her being recognised by the American Cancer Society as a 'Global Relay For Life Hero of Hope'. The Global Relay For Life Heroes of Hope program profiles cancer survivors and



caregivers within the international Relay community, and whose exemplary involvement in the community embodies our shared mission of a world without cancer.

We are so very proud to see Alison serve as one of four Australian Ambassadors for the 2023 Global Heroes of Hope program, and it is an honour to have her share her story with us at this evening's Candlelight Ceremony.





## Saturday 5 November

<b>11.00 am</b>	<b>Gates open</b> Team Captain collects team pack Commence setting up team tent sites Location—Registration Tent	<b>2.30 pm – 3.30 pm</b>	<b>Survivor &amp; Carers afternoon tea</b>
<b>1.00 pm</b>	<b>Survivors and Carers registration and collection of their sashes</b> Location—Registration Tent	<b>3.00 pm</b>	<b>Silent auction opens</b> Location—Football Club Rooms
<b>1.00 pm</b>	<b>Team Captain Meeting</b> Location—Football Club Rooms	<b>3.00 pm</b>	<b>Merchandise Tent opens</b> Candle bags available for purchase and decorating Location—Registration Tent
<b>1.00 pm</b>	<b>Face painting</b> Location—Football Club Verandah	<b>From 3.00 pm</b>	<b>Massage</b> bookings required Location—next to Registration Tent
<b>1.30 pm</b>	<b>Zumba</b> Location—Main Stage	<b>3.15 pm</b>	<b>Frozen Shirt Competition</b>
<b>1.50 pm</b>	<b>Survivors &amp; Carers assemble</b> Team Participants gathering for Opening Ceremony Location—Main Stage	<b>3.30 pm</b>	<b>Coombsy</b> Live performance Location—Main Stage
<b>2.00 pm</b>	<b>Opening Ceremony commences</b> Location—Main Stage <b>Welcome to Country</b> <b>Guest Speakers:</b> Hon Dan Cregan MP Kerry Rowlands, Cancer Council SA CEO <b>Reading of Survivor &amp; Carers names:</b> Mrs Ashton Hurn MP <b>Relay For Life Oath:</b> Alison Warner <b>Ribbon cutting:</b> Adelaide Hills Mayor Dr Jan Claire-Wisdom Mt Barker Mayor Anne Ferguson	<b>3.30 pm</b>	<b>Nolton Park Horses Healing Hearts</b> arriving
<b>2.20 pm</b>	<b>Survivors &amp; Carers walk</b> All team members to line the track to clap survivors as they return All teams to do first lap	<b>4.30 pm</b>	<b>Warren</b> Live performance Location—Main Stage
		<b>5.00 pm</b>	<b>Sun Smart Relay Tug of War</b> Location—Centre of Oval
		<b>5.00 pm – 6.00 pm</b>	<b>Scavenger Hunt</b>
		<b>5.15 pm</b>	<b>The 4 Piece Duo</b> Live performance Location—Main Stage
		<b>5.30 pm</b>	<b>Themed lap: Bras and Jocks on the outside</b>
		<b>6.00 pm – 8.00 pm</b>	<b>Olive Branch Café</b> (serving curries and soup)
		<b>6.30 pm</b>	<b>T Junction Beatles Tribute</b> Live performance Location—Main Stage

## Sunday 6 November

**7.30pm R3volut1on**  
Live performance  
Location—Main Stage

**7.45 pm Commencement of Candlelight Ceremony**  
Teams to place candle bags in front of their sites (please maintain 1.5m distance between your team and those around you)  
Location—Main Stage

**8.15 pm Candlelight Ceremony**  
All teams are invited to attend  
There will be one minute of silence  
Teams are asked to stop walking/running during this ceremony  
Location—Main Stage

**Guest Speaker:**

Alison Warner

**Photo tributes:**

Presentation in honour of loved ones lost

**Lighting of the Candles:**

Past—Page Mussared

Present—Richard Pickering

Future—Nikita McDiarmid

**Minute silence**

**Lap of Solidarity**

**9.00 pm Candlelight Ceremony concludes and Relay continues**

**9.00 pm Silent Auction Closes**

**9.45 pm Oliver**  
Live performance  
Location—Main Stage

**10.00 pm Themed lap: Onesie**

**Midnight Themed lap: Glow in the dark**  
All music to stop

**7.00 am Breakfast**  
Free breakfast cooked by Rotary Club of Onkaparinga

**8.30 am Lap counters due**  
Hand in at Registration tent

**8.50 am Final lap with banners**

**9.00 am Closing Ceremony begins**  
Join us at the Main Stage for the official closing ceremony

We will be handing out trophies plus announcing our fundraising total

**Guest speaker:** Dean Parker

**9.15 am Pack up and depart**



# Relay For Life merch

Candle tributes (bag and candle).....	\$5
Relay For Life pens.....	\$6
Relay For Life socks.....	\$10
Relay For Life bucket hat.....	\$10
Relay For Life water bottle.....	\$10
Relay For Life Keep Cup.....	\$10
Relay For Life apron.....	\$15
Relay For Life beanie.....	\$20
Relay For Life hoodie (limited sizes).....	\$70

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

# Take home a trophy

Prizes will be awarded in the following categories at the Closing Ceremony, 9.00 am on Sunday morning.

- Spirit Of Relay
- Best Banner
- Most Laps
- Highest Fundraising Team
- Best Baton

Which one do you want to be taking home?

# Refuel and recharge

- 1.00 pm Taste of Paradise
- 12.30 – 2 pm and 6 pm until sold out  
BBQ Campsite 9 – Fluro Family Fusion
- 4.30 pm onwards  
What The Croque (Coffee Van and Toasties)
- 6.00 pm – 8.00 pm  
Olive Branch Cafe (Curries and Soups)

# 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 midnight Saturday.
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. Each team is responsible for counting its own laps. Lap sheets can be found in this program, page11.
9. The track is for all participants. Walking and running participants are requested not to impede each other.
10. The walking/running direction will be reversed periodically and have some fun themes attached to it.
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.
13. **No dogs allowed.**

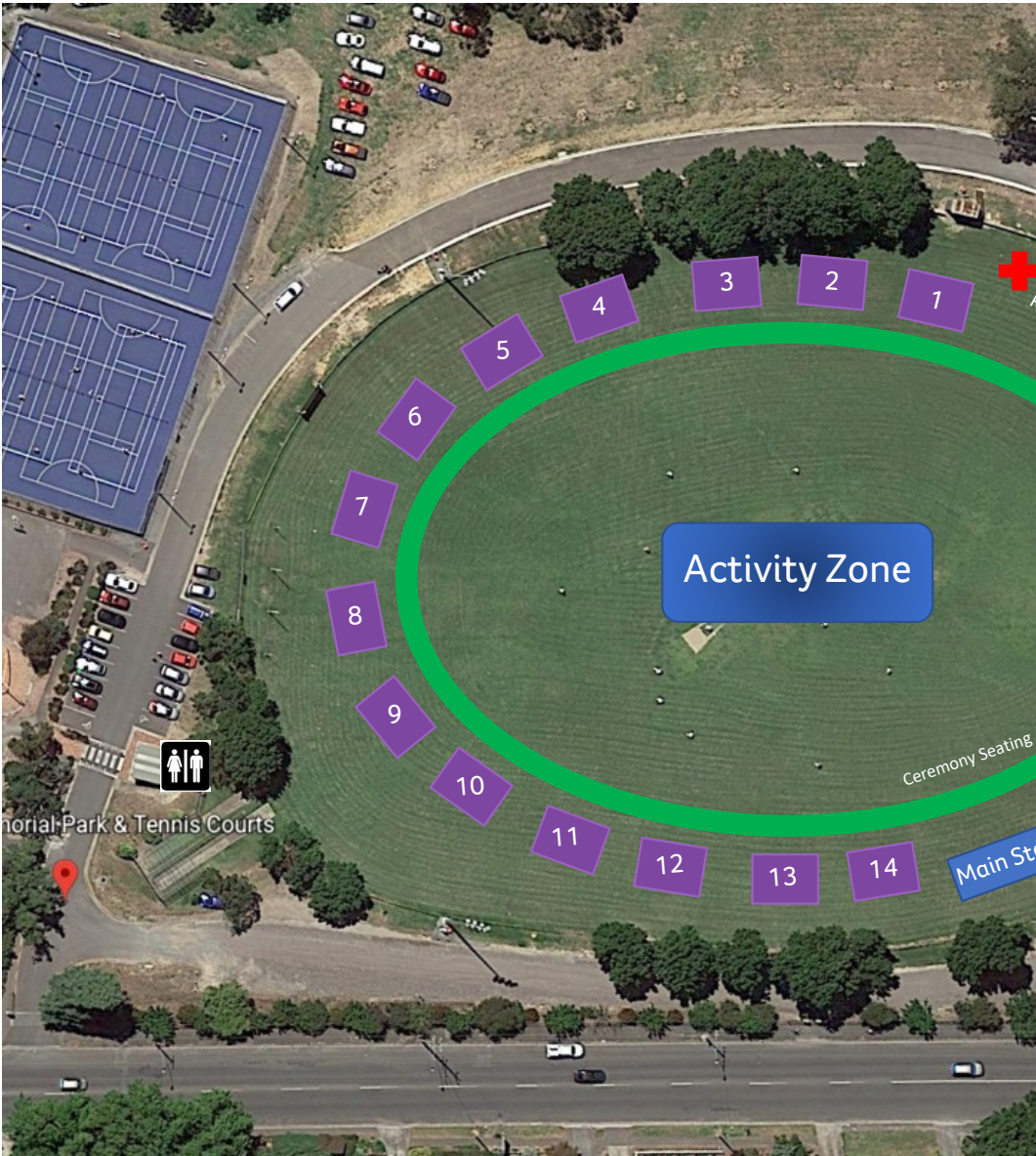
**Remember to have fun!**



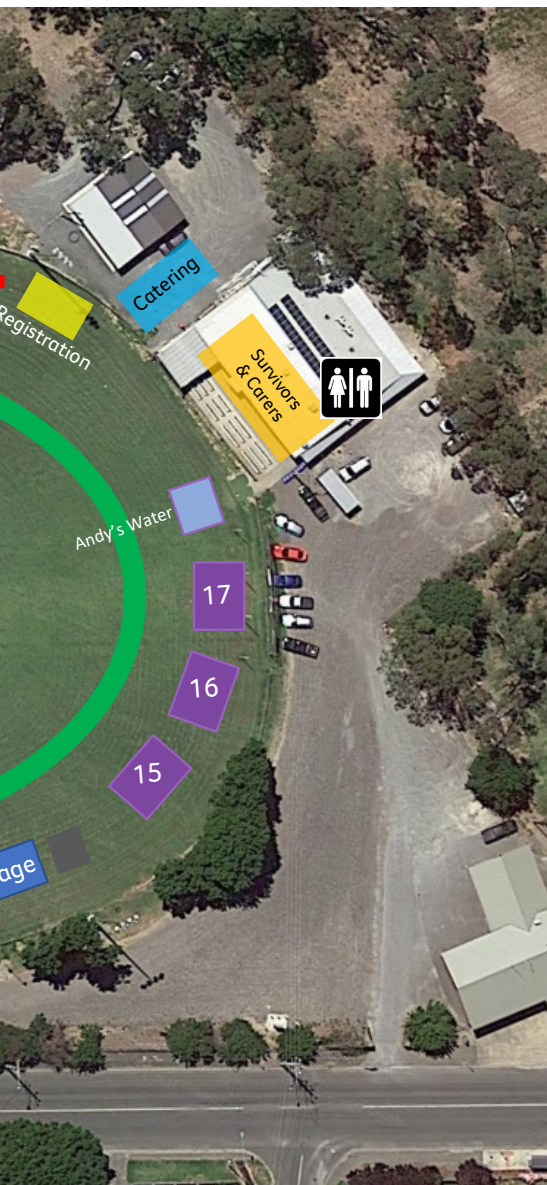




# Johnston Memorial Park













## Adelaide Hills Relay For Life

### Site Map

-  Survivor & Carers Afternoon Tea
-  Registration & Merchandise Tent
-  Main Stage
-  Catering Zone
-  First Aid
-  Toilets (in clubrooms)

### Teams

1. The Desperate Housewives
2. Annapoorna Julie
3. The Giddyup Girls
4. Saints
5. Olive Branch Café
6. Witch Way Do You Ghoul
7. Cover Me In Sunshine
8. Macclesfield Young at Heart
9. Fluro Family Fusion
10. Jellybeans
11. St John's Grammar
12. St John's Grammar
13. St John's Grammar
14. St John's Grammar
15. The Trippy Hippies
16. Year 10 Saints Boys
17. Legendary Chazbit

# 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!

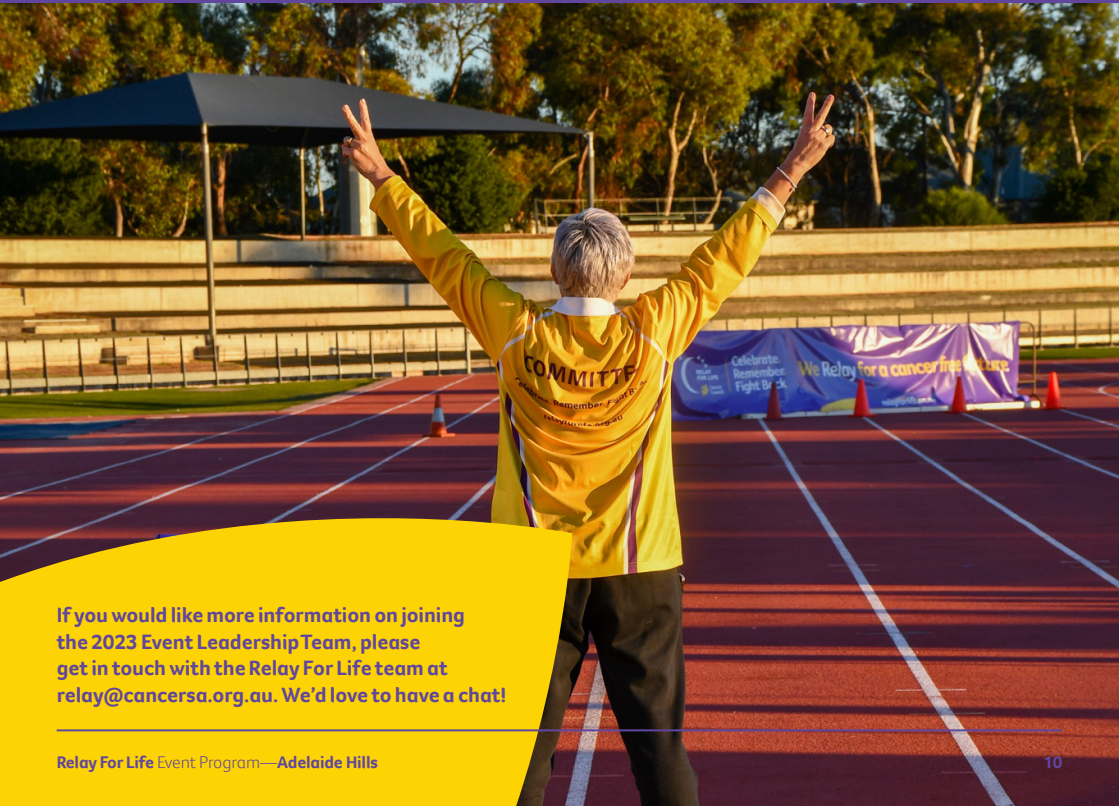
And a special thank you goes out to the volunteer Event Leadership Team who have brought this weekend's event to life. Their ongoing enthusiasm over the past few months is something the community can be proud of.

### Entertainers and special guests

Thank you to the following people for giving their time and talents:  
Adelaide Hills Mayor Jan Claire Wisdom  
Ashton Hurn MP - Member for Schubert  
Councillors – Malcolm Herrmann and Linda Green  
Grantley & Glenda Rogers  
Hon Dan Cregan MP  
Mt Barker Council Mayor Ann Ferguson  
Nolton Park Horses Healing Hearts  
Sarah Martin – MC

### Sponsors

Andy's Water  
Balhannah Scout Group  
Bel's Cleaning  
Besa Juice  
Botanic Poetry  
Britelite Productions  
Frantic Whisk  
Johnston Memorial Park Committee – Neil Shillabeer  
Kennards Hire  
Kersbrook Hardware  
Klose's Foodland  
Lovells Bakery  
Mt Barker Freightlines  
Onkaparinga Rotary  
Onkaparinga Valley Football Club & Stewart Fuchs  
Transform Scents  
What the Croque



If you would like more information on joining the 2023 Event Leadership Team, please get in touch with the Relay For Life team at [relay@cancersa.org.au](mailto:relay@cancersa.org.au). We'd love to have a chat!

# Lap counting

Team: .....

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
101	102	103	104	105	106	107	108	109	110	111	112	113	114	115	116	117	118	119	120
121	122	123	124	125	126	127	128	129	130	131	132	133	134	135	136	137	138	139	140
141	142	143	144	145	146	147	148	149	150	151	152	153	154	155	156	157	158	159	160
161	162	163	164	165	166	167	168	169	170	171	172	173	174	175	176	177	178	179	180
181	182	183	184	185	186	187	188	189	190	191	192	193	194	195	196	197	198	199	200
201	202	203	204	205	206	207	208	209	210	211	212	213	214	215	216	217	218	219	220
221	222	223	224	225	226	227	228	229	230	231	232	233	234	235	236	237	238	239	240
241	242	243	244	245	246	247	248	249	250	251	252	253	254	255	256	257	258	259	260
261	262	263	264	265	266	267	268	269	270	271	272	273	274	275	276	277	278	279	280
281	282	283	284	285	286	287	288	289	290	291	292	293	294	295	296	297	298	299	300
301	302	303	304	305	306	307	308	309	310	311	312	313	314	315	316	317	318	319	320
321	322	323	324	325	326	327	328	329	330	331	332	333	334	335	336	337	338	339	340
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381	382	383	384	385	386	387	388	389	390	391	392	393	394	395	396	397	398	399	400
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421	422	423	424	425	426	427	428	429	430	431	432	433	434	435	436	437	438	439	440
441	442	443	444	445	446	447	448	449	450	451	452	453	454	455	456	457	458	459	460
461	462	463	464	465	466	467	468	469	470	471	472	473	474	475	476	477	478	479	480
481	482	483	484	485	486	487	488	489	490	491	492	493	494	495	496	497	498	499	500
501	502	503	504	505	506	507	508	509	510	511	512	513	514	515	516	517	518	519	520
521	522	523	524	525	526	527	528	529	530	531	532	533	534	535	536	537	538	539	540
541	542	543	544	545	546	547	548	549	550	551	552	553	554	555	556	557	558	559	560
561	562	563	564	565	566	567	568	569	570	571	572	573	574	575	576	577	578	579	580
581	582	583	584	585	586	587	588	589	590	591	592	593	594	595	596	597	598	599	600

Please note: All lap counting will be done from the Juicy Jellies site.





## 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](http://cancersa.org.au)



**Celebrate.  
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Fight Back.**