



2020 VOL 2

Acacia News

Inspire Hope • Activate Change • Impact Lives



Bank Windhoek



How to Protect Your Skin from the Sun

✓ USE SUN PROTECTION CREAM

SPF 30 or more. Sun block should be applied 20 minutes before you actually go outside and should be reapplied every 2 hours. Make sure to cover all skin that's going to be exposed to the sun.

✓ SEEK SHADE

Avoiding the sun when it is strongest may seem an obvious tip, but it's one that pays off. The sun is usually strongest when it is highest - between 10:00 and 16:00.

✓ COVER UP

Loose, light layers of clothing will protect you from the sun whilst still keeping you cool. Clothes create a direct barrier between the sun's rays and your skin. Broad-rimmed hats are a very good way to protect your face, neck and ears from sun damage.

✓ WEAR SUNGLASSES

Get in the habit of wearing sunglasses. It has been estimated that 3.2 million people worldwide may be blind due to UV radiation exposure. Sunglasses protect your eyes from sun damage. However, you need to be sure that your sunglasses block UV rays.

✓ CHECK THE UV INDEX

If you have access to the internet, checking the UV index at <http://www.uvawareness.com> is a quick and easy way to see how high UV levels will be on a particular day. If the levels are moderate or above, you'll need to take extra precaution to protect yourself from sun damage.



**40SPF Sunblock is available at the
Cancer Association of Namibia.**

Please call -

WINDHOEK: 061 237 740

ERONGO: 064 461 271



MESSAGE FROM CAN CEO, ROLF HANSEN

Dear friends of CAN,

2020 has truly turned our lives upside down. While we embarked on a "new season of change" as the new decade dawned, the year seemed endless and with so many possibilities.

Then, Covid-19 arrived and from a busy and packed 2020, we all went to "taking it day by day".

While we still shake our heads in disbelief, a valuable lesson is also to be learnt from this experience: "Treasure each moment, value every loved one, appreciate every blessing!"

In some ways due to the uncertainty and fear for loss of life, we have come a bit closer to comprehend the fear and confusion that presents when a patient is diagnosed with cancer.

In some ways this lesson teaches us to honour the gift of life and guides us to hold hands spiritually and better carry and support one another. Now, we may have a better understanding and empathy for persons fighting for life and survival.

While livelihoods, income, food and security may have been compromised due to C-19, the lesson from all of this turmoil is what humanity and the power of solidarity and hope can provide in a time of discord.

While we soldier on, let us remain optimistic and hopefully when we speak again, things will have turned for the better and we will look back and say "we have fought the good fight, finished this race and by grace, we have kept the faith!"

Rolf.

**CANCER ASSOCIATION OF NAMIBIA
Windhoek**

Tel: 061 237 740 • Fax: 061 237 741

Email: help@can.org.na

Website: www.can.org.na

90 John Meinert St. Windhoek West

Erongo

Tel: 064 461 271 • Email: erongo@can.org.na

3C Ferdinand Stich St. Swakopmund



BANK WINDHOEK DONATES N\$500 000 TO FIGHT CANCER



Bank Windhoek decided to contribute N\$500 000 to the Cancer Association of Namibia (CAN) under the Bank's Cancer Apple Project, instead of selling apples to raise funds this year.

Regarded as one of the biggest corporate social responsibility undertakings in Namibia, raising a total of N\$30.5 million since inception, the Bank Windhoek Cancer Apple Project was gearing up to celebrate its 20th anniversary before measures to curb the spread of Covid-19 were put in place.

"Due to the pandemic, it will be impossible to run the project fully this year," said Bank Windhoek's Head of Social Investments, Sponsorships and Events, Bronwyn Moody. "However, in our efforts to fight the pandemic, we decided to reschedule this year's celebration to 2024. As a connector of positive change, our assistance to CAN is to help in its efforts to fight cancer in our communities during these difficult times."

From CAN's side, chief executive Rolf Hansen said: "Bank Windhoek's donation will go a long way as we fight both Covid-19 and cancer in our communities. We are very grateful for this contribution."

The donations and the collected funds, amongst others, enable CAN to create cancer awareness, conduct outreach programmes, and screen Namibians for cervical and prostate cancer throughout the 14 regions at no cost.

As for the 2024 projected planning, Moody said that the Bank Windhoek Cancer Apple Project would undergo a complete transformation.

"We are excited and look forward to a positive future for this project," she said.

Last year's Bank Windhoek Cancer Apple Project donation of N\$2.5 million is being used during CAN's 2020 financial year budget. The annual National Cancer Outreach Programme commenced in January 2020 with community clinics in Rehoboth, Aranos, Stampriet, Mariental, and Kalkrand.

In February, outreaches took place in the Zambezi and the Kavango East and West regions.

Funds raised through the project last year assisted the Patient Financial Assistance Programme and paediatric cancer patient care. Continued emphasis is on screening women for HPV, the virus that causes cervical cancer.

"Bank Windhoek regards the outreach Programme as a critical exercise and commends CAN for going into the most remote communities to do this vital work," Moody concluded.

19 YEARS OF APPLES

2002	172 000 apples sold	Raised N\$209 000
2003	262 000 apples sold	Raises N\$300 000
2004	400 000 apples sold	Raises N\$410 000
2005	430 000 apples sold	Raised N\$470 000
2006	680 000 apples sold	Raised N\$700 000
2007	832 000 apples sold	Raised N\$700 000
2008	420 000 apples sold	Raised N\$750 000
2009	550 000 apples sold	Raised N\$1 000 000
2010	650 000 apples sold	Raised N\$1 250 000
2011	760 000 apples sold	Raised N\$1 400 000
2012	874 000 apples sold	Raised N\$1 326 000
2013	900 000 apples sold	Raised N\$1 133 000
2014	900 000 apples sold	Raised N\$1 800 000
2015	673 000 apples sold	Raised N\$2 600 000
2016	817 112 apples sold	Raised N\$2 900 000
2017	747 428 apples sold	Raised N\$3 000 000
2018	747 567 apples sold	Raised N\$3 000 000
2019	674 805 apples sold	Raised N\$2 500 000
2020	No project due to Covid-19	N\$500 000 donation from Bank Windhoek



Info

Help fight cancer

Band Windebank Cancer Apple Project

... (text continues) ...

APPLES FOR GOOD

APPLE WISSE 2003

... (text continues) ...

In 1996, the Cancer Association reached its target with a sum of the Bank Windebank Apple Project. ... (text continues) ...

van kanker



An apple a day

The Cancer Association of Namibia (CAN) ... (text continues) ...



ENGEN

... (text continues) ...



... (text continues) ...



Prevention is better than cure

... (text continues) ...



31 MAY 2020, WORLD NO TOBACCO DAY

Tobacco remains a concern for global health partners. Not only is it a major contributor to cancer, but also other serious health problems such as chronic heart conditions and associated diseases, hypertension and diabetes.

The Cancer Association of Namibia reaffirmed our position this World No Tobacco Day that "there is no safe way to smoke".

On the day we called on the Ministry of Health and Social Services and government to review the current Tobacco Control Act of 2010 and update legislation to better control the sale and use of alternative tobacco products such as hookah, waterpipe, shisha, and the regulation of vaping devices in public spaces (although not necessarily tobacco products are in all units, other harmful and addictive ingredients are present in such vaping devices).

The Cancer Association of Namibia again publicly asked for clarity on the intended tobacco farm/tobacco plantation in the Zambezi Region.

Healthcare is everyone's concern – and this World No Tobacco Day, we asked fellow Namibians to stand in solidarity for better decision-making that will benefit the health of future Namibian generations.

The Cancer Association of Namibia joined the World Health Organisation (WHO) communication strategy as communicated to health partners globally-

<https://www.who.int/news-room/campaigns/world-no-tobacco-day/world-no-tobacco-day-2020>

Protecting youth from industry manipulation and preventing them from tobacco and nicotine use

For decades, the tobacco industry has deliberately employed strategic, aggressive and well-resourced tactics to attract youth to tobacco and nicotine products. Internal industry documents reveal in-depth research and calculated approaches designed to attract a new generation of tobacco users, from product design to marketing campaigns aimed at replacing the

millions of people who die each year from tobacco-attributable diseases with new consumers – the youth.

In response to the tobacco and related industries' systematic, aggressive and sustained tactics to attract a new generation of tobacco users, World No Tobacco Day 2020 provided a counter to marketing campaign to empower young people to engage in the fight against Big Tobacco.

The World No Tobacco Day 2020 global campaign served to:

- Debunk myths and expose manipulation tactics employed by the tobacco and related industries, particularly marketing tactics targeted at youth, including the introduction of new and novel products, flavours and other attractive features.
- Equip young people with knowledge about the tobacco and related industries' intentions and tactics to hook current and future generations on tobacco and nicotine products; and
- Empower influencers (in pop culture, on social media, in the home, or in the classroom) to protect and defend youth and catalyse change by engaging them in the fight against Big Tobacco.

How are tobacco and related industries manipulating youth?

- Use of flavours that are attractive to youth in tobacco and nicotine products like cherry, bubble gum and cotton candy, which encourages young people to underestimate the related health risks and to start using them.
- Sleek designs and attractive products, which can also be easy to carry and are deceptive (e.g. products shaped like a USB stick or candy).
- Promotion of products as "reduced harm" or "cleaner" alternatives to conventional cigarettes in the absence of objective science substantiating these claims.
- Celebrity/influencer sponsorships and brand sponsored contests to promote tobacco and nicotine products (e.g. Instagram influencers).

- Point-of-sale marketing at vendor outlets frequented by children, including positioning near sweets, snacks or soda and providing premiums for vendors to ensure their products are displayed near venues frequented by young people (includes providing marketing materials and display cases to retailers).
- Sale of single stick cigarettes and other tobacco and nicotine products near schools, which makes it cheap and easy for school children to access tobacco and nicotine products.
- Indirect marketing of tobacco products in movies, TV shows and online streaming shows.
- Tobacco vending machines at venues frequented by young people, covered in attractive advertising and pack displays, and undermining regulations on sales to minors.
- Litigation to weaken all kinds of tobacco control regulations including warning labels, displays at point of sale, and regulations that limit access and marketing to children (specifically provisions to ban the sale and advertising of tobacco products near schools).

Call to action

The world cannot afford another generation deceived by the lies of the tobacco industry, which pretends to promote freedom of personal choice while really ensuring eternal profits – regardless of the millions of people that pay with their life each year.

WHO urges influencers – in pop culture, on social media, in the home, or in the classroom – who reach and connect with the youth to expose the industries' manipulative tactics to create a new generation of tobacco users. We need to empower youth to stand up to Big Tobacco by dispelling its lies and refusing to use its products.



LUNG CANCER



Lung Cancer

This is one of the cancer types with the highest fatality rates amongst both men and women. The main cause of lung cancer is tobacco use: cigarettes, cigars and pipe, while hubbly bubbly and second hand smoke exposure increases risk as well. Other risks: asbestos and certain lung diseases such as tuberculosis.

Signs & symptoms:

- A cough that doesn't go away and becomes worse or coughing up blood.
- Constant chest pain or shortness of breath and wheezing.
- Repeated bronchitis or pneumonia.
- Swelling of neck and face.
- Loss of appetite and weight loss or fatigue.

Diagnosis is made with X-Rays and biopsy with a bronchoscopy.

EFFECTS OF SMOKING

- Smoking raises blood pressure, which can cause hypertension (high blood pressure) - a risk factor for heart attacks and strokes.
- Couples who smoke are more likely to have fertility problems than couples who are non-smokers.
- Smoking worsens asthma and counteracts asthma medication by worsening the inflammation of the airways.
- The blood vessels in the eye are sensitive and can be easily damaged by smoke, causing a bloodshot appearance and itchiness.
- Heavy smokers are twice as likely to get muscular degeneration resulting in the gradual loss of eyesight and an increased risk of cataracts.
- Smokers take 25% more sick day leave per year than non-smokers.
- Smoking stains your teeth and gums.
- Smoking increases your risk of periodontal disease, which causes swollen gums, bad breath and teeth falling out.
- Smoking causes an acid taste in the mouth and contributes to the development of ulcers.
- Smoking also effects your looks: smokers have paler skin and more wrinkles. Reason being: smoking reduces the blood supply to the skin and lowers levels of vitamin A.

CAN PROJECTS



In order to sustain the programmes initiated and executed daily, the Cancer Association of Namibia is heavily dependent on the success of fundraising projects in addition to awareness and education drives. Several projects are run throughout the year to sustain the fund, while others overlap with the educational causes to fight cancer in Namibia.

Education and supplying information is an ongoing process. By way of our annual program and by invitation, we raise awareness in different sectors of the community, i.e. schools, farm communities, religious denominations, women organisations, corporate exhibitions and CAN fundraisers.

Welfare is at the core of serving cancer patients in Namibia. CAN offers its care and supportive services, not only to patients, but also to their families.

The association, strictly following the criteria set by the Board of Trustees, financially assists patients without a medical aid as well as those with no/or low income.

Research is costly. The association sets funds aside every year to support research. In 1998 CAN presented the first Namibian Cancer Incidence Report to the Minister of Health and Social Services. This register is updated on an ongoing basis, and results are published every 3-5 years.

2020 PROJECT PARTNERS



SUNRISE WALK



Who says Covid-19 is only doom and gloom?

On Saturday, 25 July 2020, the Cancer Association of Namibia hosted an informal sunrise walk at DTS sport field in Windhoek.

About 150 participants enjoyed the walk and socialised responsibly to assist in the fight against cancer in Namibia

Thank you to DTS, Interpack and Nova FM for being project partners for this event.

All proceeds go to the Cancer Patient Financial Assistance Programme.



BOOT OUT CANCER



Friday, 7 August 2020, was National Tekkie Day, presented by the Cancer Association of Namibia.

A fun opportunity for old and young to put on their funky shoelaces and support the fight against childhood cancer in Namibia.



PINK STORE



PRICE LIST

- Pink caps with pink ribbon - **N\$100.00**
- Pink caps with black ribbon - **N\$100.00**
- Black caps with light pink ribbon - **N\$100.00**
- Black caps with dark pink ribbon - **N\$100.00**
- Black caps hope over fear - **N\$100.00**
- White caps hope over fear - **N\$100.00**
- White racer – S, M ,L - **N\$150.00**
- Pink racer – S, M, L - **N\$150.00**
- White t-shirts – S, M, L, XL, 2XL - **N\$150.00**
- Pink t-shirts– S, M, L, XL, 2XL - **N\$150.00**
- Golf pink t-shirt – S, M, L, XL - **N\$150.00**
- Bufs – **N\$100.00**
- Mask kiddies – **N\$70.00**
- Mask adult – **N\$70.00**

ITEMS OF HOPE

Please continue supporting cancer fighters in Namibia. Items available at CAN

WINDHOEK - 081 237740

ERONGO - 084 481271



The dispensary of the Cancer Association of Namibia is fully stocked with various items. When purchasing any of these 'items of hope', the dispensary is able to provide essential products such as nappies, stoma products, sun screen and supplements at a very low cost to cancer patients.

Please call the CAN dispensary if you are in need of these items.



DIS TEETyd!

Die Covid-19-pandemie het die personeel by Huis Acacia laat besef dat ons iets drasties moes doen om die deure vir ons kankerpatiënte oop te hou.

Ons het besef tuisgebak het al baie kerke gebou. Die daaglikse roetine by Huis Acacia gaan soos gewoon aan en ons moes iets doen wat ons so tussenin kon inpas. Daar is toe besluit om beskuit en kleinkoekies te bak.

Ons het aanvanklik begin met karringmelkbeskuit en gemmerkoekies. Nou bak ons al twee soorte beskuit en vyf soorte koekies. Daar word letterlik elke dag gebak. Die kans dat jy ou gebak gaan koop, is nul.

Die publiek ondersteun ons goed, maar daar is altyd ruimte vir verbetering. Ons hoop dat met verloop van tyd elke huis in Namibië 'n flessie met Acacia gebak op die rak gaan hê. Ons het heelwat ondersteuners op die platteland ook.

Ons verkoop op 'n daaglikse basis van die gebak by die CAN-kantoor en by Huis Acacia, albei geleë in John Meinertstraat in Windhoek-Wes. Daar word ook een keer per maand by die Boeremark, geleë by die skougronde in Windhoek, gebak verkoop. Bestellings kan ook geplaas word by Maggie, Tel: 061 178 054.

Daar kan ook op grootmaat bestel word. Ons maak pakkies van 250 gram wat op die oomblik teen N\$25 verkoop word.

Die terugvoering wat ons kry is baie positief. Ondersteun ons asseblief, want op die manier help jy 'n kankerpatiënt. Huis Acacia se personeel sien uit na baie bestellings. Baie dankie vir elkeen se ondersteuning.





**FIGHT CANCER
WITH CUPCAKES**

Yellow Cupcakes at N\$10 each.
Place your order every Monday
during September with MJ at
Tel: 061 237 740.
Order collections on Thursdays



**FIGHT CANCER
WITH CUPCAKES**

Pink Cupcakes at N\$10 each.
Place your order every Monday
during October with Celeste at
Tel: 064 461 271.
Order collections on Thursdays



**FIGHT CANCER
WITH CUPCAKES**

Blue Cupcakes at N\$10 each.
Place your order every Monday
during November with MJ at
Tel: 061 237 740.
Order collections on Thursdays





CANcafé



Meals that matter... Every Wednesday and Friday the CAN team put on their chef hats to create the most delicious take away meals.

Every meal that is sold allows the Association to raise funds to keep assisting our cancer patients through this difficult time. Covid-19 has affected us all, but cancer patients receiving treatment during this time are under immense financial pressure; travelling between regions has become extremely stressful due to the lockdown procedures; and much needed medication is no longer available due to borders being closed for the last 6 months.

With these challenges in mind, the Association is still trying to assist and support the needs of cancer patients.

The CAN team is sincerely grateful for every donation and support received by the Namibian public. Without your continued assistance, this organisation will not be in the position to provide help where it is needed so desperately.

OUR CARING COMMUNITY

The Cancer Association of Namibia, in cooperation with the community, fights cancer and its consequences countrywide to the benefit of all Namibians by supporting research; health education and information; care and support services.

It is the distinct aim of the Cancer Association of Namibia (CAN) to educate the general public regarding the prevention, early detection and dangers of cancer. CAN renders a welfare service to all cancer sufferers according to established criteria:

1. Education and care
2. Advocacy
3. Regional committees and branches
4. Data and research
5. Patient accommodation support (adults)
6. National cancer outreach programme
7. Communication and awareness
8. Patient financial assistance programme
9. Patient accommodation support (children)
10. Psychosocial support
11. Projects and fundraising
12. Support to the Ministry of Health and Social Services (MoHSS)

The CAN is solely dependant on the goodwill of the Namibian community. The association does not receive any funding from the Namibian government or any international organisations. Without the continued support of Namibians, it will not be possible to honour our commitments.

Even though words cannot fully explain the gratitude, appreciation and admiration for every donation - whether in kind or monetary, big or small - please know that your efforts are valued.

It has been proven over and over again that Namibians care about Namibians and it is an honour to be your tools in the field.

BEAUTIFUL BLANKETS FOR CANCER FIGHTERS



Knitted blankies donated by Mrs van Staden from Eros Manor retirement village.

KRUIDENIERSWARE VIR HUIS ACACIA



I Care Aftercare and Tutor Centre se leerlinge het vir Acacia kruideniersware geskenk en N\$800 se koekies gekoop. Ons is baie dankbaar vir elkeen se ondersteuning in hierdie moeilike tyd.

WE Windhoek Express 2h · 📍

Checkers
Cancer Association of Namibia
WE CAN Cook, starting on 7 August on the Windhoek Express Facebook page with a recipe collection of 48 quick and easy recipes. All proceeds go towards the Cancer Association. Follow the link for more info:
<https://mall.na/browse/show/product/we-can-cook-recipe-book-books>

#WeCanCook #RecipeBook #Checkers #CAN #WindhoekExpress



AZTECH CONSULTING SUPPORT WOMEN FIGHTING CANCER



Aztech Consulting sold 200 beautiful homemade cupcakes and donated N\$2000 to support women who are currently fighting cancer in Namibia.

HEALTHY MEALS FOR KIDS STAYING AT CHICA



Thank you to Mrs B Hess from David Bezuidenhout High School for donating food to our brave CHICA children!

BEAUTIFUL BEANIES FOR CHILDHOOD CANCER PATIENTS



Thank you to Ms Magda Labuschagne for donating lovely parcels to our brave little cancer fighters (CHICA).

WARM BLANKIE FOR WINTER



The children of the Central Hospital wing 8 West, each received a warm blanket for the winter. CAN also donated basic toiletries for the mothers staying with their kids while receiving treatment at Dr AB May Cancer Care Centre.

Often these families come from rural areas, not knowing what to expect or how long they will stay at the Central Hospital. Most of the parents of childhood cancer patients do not have the means or the finances for basic sanitary needs.

Thank you to our loyal project partners that make it possible for CAN to assist with the various needs of childhood cancer patients in Namibia.

SECONDHAND STORE



**Thursdays from 09:00 till 12:00 at
House Acacia 94 John Meinert St.
Windhoek West**

FIGHTING LIVES CHARITY TRUST SUPPORT CHILDREN FIGHTING CANCER



The Fighting Lives Charity Trust donated detergent, canned food and baby clothes to the Cancer Association of Namibia's CHICA (Children Fighting Cancer in Namibia) programme and A Baby's Cry Foundation in Windhoek.

Fighting Lives directors Anton Botha, Chanee Britz and Rolf Hansen (also CAN's CEO) presented the goods to the two recipients, represented by CAN's head of medical, Sr Aina Nghitongo.

The three welfare organisations wholeheartedly thank the Windhoek community and corporate project partners who made this community support drive possible.

DESERT MUSTANGS PAYING IT FORWARD WITH DELICIOUS SOUP FROM CANcafé



We would like to thank The Desert Mustangs Motorcycle Group for supporting our soup drive and also donating soup to Huis Maerua Children's Home. They bought 108 bowls of soup. We really appreciate your support!

TOILETRIES FOR CANCER PATIENTS



Mrs Adams donated toiletries to patients receiving cancer treatment at the Dr AB May Cancer Care Centre.

DONATING STRANDS FOR HOPE



Milla Jansen, who is only 4-years-old, decided that she would really like to donate her hair towards the Cancer Association of Namibia! You are truly a magnificent example at this very young age.

Thank you pretty little Milla for your donation!

HUIS ACACIA KUIER BY BOEREMARK



Die CAN-span van Huis Acacia kuier by die Boeremark in Windhoek.

Baie dankie aan oom Gerhard en tannie Monika Kirsten van Mariental wat ons stalletjie geborg het.

BIKERS FOR CANCER



The "Free Chapter Windhoek" and "Twenty 82" motorcycle communities hosted a "Finding Chemo" fundraiser challenge to the benefit of the Cancer Association of Namibia and a fellow biker fighting cancer, Mr Kempen Claassens.

The two groups put together a fun scavenger hunt that saw bikers solving riddles and looking for iconic places throughout Windhoek to win prizes.

Entries and donations made up the fundraiser and a total of N\$13 600 was donated to CAN's children programme, CHICA (Children fighting Cancer in Namibia) to support the CHICA Interim Home.

This amount was made up from the scavenger hunt (N\$7 700); Handle Bar donation of N\$2 300; Pupkewitz Toyota donating N\$3 000 and Kalahari Greens contributing N\$600.

The following sponsors are wholeheartedly thanked for prizes donated: Harley-Davidson Windhoek; Pupkewitz Honda; Pupkewitz BMW; Pupkewitz Toyota; Pupkewitz Megabuild; iCandy Photography; Nambwa Tented Lodge; Belles Design; Betech Solutions; Action Arena; The Handle Bar; Garden Café; Kalahari Greens; Rani Trading; Belles Baby Boutique and Namibia Breweries.

DONATION SUPPORTS CAN



Belinda Notes kindly donated N\$500 in support of CAN operations. Thank you!

DIDI, THE BEAR OF HOPE RAFFLE



"Didi, the bear of hope" is handmade from pure Alpaca fur and is a collector's treasure that has even featured on the South African television programme, Kwêla.

Tanya Blaauw from Windhoek donated Didi to the Cancer Association of Namibia saying that "by donating and raffling this little bear to the benefit of CAN, we can take care of kids fighting cancer and warm the heart of its new owner too!"

Marianne Pretorius is the CAN volunteer in Otjiwarongo who is spearheading this project of hope.

The unique collector's item bear is worth N\$1 200 and raffle tickets to win Didi are now on sale at the Cancer Association of Namibia (061-237 740) for N\$20 each.

CANcafé VOLUNTEERS



Thank you for the amazing support of our weekly soup kitchen darling ladies! What a blast making "soup memories" with you.

We sincerely thank everyone who supported the drive.



WO 30
**CANCER ASSOCIATION
 OF NAMIBIA**

MEMBERSHIP

N\$100 Annual Membership Fee

NAME:.....

SURNAME:.....

CELL:.....

EMAIL:.....

PO BOX.....

TOWN:.....

ID NR:.....

Membership payment for 20....

- ★ Membership fees will go towards our various community outreach projects.
- ★ The "Acacia Magazine" showcasing what CAN and our community does to alleviate the scourge of and better the fight against cancer complimentary in electronic format.

Please fax / email application and proof of payment to

Fax: 061 237 741 projects2@can.org.na

Bank details:

CANCER ASSOCIATION OF NAMIBIA

FNB

BRANCH CODE: 280 272

ACC NR: 555 1334 9239

REF: YOUR NAME & SURNAME MEMBERSHIP



Zero2Cancer Campaign

“Zero2Cancer” (Z2C) is the Cancer Association of Namibia's latest drive to help create awareness and fight cancer in Namibia.

The campaign entails the securing of membership donations at N\$100 per month to be automatically debited from individuals' account who have a heart for the fight against cancer in our country.

Funds raised through the new membership programme will ensure the doors and operations of the Cancer Association of Namibia (a registered welfare organisation) will remain open and continue to the benefit of all Namibians.

Z2C membership tackles various topics and hopes to raise much-needed funds to sustain CAN's operations that include the House Acacia Interim Home for adult cancer patients, the CHICA Interim Home for childhood cancer fighters, our National Cancer Outreach Programme and especially the Patient Financial and Commodity Assistance Programme.

Registration to become a Z2C member and debit order forms to make a monthly donation of N\$100 for one year in support of the Cancer Association of Namibia, can be obtained and completed at our offices, or by e-mailing projects2@can.org.na. Memberships are renewable annually and at the discretion of the member.

Members will receive:

- The “Acacia Magazine” showcasing what CAN and our community does to alleviate the scourge of and better the fight against cancer complimentary in electronic format.
- Members will also have first access to information on all our ongoing campaigns and invitations to join us at events. They will receive the audited financial statements indicating our commitment to transparency and accountability in what we do.
- Zero2Cancer members will also be registered as full organisational members as per the constitution of the Cancer Association of Namibia and will subsequently also have voting rights on matters relating to the official direction of the association (at least 10 out of 12 annual months membership fees must be paid up).
- As a new member you will receive a free cervical & breast screening for ladies or a PSA screening for men.
- And finally (and we feel most importantly) Z2C members will receive a stylish lapel pin badge annually to proudly wear indicating that they are fighting cancer and impacting lives in our community!

For more information on the Z2C campaign follow the link www.can.org.na/z2c.

CANCER ASSOCIATION OF NAMIBIA (Wo30)

TEL: 061 237 740 • FAX: 061 237 741 • EMAIL: projects2@can.org.na

PO BOX 30230 WINDHOEK, NAMIBIA





WE STRIVE TO HELP CANCER PATIENTS IN NAMIBIA

- Accommodation support at House Acacia & CHICA Interim Home
- Patient Financial Assistance
- Circle of Hope psychosocial support
- National Cancer Outreach Programme
- Namibia National Cancer Registry

Tel: 061 237 740 • Fax: 061 237 741

Email: help@can.org.na • PO Box 30230 Windhoek
90 John Meinert St. Windhoek West

