

Message from Chris

It has been a very busy and exciting time for the Foundation recently and we are now excited to officially announce our new name, the Little Heroes Foundation.

Our new name allows us to more closely identify with the children we exist to support and we will now broaden our charter to include children suffering from serious illness as well as cancer.

We are looking forward to continuing our current projects with the Women's & Children's Hospital as well as taking on some new and exciting projects in the near future.

On a personal note a big thanks from all of us at the Little Heroes Foundation for your vote of confidence in recent weeks.

Look forward to catching up soon.

Cheers ,

Chris.



LHF Director Chris McDermott with Sarah and Claire

The King and I....

The countdown is now on for Slowdown XI on October 2 where football legends and past players from the Crows and Power sides will don the club colours and rekindle old rivalries in the hopes of becoming this year's Slowdown champion.

We can now reveal that this year's Slowdown will see some huge names returning to the footy field, including Geelong great Tom Harley, Wayne 'The King' Carey, Mark Ricciuto, 2010 Hall of Fame inductee Gavin Wanganeen, and the Hilltop Hoods' MC Pressure.

We are also on track for our mascot race with over one hundred mascots having taken up the challenge and signing on for what is expected to be a hilarious athletic display. There are still spots available so don't forget to sign up your company mascot, or volunteer to wear a suit in the race.

Pencil October 2 in your diaries now and make sure you can join us for Slowdown XI. Don't forget to bring the kids along to our sports clinics prior to the first bounce, they might even get the chance to have a kick with a few local footy stars!

See you there!



Art attack!

On Sunday October 10, over twenty children will be showcasing their artistic flair at the Sea House, Glenelg, for the 'Inspirations' Art Exhibition.

The young artists have been working on their masterpieces during their Art Therapy sessions at the Sea House.

They will also be joined by Olympic medallist Anna Meares who spent a marathon seventeen hours painting her own canvas, depicting her gold medal win at the 2004 Athens Olympic Games.

All pieces featured in the exhibition, including Anna's, will be available for purchase via silent auction with proceeds from the sales helping to fund the Art Therapy Program run by the Little Heroes Foundation.

For more information please contact Child Family Care Coordinator Danielle at danielle@littleheroesfoundation.com.au or 8161 6532.



Anna Meares and her completed canvas

Little Heroes Foundation Events Calendar

- Ladies' Night
- Slowdown XI—October 2
- Joggers World Fun Run— Sept 12
- 'Inspirations' Art Exhibition
- Slowdown XI Gala Dinner
- New York Marathon
- Melbourne Cup Luncheon

Contact us

Level 1, 45 Kermode St
North Adelaide SA 5006
t: 8161 6025
f: 8161 7272
w: www.littleheroesfoundation.com.au
e: info@littleheroesfoundation.com.au

Dad's Day Off

Community Engagement Coordinator, Danny Morton, joined a group of Dads for a Dads only event which proved to be a huge success and great day out for such a deserving group of people.

The "Dad's Day Off" initiative (the brainchild of one of our very own Dads, Tony George) kicked off with a bang. The Dads were treated to a behind the scenes tour of both the Adelaide and Power Football clubs. Both clubs went out of their way to make the Dads feel special and I couldn't speak more highly of the special people who helped make the day such a huge success. It was great to be able to assist Tony with the first of his "Dad's Day Off" events.

—Danny Morton, Community Engagement Coordinator



Some very happy footy fans at "Dad's Day Off"

The Good Samaritan Strikes Back

A stranger's good deed has blown us away and has proved that the Good Samaritan still exists.

The anonymous Glenelg man made a generous donation to the Little Heroes Foundation after hearing that a donation tin was stolen from a KFC restaurant.

He was furious to hear that someone had stolen from a charity and presented his cheque to replace what was stolen.

The man hoped that his generosity would encourage others to support local charities and deter others from stealing charity tins in the future.

If you would like to support the Foundation and make a donation, please fill out the form included in this newsletter, or log onto www.littleheroesfoundation.com.au

Melbourne Cup Lunch

On your marks, get set, GO!

Fashionable fillies and racing-mad men listen up; the Spring Racing Carnival is only weeks away and boy do we have the perfect event for you.

Join us on November 2, at the National Wine Centre, for The Little Heroes Foundation Melbourne Cup Lunch.

Celebrate the *Race That Stops The Nation* in style with a three course meal, champagne upon entry, a fashion parade, and fabulous prizes for best dressed, best hat and more!

Tickets are \$125 per person, or \$1,100 for a table of ten. Contact Sarah at the Little Heroes Foundation on 8161 6025 or sarah@littleheroesfoundation.com.au to book.

Thank you to our August sponsors

Aaron Collaghan	Brodie James	Eason Family	Joanne West	Mardaw	Paul Daly	Rowan Dodds	Startpay
Adelaide Exclusive	Cameron Davidson	Emily Green	Jodie Cosercas	Margaret Cooper	Paull Scuds	Sabeena Parasram	Stuart Gearing
Amber Montos	Cheerio Netball Club	Gabriella Lorenzetti	Joe Cools Pty Ltd	Marion Belle	Penny Angely	Sally Carr	Supercheap Auto
Andrew Fraterman	Children's Educational Care Centre	Gavin Klose	Joe Schinella	Mark Colley	Peta Pash	Sally Inglis	Suzanne Green
Andrew Galpin	Cindy Ward	Geoffrey Cobble-dick	John & Cynthia Childs	Mark Williams	Peter Longbottom	Sam Jeffries	Terry Webb
Andrew Martin	CMV Staff	Grant Goldner	Justin Haigh	Martyn Zubs	Pier Stamatogiannis	Samantha Pumpa	Harcourts Foundation
Andrew Ponnambalam	Codie Howard	Grant Lovering	Katrina Crawshaw	Matthew Lehmann	Pooles Menswear	Sarah Colligan	Trevor Williams
Andrew Slattery	CYWHS	Greg & Noreen Elliot	KC & JR Swaffer	Matthew Robinson	Prue Gilfillan	Shane Horton	Trudy Hoffmann
Angela Puntureri	Damien Rousset	Heidi Caudle	Kris Elliot	Matthew Thewlis	Rachel Lobban	Shell Roadside	Via Media
Anna O'Neil	Daniel Brand	IMVS	Laura Sellar	Michael Pring	Rachel Thewlis	Simon Thewlis	Wee Willies Tavern
Anthony Schultz	Daniel Southern	J D Odium	Lights Down Under	Michelle Williams	Raelene	Square Holes	Will Maley
Anthony Toop	Darren Cheek	James Anderson	Linda Haryl	Naomi Rankine	Rebecca Lawson	Stacey Malone	WR & IR Speed
Ben Hilliard	David Bayly	Jane Buckley	Lisa-Marie Donnarumma	Nic Eldridge	Richard Wood	Steve McCawley	
Ben Lloyd	David Cobbledick	Jason James	Lynton Heinzel	Norman Kester	Roger Delaney	Steven Goss	
Brendan Egan	Di Byles	Jeremy Ervine	Louise Bagger	Opals	Roger Keynes	Steven Samardzic	
Brighton Bowling Club	Don & Mary Manuel	Jessica Johnson	M A Robinson				

I would like to make a tax-deductible donation to Little Heroes Foundation to support children surviving cancer and serious illness.

Personal Information:

Title: First Name: Surname:

Address:

Suburb: Post Code: State:

Phone (Home): Phone (Mobile):

I am an organisation Name of organisation:

Contribution:

I would like to make a one off donation

I would like to make a regular month donation (until I advise otherwise)

Donation Amount:

\$10 \$20 \$30

\$50 \$100 \$200

\$500 Other Amount:

Payment Method:

Cheque enclosed

EFTPOS BSB: 105-027 Account: 149983840

Credit Card Mastercard Visa

Diners American Express

Name on Card:

Credit Card Number: Expiry Date: