

Bunker the key to arrest

A CHRISTIE Downs man charged after the discovery of an elaborate underground bunker system allegedly containing firearms and drugs at Willunga is expected to face Christies Beach Magistrates Court on Monday.

Operation Mantle officers arrested the man, 39, on Thursday.

Police will allege the bunker and containers held stolen firearms, ammunition, a mature hydroponic cannabis crop, glassware used in manufacturing amphetamine and prescribed hydroponic equipment.

Charge on dead infant

A SYDNEY woman has been charged with murdering an infant child in 2006.

The boy, 22 months, was found dead in his cot on January 28 that year at a home in the western Sydney suburb of Quakers Hill.

A woman, 28, was arrested yesterday at a home in Marayong, near Quakers Hill, and taken to Blacktown police station.

She was charged with murder and refused bail. She was to appear at Blacktown Local Court late yesterday.

Bikes miss out on funds

THE nation's transport ministers have acknowledged there hasn't been enough investment to encourage people out of cars and on to bicycles. Federal and state transport ministers yesterday signed off on the third National Cycling Strategy, which aims to double the number of people cycling over the next five years.

The strategy acknowledges cycling had not been supported by a high investment in the past 10 years. It aims to better collect data on the effect of cycling initiatives.

As a brave young mother battles a rare form of cancer

Kathy shares her fight for survival

WHEN Kathy Seiffert was diagnosed with cancer, she began writing an online diary, or blog, to share her emotional journey with family and friends.

Now her selfless approach to survival has become one of her greatest gifts.

On September 24, 2006, Kathy's son Lachlan arrived six weeks early. A month later, a routine pap smear revealed that the new mother had cervical cancer.

A radical hysterectomy uncovered something even worse: the extremely rare primary peritoneal cancer. Only 160 Australians are diagnosed with the illness each year.

Just days before her 30th birthday, Kathy was given only six months to live.

Six months to be a mother, a wife and a friend while battling sickness, grief, disbelief and even guilt for the pain her illness was causing others.

Amid this cacophony of emotions, the plucky former jockey began preparing to say goodbye and wrote in a bid to make sense of it all.

"The online blog started off as a way to keep people in-

GRETEL SNEATH



formed about what was going on so that it didn't turn into a case of Chinese whispers," Kathy explains.

JANUARY 30, 2008

I've had a few people comment to me lately that they hear I am in remission and as much as I would love this to be true, unfortunately it isn't... I have now been to see three different oncologists and unfortunately none of them have the miracle cure...

It also became a way to share the joys of motherhood, despite the ever-present reminder that nothing lasts forever.

MAY 17, 2008

Lachlan is growing up quicker day by day and has been amusing us with his little antics and temper tantrums. I

don't think he appreciates it too much that I laugh at him while he is on the floor thumping his fists and kicking his legs... to me, though, I am just so happy that I am here to see it all.

There are many uplifting moments; fishing trips to Moonta, music concerts, girls' weekends and weddings are all recorded in chatty detail, complete with photographs.

For Kathy, it was a way of blocking out the black clouds and focusing on survival rather than sadness.

For readers, it's a compelling display of bravery and selflessness from someone who simply wants to be a happy wife and mother.

We luckily had seats where we could get up and dance and of course we did - who can stay seated at a Jimmy Barnes concert! Too much alcohol was drunk (shhhh don't tell my doctor) but hey you only live once and for the first time in a long time I felt normal again.

When the medical appointments bring more bad news, the blog becomes an important place for Kathy to share

information about her treatment and reactions to drugs with a growing community of online supporters.

Entries are often posted late at night as she battles insomnia. She worries the mind-numbing cocktail of drugs can sometimes make her come across as a "raving lunatic". Others would describe her as refreshingly honest.

JANUARY 13, 2010

I understand people don't know what to say sometimes but here are a few things that really don't help:

● *See you look well... My answer: "If I could only put my cancer on the outside would you say the same, as I don't feel well".*

● *I am sure it will get better... My answer: "Well why does it keep getting worse?"*

● *Lachlan will always remember you... My answer: "Who remembers anything from when they were three years old?"*

● *Just think positive... my answer: "If I only thought negative I would have been gone a long time ago!"*

"The blog has really been like therapy and it has helped me a lot. Some people think that I can be a little too honest, but I turn around and say 'if you don't want honesty, don't read it,'" Kathy says.

A month ago came the most honest entry of all, written just hours after Kathy's family had been called in to say goodbye. In an overwhelmingly brave decision, Kathy chose to record the details of the "absolute worst night of her life".

"Ever since I was diagnosed with the disease, I have wanted to know how it would all end, but you can't turn around to a family who has just lost someone and ask how they died. In my own personal case, all I could think of was you know my blog, you know everything that's happened to me, so it's all or nothing," she says.

AUGUST 22, 2010

I was really sick with nausea and pain and the doctors couldn't work out what was going on as my blood tests were saying that every-

her online diary has made others appreciate life

fight for survival

thing was alright. It wasn't until I started throwing up black vomit that the real panic set in. The doctor came to my room and asked the dreaded question - If my heart stopped or things went wrong, were they to do anything to save me or were the doctors to just let me go?... I thought I was really ready to go until I had all my family come into my room to say their goodbyes, then I understood how some people can just let go and die. I decided I wasn't ready yet... sorry LOL. Poor Mark was told by the doctors to ring everyone and I will never be able to understand how hard that was for him to do. It absolutely broke my heart to see everyone suffer like that - don't worry about me, I was dosed up on painkillers. Thank you for telling me I could go... I had read that in so many books but until I had it said to me by the people who are closest to me, I really didn't understand what sort of impact that did make on you. At the end of the night I guess it really wasn't my time yet... I know you say I shouldn't be saying this but I am so

sorry to put you all through that night. As horrible as it was for all of us I saw in everyone's eyes how much they loved me and that meant the world to me.

Kathy's cancer has now reached the palliative stage, and she is determined to stay at home for as long as possible and continue to defy the odds. There are still regular hospital trips, including one this week which delivered another dose of dreaded chemo.

"There's supposed to be a new treatment out next year for this type of cancer but it's still at the trial stage, so I've basically told my doctors to use me as a guinea pig and try whatever drugs they like to not only slow the cancer down but to help future patients," she says.

"If there's something they want to have a shot at, I've said just do it."

Yesterday Lachlan turned four and his brave mum wasn't going to miss it for the world. When she was first diagnosed with cancer, Kathy, Mark and Lachlan decorated a birthday plate

with each of their hand prints, and they're planning to use it this weekend.

"People are saying that my experience and my blog has made them re-evaluate their life and realise what's important and what's not, and this is good for me because I always look for a reason behind why I'm going through this and this sort of at least gives me one," Kathy says.

"If it makes people appreciate their lives more, then at least it's helped in some way."



SELFLESS: Kathy Seiffert with her son Lachlan and husband Mark.

Displaced group in Elizabeth

A GROUP of people who fled Yuendumu will stay in an Anglicare facility over the weekend, with the State Government expected to announce an interim housing plan next week.

About 100 people left Yuendumu in the wake of violence and have come to Adelaide to seek safety, however they still fear the factions fighting in their remote community will come after them here.

Some are staying in the community with friends or relatives, but up to 60 will stay in Elizabeth where Families SA staff will relieve Anglicare SA workers, who have been working tirelessly to deal with the unexpected influx.

The group has repeatedly asked for its privacy to be respected, and for its safety to be preserved.

Police seek road rage driver

THE driver of a faded red older-model hatchback is being sought in relation to a road rage attack at St Agnes.

Police are investigating an assault that happened about 10pm on Sunday at the roundabout of Tolley Rd and Smart Rd following a rear end collision between a silver Holden Commodore sedan and the hatchback.

When the drivers got out of their cars the male driver of the hatchback assaulted the Commodore driver.

The suspect is a man of Caucasian appearance, about 35 years old and 170cm tall, with a stocky build and short dark hair.

Anyone with information about the assault or who may know the identity of the suspect should contact Bank SA Crime Stoppers by calling 1800 333 000.



SNAPSHOTS: Kathy Seiffert relaxes with her family.



FILLING THE VOID

- In addition to keeping family and friends updated, Kathy's blog has become a valuable tool for others affected by Primary Peritoneal Cancer.
- She recalls with sadness the first time she googled the illness - the only website she could find delivered the devastating blow of a 100 per cent mortality rate.
- In order to help others avoid being hit by the same sledgehammer, Kathy and her friends donated \$10,600 to the Cancer Council SA to help improve the information currently available.
- "I would love to see a link on their website for Primary Peritoneal Cancer or even a stand-alone site as the information that is out there is extremely limited," she said.
- Cancer Council SA CEO Brenda Wilson on Thursday made an undertaking to have something on the website within 7-10 days.

Kathy's blog: <http://lachlanseiffert.spaces.live.com/>



RUGGED UP: Kathy Seiffert, shortly after Lachlan was born, on the Gold Coast.



Cabra Dominican College, as a Christian community in the Catholic tradition, strives to nurture and develop the unique gifts of individuals, to liberate them in the search for truth, and to empower them to create a better world.

Principal's Tour - Friday 29 October 2010.

Please phone the college to register your attendance.

Please note we have limited vacancies for Years 10, 11 and 12 for 2011.

Email the College Registrar to request an enrolment package.

Phone: 8179 2400 **Email:** sharon.mcgowan@cabra.catholic.edu.au

Web: www.cabra.catholic.edu.au

Learn to Learn, Learn to Live, Learn to Fly



20% OFF storewide **sale***



SALE ENDS 3RD OCTOBER

Proudly South Australian Owned and Operated

92 Richmond Road Keswick | Phone 8351 2111 | Country Callers 1800 627 222 | www.snowys.com.au

*Sale ends Sunday 3rd October. *No further discount on items already on sale. Icebreaker and Oz Tents will be discounted 15%.