Albury Wodonga Regional Cancer Centre
The dream has become a reality.

Work commenced before Christmas on the AWRCC with the $70 million contract awarded to Hansen Yuncken. The hope is that this state of the art cancer centre will be operational by the end of 2015.

The three level centre which will be linked to the Albury hospital will have 4 radiation oncology bunkers, 2 linear accelerators, 30 inpatient beds, a 30 chair Day Chemotherapy facility, 17 Medical and Allied Health Consulting rooms, a Wellness Centre, an education and training facility and additional car parking.

The AWRCC will cater for both private and public patients and provide a wide range of cancer services allowing patients to seek treatment closer to home and family rather than having to travel to the city.

THANKS

The Tit Tattler would not be possible without the generosity of Conway Printing at Jindera who print the newsletter without charge.

Thanks also to Kellie and Kelvin Davies of K2 Design who donate their time and skills maintaining our website and providing technical support.

And thank you to our contributors whose input helps us to pass on so much important information, advice or just something to make us laugh.
**Hydrotherapy**

Hydrotherapy is held at the Albury Base Hospital hydrotherapy pool every Wednesday at 12.30pm.

For women who have or have had breast cancer, the exercises are gentle and focus mainly on lymphatic drainage.

The format for the class is meet and change in time for a 12:30pm start, stretching, gentle exercise using equipment and relaxation to finish.

The class ends at 1.30pm.
The cost is $5.

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**Happenings with Heather**

Hi Everyone,

Welcome to a new year with AWBCSG and the tit tattler. You are probably all like me and thankful that the hot weather has passed for another summer and enjoying the cooler nights for sleeping.

Brave Hearts and AWBCSG combined to hold their annual Mini-Field of Women at the Celebration Rose Garden at Sumsion Gardens on 30th November. It was a beautiful morning and the roses were blooming, making for a lovely setting to remember those whose lives have been touched by breast cancer. Now we are planning a trip to Melbourne for a Field of Women on 10th May. See the article on page 3 for all the details.

On the 6th December, 38 ladies and 4 gentlemen enjoyed the Support Group Christmas Lunch in the Stanley Room at the Commercial Club. I am sorry I was unable to attend but have seen photos and heard good reports of a lovely meal and great company. Thank you to Kathy for being ‘Santa’ and to Di for being ‘Santa’s Helper’ and distributing the Kris Kringle gifts. Once again our Christmas Raffle was well supported and a big thank you for helping us raise $630. Congratulations to the lucky winners. First prize Kathy Murray, 2nd prize June Dodgson, 3rd prize Maria Brown and 4th prize Melissa Watson. A thank you also goes to Elizabeth Schmidt for the pink rossettes that she crocheted and gave out at the luncheon. I would like to thank you all for the gift voucher and am looking forward to being pampered. We have booked the Stanley Room again so I look forward to being there this year to celebrate with you all.

It was lovely to hold our first meeting for the year at ‘Hilltop’ Patient and Carer Accommodation Centre and be able to venture outside for morning tea. It was lovely to see each other again and we welcomed some ladies for the first time. We look forward to your company at many more meetings. Several of our members hadn’t been to our previous meeting at Hilltop so Helen showed them through the beautifully appointed rooms. We also welcomed Fiona Jones and Jenny Black from Brave Hearts on the Murray Inc. to our meeting. Fiona made a presentation to Robyn Daly on behalf of Brave Hearts to thank her for the work she has done liaising between AWBCSG and Brave Hearts in her 10 years with AWBCSG and in particular the last 5 years as facilitator. Our meeting was also special for Robyn as it was 10 years since she was diagnosed. Robyn thanked all those that have helped and supported her on her journey. She is grateful that she joined the support group as she has been blessed with meeting so many lovely people and the opportunities that have come her way since have been unimaginable. We wish Robyn good health and happiness.

The following morning Marg Harrison, Marlene Gibson, Robyn Daly, Jodie Hart and I set up an information table at the start/finish line of the Lake Hume Bike Challenge which was a fundraiser for the Wellness Centre at the Albury Wodonga Regional Cancer Centre. It was a lovely setting amongst the shady trees in Noreuil Park watching the participants return and to promote the support group and cancer awareness. Well done to Chris and Kevin Gabriel from Brave Hearts who took part in one of the rides.

Well done to Brave Hearts for holding another successful dragon boat regatta on the first weekend of March. A wonderful team effort with a lot of behind the scenes preparation going on to organise the weekend and to train the participants in the community challenge. The weather was ideal and it was great to see so many locals come along on the Saturday to support the community teams. I can strongly recommend coming to the regatta just to take part in the Remembrance Ceremony on the Saturday afternoon. It was very moving for those who went out in the four dragon boats as well as those who watched from the shore line. Once again the flotilla of hearts filled with messages floated on the lake as the Ukulel Group played.

March is Lymphoedema Awareness Month and we look forward to welcoming Sue Butcher to our meeting. In April Breanna Shaw will talk to us about her cancer journey and the fundraising she has been doing for young cancer patients. If you can’t make it to one of our meetings maybe you can support BCNA by purchasing pink finger buns from Baker’s Delight.

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**DATES FOR THE DIARY**

21 March  
AWBCSG MEETING 10am  
Mitta Mitta Canoe Club  
Sue Butcher- Lymphoedema Massage Therapist

23 March  
Pink Paddle Day, Bendigo

25 March and 6 May  
LOOK GOOD FEEL BETTER– to enrol  
Contact Rosemary Creed 02 6021 3604

6 April  
Victorian State Dragon Boat Titles– Docklands

11 April  
AWBCSG MEETING 10am  
Mitta Mitta Canoe Club  
Breanne Shaw– Albury Young Citizen of the Year

13 April  
Border Ovarian Cancer Awareness Group  
Walk for Kelsey– Sumsion Gardens 9am

24 April– 14 May  
Baker’s Delight Pink Bun Campaign

10 May  
Field of Women– MCG

11 May  
Mother’s Day Classic– Sumsion Gardens 9.30am

16 May  
AWBCSG MEETING 10am  
Mitta Mitta Canoe Club  
Cancer Council Biggest Morning Tea

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**Hydrotherapy contact:**

Marlene Gibson  
(02) 6021 6364

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Feel free to contact any committee member for information or support.

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**Heather Knott**
We are excited to inform you that BCNA has been able to organise with the AFL a Field of Women at the MCG on Saturday 10th May (day before Mother’s Day). You meet at the MCG by 4.30pm to go in and create the Pink Lady then watch the evening match between Melbourne and Western Bulldogs.

Brave Hearts and AWBCSG will be organizing a bus to take us down, leaving Saturday morning and staying overnight. Tickets are $55, which is a pink poncho and ticket to the game, purchased on line through the link to Ticketek on the BCNA website at www.bcna.org.au. If you don’t have an account and don’t want to create one, let me know and I can organise to purchase a ticket for you.

Please let us know asap if you are interested in coming on the bus so we can start booking and costing the travel and accommodation. Also contact us if you have any questions. We should be able to organize a pick up in Wangaratta for ladies wanting to come from other groups in the area. You don’t have to be a survivor to come, family and friends are more than welcome to join you. The aim is to have 15,000 people to form the pink lady. Contact Robyn 6021 5353 or at robyn.daly3@bigpond.com or Heather 6059 2314 or at knott@iprimus.com.au

You are more than welcome to make your own arrangements to get to Melbourne for the event and then join up with us at the MCG.

It will be a night to remember, hope you can join us.

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**Jacky’s Wrap**

- wrap(s) (choose what you like, I used a sundried tomato/basil wrap, but have also used plain ones)
- cream cheese (whatever you want, I used Philadelphia)
- smoked salmon
- pesto (whatever type you like, I used a red pesto)
- baby spinach leaves, remove thicker + longer stems as they make rolling up the wrap hard.

Don’t heat the wrap(s)! Just put a thin layer of all mentioned ingredients on the wrap(s), for example first pesto, then salmon, then cream cheese then baby spinach leaves, but order is not important. As long as you have a surface that you can spread the cheese and pesto on; baby spinach leaves wouldn’t lend themselves for that purpose.

Roll the wrap(s) up tightly, then wrap in glad wrap and put in the fridge for at least half an hour (or longer, can be made hours in advance). Cut into 1-2 cm diagonal pieces; although I suppose that’s just for visual effect, straight is ok :D Enjoy.

The original and simple recipe was just wrap, cream cheese and salmon which tastes really nice. I added the baby spinach for colour and texture, and pesto to give it that little bit of “umpf”. You can play with it; leave things out, add things.

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**Complimentary Therapies**

**Massage Therapist**  Sue Butcher is also a registered lymphoedema massage therapist. Sue has rooms at 452 Swift St Albury, 15 McInnes St Holbrook and 19 Balfour St Culcairn. Sue can be contacted on 0427 369 570 or admin@backstraightmassage.com

**PINC**  Leanne Hodge a physiotherapist, is also accredited to deliver the PINC Cancer Rehabilitation program for women diagnosed with cancer. Leanne is now operating in Albury at 562 Thurgoona St on Wednesdays. Leanne can be contacted on 0417 616 957 or lhpysio@ozemail.com.au

**Border Wellness Circle** is held every second Thursday. 10.30-3pm, in the Boardroom of Murray Valley Private Hospital, Nordsvan Drw Wangaratta. Women who have experienced any form of cancer are welcome to come along and enjoy complimentary therapies, self care activities as well as craft and pamper days. $2.50 covers lunch. Come along on March 13th, 27th, April 10th, 24th or May 8th or 22nd for a fun day of relaxation and friendship. For more details contact Brigitte on 0400681720 or email brigitte.weber@gsahs.health.nsw.gov.au for a program of the years activities.
Members of Brave Hearts and Albury Wodonga Breast Cancer Support Group at the BCNA Mini Field of Women held in November at Sumsion Gardens Wodonga.

Jodie Hart, Jude Peterkin and Faye Venning, State Program Manager with Rosemary Creed, Co-ordinator of Look Good Feel Better Albury/Wodonga at their Christmas Lunch at La Maison.

Jill Kramer on holidays in December on the Great Wall of China.
Santa was generous this year

Santa (aka Kathy Murray) and helper Di Russell

Beautiful lunch and great company

Robyn looking at the Photo Album which was presented to her by the group in recognition of her time as Facilitator.
BRAVE HEARTS NEWS

Brave Hearts have been very active this quarter.

Otis Foundation Ball, 23rd Nov

Brave Hearts and Border Breast Friends who attended the Otis Foundation Charity Ball at the Melrose Reception and Convention Centre, Melbourne, had a great night. The MC for the night was Dr Sally ‘Feelgood’ Colbourn and entertainment by Kate DeAraugo and The Lead Foot Big Band. Funds raised at this function and Otis Golf Days will be used to assist the latest retreat project.

Wagga Regatta, 1st Dec

What a great day we had at Wagga’s inaugural regatta, and successful too. Women’s sports 20s team - 1st, Men’s sports 10s team - 3rd and Mixed sports team - 4th by less than a second!

Docklands Regatta 8th Dec

Although we didn’t bring home any bling, Brave Hearts did well making it into the Open Major Final and keeping up with the “BIG BOYS”! We also did our fastest time ever!

Falls Creek Regatta 25/26th Jan

A great weekend was had by all those who attended. Our Open team made the final finishing a creditable 4th against much younger and higher numbers of male teams. The Women’s Team brought home the BRONZE, and the Pink Ribbon Challenge Team won GOLD! A very successful regatta for Brave Hearts. A big thank you to the men who came up to paddle in just 1 event, a shortfall on the part of the regatta organisers. A huge thank you to Bob, who swept for all 8 races, and did a magnificent job, especially for the Pink Ribbon ladies! Those in the Pink Ribbon event managed to find reserves of strength they didn’t know they had to win both heats convincingly, all in the name of some Angel Brave Hearts and a couple who were unable to attend.

Once again, Lisa and Nellie of Diana Lodge, were the perfect hosts for those of us who chose to stay for 1 or 2 nights.

Tallangatta with Samuel Johnson of LOVEYOURSISTER 3rd Jan

What a wonderful time we had at Tallangatta on Friday Jan 3rd with Samuel Johnson and his road crew. Sam had a paddle with us, then quite a few of the locals and some of his road crew also tried their hand at paddling. It was magical out on the weir water. Bob did his usual entertaining while sweeping, Di drummed, and plenty of paddlers and supporters turned up. Sam has spent the last 12 months riding 15,955kms around Australia on his unicycle, raising over $1,500,000 so far for breast cancer research with The Garvan Institute! Sam arrived back in Federation Square, Melbourne on February 13th and was warmly welcomed home by his sister Connie who is battling breast cancer. At present her condition is stable. Sam has decided to continue to devote his time to raising awareness of breast cancer and the importance of early detection.

Defibrulator

We have purchased a defib which will be kept in the shed at the lake but hope that it never needs to be used. However, it gives peace of mind knowing it is there if required. June and Di organised the training through St John 1st Aid. Thank you to the Brave Hearts who came along to learn how to use it.

Our own Regatta was held on 1st and 2nd March, including 21 Community Teams racing on the Saturday! Looking forward to providing the report next edition!

Cheers Mel x
Australian researchers hope to create more specialized cancer treatments with fewer side effects using high tech equipment. Professor Michael Parker, of the new national Drug Discovery Centre, said the technologies could help researchers develop drugs that spared cancer patients the toxic side effects of treatments. “If we turn molecules into drugs, they’ll only hit the protein we’re interested in... so we shouldn’t have side effects,” he said. The new machines include a robot that creates protein crystals that can be virtually mapped, as well as instruments to test how potential drugs bind to cancer-causing proteins.

Border Mail 15 May 2013

Post-op RT study ‘Very likely’ to change breast cancer practice

Not using radiotherapy maybe “a reasonable option for women over 65 years, who receive hormone therapy after breast-conserving surgery for hormone receptor-positive, axillary node-negative breast cancer” according to results of a trial presented at the 2013 San Antonio Breast Cancer Symposium. “What this study shows”, said Professor Ian Kunkler, “is that for every 100 women from our selected population treated with radiotherapy, one will have a recurrence anyway, four will have a recurrence prevented, but 95 will have had unnecessary treatment.”

From Cancer Council Victoria Cancer Information and Support Service

News Update January 2014

Cancer research has entered a new era, with a greater focus on the disease as a whole instead of the part of the body in which it starts, the Australian Cancer Research Foundation says. Discoveries related to one form of cancer are being applied to others, said chief executive David Brettell in a statement marking World Cancer Day on February 4th. He said effort was being put into discovering the basic genetic triggers of cancer. Pointing out “some cancer types are being over-funded relative to others”, he said the aim was to refocus spending on research on the cause and possible treatments of cancer as a whole.

Border Mail 4 February 2014

Many Australian women have alarming ideas about what causes breast cancer, says leading health expert Professor Helen Zorbas. She is concerned about a survey showing three-quarters of women don’t see alcohol or weight as important. Only a third are active for the recommended 30 minutes a day. The survey highlights serious misconceptions, says Prof Zorbas, CEO of Cancer Australia. Many women are more concerned about food additives and antiperspirants than a healthy lifestyle. Speaking ahead of the organization’s 20th Pink Ribbon Breakfast, she said, “Evidence shows that being physically active, maintaining a healthy body weight and limiting alcohol intake all significantly reduce the risk of developing breast cancer.”

Herald Sun 10 October 2013

Interesting research and survey results

THOUGHTS, PRAYERS and RAINBOWS

For any suffering loss, grief, sadness, any illness, just not feeling good or awaiting results, our thoughts, prayers and rainbows go out to you.


If you know of anyone who could use a thought, prayer and a rainbow, please let us know so they can be included in the next newsletter.

‘Love can bridge all distances.

Surely the substance of rainbows is love.’

Gardens Chemmart Pharmacy are holding a Trivia Night to raise funds for Ovarian Cancer Australia at the Kinross Woolshed Thurgoona on Friday 4th April at 6.30pm.

If you are interested in joining the AWBCSG table please contact Robyn 6021 5353 or Heather 6059 2314 by March 23rd. It is $15 a person and 10 per table.

Have a laugh!

I’m thinking more about running away now than I did when I was a kid. However, by the time I put my teeth in, round up my glasses and find my keys, I forget why I’m going!

Holbrook/Culcairn Cancer Support Group

Meetings are held on the first Monday of each month from 10.30 to 12.30 alternating between Holbrook and Culcairn

7 April 10.30 at Culcairn
5 May 10.30am at Holbrook
2 June10.30 at Culcairn

Enquiries to
Judy Ross 0409 445 051
or Sharyn 0428 566 802

Look Good... Feel Better FOR 2014

Sessions will be held on the following Tuesdays 9.15am – 12.30pm.

Sessions are free of charge.

Contact Rosemary Creed
02 6021 3604 or email on rttcreed@bigpond.com

YMCA Encore Gentle Hydro-therapy Exercise Program

Eight week program - 2 hours per week for women who have had breast cancer at any time in their lives.

The program is FREE of charge

The next program will start in October on Tuesdays from 3 to 5pm at the Albury Base Hospital

Participation is by enrolment

Contact: Sigrid Brown: 0428 253 046
Please advise if your mailing details are incorrect or if you do not wish to receive this newsletter. The newsletter can be emailed to you or you can access it from our website.

Have you visited our website lately? You can check out the calendar for details of our next meeting, and in the section ‘all the latest news’, you can subscribe to the newsletter and organise to be notified when the website has been updated.

Log in at http://awbcsg.com

The aim of the Albury-Wodonga Breast Cancer Support Group is to provide a confidential and caring meeting place where a group of women who have or who have had breast cancer can share knowledge, information and experiences. We can give and receive comfort, friendship and be a source of hope and acceptance to other women on their journey.

**WISE WORDS**

*Do not regret growing older. It’s a privilege denied to many.* — Unknown