ALBURY-WODONGA BREAST CANCER SUPPORT GROUP

DATES FOR THE DIARY

23 July and 3 September
LOOK GOOD FEEL BETTER – to enrol
Contact Rosemary Creed 02 6021 3604

21 June
AWBCSG MEETING 10am
Mitta Mitta Canoe Club
Guest Speaker – Leanne Hodge
Pink Pilates – Gentle Exercise

14 July
Brave Hearts BBQ – Bunnings Wodonga

19 July
AWBCSG MEETING 10am
“Hilltop” Carer Accommodation Centre
Meeting Room, Keene Street Albury

16 August
AWBCSG MEETING 10am
Mitta Mitta Canoe Club

24 August
Brave Hearts Inaugural Gala Dinner and Awards Presentation
Commercial Club

20 September
AWBCSG MEETING 10am
Mitta Mitta Canoe Club
18th birthday celebrations

A sweet partnership

Bakers Delight’s annual Pink Bun campaign saw more than 600 Bakers Delight bakeries across Australia donate 100% of the sale of Pink Finger Buns to Breast Cancer Network Australia (BCNA) from 2 May – 22 May 2013. Bakers Delight bakeries joined forces with their local communities to aim to raise over $1.2 million in support of the 40 women diagnosed with breast cancer every day in Australia.

2013 marked a ‘Baker’s Dozen’, 13 years of partnership between Bakers Delight and BCNA, with the Pink Bun campaign having raised over $6.5 million to date to directly support thousands of women and their families through their breast cancer journey.

BCNA CEO Maxine Morand, herself a breast cancer survivor, said the organisation could not continue to meet the needs of their growing membership without Bakers Delight’s unwavering support. “There are an estimated 200,000 Australians living with breast cancer, with another 15,000 women and 120 men expected to be diagnosed this year alone.” “While breast cancer diagnosis, treatment and care has come a long way in recent years, increasing numbers of women are being diagnosed and breast cancer continues to have a huge impact on the Australian community,” said Maxine.

The money raised by Bakers Delight customers will support BCNA’s information resources provided to Australians affected by breast cancer such as the My Journey Kit, a free resource for women newly diagnosed with breast cancer. “The Pink Bun campaign raised more than $1 million for BCNA in 2012, and last year 81% of women newly diagnosed with breast cancer in Australia received a My Journey Kit. That’s a figure we’re incredibly proud of at BCNA, but one that wouldn’t be possible without the help of Bakers Delight and their customers,” said Maxine.

Lesley Gillespie, Bakers Delight Joint CEO, is proud of how the partnership has continued to grow, “I love seeing our staff get behind the campaign each year. $1.2 million is a big target, but I know how passionate our bakeries are in achieving this for BCNA,” said Lesley.

AWBCSG & Brave Hearts had a BCNA information stand at Myer Centrepoint and Birallee Wodonga for local exposure and to acknowledge the support of the franchises. A big thank you to the five local stores for their continued support of this campaign. All stores were covered in pink ladies and balloons. Also, thank you to you, your family or friends if you supported this campaign by buying a pink bun or writing a message on a Pink Lady silhouette.

Taken from media release BCNA 1 May 2013

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 have donated 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.

on the web: http://awbcsg.com

PLEASE JOIN US

The Albury-Wodonga Breast Cancer Support Group meets on the third Friday of each month, 10am to noon, at the Mitta Mitta Canoe Club building, Noreuil Park, Albury, a confidential and caring meeting, sharing knowledge and experiences and offering comfort and friendship.

Coffee and tea are supplied and you can bring nibbles to share if you wish.
Hi Everyone,

Even though Winter had seemed to arrive early with a vengeance last week, the last couple of days have truly been lovely Autumn days, as the last of the crimson, gold, green and brown autumn leaves move with the breeze making a spectacular exit to a very busy time in our calendar.

On March 2nd, the Lions Club of Albury Inc. held their Charity Garden Party with over a 100 local charities and volunteer organisations with information tables and displays to showcase the wealth of support that is available in the region. Her Excellency the Governor of NSW, Professor Marie Bashir AC CVO officially opened the Garden Party. It was a beautiful sunny day and the information tables were placed through out the gardens. The AWBCSG, Brave Hearts and the Albury Wodonga Prostate Cancer Group shared a gazebo. Colour was everywhere, with flags flying, balloons bobbing in the breeze and people wandering throughout the displays.

Her Excellency dressed in an aqua ensemble and a beautiful picture hat, which made her stand out in the crowd, as she is only a little lady, made her way around the garden and spoke to as many volunteers as she could. Professor Bashir spoke to us for quite a long time, about her connection with breast cancer and her concerns about prostate cancer. The Prostate Cancer Foundation of Australia, the Sydney Breast Cancer Foundation and the Breast Cancer Action is available in the region. Her Excellency the Governor of NSW, Professor Marie Bashir AC CVO officially opened the Garden Party.

The following weekend, 9th & 10th March, found us down at the Gateway Island Lake for the Brave Hearts Dragon Boat Regatta. Another beautiful weekend weather wise and the atmosphere was electric with the Community Challenge and the Lina Mildren Memorial Breast Cancer Survivors Challenge races on the Saturday. The Remembrance Ceremony was held on the water, survivors of all cancer took part, replacing the Flowers on the Water was a beautiful flotilla of Hearts. The bases had been lovingly decorated by June Joyson, Pam Deans, Thelma Wright, Judy Campbell and friends. The hearts had names of loved ones written on them.

Treena Costin once again stirred the emotions with the Brave Hearts song, helped by some of the Symphony of Life chorus. The Albury Wodonga Ukulele Muster brought tears to the eye with a wonderful rendition of ‘I’ll see you in my Dreams’. On the Sunday all the sporting teams participated and some of the lovely hearts were placed on edge of the lake. A great weekend was had by over 600 competitors, family and friends. A big thank you to Maxine Reid, Pauline Harbrick, Mike Beazley, Hilly Westra, Suzi Watson, Judy Campbell, Mary & John Thiele, David Ryan and his Prostate Cancer Group, the Regatta Committee and all the other fantastic volunteers who helped make the weekend such a success.

On March 17th, Lin and I left for Sydney on the XPT and on the following Wednesday we boarded the Indian Pacific for a 2 day, 3 night journey in a Gold Class Cabin to Perth, a journey of 4,358 km. It was a wonderful experience, the meals were incredible, the cabin very comfortable and we got to meet a lot of very interesting people. When we got to WA our base was Busselton, our daughter Di and hubby Joe work for Southern Sky Divers at Busselton Airport, so my very courageous hubby did a tandem jump with Joe, who is a tandem master. Di, Joe and Lin jumped out at 14,000ft and the highlight was Lin being able to touch Di’s hand while free falling, at 400kms an hour for 4,000ft before the canopy was opened. Not bad for an old guy. We explored the Margaret River region and stayed at Albany for 5 days then flew back to Melbourne, staying with our son Matt and his family, Kaz and our gorgeous 2 year old granddaughter Taylor. We got the XPT home, so we started our trip with a train and ended with a train. We were away for 4 weeks and enjoyed every moment of it. This was our first holiday since 2007 when we went to Caloundra for our very first Dragon Boat Regatta.

But back to reality and on April 19th, we had Brigitte Weber as our guest speaker at our meeting. Once again Brigitte took us into a relaxing place that we just didn’t want to come out of. It does set you up for the rest of the day. Thanks Brigitte we always look forward to your visit.

Field of Women

Unfortunately the Field of Women isn’t going ahead in 2013. BCNA will continue to work with the AFL to work through the cost and logistical issues to run a quality event in 2014. This gives you a chance to start saving in readiness.

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.

Mammography’s going 3D

NEW 3D mammography improves the accuracy of breast screening, resulting in fewer women being recalled for Invasive Tests after false alarms, says Sydney researcher Professor Patrick Brennan.

The University of Sydney research is comparing the 3D Imaging, known as digital breast Tomosynthesis, with conventional 2D mammography.

The project is being funded by the National Breast Cancer Foundation.
Hi and welcome to another edition of the tit tattler. It has been a busy three months as you will have read in Robyn’s Ruminations. The winter months will be a little quieter with not as many extra activities and with many of our members heading to warmer places.

A big thank you to our members who sold tickets for our Mothers Day Raffle and helped us raise $542. The draw was held at our Hydrotherapy session at the Albury Hospital Pool on May 1st. The lucky winners were 1st prize Robyn Daly, 2nd Maureen Hutchinson, 3rd Pam at Lifestyle Village and 4th to Mrs Hodgson of Walla Walla.

Jude and Jodie, our McGrath Breast Care Nurses, have presented over 80 Pamper Bags from our Pink Pony funding. The funding has allowed us to provide 130 Pamper Bags for women diagnosed with breast cancer. We are in the process of finalizing a report to submit to Pink Pony and Cancer Australia highlighting the success of this project and to thank them for their financial support. It has been lovely getting positive feedback from recipients of the bags telling us how useful the items have been. We would also like to thank Marg Brown who makes the half moon pillows that are now part of the bags. Marg has made over 350 pillows in the last 4 years—a wonderful effort. We have also received funding from the Victorian Department of Health which we will enable us to provide a further 200 bags.

I have been fortunate enough to be successful in my application to attend a 2 day BCNA Summit in Sydney on August 8th and 9th. It will be a great opportunity to meet women from support groups throughout Australia and share what we do to support women with breast cancer. There will also be guest speakers sharing the latest in research and treatments. I look forward to sharing the highlights of the conference in our Spring edition of tit tattler.

It was disappointing that the BCNA Forum to be held in Wodonga in June had to be postponed. However, we are hoping that they are able to reschedule for October which would be lovely so we can incorporate a Mini Field of Women.

Leanne Hodge is our guest at our June meeting. Leanne is a physiotherapist and trained Pink Pilates instructor. The Pink Pilates program has been specifically designed for women diagnosed with cancer. Leanne is going to take us through some of the gentle exercises from a Pink Pilates class. If you are unable to attend our meeting and are interested in finding out more Leanne can be contacted on 0417 616 957 or lphysio@ozemail.com.au or www.pilatesphysio.com.au.

Our July meeting is being held at ‘Hilltop’, the new Carer Accommodation Centre in Keene St Albury. The manager Helen Murray is able to give us a tour of the lovely building and a short talk outlining how the centre came about. Come and see through this wonderful facility and enjoy the fantastic view while we have morning tea.

Heather Knott

On Sunday April 28th, the Brave Hearts Regatta committee, headed by Maxine Reid and of which I am a member, held a Thank You lunch down at the Lake for all the volunteers who had worked so hard leading up to and on the weekend of the Regatta. Without these wonderful volunteers there would not be a Regatta. Maxine and friends set up a scrumptious lunch which was enjoyed by all. Thanks Maxie, you made everyone feel very special with your elegant table settings and the extra care that you took even having roses from your garden on the table. It was a lovely way to wrap up the Regatta for another year.

Saturday May 4th, the North Albury Sports Club held a Pink Ladies Day as a fundraiser for Brave Hearts on the Murray Inc. Nearly 400 Ladies attended and one very brave gentleman. It was a fun day, with a very nice lunch and $10,000 was raised which will benefit our local community. This was the sixth year that a Pink Day for Brave Hearts had been held. The Brave Hearts family appreciates all the hard work that Debbie Kent and her committee put in to this day.

AWBCSG and Brave Hearts were hoping to be involved with BCNA and Bakers Delight Pink Bun Campaign this year by having a BCNA information table at all 5 Bakers Delight Stores, but due to complications with the Centro Management, we couldn’t do any Centro Shops. On May 9th, Heather Knott, Fiona Jones and I had a display at Bakers Delight Myer Centrepoint and Heather and Fiona manned the display at Biraliee in Wodonga on May 10th. A big thank you to the Bakers Delight stores for working so hard to raise the incredible amount of money that they do every year for BCNA.

I didn’t get to the Mothers Day Classic this year, as I celebrated Mothers Day in Melbourne with Matt, Kaz and Taylor, but by all accounts it was a wonderful day with a huge turnout. Congratulations to Pauline Banfield of Rotary Wodonga Central and all the volunteers.

At our meeting on May 17th, we held our Biggest Morning Tea, Heather facilitated the meeting. Our guest speaker was Jenny Jenson who is the local Advocate for the Cancer Council of NSW. Jenny told us that the money raised by the Biggest Morning Tea goes to many projects. One being research, Cancer Council funded research has directly contributed to the 19% improvement in five year survival rates across all cancers combined in the last 20 years. We thank Jenny for standing in for Melissa Nixon from the Cancer Council, Wagga, who at the last minute could not make the meeting.

Twenty seven ladies attended the Biggest Morning Tea meeting and with the table groaning with a wonderful variety of delicious food and a lucky door prize for everyone, a great morning was had by all. Thank you to everyone who brought along a plate of food and donating to this Cancer Council fundraiser. We were able to donate $189.

Yours in Friendship.

Robyn Daly
Robyn Daly and Heather Knott with their BCNA Information table and display

Glenn McGrath with Jodie Hart & Jude Peterkin at the 14th Annual Breast Care Nurse Conference in February, held in Melbourne

Robyn Daly with her Excellency Professor Marie Bashir Governor of NSW at the Charity Garden Party

Myer Centrepoint Bakers Delight Manager Rachael, Heather Knott and Fiona Jones
Brave Hearts Regatta Remembrance Hearts on the edge of the lake

AWBCSG Biggest Morning Tea

Lauren & Madeline Black at the Mothers Day Classic

Brave Hearts Regatta with Treena Costin and some of the Symphony of Life Chorus

AWBCSG Biggest Morning Tea, Pat Morrisroe, Norma Hipwell & Kellie Davis
BRAVE HEARTS NEWS

Our regatta was a resounding success despite numbers being down because of it being a long weekend in Victoria. Lovely weather once again and lots of happy paddlers both days.

A team attended the Shepparton Regatta the following weekend, a disappointing attendance with only 4 sporting teams competing. We couldn’t break out of 2nd place in all sections we competed in! But, a lot of fun aboard the bus, especially at Euroa Pub for dinner on the way home.

Training has wound down for the cold weeks, but today, Sunday 26th, we were able to put out 2 boats at 4 o’clock with a combination of pleasure cruisers and experienced paddlers. Thanks to Hilly and Mike for sweeping. It’s good to see new paddlers joining, especially those fighting cancer.

The Albury Bunnings BBQ was a great success, almost $1000 in profit! Thank you to Westend Plaza and Myer Bakers Delight for the donation of the bread. Another BBQ coming up on 14 July at Bunnings Wodonga.

The Mothers Day Classic was a great success, both financially and for number of participants. Our intrepid drummer girl June read the testimonial. Thanks to the many volunteers who assisted with registration etc.

I had the great joy of doing the Sydney Mothers Day Classic with my 2 kids and 3 of their friends. There were close to 30,000 behind this start line, we skipped in as they started to pass us, otherwise we’d still be walking! So I was able to take this shot before we plunged into the crowd!

Keep warm

Cheers Mel

Complimentary Therapies

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

Border Wellness Circle is held every second Thursday 10.30–3pm at Murray Valley Private Hospital Nordsvan Dv Wodonga in the Boardroom. 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 June 13th, 27th, August 1st, 15th, 29th, September 12th, 26th for a fun day of relaxation and friendship. For more details contact Brigitte 0400681720 or email brigitte.weber@gsahs.health.nsw.gov.au for a program of the years activities.

Green Room at Gateway Community Health offers classes for yoga, qigong and tai chi. Friday mornings for a gold coin donation is a community yoga class. Go to http://www.greenroomyoga.com.au to check out the time table or call into the High St Wodonga office.

Complimentary Health Clinics are happening once a month at : the Springdale Heights and the Glenecho Neighborhood Houses & the Albury Wodonga Women’s Centre- come & experience the depth of one to one relaxation meditation, crystal chakra balancing, reiki, hands- face- feet massages, aromatherapy & lots more beautiful supportive modalities- depth of self care & compassionate energy healings for a nominal charge. contact Brigitte 0400681720 for appointment times & cost.

Relaxation/Meditation sessions on Tuesday nights at Glenecho Neighborhood House, 949 Burrows Rd, Glenroy, North Albury. 7 for 7.30pm start. BYO blanket, pillow & yoga mat if you want to lie on the floor, comfy chairs & couch to sit on. $5 per session-not for profit. if you have experienced the sessions at the AWBCSG then you KNOW how special these sessions will be on a regular basis- come & rest, rejuvenate, relax & regenerate yourselves contact Brigitte on 0400681720 for more information or just come- no need to book.
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.

Ross and Erris Black & Damian Braedon H and family, Vicki H, Gail S, Chris S & Janet W

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.

BRA DEPENDENCY “MAKES BREASTS SAG”

Breasts gain no benefit from bras and women would do better to go without, according to French research. Professor Jean-Denis Rouillon of Besancon University has spent 15 years studying the breast movement of 330 women and now claims that bras are a “false necessity”. What is more, he says that women would be better off being subjected to the forces of gravity than constantly wearing a bra. Professor Rouillon also claimed that breasts become “dependent on bra support, so the supporting muscle is under-used and degrades more quickly as a result. Interestingly, several of the participants in the study reported an easing of lower back pain once they had stopped wearing a bra.

Follow up by Blanche Clark - The Perch - Sunday Sun Herald - May 26, 2013 Chat page

BRA-ZARRE

A Professor at France’s University of Besancon believes wearing a bra makes your breasts sag. Sports science expert Jean-Denis Rouillon has measured the nipple to shoulder ratio of 320 aged 18 to 35 and concluded that breasts gain no benefit from being denied gravity. It’s a bit too late for many of us to find this liberating.

Spiders might help treat breast cancer

SPIDER venom might be used as a cure for breast cancer. Researchers at James Cook University will study the medicinal properties of funnel-web and tarantula venom. Queensland Science Minister Ros Bates said research was on the back of International studies that suggest certain toxins in spider venom could block cancer-causing enzymes. “They are looking at ways in which the venom may be able to block or kill breast cancer cells, so it could actually lead to a cure,” Ms Bates said. “It’s very early days, but it’s fairly groundbreaking research.” Queensland is sharing costs of the Cairns-based work with the National Health & Medical Research Council and Breast Cancer Foundation.


Great Winter Warmer—Georgie’s Lamb Shanks

Channel 9’s Today newsreader Georgie Gardner is a woman of many talents, here is the recipe for her famous lamb shanks!

INGREDIENTS

4 lamb shanks
1 bunch baby carrots
1 bunch onions
500ml vegetable stock
Half a bottle of red wine
Fresh oregano
A few bay leaves

METHOD

1)Brown the shanks in an oven proof casserole dish, then add the stock before throwing in the carrots and onions.
2)Add the wine and herbs. Put the lid on and place in a low to moderate oven for a minimum of 2 hours, but as long as 5 hours.
3)Serve with mash, blanched green beans and the remainder of the red wine! Enjoy!

HOT TOPICS

Breast cancer screening to be expanded to 74

Health Minister, Tanya Plibersek announced an extra $55.7 million dollars, prior to the May budget, to increase the screening target group to include women aged 70 to 74. The government hopes this will lead to the early detection and treatment of 600 extra breast cancer cases a year from 2016 onwards.

Original Source: Minister for Health - 12 May 2013

New financial resources for cancer patients

The state Cancer Councils of Australia have recently released a wide range of financial information and support factsheets, including help with paying bills, information about superannuation, legal rights related to employment and insurance, and dealing with debts. There is a link for further services for Victorian patients needing financial assistance.

Fact sheets are available from the Cancer Council Helpline, for more information contact 13 11 20.

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.

Ross and Erris Black & Damian Braedon H and family, Vicki H, Gail S, Chris S & Janet W

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.

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

1 July 10.30am at Submarine Cafe, Holbrook
5 August 10.30am at Culcairn Bakery
2 September 10.30am at Holbrook Bakery 2

All enquiries to Judy Ross
0409 445 051
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.