

Breast Cancer Support Inc.

PO Box 10150, Dominion Road, Auckland 1446



Newsletter

March 2009

Chairperson: Marie Goudge 835 1890
Secretary: Joan Parker 376 1466/ 360 3039

REPORT FROM THE CHAIR



In December 2008 about fifty of our "Breast Friends" gathered at Domain Lodge for a social evening. Women came from all the groups – Hibiscus coast, North Shore, Central Auckland, Henderson, Pakuranga and Papakura. This was the first time they had met but there was an instant bonding and a feeling of acceptance. Robyn Goudge (yes, my daughter) brought music to the evening. Robyn is a harpist and an accomplished singer. She sang several of her original songs and was warmly received. Of course there was food and much talk and laughter. Would you like your committee to arrange a similar "get together" in December this year? Thank you to the Cancer Society for making their facilities available.

In my last report I paid tribute to the valuable leadership Carol Scott-Dye had given to the North Shore "Breast Friends". The group has spent the Christmas/New year period deciding who would replace Carol as coordinator. I was delighted to meet with Cathie Sandy, Geraldine Stayte, Jenny Short and Mary-Anne Abplanalp to discuss their plans for 2009. Cathie and Geraldine will be the telephone contacts and Jenny and Mary-Anne will be part of the organising team. These women are full of energy and good ideas. Watch this space for the new venue they are lining up!

Another group with a change is the Hibiscus Coast. For five years Jane Bissell has been a loved and very popular leader, but now she says, it is time for her to hand over her duties. Like all good "CEOs" Jane looked ahead and did some "Succession Planning". She has encouraged two very capable ladies to carry on her good work. Thank you, Barbara McLean and Dianne Murray. I know the group will remain strong under your guidance.

Jane has not severed her association with BCS but is using her skill and

experience to get the Breast Cancer Support website established. She is being immensely helpful to the committee and especially to Deirdre Parr who, with Jane, is liaising with Zeald, the site designer. Jane continues to be available to speak with women on a one to one basis. Her ability to empathise and demonstrate ways of negotiating rough patches is her special gift. When situations get tough Jane invariably sees a humorous angle. Thanks for making us laugh, Jane.

On Saturday 28th February a fashion Show, Dinner and Auction raised money for Breast Cancer Support. This is the second time Cheryl Christine, Designer Clothing, and the Old Flame Restaurant at Conifer Grove, Takanini, has initiated such an event.



Cheryl Christine with daughter Nanette

The BCS committee is sincerely grateful to the people who planned and ran this extremely enjoyable and profitable

function. Gray Bartlett, the well known guitarist, entertained the guests and Adelaide Tucker assisted with the auction of many top quality items donated in support of BCS. If you fancy a smart casual garment or something to wear to a wedding or formal evening (sizes 8 to 18) then consider visiting Cheryl Christine (296 0164). But if it is a delicious meal you desire then call the Old Flame Restaurant and ask for Jacqueline (299 5433).

Each year in March BCS asks that members renew their membership with the

society. Enclosed with this Newsletter is a pink renewal slip. Your financial support is necessary for BCS to function effectively.

The AGM will be in June. Please consider taking a turn to serve on the committee. It is a very rewarding experience. Call me (on 835 1890) or talk with a committee member about the contribution you could make. To meet someone who has "been there" makes a difference.

Marie Goudge, Chairperson BCS

GRAY BARTLETT MAKES GUEST APPEARANCE FOR PAPA KURA FUNDRAISER

by Deirdre Parr

Thanks are due once again to Cheryl Christine, and Jacqui O'Connor of the Conifer Grove Shopping Centre, Papakura, for organising a second very successful fundraising dinner and auction for Breast Cancer Support on 28 February. Held in the Old Flame Memory Lane Restaurant, the evening started with a fashion parade of fabulous original designs from Cheryl Christine's **FASHØN** label, before guests were invited to sample the spread of seafood and other delicacies from the smorgasbord.



Gray Bartlett with Jill Mellow of Papakura Breast Friends at the Conifer Grove Fund Raiser

Between courses we were treated to a performance by country guitar legend Gray Bartlett, who generously gave of his time and talents, as well as donating two signed copies of his latest double-CD album for the auction. Sporting a crisp,

pink shirt that blended perfectly with the evening's theme colour, he entered enthusiastically into the spirit of the event, lending a hand with the auctioneering to MC Adelaide Tucker.

Both businesses and individuals generously donated items for the auction and the raffles, with everything from an exquisite, champagne silk wedding dress to a doggy gift-pack on offer. This time there were more items to appeal to the men present, and some fast and competitive bidding took place, particularly over an overnight train trip with accommodation at the Chateau. Unfortunately, that was 'the one that got away', and someone else will be enjoying that particular holiday!

The final total is yet to be tallied up, but overall the evening raised well over \$2000 for BCS — a wonderful result, especially in these tough economic times. Marie Goudge, Jennifer Woodrooffe and I attended with our husbands, and the evening was well supported by Annette Coutts, Jill Mellow and the Papakura Breast Friends group (in fact, I think one of them might be going on that little choo-choo trip?). We can't thank the organizers enough, and we look forward to working with them again.



THANK YOU

Many thanks to "Beca Engineers.
Planners. Managers"
for photocopying this newsletter



ACHIEVER'S COLUMN

by Barbara McNaught

I wasn't really surprised at being diagnosed with breast cancer. Before me came my Great Grandmother (who died) my Grandmother (who survived - to 91 years), my sister (who recently passed away) and various other relatives.

My tumour was small and diagnosed early, there appeared to be no lymph node involvement and so I had a lumpectomy and radiotherapy. Having a hysterectomy and ovaries removed was an added precaution. That was 15 years ago and after that, as far as I was concerned, I had **HAD** cancer. It has been a scare that has made me value people and value life. Life is for living – and I did. I had a loving supportive family, took my Tamoxifen, had regular checkups and life was good.

Five years later I was in a great deal of pain and suspected arthritis. XRays were done and my Rheumatologist phoned with the news that there was bone metastasis in my pelvis. Usual tests followed. My prognosis was not good but I told my Oncologist I intended living for another 10 years! Radiotherapy killed the pain and I have been lucky having only a few side effects from medication. Just as I was getting back on my feet, my husband of 34 years left me for his 35 year old girlfriend. I cried for a week then decided I wasn't spending what time I had left being miserable.

I had recently joined the Pakuranga-Howick Breast Cancer Support Group and while the ladies have always been caring, it is their positive attitude to life that I admire. I have gained valuable information at meetings but at the same time we have laughed a lot. We certainly do not sit

around each meeting dwelling on our previous diagnoses! They are a great group of women who have become my friends.

Life was moving forward when I was hit by a terrible tragedy. My beloved 11 year old grandson was drowned. I was supposed to be the sick one and had been 'around the block', but his life had only just started. Life isn't fair. For a while I wondered if it was worth fighting for. Thank goodness for anti-depressants, sleeping pills and good friends.

My cancer has become a nuisance, not my tragedy. And so I gave to children walking beside me what I could no longer give my grandson. I have had my second childhood and life really is beautiful.

About 18 months ago I became a Sweet Louise lady. The Louise Perkins Foundation is a support system for women with secondary breast cancer. They supply the fun as well as the support. Again, another group of positive, lovely ladies. I can live with cancer and live life well.

The sleeping pills and anti-depressants have gone but my deeply valued friends remain. I have even joined an aerobics class which is strengthening the 'old bod' and providing a big 'hoot'. I really enjoy the challenge.

A few months ago my Oncologist asked "Have you any problems?". "Yes", I replied, "I want to shift my goal posts. I've made it to 10 years but now I want to move those posts to 20 years". He grinned. But now I am grinning, at my last check up I was told I am in remission. Watch this space!! I will be here in another 10 years and will still be enjoying life.

DATE FOR YOUR DIARY

The AGM for BCS will be held on

Monday 22nd June 2009

at Domain Lodge at 7.30 pm

Please consider serving on the committee.





Yummy Healthy Dip

Fry together, finely chopped red onion, garlic, ginger, with 1xPkt of frozen Spinach (dethawed)

While cooling.....

Mix together...1x large container of cottage cheese (plain or with chives, can buy fat free one)

Pinenuts, or nuts to your taste.

Parsley and/or spring onions.

Black pepper, and the juice of 2 Lemons to taste.

Mix this with the cooled wet ingredients, taste, add more lemon etc if needed, then ready to go.

Put mixture in fridge till ready to use.

Cut the top off a Cob loaf, remove the bread from inside (keep to use for dipping).

Put the mixture into the loaf when ready to serve.

RECIPES

Can add crackers and fresh carrot sticks/veges for dipping also.

So easy ... make and enjoy.

Darwin Kahlua Christmas Cake



1 Kg fruit mix

200 mls kahlua (or fruit juice if you prefer)

200 gm bar of fruit & nut chocolate

2 cups of hot, strong coffee

Soak together for 2-3 days.

Add 2 cups of self-raising flour.

Bake at 180 degrees C for 50-60 minutes.

Eat as fruit cake or serve warm with cream.

Thank you to Sue Drower for the Yummy Dip recipe and to Eileen Mackintosh for the cake recipe. Both sound delicious!

WEBSITE UPDATE MARCH 2009

The draft design for the BCS website has been reviewed by the committee and the first round of corrections and changes made by the designer. There is a little more tweaking to be done before it is given the Big Tick, and this should be completed by the end of March. Next comes the development phase, when the site is built. This takes about a month, after which the content is loaded and the website can be launched.

Jane Bissell has written the text for the site, and she will also be maintaining the site for BCS. In last year's survey, members identified being able to share personal stories as an important use they would make of the site. In due course we shall be asking for some of these, and you might like to think about whether that is something you would like to contribute.

So watch this space!

BREAST FRIENDS

South Auckland

The November meeting, thanks to Susan and Heather, was a most enjoyable experience of learning to wrap Christmas presents so that they look professionally done.

Our December dinner at the Papakura RSA was even more enjoyable when Santa arrived.

The February meeting took place 11 February. Some members of the group were involved with or attended the

Conifer Grove fundraiser on Saturday 28th February.



Auckland Central

Auckland Central Breast Friends met in January as a trial, with eight ladies attending, and also welcomed a new lady. It was a time to get to know each other better and share some stories and experiences, as there was no guest speaker. There was much laughter among the chat.

Jane Bissell, author of 'Welcome to the Amazon Club' and 'The Pink Party' was our guest speaker for the February meeting. Besides speaking to us Jane also read a couple of short passages from her books – boiling an egg during her chemotherapy treatment, certainly had us chuckling. Thirteen ladies attended, including three who were new. Relay for Life was discussed as well as the Fundraising dinner and Fashion Show and Joan asked if anyone would like to join the Breast Cancer Support Committee or take over as editor of the newsletter. Several ladies indicated they could be interested.

In March Mary-Anne Abplanalp was the speaker. She spoke of and demonstrated Nordic walking. She was not only informative and fun but pointed out the benefits obtained from Nordic walking. Some of the ladies used the equipment and have shown interest in a trial session at the Domain, possibly for half an hour or so before our meeting. She mentioned that her new passion is working on the trapeze and there are plans to ask her back one day to tell about her experiences in flying high. There were eleven ladies at the meeting, including a new young woman and a visitor from Warkworth.

Pakuranga

The Pakuranga Breast Friends Group met for the first time in 2009. Good to see all the ladies – even with 6 apologies. Topics for the year were discussed and it was decided by the ladies to keep everything 'low key' for meetings for a while. Aside from the mid-winter and end of year dinners! However an approach is to be made to the Cancer Society for a Liaison Nurse to visit as we have a couple of newer diagnosed/on treatment ladies and it was generally felt that this would be a good idea. Everyone shared an 'experience' from over the holidays and there was much laughter along with general reflections of those who are not with us. Next month one of our own ladies is going to show us how to make decorations from serviettes – should be fun.

West Auckland

Fourteen women attended the West Auckland meeting in February - two for the

first time. There was a discussion about how the group should operate in 2009. Speakers about a variety of subjects were favoured and several names were suggested as suitable speakers. A more informal meeting was planned for every third month – maybe a midyear pot luck dinner, a film, a play or just a social chitchat.

The women reported their activities during the holiday period and shared any significant health issues. There was lots of laughter and a general feeling of being glad to meet up again for another year of support and companionship.

North Shore

Robyn MacFarlane was the guest speaker. She spoke about the use of compression garments to prevent and control Lymphoedema. She stressed the importance of having a well fitting sleeve, which must be washed regularly to ensure it retains its elasticity. Only three women attended but a really beneficial discussion occurred where suggestions for the future running of the group were put forward. The women were adamant that there was a need for a support group. Subsequently to the meeting four ladies have met with the Chair of the BCS committee and a plan for the group to look for a new venue and for Cathie Sandy, assisted by three other women, to be the future coordinator of the group. This was our last meeting in the YMCA building on Akoranga Drive. From now on, we will be holding a "formal" meeting every second month in the Senior Citizens' Clubrooms in Takapuna. Every other month we will meet informally in a more social capacity.

In March we had a very successful meeting with a great turn out of 15 members not including our two very interesting speakers, Janice Wood (Breast Care Specialist Nurse from North Shore Hospital) and Jan MacMullen (Oncology Specialist Nurse from Auckland Hospital). Unfortunately, Marilyn Bellingham from Waitakere Hospital was unable to speak as well, as she has broken her arm. Best wishes for a speedy recovery, Marilyn! The evening began with coffee and cakes and a little getting to know each other. Then Jan and Janice described their roles as Specialist Care Nurses. It seems their roles are ever evolving depending on

women's needs. However, both roles involve providing any support women may need in their various stages of treatment of (and recovery from) breast cancer.

Hibiscus Coast

The Hibiscus Coast Breast Friends began their year with a lively and fun meeting where summer adventures were talked about and plans for the New Year were shared. Fifteen ladies attended the meeting at the Red Beach Methodist Church.

Four are currently participating in the YWCA Encore exercise programme at Maygrove Retirement Village in Orewa and they spoke of their enjoyment of

the course. This is the second programme on the Coast, kindly supported by Maygrove and more are planned for this year.

Jane Bissell has coordinated the group since early 2005 and announced her 'retirement' at the meeting. Leadership of the group will now be taken up by Barbara McLean and Dianne Murray. Jane's contribution to the group was warmly acknowledged by the women present. Jane spoke of her own invitation to join the group and her later invitation to lead it. She knows Barbara and Dianne will do a great job and is pleased to be leaving the group in such good heart and in such capable and supportive hands.

FURTHER PHOTOGRAPHS FROM CONIFER GROVE FUNDRAISER



Annie Herring of Sth Auckland Breast Friends Modelling



Marie Goudge and Deirdre Parr from the BCS Committee

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