



Spring News September 2006

An ACT organisation
for women who have
experienced breast cancer

If you need us, call us, we will be there
0419 698 188 - 24 hour mobile phone service

The Colour Pink Celebration of Life, Monday, 23 October

A "Pink" Tie Affair, Dinner and Wine Fashion Parade -- a fabulous flurry of frocks
Auction of four very special items, A Silent Auction, A Lucky Dip for Prizes

Come join us. This is our day to celebrate life. Enjoy a three-course dinner accompanied by wine, a cash bar, entertainment, fashion and fun. This is also our opportunity to raise money so we can continue to Make a Difference to women in the ACT and Region. This year our annual fundraising event will receive major corporate and business attendance as our sponsors and contributors grow in number. Watch for TV advertisements, and notices in print. You'll be hearing about some very special hundreds and thousands. Mark this date in your diaries and start getting a table of your friends together. Tickets are \$110 per person to cover the dinner and related costs. Paid up members of Bosom Buddies will have a concessional price of \$60.00 for themselves. Reserve your seats by completing the form sent to you with this newsletter.

We'll be looking for you.

Saturday 23 September

Crazy Whist Night

No card experience needed. Cards are just the start for lots of fun, laughs and prizes.

Teams of 4 organised or bring along your own team. "How to play" explained on the night.

7.00 pm for 7.30 pm until 9.00 pm
Multiple Sclerosis Society of ACT Rooms
117 Denison Street, Deakin
(between Woden Special School and Deakin High School)

Drinks and light supper - \$15 per person -
Contact Sally Saunders by Mon 18th
September to register on 6238 3131 (h) (leave a message if no answer) for this night of fun and laughter.

Saturday 7 October 06 2:00 - 5:00 PM

A Bosom Buddies Garden Party

Pam Robertson will host this event in her

**Hundreds & Thousands
of women get breast
Cancer in Australia
each year**



beautiful garden to launch our celebration of Australian Breast Cancer month. For \$5 per head, enjoy the garden, teas and cakes, and great company. In addition there will be live entertainment (a surprise that will be fun for all ages). Contact Pam Robertson on 6281 0957 home - final numbers by Tuesday 3 October

24th November 2006

THE ANNUAL AGM

"Get Ready for the Holidays" Party
Turkish Pide House
Barry Drive and Moore Street Civic
See you there!
President's Report to the Members

Bosom Buddies Committee

President: Di Summerhayes
6290 2132
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Immediate Past President:
Pam Robertson
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Secretary: Olga Kievit
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Vice President: Joan Crook
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Treasurer: Val Lee
6241 2816
val_lee@tpg.com.au

Fundraising: Ondina Gregoric
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Norma Bradley
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Committee Members

Gheorghita Lungu – 6230 1070
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Bev Higgins – 6297 6153
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BOSOM BUDDIES
24 HOUR MOBILE PHONE:
0419 698 188

The phone is currently being
answered by Val Lee who can
also be contacted
on 6241 2816.

President's Report to the Members

Over recent months, Bosom Buddies' executive members have been working with the support of PALM Consulting Group to define our strategic directions and communications plan through to 2009. So that fellowship members have an understanding of our work so far, we have prepared this outline of the broad directions for Bosom Buddies for the next three years. It is envisaged that a Business Plan and a Communications Strategy will also be developed with PALM to support us in our forward planning and work effort to position the organisation for growth and wider recognition.

The broad directions are:

1. Strengthen the Buddies and support program by improving our networks and awareness of Bosom Buddies.
2. Manage the Bosom Buddies fellowship by establishing criteria for the fellowship and agreeing support categories for funding and clear financial arrangements.
3. Increase awareness of breast cancer using a tailored communications strategy that promotes our identity and engages key stakeholders and new audiences.
4. Raise funds and expand sponsorship by exploring new funding options and opportunities.
5. Build a sustainable organisation using a three-year business plan and improved governance, resource and committee arrangements and by promoting a clear Bosom Buddies' story.

Over the next months, the Committee will add detail to these goals with a three-year view. If you would like to make suggestions or comments, please feel free to share them with me or any other committee member. Our contact details are in this newsletter.

Di Summerhayes President

Recent News Release – Herceptin

22nd August 2006 (excerpt from the Herald Sun)
BREAST cancer sufferers have new hope after the Federal Government agreed to add treatment drug Herceptin to the pharmaceutical benefits scheme.

The decision - costing \$470 million over three years - means the drug will be readily available to women now paying up to \$70,000 per year for treatment.

According to a statement from Health Minister Tony Abbott, the drug will be available from October to about 2000 patients with HER2 positive early-stage breast cancer after surgery.

HER2 is a protein linked to a more aggressive form of the disease, with Herceptin boosting survival rates by 30 per cent. Breast cancer is the most common cancer in women and affects 14,000 people each year and causes the death of more than 2500 in 2001.

The decision follows sustained pressure by cancer sufferers, including those who had been forced to sell their homes to pay for treatment. The Breast Cancer Network's Lyn Swinburne said the

decision was a great relief.

“We have been speaking a wide range of women at the past 12 months in dreadful financial decisions. One woman I’ve just spoken to shed tears of joy at the decision. She’s just paid \$2000 for her latest treatment, and was paying this every three weeks.”

CHRISTMAS IN JULY REPORT

On the 14th July we had our Christmas in July dinner at Yowani Golf Club. There were 36 of us and we had a beautiful meal. Lots of funny games, great prizes and lucky door prizes. The prizes were donated by Ngunnawal Pharmacy and from the Dragon boat girls.

Some of the Dragon boat girls joined us for dinner and entertained us all with their exercises that they perform on their boats – it was very funny watching their antics!

Every one received a gift from under the Christmas tree and we all agreed that ‘a great time was had by all’, so we are hoping to do something similar next year.

Jill Williams, Coordinator

HELP BUILD BREAST CANCER AWARENESS...

Do you know an organisation that would like to host a Bosom Buddies Awareness Session? Help women to identify breast cancer early, through this important education program. Please send us your suggestions or introduce us so we can set a date for about half an hour of education and discussion.

Program Coordinator

Norma Bradley
(for bookings, contact 6254 5286 home)

FOR SALE \$5.00 ONLY!!!

1996/1997 Bosom Buddies T shirts -- White with Bosom Buddies written on the back over a rose in pink and a breast cancer ribbon logo in pink on the front.

- 1 x XL crew neck (to fit chest 120cm)
- 1 x XXL crew neck (to fit chest 130cm)
- 1 x size 20 polo (to fit chest 105cm)

Please phone Melanie at the Bosom Buddies office on Fridays on 6290 1984

From the ACT LYMPHOEDEMA CLINIC

Wearing Compression when Traveling by Air

The Lymphoedema Service at Calvary recommends that women who have Lymphoedema or who are at risk of developing Lymphoedema of the arm wear compression when flying. (Women, who have had minimal interference to their lymphatic function, as in Sentinel node biopsy surgery, are at significantly lower risk and therefore may choose not to wear compression when flying.)

We base these recommendations on the known effects of the reduced air pressure within the plane’s cabin on the movement of fluid in the tissues. This decreased pressure leads to increased fluid in the extra cellular spaces.

The wearing of a compression sleeve will counter the effect of the drop in air pressure and enhance the affect of the muscle pump which increases the uptake of fluid by the lymphatics.

Compression garments must fit well so must be measured for and supplied according to an individual’s arm size.

In addition we recommend

- Regular walks and movement of the arm every 30 – 60 minutes. The exercises outlined in our handout “Lymphatic Drainage exercises for the arm” are ideal.
- Avoidance of alcohol and increase of water consumption to avoid dehydration.
- That compression sleeves are donned prior to leaving for the airport and are left in place until 2-3 hours after landing.
- A trial wearing of a garment for several hours, before the day of travel, if the person is not accustomed to wearing compression.
- That people who always wear a compression sleeve to manage existing Lymphoedema discuss options to improve compression when flying with their Lymphoedema therapist.

The Position Statement of The National Lymphedema Network (USA) on Air Travel www.lymphnet.org agrees with the above and gives a lengthy explanation on the effects of air travel and advice on compression, exercise and fluid intake.

For further information phone the ACT Lymphoedema Service, based in the Physiotherapy Dept. Calvary Health Care ACT, on 02 6201 6190.

WIG SERVICE

Cancer Council ACT, Canberra Hospital,
Building 3, street level

Opening hours: 9.30 am to 11.30 am Monday - Thursday

All wigs for sale

New wigs - \$60 each

Good condition used wigs - \$40 each

Also for sale: Turbans, hats, sports scarves,
cheesecloth scarves

Come in and see Joan and Nola (both members of
the Bosom Buddies Committee) and they will be
happy to help you.

Fluffy Ducks

For members who are unfamiliar with Fluffy Ducks, this article will shed some light on their use! These soft cushions, which are worn in the bra following a mastectomy, give shape and form to the woman prior to her deciding on the purchase of a breast prosthesis.

Bosom Buddies commenced making and supplying Fluffy Ducks to the hospitals in Canberra (mainly Calvary) nearly 10 years ago. They given to the Breast Care Nurses to distribute to all women requiring them in Canberra. We also supply drainage bag holders, which are made by the Tuggeranong Senior Citizens 500. The bags are of great benefit to patients especially if they go home with drains. We supplied 500 bags in the last 12 months.

In the last 12 months 490 Fluffies have been made and 455 given to the nurses. I was very grateful the other day when the ladies from the Sewing Bug on Josephson Street in Belconnen volunteered to do some of the sewing for me. I had gone in to buy a large quantity of interlock and when told what it was for, they offered to help. Their generous offer was accepted gratefully.

I would like to thank as well the Buddies and the ladies of the Canberra Woden Inner Wheel who have over the years helped with the sewing. If anyone is interested in doing some sewing please contact me.

Thanks
Marilyn Ward

ANOTHER CANBERRA BUSINESS SUPPORTS BOSOM BUDDIES

Pialligo Estates winery will host a Pink Brunch on Wednesday, 11 October and the proceeds will be contributed to Bosom Buddies. Sally Milner and John Nutt, proprietors, have joined our family of sponsors.

Throughout September and October, Pialligo Estates will contribute \$1.00 from each bottle of rose they sell. (Remember, rose is a shade of pink.) So encourage all your friends to try Pialligo Estates Rose.

If you visit Pialligo, (just around the corner from all the nurseries), you can sip wines or lunch in style while enjoying spectacular views over roses and vines to Parliament House and other capital city landmarks. You can take a vineyard walk, stroll through the olive grove, party with friends in the festive marquee, view regular art exhibitions, or try a game of pétanque with their boules available to everyone.

A PERSONAL GLIMPSE

This monthly profile is meant to help us all get to know our fellow members.

NAME: Heather Miller

HOW LONG HAVE YOU BEEN A MEMBER OF BOSOM BUDDIES?: I joined in June 2005, after I had completed my treatments. The Breast Care Nurse at Calvary Hospital had given me a folder with a Bosom Buddies brochure in it. I wasn't feeling very happy and so I called the Bosom Buddies number. That's how I met Val. Val encouraged me to the July 2005 Christmas in July dinner where I met some new friends. I also went to the AGM and dinner in November. Now I have new friends and three lunch buddies who understand my issues. The support has made a difference for me.

LIKES: I love food, especially when other people cook it, with a glass of wine and good conversation. I like people with a sense of humour and sharing laughter. I like to do things. I studied for two degrees after my children were grown, and now I do lab work at ANU two days a week. In between I play golf and tennis, ski, swim and row with Dragons Abreast.



DISLIKES: I don't like being patronised.

HOBBIES/INTERESTS: In addition to active sports, I enjoy embroidery, knitting, painting, and drawing. I like to show off my embroidery because I'm proud of it. Just ask.

WHAT ARE YOU CURRENTLY READING/ WATCHING/ LISTENING TO?: I love murder mysteries and am in the middle of an Inspector Morse. I'm also reading a book about Malaria. It is amazing what an impact that disease has had; it has killed so many around the world. I can't remember the name of the TV show I like – it features a man who solves all kinds of problems. When I listen to music, I prefer classical.

WHAT IS YOUR IDEA OF A GOOD WEEKEND?:

Downhill skiing. I enjoy the company of friends, but what I really like is being on top of the mountain, racing down so fast I experience the thrill of fear, with wind whipping through my hair.

NAME THREE PEOPLE YOU WOULD MOST LIKE TO HAVE DINNER WITH AND WHY?

1. My two granddaughters, because they always make me laugh.
2. Parkinson, from BBC, because he would be an easy conversationalist and is quite knowledgeable.
3. My graduating college classmates from 1978 – I would love to find out what became of everyone and what they have been up to for the last 28 years!
3. My husband, because I enjoy his company.