



PO Box 717
MAWSON ACT 2607
ABN: 59 262 617 782

Summer Newsletter
December 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

Bosom Buddies Social Events

COME WITH US TO THE MOVIES

Last Tuesday/Wednesday of every month –
Either at Hoyts and Greater Union cinemas on a
Tuesday, and Electric Shadows on a Wednesday
(reduced price night).

If you have supplied us with your email address
Melanie at the Bosom Buddies Office will automatically
send you an email notice to join us each month with the
movie selection, cinema and time prior to the date.

If you do not wish to receive these updates,
please send an email to HYPERLINK
"mailto:bosombuddies@shout.org.au"
bosombuddies@shout.org.au and we will remove
you from the list.

If you do not have email, please call Di Summerhayes on
6290 2132 or Melanie on Fridays only between
9am-4.30pm on 6290 1984 for details.

COME ALONG, MAKE FRIENDS, CELEBRATE LIFE

START THE NEW YEAR OFF WITH SOME FRIENDS

A Picnic, Sunday 28 January, 12 noon
The Japanese Garden by the lake, behind the
Hyatt Hotel.

Bring your lunch and cool drink and your favourite sun hat
We'll share stories of our holidays and enjoy a
summer outing.

THE COLOUR PINK – A CELEBRATION OF LIFE

More than 270 people celebrated life at the Bosom Buddies 2006 gala
event. The Convention Centre
Ballroom was washed in pink
lights, and decorated by
members to produce a fairy
land where guests met for pink
champagne. They examined the
silent auction, and posed for
photographers from the
Canberra Times and City News.



Di Summerhayes welcomed everyone and reported on the work Bosom
Buddies has been doing to formalise the organisation, the wonderful
donations received this year from the Tradies Club and the Canberra City
Rotary and the in-kind support from many Canberra businesses. She
also noted how Bosom Buddies continue to provide important support
in many ways.



Dinner was delicious, and after the
entrees, the fashion parade show-
cased fashions from Bellisima,
Ondina's Studio and Stephanie's-
Boutique Lingerie, all of Kingston;
Pink Inc and Paula Hilyard from
Braddon; Blue Illusion, soon to
open in Manuka; and Escala shoes
in Civic. The fashion parade of professional models was led off and
finished by eight Bosom Buddies, see photos at
www.bosombuddies.com.au

The auction included a painting by Colleen Michelle Conners, and a
ladies' kit of necessities including a facial and a pink drill. The silent auction
was well supported and my goodness, we could have sold so many more
lucky dips if only we had had the lucky dip prizes.

Feedback has been very positive, with many suggestions that next year
we again use only Bosom Buddies members as models. And we plan
to have a Saturday evening event with dancing, to encourage corporate
sponsors and tables. We have developed a month-by-month get-ready
plan so many members can get involved for a good time. We will also
have a special ABC day event just for members next October. So we can
all celebrate ourselves.

Bosom Buddies Committee

Executive:

President: Di Summerhayes
6290 2132
disummerhayes@hotmail.com

Vice President: Ondina
Gregoric
6162 4488
admin@ondina.com.au

Secretary: Val Lee
6241 2816
val_lee@tpg.com.au

Treasurer: Bruce Glendinning
6239 5766
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Subcommittee Chairs

Support and Social Activities:
Gheorghita (Gigi) Lungu
6230 1070
lungu@spitfire.com.au

Communications and Breast
Awareness:
Sally Saunders – 6238 3131
sally.saunders@bigpond.com

Bosom Buddies Fellowship
Pam Robertson
6281 0957
pamrobertson@grapevine.com.au

Fundraising: Di Summerhayes
(as above)

General Committee Members

Library: Nerida Troth
6161 5103
neridatroth@hotmail.com

Calvary Hospital Liaison:
Marilyn Ward
6254 5203
wards@grapevine.net.au

Heather Millar
6288 0787
hamillar@cybermac.com.au

Kaye Johnston
6238 1983
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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.**

AN EXTRACT OF THE PRESIDENT'S REPORT FROM THE COLOUR PINK – A CELEBRATION OF LIFE

Welcome to Bosom Buddies The Colour Pink Celebration of Life, fashion parade, dinner and fundraising auctions. On this special day of the year, Australian Breast Cancer Day, we especially remember and honour those who have left us far too soon and it is also a day when we acknowledge the wonderful work being done in the area of breast cancer diagnosis, its treatment, the leading edge research being done in Australia and internationally. It is also time to recognise the work done locally by Bosom Buddies to ensure that anyone in the ACT and region who has had a breast cancer diagnosis can come to us and seek whatever help and comfort they, or their families and loved ones, need.

Let me go back to the beginning of Bosom Buddies, January 1995. A group of women supporting a friend. From that small beginning grew a commitment to continue to work together to ensure that all women diagnosed with breast cancer are supported in whatever way they need.

From 1995 we have worked to provide support, with a group of volunteer supporters – who at times had to stand back when treatment or life became too tough and then came back “to the fold” when they felt better and once again able to take an active part in our important work. Our Tenth anniversary year was last year January 1995 to January 2005. We celebrated our anniversary and were proud that over those ten years Bosom Buddies has become a well known name in Canberra, synonymous with support, help, empathy, commitment, energy, humour. However, as someone who was there at the start of the Bosom Buddies voyage, I felt a question needed to be asked. How do we ensure that Bosom Buddies continues into the future robust, relevant, committed, and structured while continuing to provide the well known support we have provided over these years? This meant reassessing our goals, our commitments and expectations, both of ourselves and by our members.

Over the past year, we have had the support of some wonderful businesses here in Canberra to ensure that we grow and thrive as a breast cancer support group. A big thank you must go the following organisations for the help and support they have provided us with:

- Palm Consulting Group – Lynette and Bruce Glendinning, Ross Smith and their amazing staff.
- DPM Consulting – Michelle Melbourne and her talented team.
- Bearcage Productions – for their wonderful and beautifully creative television advertisement.
- The Tradies Club – for their generous donation of \$45,000 to provide financial assistance for the next three years.
- The Rotary Club of Canberra who donated \$7,500 to Bosom Buddies earlier this year when we assisted them in their most successful annual Antiques Fair.
- Kwik Kopy Canberra and Capital Chemist Group who have generously supported Bosom Buddies in the design and production of this new look newsletter.

From the Bosom Buddies members, we thank our supporters most sincerely and look forward to working positively with you in the future.

Recent News Release

Herceptin for early breast cancer funded from 1 October

(Breast Cancer Network Australia: Stop Press)

A further update on the information we gave you in our Spring newsletter in relation to the Federal Government's decision to fully fund the drug Herceptin. This article was recently sent to Bosom Buddies from Breast Cancer Network Australia.

"Any woman who starts Herceptin before 1 October will be eligible for the PBS subsidy for treatment after 1 October. A year's treatment (18 doses) of Herceptin will cost \$531 (or \$85 concession). This means that if a woman has had even one dose of Herceptin before 1 October, regardless of when she was diagnosed, when she finished chemotherapy, regardless of tumour size or lymph node involvement, she will be entitled to the PBS subsidy for treatments after 1 October.

For further information contact either Melanie Godfrey at the Bosom Buddies office or alternatively you can contact Breast Cancer Network Australia.

Taxotere (Nursing Review Nov 2006)

A drug that provides some early stage breast cancer patients with their best chance of a cure has been listed on the PBS. Taxotere (docetaxel) is subsidised for women with node-positive breast cancer. It is also subsidised for women with the more aggressive strand of HER-2 positive early breast cancer. Sydney oncologist Dr. Fran Boyle said the Federal Government's decision to fund Taxotere was great news and would provide a greater chance of curing early stage cancer.

Blue Illusion – An invitation postponed

Due to issues around their new store site, Blue Illusion had to postpone their fashion parade, planned to raise money for Bosom Buddies. A notice will be sent to members when Blue Illusion launch the new fashion night early next year.

The Breast Cancer Treatment Group - New Beginnings?

Dr. John Buckingham

Breast Surgeon

About the author: Dr. John Buckingham is a specialist breast surgeon whose interest in breast cancer surgery commenced when he trained in general surgery at the Mayo Clinic. He joined the staff of Calvary Hospital as a consultant general surgeon in 1979 when the hospital opened and has been there ever since.

The Breast Cancer Treatment Group was formed in 1995, in the era of the initial publication by the National Health and Medical Research Council (NH&MRC) guidelines for the early treatment of breast cancer. Jenny Brogan of Breast Screen ACT was the impetus behind the establishment of the group. The purpose of her involvement was to remove management of the group from individual hospital or clinician groups. The Breast Cancer Treatment Group membership comprises ACT

and surrounding NSW Breast Surgeons, Oncologists, Breast Nurses, Physiotherapists, Breast Screening staff and Consumers.

In the early years the group reviewed the guidelines and promoted best practise in the ACT. To further this, an audit was established to map treatment trends in the territory. This audit has been very successful with several national publications to its credit.

The group is now at the crossroads. It continues to hold very well attended three monthly educational meetings and the audit is in a position to make a meaningful assessment of the outcome of the last 8 years of breast cancer treatment in our region. However, after 10 years of active participation, group members are starting to exhibit some tiredness in participation in its activities. It is felt by the author that the group needs a new beginning to achieve the full benefits of the group and not to lose the impetus that has been established, especially such valuable resources as our audit data base.....it's up to the grass roots members to look to the future and see the vision.

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

The Cancer Council ACT

The Cancer Council ACT holds the following support groups for all people requiring information or support: Breast Cancer Support Group – for women who have experienced breast cancer. Meets on the 2nd Saturday of the month. St. Luke's Parish Centre Newdegate Street, Deakin.

10am – 12pm.

Pink Links – A support group specifically for younger women who have breast cancer. Meets on the 1st Tuesday of the month. The Cancer Council ACT, 5 Richmond Avenue, Fairbairn. 7.30 – 9.30pm.

All groups are professionally facilitated

For more information please contact (02) 6257 9999 or The Cancer Council Helpline on 13 11 20

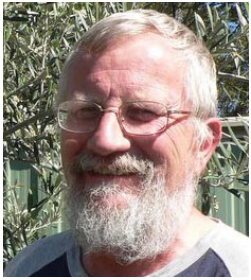
A PERSONAL GLIMPSE

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

NAME: Marcel Kievet

HOW LONG HAVE YOU BEEN A MEMBER OF BOSOM BUDDIES?

I joined at the AGM and holiday dinner November 2005. I was there with my wife Olga. The AGM was short one member for a quorum, so I joined and paid up. Olga joined when Bethel, the breast care nurse, gave her a packet with information. At the 2005 AGM, Olga not only got me signed up as a member, she volunteered for the committee. Now I'm committed because I've seen all that Bosom Buddies does for women and their families, and for the community.



LIKES: What I like best is sharing time and good food with friends and family. And I like my wife, who I met on a kibbutz in Israel, and I like my three children and my two grandsons.

DISLIKES: I don't like hypocrites, racists and yabo's.

HOBBIES: I like to cook, which is why I've sent Olga off to the committee meetings with cookies and cakes. I'm a gardener by trade, but still love to potter in my garden at home, nurturing fruit trees, vegetables and vines. I also like woodworking and often make things like the jarrah bowl for the 2006 gala event silent auction.

WHAT ARE YOU CURRENTLY READING/WATCHING/

LISTENING TO? I study Jewish law and the Jewish Bible, to deliver services at the synagogue every month or so. I listen to classical music because my dad gave me a good grounding in music when I grew up in South Africa. (Bolero is my favourite). I always listen to news and news commentary and oh yes, I do like Spicks and Specks on ABC.

WHAT IS YOUR IDEA OF A GOOD WEEKEND? Pottering at home in garden and workshop, and NOT working.

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

Golda Meier, because she was an amazing woman who accomplished so much in her time without becoming hard. My daughter, with her husband and sons, because she is a wonderful grown-up and gave so much support to Olga and me. She works for ACT Community Services. My friend, Raphael (Ralphie) Lehrer who says it like it is while being a supportive friend.

CALLING ALL INTERESTED BOSOM BUDDIES

*Are you interested in a Massage?

When: 0900 – 1630 hours, Saturday 9th December 2006

Where: Aranda

*Please note: An agreement from your General Practitioner/Specialist must be obtained prior to making an appointment.

Hazel Hall and her husband Christopher Dorman are offering a reduced rate to Bosom Buddies members for either a massage or lymphatic drainage treatment. For a small sum of \$10 you can indulge and pamper yourself or better still, why not treat a fellow Bosom Buddies member to a massage?

Hazel and Christopher are qualified naturopaths who have completed training in massage and lymphatic drainage. To make an appointment call:

0417 140 741 or alternatively,
6251 1945

FAREWELL AND THANK YOU

It is with sadness that Bosom Buddies says farewell to long time members and key committee volunteers **Norma Bradley** and **Bev Higgins**.

A BIG thank you to Norma, long time member of Bosom Buddies and valuable volunteer. For four years, Norma took total charge of the yearly gala event with fashion parade which brings such prestige and breast cancer awareness to Bosom Buddies and its members from the Canberra community. Norma worked tirelessly behind the scenes organising the event and directing the models in choreographed presentations of the glorious outfits each year. The models still meet regularly for lunch to enjoy the friendships they built.

In early 2002 Norma took over the Breast Awareness Program, jumping in at the deep end. She has maintained and developed the program for five years. This past year she trained five presenters to provide ongoing continuity.

A big thank you and good luck for the future, Norma, from the crew of Bosom Buddies.

Bev has been an integral part of Bosom Buddies in various capacities since the late 90's. She has served on the Bosom Buddies committee as a member and also as President in the year 2000.

Bev was instrumental in organising a fundraising event to raffle a house. When the raffle did not, in the end, raise enough to build the house, Bev took charge of notifying everyone. What did result was the raising of a significant amount of money that today produces significant interest each year to fund Bosom Buddies' administration. The major fundraising project also built awareness of Bosom Buddies as a serious and important organisation.

Thank you Bev and good luck in your new life in Queensland.

Hello from the Editor

This is the third Bosom Buddies newsletter in the new format. I do hope that everyone is enjoying our new look. If you feel that you could contribute to the newsletter with an article of interest or have some comments to make in relation to content please contact me at HYPERLINK "mailto:denise@notanymore.net" denise@notanymore.net or on my mobile 0402 600 612. I look forward to hearing from you.

Denise Sharp

A big thank you to Capital Chemists for their contribution to our newsletter preparation and printing and to Kwik Kopy Canberra City for our design and for contributing time to cover our other newsletter costs. Without their support this newsletter in its new format would not be possible.

