



breast cancer
care wa

Personalised emotional,
practical and financial support

Spirit
May | 2011

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Celebration of Women Long Table Lunch

The 8th Annual Celebration of Women Long Table Lunch was a fantastic affair of food, wine, fashion, friendship and fundraising!



Some of Perth's top chefs and caterer's including Stephen Clarke - Clarkes of North Beach, Heyder & Shears, Graham Arthur - Il Lido, Rochelle Adonis, Innovations Catering, All Seasons Catering and Red Pepper Catering donated their time and expertise, serving up a delicious four course menu using the finest of WA produce. Preparing lunch for 600 guests is no easy task and we can't thank our chefs enough for their dedication and commitment to ensuring that the lunch was the best ever!

In keeping with the oriental theme, VIP and corporate guests were greeted by geisha girls and set an origami challenge by Network Ten's Caty Price followed by a cooking demonstration with Fraser Restaurant's head chef, Chris Taylor.



A special tribute to honouree Vanessa Burton, who lost her battle with breast cancer at the age of 34, was emotional but beautiful. Vanessa's husband Mike shared many special memories with our guests, as



well as a gift of a pink gerbera - Vanessa's favourite flower - to survivors and those currently on their own breast cancer journey. Mike's message was a positive one ... never give up and remember the majority of women diagnosed with breast cancer survive and go on to live long and happy lives.

We were delighted to have Verity James MC the day, plus there was something for everyone in the live auction and ballot bidding. The "Mouth from the South" auctioneer Tiny Holly whipped the crowd into a frenzy with the popular Masterchef Experience going for a huge \$11,000.

Guests were itching to hit the dance floor as LA Gold took to the stage and we only wish the dancing could have gone on longer with everyone having such a fantastic time!

This event would not be possible without our long term major sponsors Claremont Showgrounds, Reece's and Austage, all of our amazing chefs, the many generous sponsors and suppliers, the 140 volunteer work force and of course the guests who support this event each year. Thanks to your generosity, we have exceeded our fundraising target and raised an amazing \$140,000!

Thank you to each and every one of you. We appreciate your support and belief in what we do and look forward to seeing you all again in 2012!



How your donations help us, help others

The ways in which we support people affected by breast cancer is quite varied, but following are some real examples of the practical help we are able to provide thanks to the generosity of the WA community.

Emotional support from our breast care nurses and counsellor

One of our young patients was diagnosed with breast cancer whilst pregnant. After delivering a healthy baby she underwent an immediate mastectomy and is now considering having a further mastectomy and bilateral reconstruction.

One of our breast care nurses has been helping her to understand the implications of her breast cancer and the necessary treatment, whilst our counsellor has been able to provide free counselling to help her come to terms with complicated body image issues. We have also been able to provide family counselling and financial and practical assistance.

Financial support for country people

Our breast care nurses work closely with regional nurses throughout WA to try and support families following a breast cancer diagnosis.

Recently we were asked to assist a family with two small children and another one on the way. Diagnosed with breast cancer whilst pregnant they had to relocate to Perth for treatment giving up their jobs. With very little family support here in Perth they were under enormous emotional and financial stress trying to find somewhere to live as quickly as possible so as not to compromise her treatment in any way. We were able to arrange for their bond to be paid so they could move into a unit close to the hospital.

Practical assistance

One 34 year old patient had just lost her mum when she found out that she had breast cancer for the second time. Her contemporary Aboriginal upbringing and pride had prevented her from seeking support previously, however worried about the impact on her husband and children she started searching on line to find out what was available and found our website.

A key issue for this family was transportation with her husband having to take time off work and thus reducing his salary to drive her to and from treatment. We've been able to assist by driving her to some of her appointments and she is already looking to the future and being well enough to go back to work at her local primary school.

PLEASE DONATE NOW

If you would like to make a donation that will help us to continue providing personalised emotional, practical and financial support to people affected by breast cancer, please contact us on 9324 3703 or donate online at www.breastcancer.org.au



Live, Love, Laugh along the Kokoda Track

On June 6, an amazing group of women are taking on a life changing adventure along the Kokoda Track in Papua New Guinea to raise money for Breast Cancer Care WA. The team includes Candy, Caroline, Deanne, Elizabeth, Janette, Jennifer, Jo-ann, Kellie, Linda, Melissa, Narelda, Sheree and Sue.



They have been training hard and there have been a few injuries along the way, but unbelievably they are excited to start the 96km trek consisting of rugged never ending mountainous ranges, steep razor back ridges, vertical peaks, raging rivers, a series of muddy footholds in the mountainside, quagmires of ankle deep, leeches, mosquitoes and not a single shop or supply store around.

Each trekker has also been working hard on their personal fundraising goals to achieve the team goal of \$50,000 including;

- 'Eat, Pray, Love' and 'Soul Surfer' movie previews
- Little Chutneys Fundraising Lunch
- High Tea at the Duxton
- Perth Royal Wedding at Government House and
- Women Unplugged at The Ellington Jazz Club

The Kokoda Track is renowned as one of the most challenging acts of human endurance. It is not for the faint hearted but it is a journey of a lifetime - physically, mentally, emotionally and spiritually.

Truly inspirational! Go Kokoda Team Go and we look forward to your safe return!

If you would like to make a donation to this event, please call Breast Cancer Care WA on 9324 3703.



Meet Cathie Smith, Support Services Coordinator & Counsellor



Cathie Smith
Support Services
Coordinator/Counsellor

As women go through their breast cancer journey, they often face many emotional challenges as they come to terms with the significant changes that have occurred in their life. This is where professional counselling can really assist and it's an opportunity to empower women and their supporters to make changes that will benefit them as they embrace the next phase of their lives.

With a Master of Counselling and experience in women's issues and cancer support, I look forward to supporting those who need us and have already met so many wonderful counselling patients and members of our various support groups.

With seven support groups taking place throughout the metropolitan area, they provide a great opportunity for women to share their stories with other women who have been through similar experiences. I'd love to hear from any women who would like to join a group, especially any who would be interested in an afterhours group to cater for women who are working. Please call me on 9324 3703 or email cathie@breastcancer.org.au

It was wonderful to see so many of our patients at the Long Table Lunch, either as guests or volunteering. It was also very special to see six new members of one of our support groups and one seasoned member kicking up their heels and enjoying the festivities of the day. These ladies were guests of long-time supporters Absolute IT, who purchased a corporate table and donated it back to us so that some of our very special patients could attend.

With Purple Bra Day just around the corner, I hope our support group members and patients will get involved as I'm told it's a fun day with hundreds of people wearing a purple bra on the outside of their clothes. For more details see the enclosed flyer or call 9324 3703.

Purple Boot Brigade events across Perth



The Bunnings O'Connor team and Curtin University Engineering Club have both been waving the flag for the Purple Boot Brigade. Thanks to the enthusiastic staff and students at both of these organisations who invited The Brigade to show off their Steel Blue purple boots and spread the "be breast aware" message at recent events.

With over 17,000 pairs of boots now sold across Australia, Steel Blue's generous donations exceed \$465,000 which helps educate the nation about breast awareness and create national support initiatives.

With boots still available, maybe it's time for you to get into a pair? Visit the online store today at www.purpleboots.com.au



PURPLE BOOT BRIGADE



New online support website for Australians affected by breast cancer

After almost two years of planning and development, we are extremely proud to announce the launch of "Breast Cancer Click" a support website for those with breast cancer, their supporters, friends, family and carers.

Developed by Breast Cancer Care WA and Edith Cowan University (ECU), Breast Cancer Click is a place for you to connect with others, share your experiences in a safe environment and know you are not alone.

The Click as we've come to know it, is free and very easy to join and once you are a member you can ask questions, take part in discussions, connect with people in similar situations and much more!

The Click is for approved members only and your privacy is very important to us. By joining this site you will also be contributing to the three year PhD research project by ECU, so not only can you benefit from connecting with others online, you could also be shaping the future of online health support services.

So why not become a member today at www.breastcancerclick.com.au

A special thanks goes out to everyone who has supported Steel Blue's Purple Boot Brigade which has contributed funding to Breast Cancer Click.

breast cancer
click.com.au

Volunteering update



Anne Carter Preston
Volunteer Coordinator

Following a busy few months leading up to Long Table Lunch, Di has officially retired and is now on a well deserved holiday. Thank you Di for your wonderful contribution over the past four years and we look forward to recruiting you as a volunteer on your return!

Meet your new Volunteer Coordinator, Anne Carter Preston

After working as a publishing manager for 20 years, I moved to the not-for-profit sector as a volunteer coordinator. I quickly learned that volunteers are amazing people and that the rewards of helping people to help other people are endless.

I look forward to getting to know you all and if you haven't already heard from me by phone or email, I'll be in touch soon. If you'd like to become a volunteer please call me Tuesday to Thursday on 9324 3703 or email me at anne@breastcancer.org.au.

Purple Bra Day – Friday June 17

Calling all volunteers! We need 150 volunteers to shake a tin at our annual street appeal in the city, selected train stations and shopping centres.

Tin shaking is heaps of fun in pairs or small groups, so get your family and friends together and be a part of our biggest annual fundraising day of the year. We'd love to see you get into the spirit of the day by coming dressed in purple and we'll also give you your very own purple bra to wear over your clothes.



We need the majority of volunteers from 7am to 9am and a second shift of 11am to 2pm for those that don't have to rush off to work. If you can help, please email your availability and contact details to anne@breastcancer.org.au or call 9324 3703.

Celebration of Women Long Table Lunch 140 thank you's

What can we say, you were wonderful! It was such an amazing sight to see your smiling faces all lined up in your purple t-shirts and ready to look after our guests. Your enthusiasm and willingness to work so hard contributed to making this the best Long Table Lunch ever!

Whether you were serving food, pouring wine, washing dishes, fundraising or setting up and packing away you just kept on going until it was done! From everyone at Breast Cancer Care WA and on behalf of our guests and chefs, thank you so much and we hope to see you all again next year!



Frequently asked questions



Denise Kiff
Specialist Breast Care Nurse

I have noticed breast lumps, what should I do?

If you find a breast lump, it is important to have this checked by your GP as soon as possible. They will assess you by conducting a breast examination and then decide if further testing is required.

If you are not satisfied with the outcome, then a second opinion may be helpful. Remember nine out of 10 lumps are not cancer, but it's important to have them checked just to be sure.

Breast awareness should be a part of everyday life. The more that you are aware of what's normal for you, the more likely you will notice any changes. So check your breasts regularly and have your GP do a clinical examination once a year.

If you are over the age of 50 with no breast symptoms, be sure to have a regular free screening mammogram with BreastScreen WA who can be contacted on 13 20 50.

For details on how to be breast aware and what changes to look for, see www.breastcancer.org.au/about-breast-cancer/being-breast-aware.aspx

Can I eat soy products if I my breast cancer is oestrogen positive?

This should be discussed with your specialists. Literature suggests that it is not clear if eating a diet high in phytoestrogens is safe for women who have breast cancer.

Tamoxifen is a common treatment for women with oestrogen receptor positive breast cancer and works by blocking the actions of oestrogen and therefore stopping or reducing tumour growth. Unfortunately it is still unclear whether eating soy foods or taking soy supplements will block or enhance the actions of Tamoxifen. The results of scientific studies are contradictory and unfortunately there are no clinical trials to definitively answer this question, however a moderate consumption of soy foods as part of an overall healthy eating plan is unlikely to have any harmful effects.

Can alcohol cause breast cancer?

Every alcoholic drink increases the risk of breast cancer, so it is important to limit your intake to no more than two standard drinks per day. You should also monitor your weight and get active to reduce your risk factors.

Pamper Days



The last two Pamper Days at Summaglo Tan & Makeup Bar have been so lovely with 12 ladies attending in March and 10 in May. Our new volunteer hairdresser Dani from Perugia Hair waved her magic with straightening iron and hairdryer in hand to style the ladies hair after they were treated to a mini facial and professional makeup, just in time for their glamour portrait photo thanks to Zilia from Woodhouse Creative.

Congratulations to Maree Carter who was the winner of the lucky draw and took home a matching jewellery set hand made by Bev from White Wolf Creations.

We received a lovely message from Karen who attended the May Pamper Day. *"I would like to say thank you to everyone for yesterday's Pamper Day, it was a very special day and I had the chance to meet some very lovely ladies. I felt like a million dollars when I went home, cannot wait to see the photos."*



If you would like to help contribute as a sponsor of these special days please call 9324 3703 or email deida@breastcancer.org.au



Indigenous program update



Jayleigh Ford
Indigenous Program
Coordinator

Since our Founder and Patron Ros Worthington OAM held her first yarn in the park in 2003, our Indigenous program has come a long way.

With the support of our foundation partner BHP Billiton, the program works with communities across WA and in Perth to ensure Indigenous women are educated about breast cancer symptoms, treatments and available services. The message is clearly getting through as we are now supporting over 40 Indigenous women from around WA with breast cancer.

One lady is a mother of 5 boys and lives in Perth's outer suburbs. As a proud Indigenous woman, she found it difficult to ask for help, but acknowledged she would need support to get her through her breast cancer journey.

With the price of petrol so high, the daily costs of transport to and from her appointments became very expensive and overwhelming. Swallowing her pride allowed us to assist with these costs ensuring she got to all of her chemotherapy and radiation appointments. She was also able to attend a

recent Pamper Day which she tells us has helped her to feel refreshed and rejuvenated and ready to continue with her treatment.

Recently I attended the Geraldton Regional Aboriginal Medical Service Well Women's day. The day was a huge success with many women attending and learning about breast cancer and cervical cancer awareness.

Breast Cancer Care WA has commenced plans to expand the Indigenous Program into Geraldton and will work with our first regional community liaison Glenis Little to facilitate a local support group, arrange practical assistance and continue to provide education to the community as a whole. It is hoped that we can replicate this in other regional centres in the future.

Earlier this month, we held our very first Indigenous women's breast cancer support group. The group will meet on the first Wednesday of every month and I invite anyone interested in attending to please call me on 9324 3703.





Proudly Supporting
**breast cancer
care wa**

Star fundraisers

Thank you to the many people - too many to mention - who host their own community fundraising events in support of Breast Cancer Care WA. We simply couldn't help as many people as we do with you!

If you have an idea for a fundraiser please email deida@breastcancer.org.au or call 9324 3703.

Gibb River Road Challenge

Two fantastic teams have recently completed a five day, 700km mountain bike ride on rough roads through crocodile infested river crossings from Derby to El Questro. 'Team Adrenaline and Fear' includes Vilma, John, Angelique and Ian and 'Chugging Chalkies' includes Bryan, John, Nick, Mick and Rod as well as their support crew Gail, Leslie, Gail and Margaret.

The challenge started on May 8 after months of training and enduring saddle sore tails, fatigue and mechanical failure. All participants said it was a huge mental and physical challenge but also a fantastic achievement.

Choosing to support Breast Cancer Care WA was easy for the teams as they have all been personally affected by breast cancer in some way. Vilma was diagnosed in 2009, one year after losing her younger sister to the disease at the age of 39. It is also close to the hearts of fellow team members John, Bryan and Angelique with Angelique's mother being a breast cancer survivor and both John and Bryan losing their mothers to the disease.



A huge thank you to both teams – what an amazing achievement! So far 'Chugging Chalkies' have raised over \$3,000 and 'Team Adrenaline and Fear' on track to meet their goal of \$2,000.



The Perth Royal Wedding at Government House



Wills and Kate now known as the Duke and Duchess of Cambridge finally tied the knot with a beautiful ceremony at Westminster Abbey on Friday April 29. Paul McAllister, Donna Radlj, Karen Wardrop and Sherree Blackley put on a fantastic show at Government House in Perth, with over 400 guests dressed in their best wedding attire to watch the royal couple's wedding.

Karen, a breast cancer survivor, came up with the event to raise funds as part of the Kokoda Trek that co-organiser Sherree will be doing for Breast Cancer Care WA in June.

Hosted by Queen Sally Spectacular and Shane McFarlane from Mix 94.5's Big Couch, guests were also treated to a fashion parade fit for a king and an exclusive auction.

This amazing event raised over \$50,000 for Breast Cancer Care WA which goes to show what determination, hard work and a whole lot of heart can achieve. Thank you ... thank you ... thank you!



Breast Cancer Breakfast

On Sunday May 1, 110 guests enjoyed a yummy breakfast at The Rydges Hotel in Perth, organised by Belinda Cipriano.

Nine News Perth newsreader Ebbeny Faranda was fabulous as MC and Dr Prue Cormie from ECU's Health & Wellness Institute presented on breast cancer and exercise.

The breakfast included a fashion parade by Indulge Clothing and All Glitz and Glam Jewellery by Design, plus there was a door prize, heaps of raffle prizes including an Iris Bag by Fremantle designer Belle Bijoux and a best dressed award.



This fun, filling and fashionable breakfast raised more than \$3,500 for Breast Cancer Care WA – thank you so much!

left to right: Josie Castle, Nelita Cipriano, Daniela Mastrocola, MC Ebbeny Faranda, Belinda Cipriano & Dianna Monastra.

Photo courtesy of Kirsty Freeman

Ladies Market Day



On Sunday March 27, Jane Baroni opened her home to 60 family, friends, neighbours, gym buddies and sponsors to browse, shop and socialise at her Ladies Market Day.

Along with the odd glass of champagne, leather hand bags, silver jewellery, designer clothes and home wares were some of the items available to purchase. Other activities included raffles and massages.

Jane was inspired by the feeling of helplessness when a dear friend's Mother lost her battle with breast cancer and after raising \$1,600, the Ladies Market Day will be an annual event on Jane's calendar. Thank you Jane!



From the library



Clarisse Jennings
Librarian, Breast Cancer
Survivor and Volunteer

Very new to our library shelves is a recent 2010 publication of "Breast Cancer - Taking Control" written by the eminent Australian breast cancer specialist, Professor John Boyages MD PhD.

From the visually appealing front cover, through to the equally attractive layout of the contents, the reader will appreciate how the author guides them slowly through the stresses and confusion of a breast cancer diagnosis.

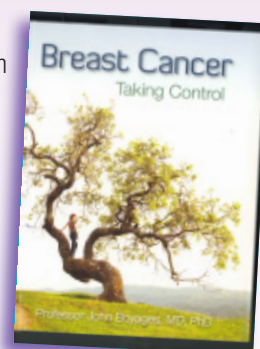
This valuable resource has three major sections detailing the phases of your cancer treatment, namely; diagnosis, taking control before your surgery and a comprehensive section that covers maintaining control after surgery.

Many questions and queries are answered with concise and factual information. This will provide you with the right tools, give you direction and resolve to take control and maximize your survival and then to find your path to recovery.

A valuable section towards the end of the book is a comprehensive list of 75 web links that will help answer any further questions you may have.

I recommend this resource for women and their families who are "thirsty" for information and eager to understand what is happening to their bodies. My journey with breast cancer would have been much easier if this valuable information had been written eighteen years ago.

Reviewed by Clarisse Jennings
Volunteer Librarian,
Breast Cancer Survivor
and Spiritual Healer. May 2011



Spiritual healing is available at The Spiers Centre, Heathridge on the 4th Saturday of each month. For further details contact Breast Cancer Care WA on 9324 3703.

2011 Entertainment Books

The 2011/2012 Entertainment books have arrived. For just \$65 plus postage and handling you'll have access to hundreds of 25-50% off and two-for-one offers from popular restaurants, cinemas, hotel accommodation, the arts and sporting events. Plus \$13 from the sale of each book will be donated back to Breast Cancer Care WA. Don't miss out as stocks are limited.



facebook:

Keep up to date with all the great fundraising events taking place for Breast Cancer Care WA by joining our Facebook group. Simply follow the links from our home page at www.breastcancer.org.au

Save the trees:

If you have received this newsletter by post, but are happy to receive it by email, please update your details at www.breastcancer.org.au and click on 'join our mailing list' under the 'how you can help' tab. This will not only save the trees but printing costs too.



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