



Twin Titties Dragon Tales



Issue 4

December 2006

Twin Titties
(Dragons Abreast
Townsville Inc)
ABN 74537 588 466
Proudly sponsored by the
Mater Misericordiae
Hospital



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Xmas Edition



Well 2006 is just about over and we have had the most amazing year yet. Our Trip to Sydney at the beginning of the year and the production of our Calendar has seen Twin Titties spread our Townsville War Cry far and wide. Our Team continues to grow and with our networking helps spread our motto, that there is LIFE after Breast Cancer.

We have 2 trips planned for 2007, back to Darling Harbour in Sydney 23/24th February for Chinese New Year Dragon Boat Festival and down to Sunshine Coast Caloundra for the World Wide Abreast in Australia Regatta on 28/30th September. Contact any Management Committee member for more information.

Several points were raised at the recent General Meeting and are worth noting...

- Paddling for 2006 finished on the 16th December, 2006 and will recommence on the 20th January, 2007.
- New and Current members need to READ the Orientation Booklet thoroughly for safety and paddling advice.
- Full skin cover is required while paddling during stinger season so long sleeves and tights or stinger suits to be worn please (also helps with sun exposure).
- Shirts, caps, stinger suits and Camel Back water containers still available from the Uniform Queen Di Brisbane, \$20 deposit required on stinger suits.
- Over the paddling break please think deeply about where the profits of the Calendar sales would be utilized to the best advantage for our team and the benefit of Breast Cancer Survivors in the Townsville area. Email ideas and suggestions to our NEW address:

townsville.twin.titties@hotmail.com



**Craft Queen Margaret
on Santa's Knee..!**

Next Years Events:

- * Paddling recommences 20th January 2007
- * Chinese New Year 23/24th February 2007
- * Craft Day 11th March 2007
- * Abreast in Australia 27/30th September 2007

Well Wishes

We all hope that our Donation to the Women's Shelter helps spread some Xmas Cheer..! Thanks to all the members who donated, Naurelle and Cheryl for putting it together..!



Our Donation to the Women's Shelter

Twin Titties would like to wish our valued member Robin Bulman and our co-ordinator Jane O'Connor our utmost support and understanding with the Health concerns they are facing at the moment. I am sure each and every one of us would lend an ear or a shoulder whenever you may need it. Being there for one another is what Twin Titties is all about. If you see the results of the Research done at the Gawler Foundation, (article on page 4) outside support is a crucial part of self healing. We are there for you..!

Twin Titties End of Year Social Event



Julie, Andy, Jacqueline surround the Birthday Girl Amanda



Sherone, Robin and Robyn

"Tin Twitties" Alla Capri Xmas Shindig

I hope everyone else had a great time at Alla Capri and I want to thank everyone for coming. I thought it was a fantastic end of year event for us with lots of laughter therapy. Even the Ferry and Bus rides were loads of fun complete with bringing back memories of riding the school bus. The anticipation of getting there was matched only by the unheard of phenomenon of traffic lights on the Island. What's the world coming to? Mick and I managed a romantic walk in the soft rain to check out the house we are renting over Christmas. Back to Alla Capri and the Show must go on. We'll never forget who wrote the song from the bodyguard! I know the humour in the show was not everyone's cup of tea but even that didn't seem to prevent anyone from enjoying the evening and joining in the fun which is deeply appreciated. I can't remember how we got dubbed "Tin Twitties" or even if Bernadette explained this so maybe someone else can recall and fill in the gaps of my recollection. Amanda certainly will remember her birthday for some time to come and some secret Santa gifts bought even more laughs including one which stimulated one of the men to consider "changing teams" OK just joking. *Speaking of which can anyone fill in the caption on the photo of Mick and Syd?*



Lets make 2007 a great year and one for consolidating our many ideas.

? Caption Wanted ?

Cheers Cheryl

Welcome New Members

We would like to extend a warm welcome to our newest members..!

Survivors and Paddlers:

- Vanessa Hoets
- Naurelle Owens
- Sigrid Hannon

Paddlers:

- Amanda Hudson
- Fiona Statham

Soon to be Members:

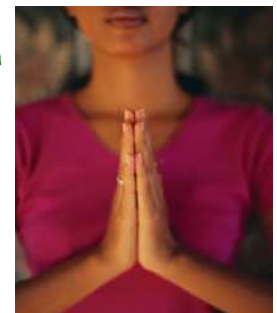
- Glenda and Donna



Wellness Workshops

Two wellness workshops were run this year for the Twin Titties The first was run up at Hidden Valley in August and then another in November on the rooftop of the Olwyn Jacobsen's apartment. We had 14 attend the first and about 12 for the second. Essentially the workshops explored what we believe "wellness" to mean in our lives. Thought the workshop we identified tributes of what we see in others who are well, we also discussed the negative influences on us when we don't keep well and then we all made 3 affirmations for our own wellness. There was plenty to talk and sharing. Both groups brought out what we all aspire to... "being well and feeling a sense of peace". It certainly helped to run the workshop in the bush and then later under the stars. If there is interest next year we can run some more workshops.

Julie Woodlock



ex-
at-

The workshops explored what we believe "wellness" to mean in our lives..!

Memo from the Major

Major Manny Eyesore Lavarack Barracks, University Drive,
Townsville, QLD. 4810
Memo to Ladies' Captain, Lavarack Golf Club

28th November, 2006
Subject: Indecent Exposure

It has come to my notice that we had an incidence of indecent exposure on the Lavarack Golf Course today. We would like these Dragon Ladies to show cause as to why they should be allowed to parade their wares on army property. We in the army are not prudes but these old dragons must be stopped for the following reasons:

- They are a threat to National security (our soldiers were not doing their jobs yesterday as their attention was on the Dragons)
- They polluted the usually pristine environment with their garish costumes
- They caused our men to be tempted to be sinners with their wagging tails and heaving bosoms
- I hope you can attend to the matter and devise a method of punishment.

Signed: Manny Eyesore (Major)



Indecent Exposing Dragons on Golf Day at Lavarack Army Barracks.

First Aid ?

We are required to update our member list and have a record of members who have a current First Aid Certificate. If anyone else also knows how to do CPR it would be helpful to our team's safety that we know this.

Please send details to our Secretary or Editor Jacqueline

Email: townsville.twin.titties@hotmail.com

Please let Jacqueline Know..!



Calendar Sales

Sales figures for our Calendar had reached 1415 at the time of the General meeting on 5th December 2006. Sales have slowed and the last weekend Roster was undertaken outside Sports Scene on Woolcock Street ,Saturday/Sunday 16/17th December 2006.

Many Hours at Cotters Markets, Willows Markets, Harvey Norman, the Basketball and other outlets have been covered by members so WELL DONE EVERYONE..!

Vanessa Hoets has brilliantly posted our Calendar on an Australian Internet Auction site:
<http://www.oztion.com.au/-2007-Calendar-----Beautiful-Body-Painting-/auction/1044931.aspx>

So send friends the Link. (EBay's fees were a bit high) We hope sales will continue into early January, then we will reassess our strategy. Any other sale suggestions appreciated

email: townsville.twin.titties@hotmail.com



Last Stand for Calendar Sales..!

"COMPLEMENTARY APPROACHES TO TREATING CANCER

DO WORK" SAYS NEW RESEARCH.

Research results released today by the Graduate School of Integrative Medicine at Victoria's Swinburne University; provide new scientific evidence that the adoption of holistic or integrated medicine approaches by people diagnosed with cancer can improve their quality of life and disease outcomes.

The results suggest that a 10-day residential program run by Melbourne's Gawler Foundation has scientifically measurable beneficial effects on mood, mental adjustment to cancer, quality of life and salivary cortisol levels (a measure of stress levels) in cancer patients. This is a preliminary report of results from an on-going, controlled, prospective study.

The Gawler Foundation was established in 1981 by cancer survivor Dr Ian Gawler and provides active cancer support programs and advocacy for cancer patients.

The preliminary results of the research which involved 72 people, have been published as an abstract in the *International Journal of Psycho-Oncology* and were completed by PhD student Ms Nicola Reavley and Professor Avni Sali, Professor of Graduate School of Integrative Medicine at Swinburne University of Technology.

Professor Sali said that more and more organisations involved with cancer treatment are now offering patients psychosocial treatment options such as self-help, group support and in some cases meditation to complement the more traditional treatments, which usually include chemotherapy or radiotherapy and surgery.

"Until now, there has been little scientific research to evaluate the efficacy of psychosocial approaches and how they impact on the overall mental and physical health and disease outcome for cancer patients," Professor Sali said.

"What people with cancer really want to know, and so do their doctors, is if I make all these changes to my diet, if I change my mental outlook and if I do the meditation, will I improve my quality of life now and will I live longer? This study is aiming to answer this question," Professor Sali said.

"The early results are very encouraging and supportive of the adoption of an integrated medicine approach which incorporates meditation, adoption of a low-fat vegetarian diet, group support and self help, to cancer treatment," Professor Sali said.

Dr Gawler welcomed the research findings saying: "This research demonstrates to the scientific community that what we do at The Gawler Foundation really works. Our program is the only program of its type in Australia and it represents world's best practice in terms of offering people with serious illnesses an integrated, complementary approach to disease management and improving quality of life."

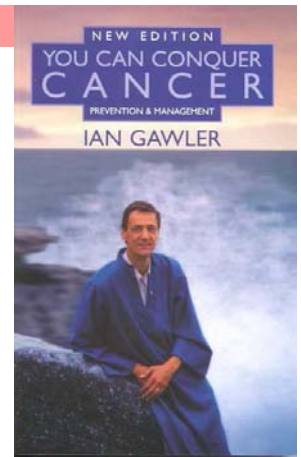
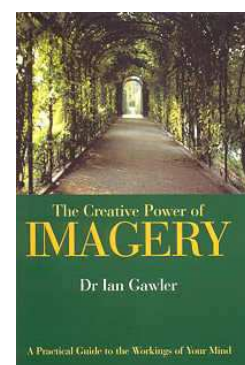
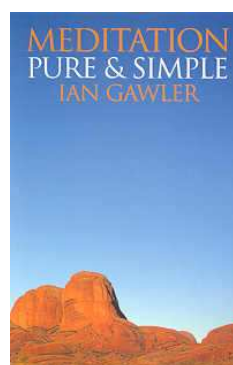
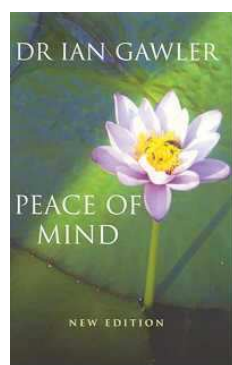
The Gawler Foundation programs are complementary to mainstream medical treatment and focus on relaxation and meditation, a low-fat vegetarian diet, positive thinking and drawing on effective support.

The full study, to be completed in 2005, will compare the results of patients undergoing the Gawler program with those adopting a more mainstream or traditional, hospital based approach.

Media Inquiries: Veronica McGowan, for The Gawler Foundation (03) 9399 8452, Mobile 0415 280917

Links:

www.gawler.org



Twin Titties
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ABN 74537 588 466
Proudly sponsored by the Mater
Misericordiae Hospital

Address
PO BOX 2371 TOWNSVILLE
QLD 4810

* CONTACT EDITOR *
Jacqueline Rolinson
Phone: 4724 4454
E-mail:

townsville.twin.titties@hotmail.com

We're on the web..!

[http://www.dragonsabreast.com
.au/QLD/Townsville.htm](http://www.dragonsabreast.com.au/QLD/Townsville.htm)

Townsville/Thuringowa
are the Twin Cities
we are the Twin Titties..!



We are part of Dragons Abreast Australia, a group of women who are or support Breast Cancer Survivors. Townsville formed in August 04, and started paddling at the Strand then moved to the Ross River. We have great support from the Mater Hospital and we run a weekly gym circuit at the Cardiac Rehabilitation Gym there. We became "Twin Titties" in 2006 and now paddle on Cleveland Bay with beautiful Magnetic Island in the background, in our lovely, bright pink boat which can be seen by all and sundry from The Strand. One of the greatest pleasures we get out of paddling in the ocean is being accompanied by the occasional turtle and dolphin and of course, plenty of fish.

Newsletters mean Contributions..!

Without Contributions there is no Newsletter... please send articles, ideas and photos to the Editor..! Anything..! Anything at all Appreciated..!

Newsletter Dates for 2007: February, April, June, August, October and December
All contributions To be in the last week of January, March, May, July, September and November 2007



May you all receive the
Gift of Happiness
Merry Christmas from the
Editor Jacqueline