



# Keeping aBreast

**October 2010**

Kia ora, it's October and the members of the Trust have moved into second gear, moving forward at a great pace in anticipation of the Pink Walk 2010. All our efforts are honing in, to ensure that this year will be a wonderful celebratory occasion to honour all those who have had their lives intercepted by a most unwelcome intruder-breast cancer.

We are always over whelmed by the generosity of the community in which we live. It seems, we only have to ask (in fact, often, we don't even have to ask) and the offers of support and sponsorship for this event, keep coming. Already, we have had fantastic support from the weavers in our community, who gave up time to make the pink Putiputi (flax flowers) that each Pink Walk participant receives at the end of their walk. Some people are determined to come each year just to collect the flower, to mark the celebration of a meaningful event, with the ultimate goal of accumulating a pink bouquet after a number of walks.

The Girl Guides are supporting the Pink Walk this year by spending a day of their school holidays helping to make Putiputi, and in an attempt to break the Guinness World record for the longest line of bra's, will be collecting bra's at the Pink Walk, so put a reminder on your calendar to bring along your superfluous under garments, they will be very much appreciated.

Remember to look at the businesses and organisations sponsoring the Pink Walk this year, they are the people who's business's we will be frequenting in thanks for their generous support. The community they are supporting are local families, who get to have a bit of pressure taken off them at a traumatic time in their lives.

So, get out those pink tights, fluff up that pink boa, shake out that pink tutu, put on that twinkly pink tiara and we will see you all on the Pink Walk.

Noho ora mai

June Grant



## Pink Walk 2010

The 2010 Pink Walk is on Wednesday 27th October, with the entertainment starting at 5pm (including a Zumba warmup) and the walk itself beginning at 6pm. (Assemble at the village green). This Walk has become The Rotorua Breast Cancer Trust's signature fundraiser and yet is so much more. It seeks to raise awareness of breast cancer in our community whilst at

the same time providing a fun family day out and, if the previous two walks are anything to go by, a feeling of community. AND 100% of the money raised by the walk stays in our community helping those affected by breast cancer.

The theme is **PINK** and we encourage you to go for it! There are prizes galore.

### Registering for the Pink Walk

Register for the Pink Walk from 18th October at any of the following sites:

- ASB Bank cnr Tutanekai and Pukuatua Streets
- Aroha Mai Cancer Support Group, 1238 Haupapa Street
- Ngongotaha Pharmacy

We are also accepting Internet banking registrations and details are on our registration forms.

## Information Evening

Breast Cancer Information Evening  
Thursday 21st October

Panel Discussion - **FREE** and not to be missed!

RAVE - 1240 Hinemaru St, Rotorua 7 - 9pm

We are hosting a panel discussion about Advances in Breast Cancer Diagnosis and Treatments and What's on the Horizon. Our panelists are:

- Dr Barbara Hochstein, Radiologist, Lakes Radiology Rotorua
- Mr Etienne Truter, Breast Surgeon, Rotorua
- Dr Cristian Hartoceanu, Radiation Oncologist, Waikato Hospital

*Please come and be a part of this evening*

## Stacey Morrison ~ Biography

## Pink Pilates

The RBCT and the First Sovereign Trust subsidise the cost of Pink Pilates and ensure that Pink Pilates remains immediately accessible. For women who are under two years post surgery the cost of attending Pink Pilates is now just \$5 per session. These are one on one sessions with a Pink Pilates trained physiotherapist. Pink Pilates is located at Te Ngae Physiotherapy. Ph 345 5523 and ask for Denise or Mel.

## Dragon Boating

Dragon boating has been such a successful pastime for women recovering from breast cancer that it has spread throughout New Zealand and if you are interested in joining a Rotorua team please contact June Grant, **mob: 021 767 241 or 07 343 6132** (eve), email: [tehaeranga@hotmail.com](mailto:tehaeranga@hotmail.com)

There's lots of information on the internet regarding dragon boating, one common theme is that women have lots of fun and make friends.

## Donation of books to the Cancer Society

With some of the money raised from the 2009 Pink Walk the Trust has been able to purchase (with a generous discount from McLeod's Bookshop) and donate the following books to the Rotorua Cancer Society.

- Crazy Sexy Cancer Survivor
- Breast Cancer for Dummies
- Chemotherapy and Radiation for Dummies
- Take Control of Your Life.

These are free to borrow from the Cancer Society.

## Raffles

This year the Rotorua Breast Cancer Trust is running two raffles. The proceeds from the raffles help with the Trust's expenses.

1. A beautiful patchwork quilt created and donated by Raewyn Clark.
2. Our second raffle is called "One for the Girls" and has prizes donated by the following Rotorua businesses: Webb's Shoes and Sole Outlet, Finns Fashion, Understatement Lingerie, Essence Café, Simply Different and Ngongotaha Pharmacy.

Tickets are currently being sold by Trust members and supporters and will also be available from the ASB from the 18th - 26th October. The winners will be announced at the Pink Walk.

## Nando's Rotorua

Nando's Rotorua are donating to the Trust 10% of the revenue from their breakfast menu during October. In addition to this they are also donating to the Trust 10% of any Work or Business Christmas functions from October - December 2010.

## Upcoming Events

**Pink Ribbon Street Appeal**, Friday 8th October - The New Zealand Breast Cancer Foundation's major fundraising event of the year.

**Meditation Group** - A free guided meditation group, sponsored by the Trust, takes place every second Friday from 12noon to 1pm in the Eric Bridgeman room at RAVE. The group does not meet in the school holidays. Term 4 meeting dates are: October 15th and 29th, November 12th and 26th, December 10th

**Encore** - The October 2010 class is now full. Registrations are now being accepted for the 2011 YWCA Encore after breast cancer exercise programme. This free programme uses gentle tai-chi like floor exercises and a heated pool to increase flexibility and mobility and help reduce the risk of lymphoedema and is available to anyone who has had a diagnosis of breast cancer. Guest speakers provide information on local resources... and of course a group of women together provides the opportunity of friendship, support and fun.

The 8 week programme is available by enrolment only so please contact Diane 021-596-098 or [fred.greg@xtra.co.nz](mailto:fred.greg@xtra.co.nz) or Ester 350-3037.

**Lymphoedema Information Evening** - March 2011, details to follow.

**IN the PINK** - a textile art exhibition using breast cancer as a theme. At old Ngongotaha Pharmacy until October 10.

## FYI

Government approved suppliers for Breast Prosthesis

- Naturalwear - Janice McLean - (07)578 8036 or 0800 622 397
- S Specialists - Karla Bourne - (07)348 0338 or 0800 348 837
- UnderStatement Fashion Lingerie - Sheree McKenzie - (07)343 7911 or 0800 454 643

We are now on Facebook -

For Further information on anything in this newsletter please contact the Trust at [rbct@paradise.net](mailto:rbct@paradise.net)

## Thanks to...

Rotorua Energy Charitable Trust  
First Sovereign Trust  
ASB Bank  
More FM 95.9  
Nando's Rotorua  
NZI Insurance and Dawson Insurance  
Events and Venues  
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Waiora Group  
Aroha Mai Cancer Support Group  
Ngongotaha Pharmacy  
Polynesian Spa  
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