

bloom

Issue

04

May
2010

Reach to Recovery International - RRI

Reach to Recovery International is committed to improving the quality of life for women with breast cancer and their families.

03

New RRI website launch

06

Beating breast cancer in Ukraine

14

Regular exercise and survival

Join Reach to Recovery on Facebook!

Reach to Recovery is now on Facebook.

Facebook is an online social networking site that connects friends and groups. To become a part of our Facebook network and receive news and information of RRI activities as they occur, just use the link below to take you to our page and click on the 'Like' button.



Be a part of Bloom

Do you have a contribution for Bloom?

If you have a story, a poem, an event, a news item, or any type of creative piece, please email our editorial team:

info@reachtorecoveryinternational.org

We welcome any feedback and suggestions you have!

NEW: Global Kitchen

This edition of Bloom includes our new *Global Kitchen* where we feature exotic recipes and home cooking from cultures around the world. Turn to page 9 to see this edition's recipe, from our friends in Jerusalem.



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Issue 04 May 2010
Bloom is published by Reach to Recovery International. Contributions to Bloom are welcome, please email info@reachtorecoveryinternational.org. For more information about RRI, go to www.reachtorecoveryinternational.org.



We respectfully acknowledge the Indigenous women of our global community, the traditional custodians of our environment.

Reach to Recovery International is supported by the UICC and Cancer Council Queensland



Message from Ann Steyn

President of Reach to Recovery

Since our last issue Reach to Recovery has continued with its important transition and development plans in order to better position itself to address the ever increasing needs of the international breast cancer supportive care community.

The first Board of Management (BOM) meeting was held on February 18th 2010. The Members of the Board, listed on page 15, represent the diversity of our movement and are each held in high esteem in their home countries and abroad.

To work in conjunction with the BOM, an International Advisory Committee has been formed. Invitations have already been sent to a variety of influential people in the field of advocacy and breast cancer supportive care and education.

This Advisory Committee will provide ideas, resources and guidance to assist RRI in becoming the premier resource for breast cancer supportive care and best practices internationally. A list of members of this committee can also be found on page 15.

You'll see below that we recently launched a new website at www.reachto_recoveryinternational.org.

If you haven't already visited it, please do so! I think you will find it exciting and informative. New content and resources will be added over time.

Our popular RRI Online Community (ROC) has moved to the new website. As you know, it is a special members-only online community. It is a free space to share ideas and feelings and to exchange and seek information. So please rejoin and get connected!

The preparations for the Taiwan Conference are progressing well. It will be a fabulous conference with up to 1000 delegates expected! Have a look at the advertisement in this issue and make sure that you diarize the dates. Megan Dwyer, who so successfully managed the Brisbane Conference, is supporting local organisers with planning. Megan, Jeff Dunn, and Ranjit Kaur attended the Taiwan meeting in March with the local organizers (the Taiwan Breast Cancer Alliance and Formosa Cancer Foundation).

I hope some of you were able to attend the 7th European Breast Cancer Conference held in Barcelona in March. It was a wonderful conference, covering all aspects of breast cancer from research to treatment to support and advocacy.

Email annsteyn@reachto_recoveryinternational.org



Ann Steyn, President of Reach to Recovery International

This issue carries Leonie Young's impressions and some snapshots, on pages 11 and 12.

I wonder if you have ever considered what you as breast cancer survivor should or should not wear?! To find out, turn to page 7 for the story of a volunteer and breast cancer survivor who appeared on a TV show with that information!

Until the next issue warm Reach to Recovery greetings to you all. ◦

Ann Steyn
President
Reach to Recovery International



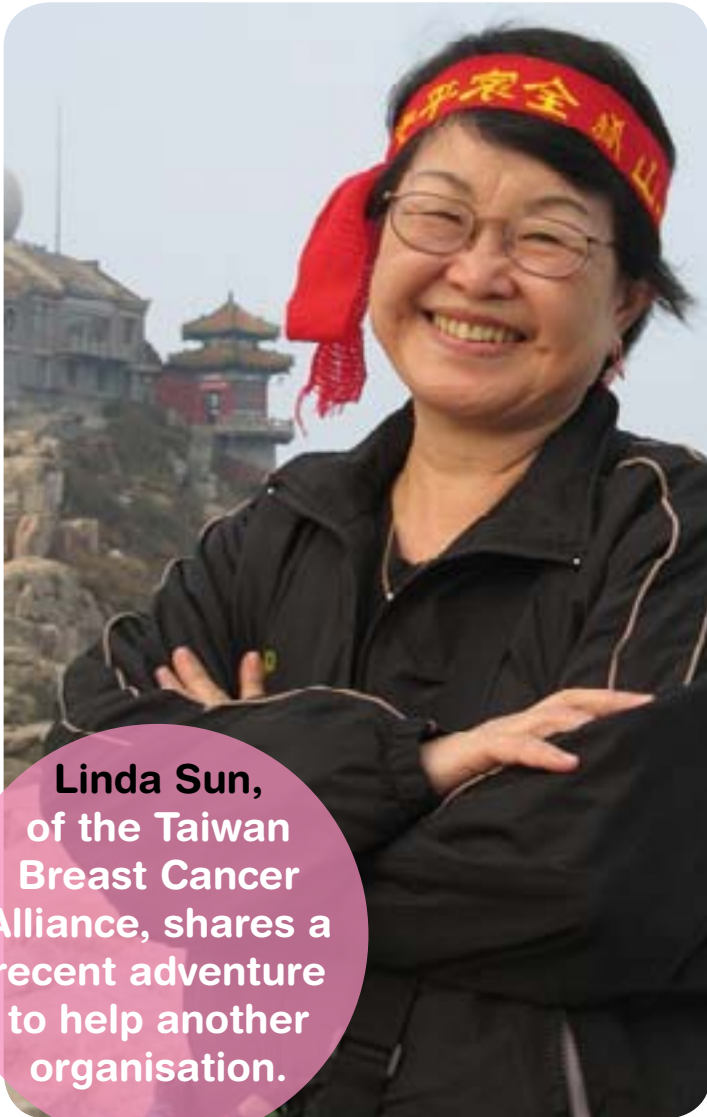
RRI Launches New Website!

We are very excited to announce that a new Reach to Recovery International website has been developed and is now LIVE! The website will serve as a portal of communication and resources for the RRI network, documenting and sharing best practices in breast cancer peer support, advocacy and research. Also, ROC - the RRI Online Community has been redesigned and is fully integrated with the new website. ◦

Please visit www.reachto_recoveryinternational.org to view the new website and join the ROC community.

Unexpected Trip

Propagation of Love in Dong Ying



Linda Sun, of the Taiwan Breast Cancer Alliance, shares a recent adventure to help another organisation.

In September 2009, Dong Ying Victory Hospital in mainland China invited the Taiwan Breast Cancer Alliance to help initiate their survival club. I was quite puzzled, and proud, that they had heard of our organization!

I had many questions: Where is this Dong Ying Victory Hospital? What is the nature of this institution? What kind of assistance can we extend to them?

On October 9, we took off for Dong Ying, with these questions and many more

unresolved and uncertain in my mind.

We had some background information, and knew that the hospital was in the Province of Shan Dong, home to the Victory Oilfield. We also knew that the Victory Hospital had 1,000 beds to service the region. We were pleased to discover that the Hospital had an official webpage for its Breast Cancer Center, and read on the website that it hoped to establish a survival club to fight the breast cancer and also provide support networks for women who have been

affected. After detailed discussion, we formed a group of four to undertake the mission: Gloria Lin, the founding Director-General of TBCA, Spring Lin, our Executive Secretary, Feather Chai, our Director, and I, and we set forth into mainland China.

Our plan was to provide information about how we formed our Alliance, by sharing our objectives, goals and strategies so that the staff of Dong Ying Victory Hospital could better understand the many opportunities and challenges. We also felt it important to emphasize the value of international connections, by showcasing our own experiences in Taiwan, as part of the Reach to Recovery International network.

Through our work, the TBCA has visited the 369 townships in Taiwan, publicizing the work of our “Propaganda Angels” who promote cancer screening to women. We also wanted to share with our new friends in Dong Ying Leather’s work in establishing a survival club in Kaohsiung. Leather has specialist skills in sign language, enabling her to design communications that encourage engagement and help to spread our message of Love.

On October 9, we took off from Taipei and Kaohsiung respectively, stopping over briefly in Hong Kong and then taking off for Qing Dao. I was very touched to arrive and be greeted with a large banner: “Welcome,

the Taiwan Breast Cancer Alliance”. My eyes welled with tears to be so warmly welcomed! It did not take long for friendships to form. We were met by the Secretary-General of the local survival club, Zhao Jiang Mei, and had the chance to speak at length during the three hour 300 kilometer highway journey to reach Dong Ying. We passed many farmers harvesting their cornfields along the way, and many rooftops were covered with corn, basking in the sun.

Upon arrival in Dang Ying, we enjoyed a welcome banquet hosted by Dr Hao, with several members of the survival club in attendance. We were honoured to be the subject of three toasts. The first toast was to welcome us from far away, the second toast was to show gratitude for our effort, and the third toast was to offer best wishes and success in our mission. The banquet was sumptuous, with 20 antipastos followed by a main course! We were able to experience the hospitality of a richly generous culture.

October 10 was the day for official establishment of the Dong Ying survival club. After breakfast, Dr Hao took us to see the administrator of the hospital. When we arrived at the meeting place, it was packed with the survival club and their supporters. Dr Hao gave a speech on how the survival club was established and then it was my turn to introduce our group. I provided information about our Alliance, explaining

the expansion of our services over many years, and detailing our work in prevention of breast cancer. I could see from the expressions on the faces of those in the audience that the information had made a good and profound impression. Dr Hao then invited Professor Yu Zhi Gang from the surgery department of the Ji-Nan Second Hospital to discuss treatment for breast cancer. This was followed by a presentation by the head nurse of the hospital about post-surgery exercise for rehabilitation and special matters of attention. A single 28 year old survivor and yoga instructor, Lu Ping, shared her experience of physical and spiritual recovery. Then, to our great pleasure, she demonstrated some yoga exercises that could help with rehabilitation.

In the afternoon, Gloria

our endeavours to connect internationally. She also shared our knowledge of marketing and publicity, explaining to our new friends how to gain community interest and awareness, while building reputation for service and outcomes.

Gloria extended an invitation to our counterparts to attend the 16th Reach to Recovery International Breast Cancer Support Conference in Taiwan in November, 2011. We received a great deal of interest.

Our delegates Spring and Leather spoke in more detail about organizational growth. They also taught our new friends the sign language for the song "Proffer Love and Touches". We were very humbled by the sincere spirit of learning that our new friends displayed.

We summarised our knowledge sharing and training process by offering our best advice in how support groups

can serve as angels in "propagating love", to prevent cancer and create much greater awareness. We felt confident that the participants understood how they could use our experience to help their own journey. It was important to us that they could take away many learnings that could then be shared in their own communities.

We ended the program by hugging and thanking our new friends, wishing each other future success and good-bye until next time. I felt no sense of the initial uncertainty that I had experienced at the very beginning of our journey, and my trepidation had been replaced by confidence that our mission had made a difference. Each member of our four person delegation agreed that we had accomplished another successful civilian diplomatic outreach.

During our time in mainland China, we greatly enjoyed

visiting tourist spots during the day, and even had a pajama party one night at our hotel.

We were very gratified by the enthusiasm of our friends in Dong Ying, such as Jiang-Mei, who set her mind to learning the sign language of the song "Proffer Love and Touches", practicing all the way from Dong Ying to Tai An. With such dedication, their survival club will be very successful.

Happy times go by so quickly and it was soon time to say good-bye. The journey over those six days was uplifting, with many memorable moments and shared learnings. Either local or international, across the Strait, we are all sisters.

We share our love for each other, we help each other and we extend our warmth to new friends whenever we can. I think we are the best!!!! ◦

 [Join us on facebook](#)





“We encourage women to lead an active life, to set goals and take action.”

Beating breast cancer in Ukraine

The President of DONNA Ukraine, Larisa Yashchenko, reports on recent progress of awareness campaigns to help improve survival and support women with breast cancer in the Ukraine.

Every 30 minutes in Ukraine, a new case of breast cancer is diagnosed. Sadly, a quarter of women present with late stage disease, making the prospects for treatment less optimistic. One of the reasons that the prevalence of breast cancer is high in Ukraine is low awareness of the risks and pathways for diagnosing and treating breast cancer.

The organisation DONNA Ukraine, is leading the fight to turn these alarming trends around.

As a breast cancer survivor, Larisa Yashchenko understands the challenges that women in Ukraine face. First diagnosed at 53, Larisa’s doctor gave her one month to live.

Fortunately, she recovered from her surgery and regained her thirst for life, with thanks to the love and support of her husband and family. Today, she is actively helping other Ukrainian women who are faced with a breast cancer diagnosis. Her organisation, DONNA Ukraine, is also leading the way in raising awareness of the disease.

DONNA Ukraine provides peer support to inspire women affected by breast cancer to maintain hope and optimism. It also helps women to cope with the mixed emotions that often come with the disease, confronting depression and anger while fighting the common perception in the Ukraine that women won’t survive a breast cancer diagnosis.

“We encourage women to lead an active life, to set goals and take action,” Larisa says.

“We also provide Ukrainian women with information and advice to make sure they can make the right decisions about their treatment.”

DONNA Ukraine is also leading advocacy efforts to improve breast cancer treatment services in Ukraine. As a result of the organisation’s work, the Ukrainian Parliament enacted a new law in 2009 to improve breast cancer screening, treatment and rehabilitation.

“This was a major milestone and an important day for women in Ukraine, who will now have a better chance of detecting breast cancer early and surviving,” Larisa says.

DONNA Ukraine joined the UICC in 2000, and has 26 representative offices across Ukraine. It is run by women who have been diagnosed and treated for breast cancer, who share Larisa’s commitment to reaching out to provide peer support to other Ukrainian women affected by the disease. ◦

“We provide Ukrainian women with information and advice to make sure they can make the right decisions about their treatment.”

For more information about DONNA Ukraine, email donna-2004@gala.net.

ROC

Roc online with us! Join the Reach to Recovery Online Community

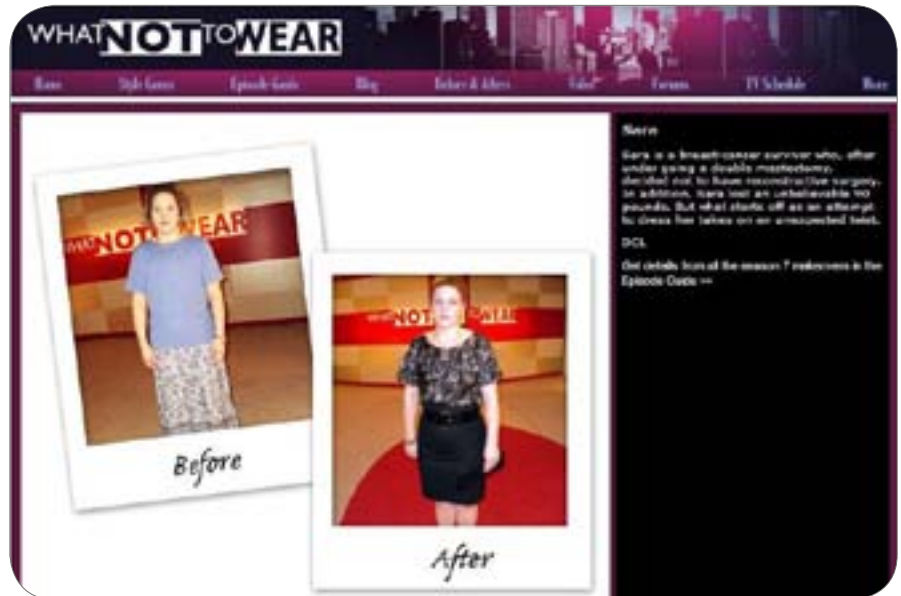
ROC – the Reach to Recovery Online Community is a special, members only, online community. It links us together to build a stronger global community of women affected by breast cancer.

It is a free space to share your ideas and feelings, seek information about peer support, source materials from conferences and events, and exchange information with other women.

ROC is regularly updated with relevant news and information, to keep our conversations going. It will enable you to engage in meaningful chat about issues that are important to all of us. You can join a range of discussion groups, make a comment on our central forum, or post a question on our billboard.

ROC is password protected, personalised, and empowering. It is the world's first online community dedicated to linking breast cancer support groups and volunteers around the world. We want you to be a part of our online community as it grows to inspire others like you. Log on to ROC and continue our journey, just click here to get involved! ◦

Reach to Recovery volunteer stars in US fashion makeover program



Reach to Recovery volunteer and breast cancer survivor, Sara Jordan, from Pennsylvania in the United States, recently made her television debut by starring in the US television program What Not To Wear.

Sara, a stay-at-home mother of two and cheerleading coach, was diagnosed with breast cancer at age 28, shortly after the birth of her second child, and only weeks after her mother completed treatment for breast cancer.

She is now a four-year survivor, and a committed volunteer for both Reach to Recovery and the American Cancer Society. She has focused on sharing her cancer story in order to help support other women with breast cancer.

As part of her starring role on What Not To Wear Sara received a style and fashion makeover to accentuate her new, post-mastectomy body.

During the program, the hosts of the show surprised Sara with the makeover.

She thought she was attending a Reach to Recovery birthday celebration at the New York City Hope Lodge, and was positively stunned to learn had been chosen to appear on the television show.

Sara has been a Reach to Recovery volunteer since 2005, and became a RRI trainer in 2008. The co-host of the show, Stacy London, also volunteers for the American Cancer Society, and filmed a public service announcement that aired during the show.

Sara's supporters also organised a special Facebook viewing party, where Facebook fans were able to watch the program in real time and then post their support for Sara and fellow volunteers online. ◦

Fighting cancer, fighting restrictions

An update on the situation for cancer patients in Palestine, from Executive Director of the Patient's Friends Society-Jerusalem, Carol El-Jabari.

As some of you may know, the Israel Defense Forces closed access to Gaza in June 2007, with serious implications for fundamental human rights and health care (for more information, click here).

As a result, people and goods are rarely allowed in or out of Gaza, irrespective of the consequences for peoples' health and well

being, and regardless of the purpose of the trade or travel.

Gaza is home to about 1.5 million people, and roughly half of them are women. Breast cancer is the number one cancer among women in Gaza. We estimate the mean age of diagnosis to be about 45 years, but cannot validate our estimate because the cancer registry is not functioning. We do know that at least 70 per cent of all women in Gaza are diagnosed at late stage disease. There are numerous reasons for this startling statistic, including lack of access and low awareness about the importance of screening for early diagnosis.

Despite the grimness of the situation in Gaza, we

maintain hope. We have connected with a number of health professional volunteers in Gaza who are organizing women living with cancer to attend video conferencing sessions with the Sunrise group (from the West Bank of Palestine, go to www.pfsjerusalem.org).

Encouragingly, with the support of the Al Quds Open University, which has provided access to technology and venues at no charge, we held our first 'support group' meeting in April. Thirteen patients and survivors attended the first meeting in Gaza. We were pleased to learn that when they returned home and reported news of the meeting, others affected by breast cancer demanded an invitation to the next meeting!

"Why didn't you tell us?" was their cry. Those who attended the first meeting took confidence from knowing that other women would 'dare' to attend the support meetings.

Four women from the West Bank told us how pleased they were to have the opportunity for interaction (the distance between Gaza is about two hours by car, but often longer due to road blocks and checkpoints).

We plan to continue this outreach as it is the only way we can offer much needed psychosocial support. Even more importantly, it means a great deal to the women of Gaza and the West Bank!

Best wishes from Jerusalem.◦



Firyal and Jamleh - breast cancer survivors, care givers, mothers and friends!



A billboard promoting the Patient's Friends Society-Jerusalem.

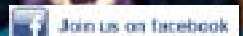
On track to Taiwan!

Planning for the 16th Reach to Recovery International Breast Cancer Support Conference in Taiwan is well and truly on track, following a recent meeting of members of the International Conference Organising Committee.

Local organisers from the Taiwan Breast Cancer Alliance and Formosa Cancer Foundation welcomed committee members Ranjit Kaur, from the Breast Cancer Welfare Association of Malaysia, Professor Jeff Dunn, the CEO of Cancer Council Queensland, and Megan Dwyer, Project Manager for Cancer Council Queensland and Reach to Recovery International.

The committee were pleased to receive an update on the progress of the conference program and promotions.

Up to 1000 delegates are expected to converge on the beautiful island of Taiwan to continue the Reach to Recovery journey!◦



Global Kitchen



This edition, Global Kitchen brings you a dish from the Middle East.

Welcome to Bloom's new Global Kitchen, where we feature exotic recipes and home cooking from cultures around the world.

If you have a recipe to share, please email info@reachtorecoveryinternational.org

Fattoush



A popular Palestinian salad, often enjoyed during Ramadan. It is a light spring salad with many nutritious ingredients. Brought to you by our friends at the Patient's Friends Society - Jerusalem (PFSJ).

Ingredients:

- 1 cup toasted thin bread (pita), broken in small pieces
- 3 medium size cucumbers, peeled and diced, or 1 romaine lettuce heart, shredded or both
- 1 large tomato, or more if desired, cut into cubes
- 1 large onion, finely chopped
- 1 cup fresh parsley, finely chopped
- 1 large green pepper, chopped
- ½ cup fresh mint leaves, finely chopped
- 2 cloves garlic, finally chopped
- ½ cup lemon juice, or ½ cup sumac water**
- ½ cup olive oil

Preparation:

Place toasted pieces of bread in large salad bowl. Sprinkle with sumac water** or lemon juice.

Add cucumbers or lettuce, green pepper, tomato, parsley, mint, and onions. Add salt to taste.

Mix well and add olive oil slowly. Pound garlic to a paste with salt and lemon juice may be added.

Sprinkle with a teaspoon ground sumac, if available, and salt to taste.

** Sumac water is prepared by crushing a tablespoon of sumac seeds and steeping them in half cup of water for 15 minutes. Work seeds between fingers to extract essence. Wear rubber gloves as juice stains the fingers.

This recipe is featured in the PFSJ's **Handy Cookbook**. All proceeds from the sale of the cookbook are used to support women affected by breast cancer. For more information and to order your copy, go to www.pfsjerusalem.org!



Regular exercise may help survivors live longer

There is mounting evidence that a few hours of walking or other exercise each week may help breast cancer survivors live longer. In a 2005 study of nearly 3,000 women, those who exercised this amount were less likely to die of their breast cancer than women who got less than one hour of physical activity each week.

Experts say research findings may offer women another way to boost their odds of beating breast cancer.

“Women with breast cancer have little to lose and much to gain from exercise,” said the lead author of the 2005 study, Michelle Holmes, MD, DrPH, of Harvard Medical School and Brigham and Women’s Hospital in Boston.

“We already know that breast cancer patients who exercise have better mood, better body image, and better self-esteem. We know it fights other diseases that women with breast cancer can also get, like heart disease and diabetes. And it may also help these women avoid dying from breast cancer.”

Holmes and her colleagues published their findings in the *Journal of the American Medical Association* (Vol. 293, No. 20: 2479-2486).

The women involved had all been treated for stage one, two, or three invasive breast cancer with standard therapies like surgery, radiation, chemotherapy, and tamoxifen.

The researchers asked the women how often they exercised during their free time after they had finished treatment. Activities included walking, hiking, jogging, or running, as well as cycling, swimming laps, tennis, aerobics, squash, racquetball, or using a rowing machine.

They compared the intensity level of each form of exercise with breast cancer survival, taking into account factors like body mass index, hormone use, and menopausal status (among others) that might have an effect on survival.

Women who exercised the equivalent of walking about one hour a week, at a two to three mile-per-hour pace,



had a lower risk of dying from breast cancer than women who got less than an hour’s worth of physical activity each week. Women who did a little more than that -- the equivalent of walking about three to five hours per week at that pace -- had the lowest risk of dying. Women who got more exercise than that also had a lower risk of dying, but not as low as women in the middle group.

“The benefit seemed to level off,” Holmes said, “so the good news is women don’t have to run marathons to get the maximum benefit.”

The benefit was about the same for women who were past menopause and those who had not yet reached menopause.

However, the benefit was statistically significant only in women whose tumors were sensitive to estrogen (ER+ tumors). That makes sense, Holmes said, because

exercise reduces levels of estrogen in the body. She noted, though, that there were relatively few women with ER- tumors in the study, so it’s not possible to draw firm conclusions about whether exercise can help them survive longer, too.

After 10 years of follow-up, 92 per cent of the women who exercised for three to five hours per week (or about half an hour per day) were still alive, compared to 86% per cent of those who got less than an hour a week of physical activity. Holmes said it didn’t matter if the exercise was done all at once or spaced throughout the day.◦

Diary notes from the European Breast Cancer Conference

The 7th European Breast Cancer Conference (EBCC) recently welcomed 5,000 delegates and 164 speakers from around the world to Barcelona, to take part in Europe's largest breast cancer meeting.

The EBCC programme included plenary sessions, teaching lectures, clinical symposia, debates, patient participation, and workshops. A first class panel of speakers gave presentations on the very latest trends, topics and developments within the field of breast cancer.



These women are supporting each other and making a difference for women worldwide

In this edition of Bloom, we share the notes of two delegates from different sides of the globe. Stella Kyriakides of Europa Donna Cyprus, and Leonie Young, of Cancer Voices Queensland.

Stella Kyriakides of Europa Donna Cyprus was one of 5000 delegates who recently attended the European Breast Cancer Conference in Barcelona.

The European Breast cancer conference in Barcelona was the seventh occasion where we had the magic combination of advocates, clinicians, researchers, nurses, and all others involved in changing the world of breast cancer. True to a now established tradition, the exchange of best practice, together with the challenges of networking and learning from each other gave us all much food for thought as advocates.

We left Barcelona feeling energised but also feeling the burden of our increasingly complex role.

In addition to all the above, as I found myself in the corridors and seminar rooms of EBCC, I realised that I was happy to be given the opportunity to meet up with friends and colleagues, with whom we have been on a common journey for over 14 years through this conference. See you at the next EBCC!

◦
**Stella Kyriakides,
Europa Donna Cyprus**



I attended the European Breast Cancer Conference held in Barcelona in March. It was a great opportunity for me to increase my knowledge about breast cancer issues and I was also keen to attend the EUROPA DONNA special sessions.

The world of breast cancer consumer advocacy is still relatively small and I met up with many women I had met at Reach to Recovery conferences and of course, met many others I had not met before.

It felt so good to know that even though Australia is so far away from Europe I was not alone at this huge conference. I had not thought about the possibility of meeting up with Reach to Recovery friends so it was an unexpected surprise for me when I did.

These networks of women across the world are invaluable in supporting each other in a variety of ways so we can make a difference for women worldwide who are affected by breast cancer.

We are now looking forward to meeting up again in Taiwan next year ◦

Leonie Young, Cancer Voices Queensland

Snapshots of the European Breast Cancer Conference



In March 2010, 5,000 delegates and 164 speakers from around the world convened in Barcelona for Europe's largest breast cancer meeting





邁向新境界

REACH TOWARDS A NEW HORIZON



16th Reach to Recovery International Breast Cancer Support Conference

Reach Towards a New Horizon



November 9 to 12, 2011

Taipei International Convention Center,
Taipei, Taiwan

Do You facebook?
look for keywords:
16th RRI Breast Cancer
Support Conference, Taiwan



The Reach to Recovery International Breast Cancer Support Network is built on a simple yet universal principle: that of one woman who has lived through breast cancer giving of her time and experience to help another woman confronting the same challenge.

We are proud to announce that after 32 years, we finally have the opportunity to invite everyone to come to Asia. The 16th Reach to Recovery International Breast Cancer Support Conference will be convened in Taipei, Taiwan by the **Formosa Cancer Foundation** and the **Taiwan Breast Cancer Alliance**. We warmly invite you, your fellow survivors, and colleagues to visit the beautiful island and to blend our Eastern/ Western experiences of breast cancer support together!

Sign up to receive mail updates on the Conference program, travel grants, abstracts, registration and more.

www.reachtotherecovery2011.org



財團法人
台灣癌症基金會
FORMOSA CANCER FOUNDATION



社團法人
中華民國乳癌病友協會
Taiwan Breast Cancer Alliance

World Cancer Congress

International Union Against Cancer
18-21 August 2010

Shenzhen, China

*"Preventing the preventable
Treating the treatable
Systems to make it happen"*

www.worldcancercongress.org



Hosted by



Exciting progress for Reach to Recovery International

In October 2009, Cancer Council Queensland assumed responsibility for administration of RRI.

Since then, significant progress has been made, including the establishment of a Board of Management to oversee RRI activities.

The Board held its first meeting in February 2010, and unanimously agreed to the formation of an International Advisory Committee to guide the future development of RRI.

Chair of the RRI Board of Management, Jeff Dunn, also Chairs the UICC's Capacity Building Committee, drawing on his experience as CEO of Cancer Council Queensland.

Board of Management

Chair: Jeff Dunn, [Cancer Council Queensland](#)

Suzanne Chambers, [Cancer Council Queensland](#)

Jane Turner, [University of Queensland](#)

Ann Steyn, [Reach to Recovery International](#)

Ranjit Kaur, [Reach to Recovery International](#)

Elizabeth Brien, [Reach to Recovery International](#)

Meredith Campbell, [Royal Children's Hospital Foundation](#),
[Amazon Heart](#)

Ex officio: David Hill, [UICC](#)

"This is an exciting time for RRI members and volunteers. A number of important milestones have been achieved recently. A governance structure and five-year strategic plan have been developed in collaboration with the RRI Executive Team and the UICC.

"The plan helps to clearly identify priorities and actions of RRI moving forward and was formally endorsed by the Board in its first meeting. We now look forward to a period of growth and innovation, connecting and engaging with RRI supporters internationally to continue our outreach to women affected by breast cancer," Jeff says.

International Advisory Committee

Chair: Ann Steyn [Reach to Recovery International](#)

Edith Cooper, [CCQ Breast Cancer Support Service](#)

Cathy Hirsch, [American Cancer Society](#)

Ranjit Kaur, [Breast Cancer Welfare Association](#)

Stella Kyrikides, [Europa Donna Cyprus](#)

Gloria Lin, [Taiwan Breast Cancer Alliance](#)

Andy Miller, [Lance Armstrong Foundation](#)

Megan Dwyer, [Cancer Council Queensland](#)

Kristy Stewart, [Cancer Council Queensland](#)

Ex Officio: Jeff Dunn, [Cancer Council Queensland](#)

EVENTS

SHENZHEN, CHINA August 2010:

[UICC World Cancer Congress](#)

[August 18 - 21, 2010](#)

For more information go to <http://2010.worldcancercongress.org/>

GOLD COAST, AUSTRALIA September 2010:

[2nd National Conference for Young Women Affected by Breast Cancer](#)

[September 10 - 12, 2010](#)

For more information visit www.ywcaustralia.org.au/

HAMILTON ONTARIO, CANADA June 2011:

[World Conference on Breast Cancer](#)

[June 7 - 11, 2011](#)

For more information visit www.wcbcf.ca/conference/home/

TAIPEI, TAIWAN November 2011:

[16th Reach to Recovery International Breast Cancer Support Conference](#)

[November 9 - 12, 2011](#)

For more information visit www.reachtorecovery2011.org/

VIENNA, AUSTRIA March 2012:

[8th European Breast Cancer Conference](#)

[March 21 - 24, 2012](#)

Go to <http://www.ecco-org.eu/Conferences-and-Events/EBCC-8/page.aspx/2163>

Our mission

Reach to Recovery International is built on a simple yet universal principle: a woman who has lived through breast cancer and gives of her time and experience to help another woman confronting the same experience is a valuable source of support. Reach to Recovery International is committed to working to improve the quality of life for women with breast cancer and their families through a wide range of services offered worldwide.

For more information about RRI and bloom, please email info@reachtorecoveryinternational.org or visit our website at www.reachtorecoveryinternational.org

