

# bloom

Issue  
**05**  
August  
2010



**This is Hiba, a breast cancer survivor from Jerusalem.**

In 2008 at 33 years old she was diagnosed with a very aggressive type of breast cancer. She had a mastectomy, radiation and chemotherapy. An orphan, she suffered greatly, but had no support system. Today, although she has depression and lives in fear that her cancer will return, she has the support of The Patient's Friends Society. Hiba is one of many women who has taken part in a photography project by Carolyn Taylor, an American photographer and cancer survivor. Turn to page X to learn more.



# Reach to Recovery in Shanghai

Turn to page 8 to read about Reach to Recovery International's involvement in the First Shanghai International Breast Cancer Rehabilitative Forum and the Third Conference of the Global Chinese Breast Cancer Organizations Alliance.



# Get involved in Bloom

**Do you have a contribution?**

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](mailto:info@reachtorecoveryinternational.org)

We welcome any feedback and suggestions you have!

The logo for 'bloom' is displayed in a lowercase, sans-serif font. The letters 'b', 'l', 'o', and 'm' are white, while the 'o' is pink.

# TASTE: Global Kitchen

This edition includes another great recipe in our *Global Kitchen* where we feature exotic recipes and home cooking from cultures around the world. This edition's recipe is from our friends in Taiwan.



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Issue 05 August 2010  
Bloom is published by Reach to Recovery International. Contributions to Bloom are welcome, please email [info@reachtorecoveryinternational.org](mailto:info@reachtorecoveryinternational.org). For more information about RRI, go to [www.reachtorecoveryinternational.org](http://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

**Welcome to another edition of Bloom. We have a varied spread of articles which we hope you will enjoy.**

Since our last issue Reach to Recovery members have been extensively involved in a number of important global alliances on breast cancer.

These include the First Shanghai International Breast Cancer Rehabilitative Forum and the Third Conference of the Global Chinese Breast Cancer Organizations Alliance, featured on pages 8, 9 and 10.

You'll also find a contribution from Frances McKenzie about her experience at these symposiums, which came about through her connection with the 15th UICC Reach to Recovery International Breast Cancer Support Conference in Brisbane last year.

This edition also has a contribution from Rahama Sani, a breast cancer survivor from Nigeria. Rahama shares her experience of breast cancer, of overcoming her fear and connecting with other women through support programs.

The UICC World Cancer Congress also took place recently in China, with RRI board of management members Jeff

Dunn and Ranjit Kaur present. They and Gloria Lin (TBCA) led a session on supportive care for women affected by breast cancer. This session was extremely well received by international delegates, helping to forge new opportunities to build capacity through global awareness.

Of great interest to Reach to Recovery and breast cancer patients and survivors is the official recognition that distress plays an important role in cancer care. Read about this new development in an article on page 6.

Thank you to those of you who have visited our new website at [www.reachto\\_recoveryinternational.org](http://www.reachto_recoveryinternational.org) and our RRI Online Community, ROC. If you haven't already visited these sites, please do so! We welcome your feedback about content and resources that can be developed in future.

Finally, this edition also includes images from a photo diary by American photographer and cancer survivor, Carolyn Taylor. I'm sure you'll find her images inspiring, reflecting the common bond shared by all women who have been affected by cancer.

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

Email [annsteyn@reachto\\_recoveryinternational.org](mailto:annsteyn@reachto_recoveryinternational.org)



Ann Steyn, President of Reach to Recovery International

Ann Steyn  
President  
Reach to Recovery International



**To learn more about establishing a Reach to Recovery group, follow these simple steps:**

1. Go to [www.reachto\\_recoveryinternational.org](http://www.reachto_recoveryinternational.org)
2. Click on 'Resources' on the main menu (circled above)
3. Click on 'Start an RRI Group'

## RRI Online FAST FACT

Did you know you can learn more about establishing a Reach to Recovery group on our website?

A group interested in implementing a Reach to Recovery programme in the community should assess if there is a clear need for the programme and who will benefit from it. Factors to consider are the cancer burden in the country or community, the problems of breast cancer survivors, culture, language and available resources.

RRI Online provides a list of the things you'll need to consider as part of a needs assessment and feasibility study.◦

Jothy Govindan, pictured on the right, discusses strategies for community based cancer control during her APCASOT fellowship in Queensland.



A report from  
**Jothy Govindan**  
of the Breast  
Cancer Welfare  
Association  
Malaysia (BCWA)

## Asia-Pacific Cancer Society: Building regional capacity

**Executive Director of the Breast Cancer Welfare Association (BCWA) Malaysia, Jothy Govindan**, recently visited Australia as a fellow of the Asia-Pacific Cancer Society Training Grant program (APCASOT).

**APCASOT is an initiative of the Union of International Cancer Control (UICC) to assist voluntary cancer societies located in the Asia-Pacific region to build their cancer control capacity.**

**Jothy reports here on her project for readers of Bloom.**

As readers of Bloom will know, Breast Cancer Welfare Association Malaysia (BCWA) provides peer support for women with breast cancer. BCWA members include breast cancer survivors, family members of breast cancer patients, health professionals and community members.

It is a fact that breast cancer is the most common cancer among Malaysian women, irrespective of a woman's race. While incidence rates in Malaysia are generally lower than in Western countries, the incidence rate is increasing more rapidly

than in Western countries.

Today, a woman in Malaysia has a 1 in 20 chance of getting breast cancer in her lifetime.

As an APCASOT fellow, I set out to study community based cancer control in practice at Cancer Council Queensland (CCQ), in Brisbane, Australia.

I had two objectives:

1. To examine ways of promoting awareness of early detection of breast cancer in outlying areas in Malaysia.
2. To examine ways of enhancing education,

support and referral of women for screening to the nearest specialist medical facility thereby empowering them to be vigilant about their breast health and helping to improve survival outcomes through early detection and treatment.

My itinerary was intensive, providing me with an overview of CCQ's vast range of work.

Firstly I was briefed on all aspects of volunteer services, and observed volunteers carrying out tasks such as sending out thank you notes to donors, and assisting with administration

of direct mail campaigns. I was then provided with an insight into program evaluation, based on an Amazon Heart evaluation case study.

This complemented an informational tour of CCQ's Viertel Centre for Research in Cancer Control (VCRCC), where I gained an overview of epidemiological and psycho-oncological research projects, and aspects of funding for the facility.

I was also pleased to take away copies of numerous reports published by the centre.

## Breast cancer incidence by race in Malaysia

**Malay women:  
1 in 28 lifetime risk**

**Chinese women:  
1 in 16 lifetime risk**

**Indian women:  
1 in 16 lifetime risk**

My itinerary included consideration of information technology services, advocacy and media, fundraising and direct marketing. Importantly, CCQ's fundraising team provided a detailed understanding of the range of successful fundraising activities carried out by CCQ and we brainstormed how these could be replicated in Malaysia.

My next stop was CCQ's community services team, to receive an overview of the Cancer Council Helpline, Cancer Counselling Services, Cancer Support

Services and Cancer Connect Program and how these programs are integrated to provide the best outcomes for patients and the community. I also took away learnings about the various resources CCQ use to promote cancer control, on topics such as nutrition, physical activity, quitting smoking, and many more.

I visited CCQ's Queensland Cancer Registry and was briefed on the data collection process and reporting of cancer incidences in the state. I also visited CCQ's Charles

Wanstall Apex Lodge, which accommodates patients from outlying areas who have to travel to the major city for treatment. I enjoyed lunch with some of the patients who were staying at the Lodge and undergoing treatment at the Royal Brisbane Hospital nearby.

One vital aspect of my study was to examine screening programs in Australia. I was briefed by program representatives responsible for cervical and bowel cancer screening, who pointed out the importance of raising awareness among rural women to promote early detection and treatment. I also paid a visit to a mobile breast screening unit and was briefed by the radiographer on the logistics of managing the unit.

I took away many ideas on how to fine-tune BCWA's fundraising strategies, as well as pointers on how to enhance and generate increased funds through direct mail, promoting retention and appreciation of donors.

My study tour enabled me to identify gaps in BCWA's community cancer support services, inspiring a number of ideas about how to overcome these gaps and reach out to a wider community.

BCWA is currently examining a mobile breast screen unit, so the information gained during my visit will serve very useful in considering the factors associated with running such a unit, so as to ensure the sustainability of the mobile unit's outreach activities through creative, targeted and segmented fundraising.

An insight into CCQ's operations provided many ideas about raising awareness among women through interactive technology and creative educational programs.

My brief but intense visit was immensely useful in providing ideas about how BCWA can build its capacity and I am now back at BCWA and working to put these ideas into practice! ◦

**Jothy enjoys an Australian barbeque lunch with residents of Cancer Council Queensland's patient accommodation lodge in Brisbane.**





# Global authorities declare distress the 6th vital sign in cancer care

**“This will improve treatment for breast cancer, improve outcomes for women with breast cancer, and improve breast cancer care globally.”**

**Distress may soon be universally ranked as the 6th vital sign in cancer care, with growing support for a recommendation by the International Psycho-Oncology Society (IPOS).**

Distress may soon be universally ranked as the 6th vital sign in cancer care, following the Union of International Cancer Control’s (UICC) endorsement of a recommendation that cancer care standards and clinical practice guidelines be revised.

The recommendation was made by the International Psycho-Oncology Society (IPOS).

IPOS board member and Chair of the Reach to Recovery International board of management, Professor Jeff Dunn, said the endorsement would improve the guidelines for breast cancer care and practice internationally.

“Reach to Recovery International welcomes the UICC’s endorsement of the IPOS recommendation, which confirms that distress must be a primary concern in the treatment of cancer patients,” he said.

“This is a particularly important development for the international breast cancer community, where the high prevalence of distress among breast cancer patients has been well documented, with significant impacts on quality of life and wellbeing.

“We expect that recognising distress as the 6th vital sign will improve treatment for breast cancer, improve outcomes for women with breast cancer, and improve the effectiveness of breast cancer care around the world,” Prof Dunn said.

Professor Dunn, a leading proponent of the recommendation, said UICC endorsement paved the way for World Health Organisation ratification of the recommendation.

“WHO endorsement would be welcomed by cancer patients, survivors, and supporters world-wide.

“Importantly, the UICC’s endorsement provides a mandate for member organisations to call on their home nations to rank distress as the 6th vital sign in cancer care,” he said.

“This will inspire historic reform of standards and guidelines for clinical practice, with positive implications for international cancer control.

“The effect of distress on cancer patients, families and the community has largely been overlooked in models of primary care, despite the serious consequences of distress on patients’ prospects of long-term survival and quality of life,” Prof Dunn said.

In routine medical practice vital signs assess basic functioning, and include body temperature, pulse (heart rate), blood pressure, respiratory rate, and pain.

The IPOS recommendation was officially endorsed by the UICC at its board meeting prior to the World Cancer Congress in China in early August. ◦

For more information, email IPOS at [info@ipos-society.org](mailto:info@ipos-society.org).

# RRI At the World Cancer Congress

Over 3,000 participants from 92 countries converged on Shenzhen in China recently to attend the Union of International Cancer Control's (UICC) 2010 World Cancer Congress.

The focus of the congress was primary prevention, screening and early detection, treatment and management, supportive care, and best-practice cancer service models based on integration and multi-disciplinary care.

Reach to Recovery International board of management Chair, Professor Jeff Dunn, and member and past president Ranjit Kaur, worked with RRI member Gloria Lin, of Taiwan, to lead a symposium on supportive care for women affected by breast cancer.

Ranjit said the session gave participants an understanding of the RRI model of support.

"Participants from a diverse array of ethnic and cultural backgrounds benefitted from learning more about how RRI programs can be effectively implemented anywhere in the world.

"The session also allowed delegates the time to network with one another, with an aim to strengthen multi-lateral support systems for breast cancer support groups in different countries.

"The session was an important opportunity to help build our global capacity to better support women affected by breast cancer."

The session was extremely well received by international delegates, who embraced the simple yet universal principle of RRI, that a woman who has lived through breast cancer and gives freely of her time to help another woman facing the same experience is a valuable source of support. ◦

## Reach to Recovery woman to woman

**Rahama H. Sani, a breast cancer survivor from Nigeria, shares her thoughts.**

I got my cytology report on December 15, 2005. When I learned I had breast cancer I was afraid my sojourn on earth had come to an end.

As I processed the news, I absorbed the shock and felt there 'may be' life after cancer, particularly after meeting several survivors at a 2008 UICC conference in Geneva.

They had been living with breast cancer for some time. Just meeting them and sharing a small part of their experience gave me hope, strength and love. It was very reassuring to know that they understood, and to see how they had recovered emotionally and physically.

After meeting these women, I was even more strongly convinced of the need for Reach to Recovery International's programs around the world.

It is impossible to place a value on the difference that it makes for a woman with breast cancer to have the support of another woman who understands what she is going through.

Reach to Recovery International members and volunteers provide a source of support that makes the treatment and recovery process more holistic, by addressing psycho-social needs.

For me, my diagnosis brought fear of death, concerns about infertility, depression, and a range of emotions that were often distressing. A multidisciplinary approach to care was important in my treatment outcome, relying on a team of people working together. The surgeon, pathologist, psychologist, oncologist, oncology nurse, psychiatrist, social worker and support volunteer. Each had an important role to play in my journey.

I strongly believe that cancer services should be underpinned by multidisciplinary care teams, to ensure that patients have the best possible chances of long-term survival. As the incidence of breast cancer continues to increase as our population ages, we need to build our capacity to support women with breast cancer.

Programs such as Reach to Recovery International play an important part in our global fight against breast cancer. I am proud to be involved in supporting other women. ◦



Rahama H. Sani

# Breast cancer alliances bloom in Asia

The First Shanghai International Breast Cancer Rehabilitative Forum and the Third Conference of the Global Chinese Breast Cancer Organizations Alliance bring together global allies in the fight against breast cancer.

Speakers from around the world gathered in Shanghai to strengthen global alliances.



**The incidence of breast cancer is increasing world-wide, and the emergence of a global breast cancer community is raising awareness of the quality of life and psycho-social issues that need to be considered during treatment.**

Multidisciplinary care teams including oncologists, health professionals, supportive care workers, volunteers, survivors and their families and communities is critical to effectively managing the disease and detecting it early.

The Cancer Hospital, Fudan University and Shanghai Clinical Medicine Centre of Breast Cancer established 'Yankang Salon' to explore holistic rehabilitative models in the treatment of breast cancer.

To promote information sharing across international borders, the First Shanghai International Breast Cancer Rehabilitative Forum and Third Conference of the Global Chinese Breast Cancer Organizations Alliance was held in Shanghai, 2010, to promote multidisciplinary care and explore the importance of supportive care.

China is only beginning to fully embrace work in this field, but the level of interest is growing rapidly, with more and more organizations and groups for breast cancer patients involved in supportive care and recovery.

The Global Chinese Breast Cancer Organizations Alliance (GCBCOA) is a non-governmental and non-profit international public welfare organization founded on values of democracy, open-mindedness and charity. The objects of the GCBCOA are to provide a service to Chinese breast cancer patients around the world,

raising awareness of breast cancer prevention and early detection, via cooperation with other clinical experts and cancer support groups.

The GCBCOA objective is to promote breast cancer research and prevention, in order to diminish the global burden of breast cancer, and to achieve the overarching goal to improve care and treatment of breast cancer, and psycho-social support for patients.

The Third GCBCOA general assembly was held in Shanghai in April 2010, and was hosted by Yankang Salon of Cancer Hospital, Fudan University. ◦





# From Brisbane to Shanghai: The breast cancer sisterhood

**Brisbane based breast cancer volunteer Frances McKenzie shares her story of building a bond with breast cancer survivors in Shanghai, at the First Shanghai International Breast Cancer Rehabilitative Forum and Third Global Chinese Breast Cancer Groups Alliance.**

My name is Frances McKenzie.

I am a breast Cancer Survivor, and also a Breast Cancer Support Volunteer and Cancer Connect Volunteer for Cancer Council Queensland, based in Brisbane, Australia.

I found my way to Shanghai after serving as a member on the Home Stay Committee for the 15th UICC Reach to Recovery International Breast Cancer Support Conference in Brisbane in 2009.

During the conference, I was very fortunate to host three guests from China. Two from Shanghai and one from Beijing.

One of my home stay guests was the head nurse from the Breast Cancer Hospital in Shanghai.

She asked me what my role as a support volunteer with the Cancer Council

Queensland involved.

I explained how I provided support for women who had been diagnosed with breast cancer through one of the dedicated programs run by Cancer Council Queensland.

As a support volunteer, I explained that I could help women anywhere in Australia.

She was very impressed with our support work, and said she hoped to start such a support service at her hospital in Shanghai.

Despite the language barrier, we spoke at length about opportunities for volunteers to provide support, and we visited a hospital-based breast clinic in Brisbane, so that my guests could see how special nursing services could benefit women with breast cancer.

Following the RRI conference, I was invited to



Frances McKenzie and friend in 2009 at the 15th UICC Reach to Recovery International Breast Cancer Support Conference in Brisbane

be a guest speaker at the First Shanghai International Breast Cancer Rehabilitative Forum and Third Global Chinese Breast Cancer Groups Alliance.

I spoke about my own experience as a breast cancer survivor and how to become a breast cancer support volunteer.

This was a wonderful and fulfilling experience.

I met many lovely breast cancer survivors from all

over China and many from the United States.

The other guest speakers were informative and inspiring.

I came away realizing that no matter which country you are from breast cancer survivors have a very special bond which comes from the heart.

It bonds you with a love that makes you all sisters together. ◦

**Do you have an experience you'd like to share in Bloom?**

**If so, just email [info@reachtorecoveryinternational.org](mailto:info@reachtorecoveryinternational.org)**

# Behind the scenes: Asian cancer conferences

Jialing Huang, the leader of Yan-Kang-Sha-Long in China, reports on the First Shanghai International Breast Cancer Rehabilitative Forum and the Third Conference of the Global Chinese Breast Cancer Organizations Alliance.



Recovery from breast cancer encompasses healing in all aspects of the person as a whole — physical, emotional and social. Similarly, support for breast cancer rehabilitation comes from multiple sources, including trained professionals, other patients and the patient's social network.

In China, currently, diagnosis and treatment for breast cancer generally follows a standardized protocol. Yet in areas like post-surgery recovery, follow-up care and multi-discipline collaboration, much progress still needs to be made. For this very reason, the Breast Cancer Society of the Chinese Anti-Cancer Association, Cancer Hospital, Fudan University, Shanghai Breast Cancer Centre, and Global Chinese Breast Cancer Organizations Alliance jointly conducted the First Shanghai International Breast Cancer Rehabilitative Forum and Third Conference of the Global Chinese Breast Cancer Organizations Alliance in April 2010 in Shanghai, China.

The goal of the conference was to explore various models of professional and peer support. The conference invited international experts on breast cancer diagnosis, treatment and rehabilitation to engage in discussions about many vital issues. The event provided a platform for Chinese breast cancer experts to dialogue with one another, as well as an opportunity for Chinese breast cancer survivor groups worldwide to become acquainted with and network with one another.

The Third Conference of the Global

Chinese Breast Cancer Organizations Alliance kicked off on April 23, 2010.

This conference was founded by Kaihuai Association in Taiwan, where the first two conferences were held in 2006 and 2007. Building on this foundation, Yan-Kang-Sha-Long of Cancer Hospital, Fudan University, the first hospital of its kind in China, initiated a breast cancer support group and organized the 2010 event, calling together Chinese breast cancer survivor groups from all parts of China, Hong Kong, Macau, Taiwan, Southeast Asia, the United States, and Europe to share their own unique experiences. Distinguished speakers gave notable remarks on topics such as patient service models and the outlook of the global breast cancer support movement.

There were a total of 329 conference participants, representing 97 patient, caregiver, medical, business and media groups, with 74 distinct groups from inside China and an additional 23 groups outside of China.

A formal gala in the evening presented lavishly costumed and beautifully performed programs by breast cancer survivors from all over the globe. The performances not only brought participants closer, but portrayed a life filled with confidence, energy and hope, even after breast cancer.

This conference was immediately followed on April 24 by the First Shanghai International Breast Cancer Rehabilitative Forum. Speakers discussed breast cancer recovery from the perspectives of support groups, medical professionals,

patients, community organizations, international non-profit organizations, and businesses. Two unique topics — Survivorship of Young Breast Cancer Patients, and Personalized Breast Cancer Survivorship Management — were also specifically addressed.

In the evening a welcome reception was held onboard a river cruise ship in the Shanghai Harbor. All participants were treated to the ship's luxurious accommodations, and, because the evening coincided with the preview of 2010 Shanghai World Expo, a dazzling water-light show and a brilliantly illuminated Pudong skyline, with its iconic architecture, provided a highlight for delegates.

The last day of the event, April 25, focused on the current state of breast cancer among Asian women. Numerous support groups and research projects from across China presented up-to-date data on breast cancer support, affirming that the motivating force behind the advancement of breast cancer treatment is not only the financial collaboration by foundations and government agencies, but also the self-sustaining operation of peer support groups and organizations such as GCBCOA. The Herald Cancer Association in California, USA will be the host organization for the Fourth Conference in 2012. On conclusion of these successful conferences, participants embraced, bid each other farewell and promised to meet again in Los Angeles, California in 2012 at the Fourth Conference of the Global Chinese Breast Cancer Organizations Alliance. ◦

# Women with cancer a photographic journey



Carolyn Taylor

Carolyn Taylor is a photographer and ovarian and endometrial cancer survivor from Westchester county, New York. For the past 20 years she has been shooting commercial advertising and was recently awarded a grant of 10 business class flights to any four destinations from British Airways.

Her grant application drew on her three-year survivorship of ovarian and endometrial cancers, and her desire to travel around the world documenting photographically how women with cancer are intrinsically connected. Since setting out on her journey, her online photo diary has captured the struggles, hopes, joys, and concerns of women with cancer.

Her photos show that we share a common bond, regardless of where we live around the globe.

The Union for International Cancer Control has provided Carolyn with contacts on her path, which has so far taken her to India, Nepal, Israel and Jordan to meet women cancer survivors, interviewing and photographing them. These are just some of the moving portraits she has taken along the way.

Visit her website to keep track of her journey, which will next take her to South Africa.

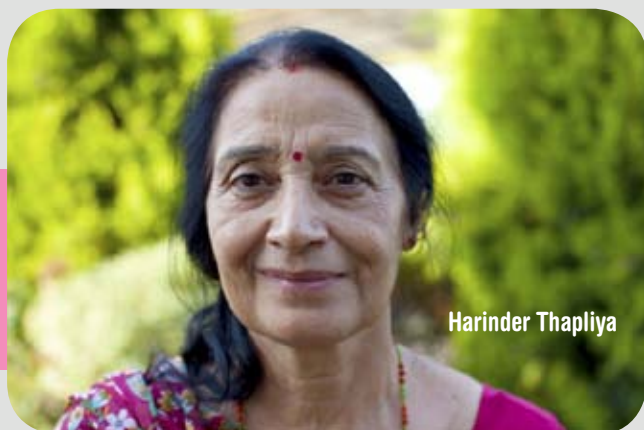
Mary Nejem



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**Go to:**

[www.carolyntaylorphotography.com/blog/](http://www.carolyntaylorphotography.com/blog/)

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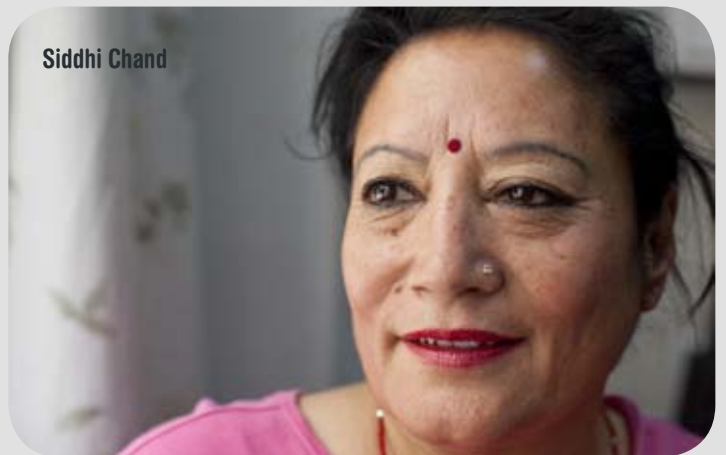
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# Behold beautiful Taiwan!

## The 16th UICC Reach to Recovery International Breast Cancer Support Conference



The 16th Reach to Recovery International Breast Cancer Conference will be held on the 'Beautiful Island' of Taiwan, also known as Formosa. Taiwan is renowned for having friendly people and a vibrant culture that never sleeps, with 24-hour bookstores, convenience shops and world-class eateries, and bustling night markets – all of which imprint indelible memories in the mind of visitors. If you want to experience diverse culture and taste exotic cuisines, Taiwan is the perfect destination for you. Delegates to the conference can enjoy visiting the following places:

### Longshan Temple

Longshan Temple is an ancient temple devoted to worship of Guanshiyin Buddha and other divine spirits. Facing south, its architecture is a three-section design with a front hall, rear hall and middle hall guarded by dragons. The square layout and ornate design date back to the Qing Dynasty, when the temple was built. The doors, beams, and poles are beautifully decorated, with a pair of bronze dragon poles in the front hall, and four pairs of dragon poles in the middle hall. The temple features detailed sculptures and exquisite wood sculptures. In addition to the temple's architectural and religious significance, it also showcases Chinese poems, verses and song lyrics, providing a truly cultural experience.



### The National Palace Museum

The National Palace Museum has an antique collection of nearly 700,000 priceless artefacts that date from the beginning of China's five-thousand year history to current day. The museum holds one of the world's most extensive collections of Chinese art. Among the artefacts are Chinese earthen pottery, porcelain, bronze, and jade pieces, sculptures, embroidery, calligraphy and paintings. Each piece is a true curio. The museum is a must see for delegates to the conference!

### Shih-lin Night Market

When the sun sets, take your taste buds on tour to the nearby Shih-lin Night Market. The market is famous for its diverse and exotic range of Asian cuisine: sliced noodles, pork liver soup, oyster omelettes, Taiwanese meatballs, double baked cakes, super-size Shih-lin sausages, ginger-flavored tomatoes, tung-shan duck heads, frog egg jelly, and many more. These must-see destinations are just three of the many experiences Taiwan has to offer. Other wonderful sight-seeing visits include Yangmingshan National Park, Fisherman's Wharf, and Taipei 101.



# Global Kitchen



This edition, Global Kitchen brings you a quick and easy dish from Taiwan

This famous dish is proudly brought to you by the Taiwan Breast Cancer Alliance!

## Taiwan's famous Jade Beef



### Ingredients:

Broccoli	300g	Soy sauce	1/2tbsp
Sliced beef	150g	Corn flour	1/2tbsp
Butter	1 tbsp	Sliced garlic	1tbsp
Aluminium foil	80cm	Pepper	1/2tsp
		Salt	1/4tsp

### Preparation:

1. Season sliced beef with soy sauce and corn flour, and cut broccoli into 3cm florets.
  2. Spread butter on aluminium foil, then cover foil with broccoli and beef slices. Sprinkle garlic, pepper and salt on beef and broccoli and fold the aluminium foil to encase all ingredients.
  3. Warm a pot and place the foil-wrapped ingredients inside. Close the lid and allow to bake for about five minutes.
- Serve with rice and enjoy!

Next time you're in Taiwan, try a double-baked sweet pancake hot out of the baking tray.

If you visit the Shih-lin Night Market, you can watch as they are prepared. A pancake-like batter is placed into a special cooking tray.

When the pancake is almost baked, a red bean or custard filling is placed in the center.

One pancake is then covered with another pancake and the two meld together.

Double-baked for double-delight!

Did you know the Shih-lin Night Market has over 500 special eateries in its food court? A must-taste for tourists!



If you have a recipe to share, please email [info@reachtorecoveryinternational.org](mailto:info@reachtorecoveryinternational.org)

# Reach to Recovery International Governance Structure

## 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](#)

## 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

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**ORLANDO FLORIDA, USA February 2011:**

**11th Annual Conference for Young Women Affected by Breast Cancer  
February 23 - 27, 2011**

For more information visit [www.youngsurvivorsconference.org/](http://www.youngsurvivorsconference.org/)

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**HAMILTON ONTARIO, CANADA June 2011:**

**World Conference on Breast Cancer  
June 7 - 11, 2011**

For more information visit [www.wbcf.ca/conference/home/](http://www.wbcf.ca/conference/home/)

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**TAIPEI, TAIWAN November 2011:**

**16th Reach to Recovery International Breast Cancer Support Conference  
November 9 - 12, 2011**

For more information visit [www.reachtorecovery2011.org/](http://www.reachtorecovery2011.org/)

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**VIENNA, AUSTRIA March 2012:**

**8th European Breast Cancer Conference  
March 21 - 24, 2012**

Go to [www.ecco-org.eu/Conferences-and-Events/EBCC-8/page.aspx/2163](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](mailto:info@reachtorecoveryinternational.org) or visit our website at [www.reachtorecoveryinternational.org](http://www.reachtorecoveryinternational.org)

