

# FEEL TEAL CLUB

## MAGAZINE

October 2011



*Raising awareness to ovarian  
cancer  
7 days a week  
52 weeks a year*

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Issue #4

October 2011



## FROM MY DESK

*September is almost at a close, and here in Australia, we happily look to the month of Spring.*

*Staring through my window I get a view of the outside world...and on a day like today where the weather has changed to cool and overcast, I am in my glory!*

*You could hear a pin drop through the silence, the only interruption being the sound of the rain as it drifts upon my roof, and the odd school-child making their way home. Already the grass and flowers look renewed and the leaves on my (growing collection of) potted plants are glistening!*

*The perfect weather for writing, so let's get right into this month's edition by 'spotlighting' one of our "titans" and introducing our latest member, Julie Aldridge.*

*Julie first made contact via our Facebook page where she told us of her daughter's battle with ovarian cancer and her disappointment at the lack of TEAL items being made available "offline".*

*I couldn't agree more as here in Australia, we too still struggle on this issue! I am sure many of those reading this are already nodding in agreement! This is why we are determined to make changes in the way in which the colour TEAL is represented...it needs greater recognition, beyond the internet.*

*While we respect the work done for the "think pink" campaigns, it would be a dream come true if the world recognised the need to "feel teal".*

*With our collective campaign efforts, I have every faith that it's only a matter of time!*

*In this issue, we look at the different events which were held during September's "awareness" month, and can proudly say their contributions are beyond amazing and are extremely appreciated.*

*Those rockin-chicks from **WFLAG** (We Fight Like A Girl) go 'on the road' to get their message out while continuing to support their close friend, Ruth Helton, one true titan warrior!*

*We spotlight one of our 'titans', Sheila Moormann sharing her incredible fighting spirit which has never let her down.*

*Our article of the month belongs to Publicist/Writer, Loni Reeder who gets upfront and personal about her recent health scare and the importance of regular check-ups!*

*Our regular contributors include Teal Rants, the Music Scene and more laughs with Shelly Ryan!*

*I saved the best for last, but you'll simply have to turn to the last page to know more!*

*Cheers,  
Deb Stevens*

Feel Teal  
Club



## MUSIC SCENE

with **Flip Side To Music**

[www.flipsidetomusic.com](http://www.flipsidetomusic.com)



**Andi Starr** is a classically trained pianist who picked up a \$100 guitar after college and approached



it much like she would a piano. Over a decade and six albums later, the resulting music reflects not only the ambiance and dynamics of her classical upbringing but has garnered comparisons between The Cranberries, early Jewel, and Tori Amos. As a traveler of the inner world, Starr's particular gift is in turning difficult subject matter into heartfelt, sometimes haunting, and always beautiful compositions. Culturespill Magazine states: "Andi Starr hits the right notes: the notes that hurt, the notes that know you, the notes that make you meet yourself."

But it wasn't easy. Starr battled intense, debilitating stage fright in her early years as an entertainer, so much so that at times, she couldn't play her guitar because her hands were shaking so badly. In fact, ever since she was a young girl, she was terribly shy, afraid to even raise her hand in class. "I would turn red, blush, feel like a complete idiot if I was called on. I just didn't understand how it could be so easy

for others to speak up," says Starr. Just being made visible was terrifying for her. However, when she got to grad school she was assigned a creative project where she began publicly sharing her songs, pressing play on her disc player, shaking and hiding behind the podium as her classmates responded to her voice with overwhelming awe. After a few years working as a mental health therapist, where her primary methodology was to help others turn their suffering into creativity, Starr came to the conclusion, "If I'm spending so much time teaching and encouraging others to go after their dreams, then shouldn't I take full responsibility for mine?"

In 2006, Starr decided to pursue her music full time and with immediate impact. In 2007, Starr and her band collaborated with seasoned engineer Larry Crane (Elliott Smith, Sleater-Kinney, Cat Power) for the making of *Leaving the White Line* (Starr's fourth release, and second studio album), which garnered immediate regional and national attention. Along with a featured article on the front page of *The Oregonian's* Living section, Starr has also been featured several times on Portland's KINK (101.9 FM), as well as having KMTT (103.7 FM, The Mountain) in Seattle feature Starr and choosing her song, "Save Yourself," for their New Music Sampler (10,000 distribution).

After a regional summer tour in support of her radio campaign and the release of *Leaving the White Line*, Starr packed up all her belongings in her van and headed to southern California where she has spent the last few years diving deeper into her craft and working diligently with industry professionals to create, record and produce her sixth album. *The Portland Tribune* wrote about her move to the city of dreams stating, "While L.A. might be overrun by aspiring hopefuls and Midwestern refugees, Starr should have no problem quickly distancing herself from the competition—her clear, lovely voice and clean, lean folk-pop instincts mark her as a career artist and not just another flash in the pan."

In late 2009, Starr went back into the studio to make her most electrifying album to date. Slotted for release in late 2011, *The World Will Follow* will be Starr's sixth album (and third studio release). In the early production phase, Starr sat down with her long-time collaborator and co-producer, S. Asher Sund, to talk about the vision. Wanting to deconstruct the "girl and her guitar" singer/songwriter image, the idea was to introduce the new, "electric" Starr, and especially to recover some lost sounds and influences from her childhood,



particularly from bands like The Cure and Depeche Mode. With co-production help from Jesse Seibenberg (of Supertramp) and Jordan Richter (Sixpence None the Richer, Jars of Clay), it is safe to say that Starr has obtained the sound she was looking for. The first single, "Little Bird," has sat at the top of the ReverbNation charts for California and continues to gain momentum with help from the music video.

**Be part of Starr's journey at:**

[www.AndiStarr.com](http://www.AndiStarr.com)

&

<http://www.facebook.com/Andi-Starr>

**TEAL RANTS....direct from the heart of a housewife!**



With our fellow-resident titan, Anne Marie-

### A reason to Smile

*"No matter how bad your life seems to be at the moment, always remember somewhere out there is someone that is worse off." -Something Nan Foster said to me. She was my hubbies Nan, and I adored her.*

Isn't that so true though? If you think about it or are listening to people around you, quite often it's someone you know too. Maybe you are finding it hard to make ends meet but manage to still have a full meal to serve up to your family. You think you're boss is mean to you or you don't get paid enough but a friend lost their job a while ago and will probably lose their home. Don't get to see your friends as often as you want because your flat out with family commitments? Or a work colleague spends their weekend alone because they are too shy to ask someone to do something with them. The list goes on. We all have that 'thing' we moan about. Something we wish we could change and make our lives better. I certainly do.

All around me I hear people moaning about their life, I too am guilty of it lately. We all get stuck in a rut sometimes and forget to see the bigger picture. In many cases what we are complaining about is actually a big thing, and we can't seem to get past it for various reasons. It then acts as a brick wall

leaving something solid for other negative emotions to build up and stop the positive thoughts finding their way in. Soon enough everywhere you look you can only see the bad in everything around you.

For me it's my health that is always the brick wall. Living with constant pain helps remind me daily of a stage in my life lost. Everyday stresses and obstacles build up in heavy boxes beside the wall blocking window views of a world full of happiness. Some days it's hard to remind myself that its life I gained not lost. When I have days like that, I draw the strength to remind myself that things could be so much worse by thinking of an inspiring woman, my sister.

She is working hard at staying positive herself and yet most days when I see her she has a smile on her face. With a child seriously ill, fighting a disease (many of us here know only too well), sometimes treatment is often painful and almost as destructive as the disease he is fighting, but she wakes up each morning, digs deep and finds a reason to smile. Does she falter some days? Of course she does. There are days she can't find a reason. Especially when she goes to say final "good bye's" to an increasing number of Angels. Recently she has had the birth of her daughter and that has made finding a reason so much easier. Yes it also made her life much harder in some ways, but who can deny a smile from a baby melts your heart and make you think there is still something good left in the world? She and her son are my reminder to stop my moaning and groaning. They are my reasons to wake up and find a smile when some-day's I find it hard

***Some days it's hard to remind myself that its life I gained not lost. When I have days like that, I draw the strength to remind myself that things could be so much worse by thinking of an inspiring woman, my sister.***

to. They are my inspiration for so many reasons, mainly because of their courage. All you have to do is look around you and you will find your inspiration as well.



## Honoring Women Making a Difference

### Annual Self Awards Salute Efforts to Help Others

Self magazine this week saluted four women for their work in making a difference in the world in its third annual **Women Doing Good Awards**. This year's event, sponsored by **L'Oreal Paris**, honored:

**Lisa Scarpinato**, who with her husband co-founded Kitchen on the Street, a nonprofit in Phoenix that sends more than 300 needy kids home from school on Fridays with Bags of Hope, backpacks filled with enough food for them until Monday.

**JJ Ramberg**, who with her brother launched GoodSearch.com, a search engine that donates 1 cent to a charity every time users browse the web, and GoodShop, connecting online shoppers with vendors that will donate up to 30% of each sale to a cause.

**Haley Kilpatrick**, who at the age of 15 created Girl Talk, a mentoring program that pairs high school and middle school girls to help younger girls avoid teasing and cyberbullying; in the past nine years, more than 32,000 girls in 39 states have joined Girl Talk.

**Minka Kelly**, an actress who became an ambassador for Stand Up to Cancer, a nonprofit organization founded by a group of media, entertainment and philanthropic leaders whose lives have been affected by cancer, after losing her 51-year-old mother to colon cancer.

The event also recognized its emcee, **Hoda Kotb** of "Today," for her work in fighting breast cancer.

The winners each received \$10,000 to support their causes.

<http://adage.com/article/goodworks/honoring-women-making-a-difference/146108/>



## ARTICLE OF THE MONTH

### Ovarian Cancer

*Sometimes you have to play the waiting game  
(I'm not good at this game)*



By Loni Reeder

I come from a long line of lumpy people – yes, I know that sounds strange, but some of you probably understand. I'm talking about those funny little benign cysts that mean absolutely nothing in the grand scheme of your body make-up, but you typically don't know that to be true until you've gone through a barrage of tests.

Yes, this is an Ovarian Cancer piece, but let's talk breasts for a minute (any gentlemen reading – if you'd like to keep your pristine fantasies about breasts intact, please feel free to tune out for a paragraph or so...).

Apparently, lumpy breasts are something I inherited from my amazing mother. In the 70's, she underwent surgery to remove a cluster of the little cystic devils in one of her breasts – and thankfully, there was no cancer. As for her and for me as well, to the trained or untrained eye, you'd never know these pebbles existed. It's not like your breasts take on the shape and form of a bad bowl of tapioca pudding. For all intents and purposes, they look normal, but to the trained, and even the untrained 'paw,' it's kind of like squishing a bean filled hacky sack on steroids. Which means, for someone like me – and any of you experiencing the same thing – it's impossible for us to detect any strange lumps because EVERYTHING feels like one great big strange lump. Usually a medical professional can give you a decent once-over and know pretty conclusively if it is something to be concerned about (and if you have an Internist or OB/GYN whom you've had a long term relationship with, they too know your body sometimes better than you know it yourself – in this case anyway).

Fortunately, modern medicine has afforded us the wonderful Slam-O-Gram – no, we don't like them (our breasts were never meant to assume the shape

of a Frisbee), but mammograms save lives and if your doctor is instructing you to get one annually – or maybe even more frequently – heed their recommendation. If you're concerned about the expense, remember we can never put a price tag on our lives. Just forego a few leg and eyebrow waxings and lattes – your happy breasts will thank you (okay... after they get over the shock of compression – but look how resilient they are – they bounce right back into shape – amazing things, aren't they???)

Gentlemen – you can now rejoin us. Not that the conversation is going to be any less 'in your face' about women's anatomy, but I promised you I'd leave your happy boob thoughts intact! Promise kept! (unless you cheated and read the above paragraph – in which case, you were warned!)

As an over-50 woman (oh, how it pains me to utter those words!), I have been enjoying the exciting whirlwind of a ride known as Menopause (I think they call it that because 'men' put themselves on 'pause' simply out of sheer terror in having to deal with a woman going through the schizophrenic years of hormonal changes). One of the peachy physical debacles that I had to deal with was unpredictable bleeding – and interestingly enough, that started when I went on hormone replacement therapy (HRT). It's not supposed to happen, but it did. Also caused my hair to fall out (so make SURE your doctor puts you on the right heat reducing cocktail). So... during an exam to try to get to the bottom of this bleeding, they noticed a thickening of my uterine lining – not a good thing – a signal for uterine cancer. So, tests were done (they cut tissue out of you while you're in the doctor's office which feels like the worst cramps on the planet!), and thankfully, no cancer.

Any men pass out yet? Are you still here? Okay – good! I'm proud of you guys – true Ovarian Cancer TITANS!!!

The bleeding continues, so the next step is to have an ultrasound to see what might be going on 'farther up the channel' as it were. Well, as suspected – uterine fibroids.

*(continued over page)*



Now in a perfect world of 'no hormone replacement,' those little devils will shrivel up and go away all on their own.

But thanks to HRT therapy, I'd been feeding them – yes, I have a habit of nurturing people and animals... and now, apparently, also my uterine fibroids (I'd break into a chorus of 'We Are The World' right now, but we MUST move forward!).

As they say in television infomercials, 'But WAIT – there's MORE!' The ultrasound shows that something is growing on my right ovary – and it's not a fibroid. It's not very big – but all I am thinking is, it's not supposed to be there.

So... through the course of these tests, they've discovered that I have a uterine lining thickening issue – uterine fibroids causing bleeding – and now, a 'something' growing on my right ovary issue.

"Stay calm... Stay calm..." I tell myself... My OB/GYN recommended that I have a hysterectomy to eliminate all issues and concerns – and then deal with whatever may be from anything that might turn out to be cancer. She gave me pamphlets to read, but still said that I had time to make the proper arrangements for the surgery (she also was going on maternity leave – and said that I could wait until her return to have the hysterectomy).

Well... I'm not a very good waiter, so I decided to get very proactive about this. I started doing research on the procedure that SHE wanted to do: a traditional hysterectomy with the abdomen slice and dice (and that just sounded all kinds of '20<sup>th</sup> Century' to me) – there HAD to be a more hi-tech way of going about this. My research brought me to a procedure called a 'Laparoscopic Supracervical Hysterectomy' – which is a great option for us more seasoned females. At our age, the risk for cervical cancer is very low, and I wanted to leave something... ANYTHING intact, especially because, if they take everything, you kind of lose your bladder platform and I am just not ready to become a regular 'DP' (Depends Patron). While learning more about the procedure, I also found an expert in the field who performs it (Dr. Scott Kramer, founder of the Women's Health Specialists group in Fremont, CA). Look him up on the Internet – you'll read nothing but great things!

I got the first available appointment, we went over my tests and his initial feeling was that 'maybe' I could take a 'wait and see' on the growth since I had no history of this type of cancer in my family (I had an aunt who had colon cancer in the last year of her life and to my knowledge, she's the only person in the family who has had cancer...) – but since we were coming up on four months since the ultrasound that I had with my other doctor, he decided to do one then and there at that initial consultation appointment. In about four months, the growth had doubled in size! His opinion to take a 'wait and see' switched to "Whether I am your doctor or you choose to go to someone else, you need to have this procedure NOW!"

The next day, I contacted his office to make the appointment for surgery.

What transpired next was two and a half weeks of agonizing waiting to get in to have the LSH procedure done. It was about an hour and a half in surgery and an overnight stay at the outpatient center – very non-invasive – just four little punctures in the abdomen, less than an inch long (one in the belly button where you can't even see it!). And then, the week's wait for the pathology results.

Dr. Kramer removed my uterus (I was just feeding fibroids anyway – was not feeling benevolent to continue doing so...), my fallopian tubes and both of my ovaries. The cervix was fine and left in place (Yea!!! No Depends... YET!!!). As it turns out, there was a second 'hidden' growth on my left ovary which was obscured from the ultrasound's view because of a twisted fallopian tube, which also was not apparent from the ultrasound. Guess I was one great big plumbing mess!!!

Thankfully, my ovaries were just another part of my body anatomy subject to my lumpy lineage – no ovarian cancer, and I am beyond thankful and grateful.

But as we ALL know – there is NO REAL TEST to determine whether or not you have Ovarian Cancer without surgery. No blood work – no biopsy – no magic crystal ball. The post-menopausal bleeding I experienced was a call to action, but what if I had no symptoms? No bleeding? No pain? Harmless, tiny growths CAN turn into other things – cancerous things.

*(continued over page)*

No one can say that just because there is no history of Ovarian Cancer in their family that they are exempt.

Right now, knowing what I have learned from going through this, my personal opinion is that annual transvaginal ultrasounds should be done on every woman, starting at age 25. At the very LEAST, if there is a picture of what's going on internally with a base starting at age 25, there is a history available for evaluation and comparison for any changes or abnormalities.

We do annual mammograms – why not the same consideration for our reproductive organs? If the medical community does not mandate it, then we as women need to compel them to order the test. Perhaps, with noted volume in this testing, it might become standardized, vs. it being an elective procedure. Studies may show that Ovarian Cancer is not that common, but it still ranks as one of the top five cancers that kill women. An estimated 21,880 American women will be diagnosed with the disease this year and 13,850 will die from it, according to the American Cancer Society. Fewer than half — 46% — of women will be alive five years after diagnosis. This is a sobering statistic.

And yet, it feels as if we are no closer to a resolve than when Gilda Radner first brought significant awareness to the disease, now 22 years after her passing.

Had I been 20 years younger when this occurred, I wonder if I would have been so quick to action? With non-functioning reproductive organs at my age (remember the 'men' and the 'pause' comment from earlier...), the decision was not a traumatic one for me. I did not have to also consider a decision as to whether or not to have children on top of the idea of life-direction altering surgery. But I can only

imagine the fear and heartbreak of a 25 or 35 year old who might still not have started a family. Just this month, Diane Salvatore, the Editor-In-Chief of Prevention Magazine has come out in support of Ovarian Cancer screening, in spite of there being no substantiated research to say that this will be of any benefit.

[http://www.huffingtonpost.com/diane-salvatore/ovarian-cancer-screening\\_b\\_958623.html](http://www.huffingtonpost.com/diane-salvatore/ovarian-cancer-screening_b_958623.html) --- soon she will be dealing with the passing of one of her closest friends from Ovarian Cancer. It's apparent that Ms. Salvatore feels as the rest of us do: we have to start doing SOMETHING!

Annual pre-screenings via transvaginal ultrasounds is a great start – and to continue to compel researchers to make this a top priority.

As the song and the video demonstrates to all – every day is 'One Last Chance' for each of us to take a big step forward toward eradicating Ovarian Cancer. While I started this piece out with humor and smiles, this 'silent killer' is no laughing matter – but we must keep our spirits high to help our friends and loved ones through their battles with this disease. Laughter is also a healer – and miracles happen every day.

While we pray for a cure – let's also pray for miracles!

Visit Loni <http://www.lonireeder.com>



## Upcoming Events

### NOCC- National Ovarian Cancer Coalition

<http://www.ovarian.org/>

#### October 2011

- 10/01/2011 - Chapter Meeting - Northern New Jersey Chapter  
10:00 AM - Morristown Memorial Hospital in the Carol G. Simon Cancer Center.
- 10/01/2011 - Strictly Social Survivors & Supporters - Long Island Chapter  
9:00AM
- 10/01/2011 - Chapter Meeting - Dallas-Fort Worth Chapter  
00 AM
- 10/01/2011 - Backus Hospital's Survivors Day - Connecticut Chapter  
wich, CT
- 10/04/2011 - Women's Health Day - Connecticut Chapter  
Groton, CT.
- 10/04/2011 - Julian's Italian Pizzeria & Kitchen Fundraiser - San Antonio Chapter
- 10/05/2011 - Ovarian Cancer Education Series - Pittsburgh Chapter  
6:00PM Understanding Genetic Risk for Ovarian Cancer with Kristin Zorn, MD.
- 10/05/2011 - Health & Wellness Fair - New Hampshire Chapter  
Nashua, NH.
- 10/06/2011 - Mid-Cities Meet & Eat - Dallas-Fort Worth Chapter  
6:00 PM
- 10/07/2011 - Golf Tournament - Delaware Valley Chapter  
1:00 PM.
- 10/08/2011 - Upper Valley Women's Expo - New Hampshire Chapter  
Lebanon, NH.
- 10/08/2011 - Survivorship Workshop: The Healing Journey - Pittsburgh Chapter
- 10/12/2011 - Chapter Meeting - San Antonio Chapter  
6:15 PM
- 10/12/2011 - Ft. Worth Meet & Eat - Dallas-Fort Worth Chapter  
6:00 PM
- 10/13/2011 - Inner City Meet & Eat - Dallas-Fort Worth Chapter  
6:30 PM
- 10/14/2011 - LIVESTRONG Village - Austin Chapter  
Two-Day event held at Austin Convention Center.

10/15/2011 - Women's Health & Wellness Expo - Connecticut Chapter  
Olde Mistick Village.

10/15/2011 - 2nd Annual Genetic Breast & Ovarian Cancer and Women at High Risk  
Symposium - Northern New Jersey Chapter

9:00AM - 1:30PM.

10/16/2011 - Mayor's Run/Walk to Break the Silence on Ovarian Cancer West Orange -  
Northern New Jersey Chapter

5K Run/Walk & Kids Fun Run

West Orange Township Hall

West Orange, NJ

Register here: [walkforovariancancer.com](http://walkforovariancancer.com)

10/19/2011 - Chapter Meeting - Austin Chapter

6:00 PM

10/20/2011 - Middlesex Hospital Breast Cancer Awareness Night - Connecticut Chapter

5:30 - 8:30 PM. Haddam, CT

10/20/2011 - Plano/North Dallas Meet & Eat - Dallas-Fort Worth Chapter

7:00 PM

***All women, simply because they are women and have ovaries are at risk to a varying degree for developing ovarian cancer. This fact alone should motivate all females to be on guard for any signs or symptoms of this cancer.***





## SPOTLIGHT ON A TITAN

Each month we will be highlighting our terrific titans!

### MEET SHEILA MOORMANN

*My name is Sheila Moormann.*

*I was 17 when I had ovarian cancer...*

I am now 58.

A huge tumour grew quickly on my left ovary. The doctors removed the tumour and the ovary and after it being tested found cancer. Within weeks, I was back in the hospital for a complete hysterectomy. Keep in mind that this was a long time ago..chemo was just being tried,so not an option. Radiation was ruled out as an option and so surgery was my only recourse. To put it in the words of my attending doctor..you have two choices..surgery and a good shot at life or leave it and raise the possibility of an early death. I was 17 and very,very afraid..I chose the surgery. Being thrust into early menopause was hideous. The whole experience affected every facet of my life and the decisions that I made. I put it into the very dark recesses of mind..until, Relay for Life in my home town. I saw my name as a survivor on a luminary and I cried all of the tears that I could not when I was younger. YES,I AM A SURVIVOR! and have been cancer free for all of these years. I am on the Board of Directors of Ovarian Cancer Awareness and Treatment in Saskatchewan,because of my friendship with another survivor,Darlene Gray. Recently; I was asked to start a cancer support group in my community and did so. For all cancers. I have in the past and will again start Teal Panty Parties in my community. I have had tremendous support from the local newspaper and early this spring was nominated for Citizen of the Year,an honour which I cannot describe..both humbling and motivating that people are listening and thirsting for knowledge.



Teal Panty Party

## OUR LATEST MEMBERS....

### Julie Aldridge and daughter, Sarah



This is a story about a mother and the love for her child, but mostly about how the child became, the mother's "hero"

My name is Julie. My 28 yr. old daughter, Sarah Dawn, is the light of my life. She has a beautiful 4 yr old daughter named Nevaeh (heaven spelled backwards) and gave birth to a healthy baby girl, Miracle, in November, 2010, with no indications that her world would soon be turned upside down. In February of 2011, we received the devastating words "stage 3c ovarian cancer" for the first time. Sarah had gone in to have her gall bladder removed, and came out with this news. I can't begin to tell you how crippling those words were, and how scary. Having to tell her....was beyond words....it was the beginning of our journey.

So many emotions can overcome you and all you want to focus on, as a mother, is how do I take this away from my child?? WHY, WHY, WHY? Watching her have to go through 'chemo' and it's terrible effects, losing her hair and every other step has been so heartbreaking. At first, I was so angry at God and I feel guilty about that now. I know that God did not give this to Sarah, nor did Sarah do anything to deserve this demon inside of her. I kept searching for answers, I still do....I guess God knows and that is all that matters, coming to terms with that reality alone has

been difficult, but we have accepted it.

I can't begin to imagine what Sarah has been feeling during this journey....it has not been easy.

She has been so strong, so brave, courageous and what a fighter my girl is! She endured five 'chemo' sessions when doctors decided it was time for surgery. Her surgery was on September 1st, 2011. We were so happy and blessed to hear that it went well and as of today, she will not have to endure any-more 'chemo'!

The road ahead is uncertain....we relish every single minute with each other. Our family has become so close, and that is such a blessing. All too often, we forget the things that are most important to us. Sarah is such a good mommy to Nevaeh and Miracle, I'm so proud of her. I don't think I could have endured what she has gone through.

I want her to share in her daughters growing up, getting married and having grandchildren. Sarah truly is my hero and I tell her that often!! We want to be able to share our story and hopefully make a difference in someone else's life. I began making teal beaded bracelets in an effort to raise awareness to others. My only stipulation was for each person to tell at least one person what it stood for....to date...I have made and given away over 250 bracelets and will continue to do so! Now that Sarah is feeling better, she wants to make them as well, I love that we can do it together. Never underestimate the "value" of something that, on the surface, may seem small. You CAN make a difference and spread AWARENESS! My love for my Sarah is unending and beyond mere words....YOU ARE MY HERO SARAH DAWN!! LOVE YOU!

*Julie Aldridge*

*See Julie's teal designs on Page 37*



## FEELING TEAL.....

### Help Spread the Word To “B-E-A-T” Ovarian Cancer

Please help us “B-E-A-T” ovarian cancer by spreading the word about the early warning signs & symptoms of the disease throughout the month of September.

**B = bloating that is persistent and does not come and go**

**E = eating less and feeling fuller**

**A = abdominal or pelvic pain**

**T = trouble with urination (urgency or frequency)**

Women who have these symptoms almost daily for more than a few weeks should see their doctor. Prompt medical evaluation may lead to detection at the earliest possible stage of the disease. Early stage diagnosis is associated with an improved prognosis.

<http://healthinfoispower.wordpress.com/>



**You have been feeling ill for too long,** with vague, persistent, easily dismissed symptoms like bloating, pressure in the abdomen, difficulty eating, frequent urination, and/or constipation or diarrhea, and your family urges you to get checked out. OK, this time it WAS something you weren't counting on. The dreaded words of ovarian cancer have been spoken.

Emotions come into play and you turn to those you love and love you back, be it family or just good friends. Someone hands you a ribbon –it's **TEAL**.

What does that mean? It means you joined a fight club that 1 in 71 American women unwillingly join each year, to kick ovarian cancer square in the chops. Welcome to **We Fight Like A Girl**.

Realization sometimes comes at the most odd times. When a loved one is stricken with any ailment it is our natural instinct to offer comfort and nurturing. At some point we find ourselves saying “what next” and begin a journey to fight off the attack. At We Fight Like A Girl, our mission is just that, education and awareness equals empowerment.

**We Fight Like A Girl** strives to find new avenues to present information about Ovarian Cancer to women, those who love them, and medical personnel. **We Fight Like A Girl** is comprised of ladies and gentleman who believe in finding unique methods of bringing information, awareness, and knowledge to the public. Look for us at motorcycle rallies, home and garden shows, high schools, colleges, the next 5k, the swimming pool, the grocery store, and just about anywhere people gather. Colbie Callait says it best: "Realize that I'm on your side because, remember, NO ONE FIGHTS ALONE"! Please find us at our website [www.wefightlikeagirl.com](http://www.wefightlikeagirl.com) be sure to check out our sponsors page.

Volunteer opportunities are available and sponsorship is welcome. Remember, the life you save, could be your own!



## HEALTH NEWS

### Ovarian Cancer: Screening

*Ovarian cancer is the leading cause of death from gynecologic malignancies in the United States. In 1994, approximately 24,000 new cases of ovarian cancer will be diagnosed, and 13,600 women will die of the disease. Over the past several years, significant new information has been generated regarding the epidemiology, biology, risk reduction, screening, treatment, and followup of ovarian cancer.*

On April 5 through 7, 1994, the National Cancer Institute, together with the Office of Medical Applications of Research of the National Institutes of Health, convened a Consensus Development Conference on Ovarian Cancer: Screening, Treatment, and Followup. The purpose of this conference was to identify the issues for which there are currently sufficient confirmed data, so that health care providers will have these data available to them and so that all women can benefit from this information. Secondly, for issues that are important but for which there are not sufficient data, the panel was charged with recommending directions for important avenues of future research. At the consensus conference, members of an independent, non-Federal, scientific panel with public and patient representation heard and discussed the current data pertinent to these issues.

The panel then weighed the scientific evidence and drafted answers to the following key questions:

- What is the current status of screening and prevention of ovarian cancer?
- What is the appropriate management of early-stage ovarian cancer?
- What is the appropriate management of advanced epithelial ovarian cancer?
- What is appropriate followup after primary therapy?

- What are important directions for future research?

Recent events have brought ovarian cancer under close scrutiny in the lay press and have increased demand for early detection of this devastating disease. The survival rate of women with early-stage ovarian cancer is significantly higher than that of women with advanced-stage disease. Unfortunately, the vast majority of women with ovarian cancer are diagnosed with advanced disease. Although sometimes women with early ovarian cancer have symptoms such as vague gastrointestinal discomfort, pelvic pressure, and pain, more often women with early ovarian cancer have no symptoms, or very mild and nonspecific symptoms. By the time symptoms are present, women with ovarian cancer usually have advanced disease.

#### Risk Factors

Although the cause is unknown, some women are at higher risk of developing ovarian cancer than others. Risk factors include advancing age; nulliparity; North American or Northern European descent; a personal history of endometrial, colon, or breast cancer; and a family history of ovarian cancer. The evidence is inconsistent regarding the use of fertility drugs as a risk factor. Less than 0.05 percent of women are at significantly increased risk because of cancer syndrome; site-specific ovarian cancer syndrome; and hereditary nonpolyposis colorectal cancer or Lynch syndrome II, which includes early-onset nonpolyposis colorectal cancer, endometrial cancer, cancer of the upper gastrointestinal system (including biliary ducts, pancreas, and possibly small bowel), urothelial carcinomas of the renal pelvis and ureter, and ovarian cancer.

#### Screening for Ovarian Cancer

To be suitable for screening, a disease must have a significant prevalence and be a significant cause of mortality. There must be a preclinical phase that can be detected, and the disease must be amenable to therapy. The screening test itself must have sufficient specificity, sensitivity, and positive predictive value (PPV) to be effective, and it must be cost-effective. In ovarian cancer, if one assumes a prevalence of 50/100,000, a test with 99 percent specificity and 100 percent sensitivity would yield only 1 in 21 women with a positive screen actually having the disease (i.e., PPV = 4.8 percent). It must be noted that currently available tests do not attain the aforementioned high level of sensitivity.

Three screening tests are in general use: bimanual



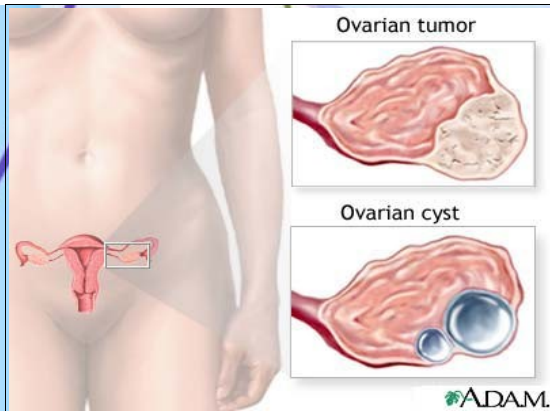
rectovaginal pelvic examination, CA-125, and transvaginal ultrasonography (TVS). CDI is also being investigated in some centers regarding its role as an adjunct to TVS. Historically, rectovaginal pelvic examination has been the only method used to detect ovarian cancer at any stage. Although pelvic exam is an important part of routine gynecologic care, it has inadequate sensitivity and specificity as a screening test for ovarian cancer.

CA-125 is an antigenic determinant detected by radioimmunoassay. It is elevated in 80 percent of epithelial ovarian cancers. However, only half of the patients with stage-I cancers have elevated levels. Because detecting early disease is the goal of screening, CA-125 alone is not an adequate screening test. In addition, a significant proportion of healthy women and women with benign disease have elevations in CA-125 resulting in an unacceptably low specificity for this test.

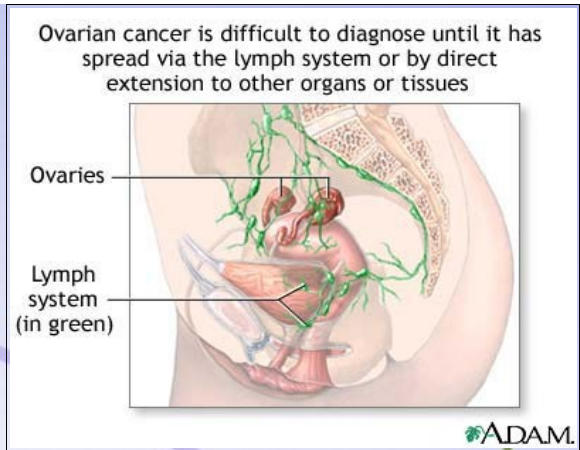
### WHY ALL WOMEN SHOULD HEED THE WARNINGS

The difference between a cyst & a tumor could mean your life!

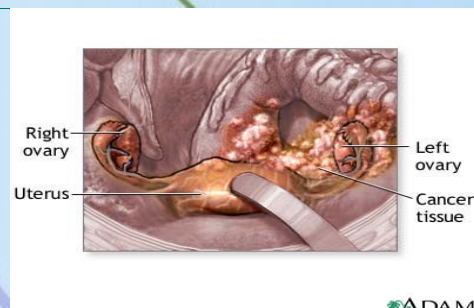
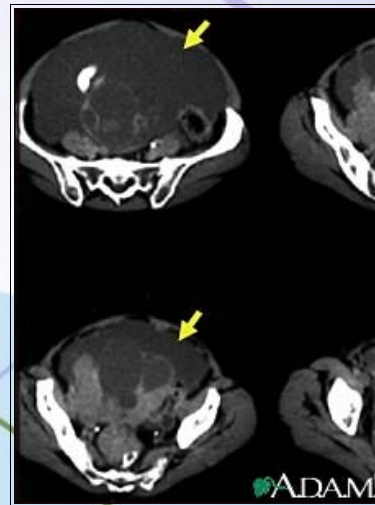
Prior to menopause, a mass on the ovary that is smaller than 2 centimeters is probably a follicle cyst that will go away on its own. However, if the growth is larger and doesn't go away over the course of a few menstrual cycles, then it may need to be removed.



Ovarian cancer is particularly dangerous because its presence is difficult to detect until it has spread beyond the ovaries



This CT scan of the lower abdomen shows a massive amount of free abdominal fluid (ascites) in a patient with ovarian cancer.



*Cancer of the ovaries is considered very dangerous because the ovaries are in close proximity to many other abdominal organs and the risk of metastasis is high.*

## AWARENESS EVENTS

### The Georgia Ovarian Cancer Alliance

(GOCA) held a couple of events this month. Our 6th **Annual Overcome Ovarian Cancer** walk held Saturday September 24th, 2011 brought together over 900 people.

GOCA also partnered with GA Kroger stores (150 of them) to spread awareness about risks and symptoms while raising funds for our community outreach programs



Start line for survivors



A soaring tribute

*Pictures courtesy Ali Powell*

### Frocktober 2011

Date: Saturday 1, October 2011

#### About Frocktober

Frocktober is a festive fundraising initiative aiming to raise funds for the Ovarian Cancer Research Foundation (OCRF). Through fun and quirky measures, Frocktober is all about increasing public awareness of ovarian cancer and raising money to support the development of an early detection test. Not to mention the frocks...

#### The Challenge

Frocktober puts forward a challenge to girls, women and interested men far and wide to don these frocks in October to raise funds and awareness for ovarian cancer research. Frocks can be second-hand, vintage, home-made, borrowed from your granny, or simply just a great dress that you've never had the right occasion to wear... We are positive that there are frocks hiding in wardrobes all over Australia just calling out for the right occasion to be worn. Frocktober is all about getting creative, not about getting something new!

How you apply the Frocktober challenge is up to you, but some popular ideas include:

- Wear a frock every day during October, and ask friends and family to sponsor you
- Hold a 'Frock Friday' at your work or school, with a gold coin donation (you could even encourage the menfolk at work to don a frock!)
- Invite your friends to an afternoon tea or garden party with a 'dress code'.

- Run a 'frock swap' where everyone brings an old frock to swap with a friend

#### Challenge a mate to frock up

In 2010, Frocktober participants helped to raise a total of over \$112,000 for the **Ovarian Cancer Research Foundation**. This year, Frocktober Inc wants to Frock the Nation! To help, Frocktober is asking people all over Australia to get involved. Frocktober wants people from all over this big wide continent to frock up in 2011! All that matters is that it's about fun, frocks, and all the in the name of a frockin' good cause.

For any queries visit [www.frocktober.org](http://www.frocktober.org)



courtesy

<http://www.ocrf.com.au/events/frocktober-2011/>

Feel Teal club©2011





## TIME IS....

*Lisa Kaster shares her gratitude and respect for one special lady....and reminds us to be aware!*

Time is a precious commodity as many of us can attest to. We spend a lot of time thinking about what we want to accomplish, but how much gets done past the thinking stage? **We Fight Like a Girl** was born on behalf of Ruth Helton because ovarian cancer reminded her and those she loved that the clock was indeed ticking. Making the public aware of the symptoms of ovarian cancer became a priority for Ruth, for her friends and extended family. So many women are either unaware of or ignore the whispering symptoms until finally some physician delivers the news no one ever wants to hear. For most the news is given too late for meaningful treatment. According to **National Ovarian Cancer Alliance** the survival rate for ovarian cancer is estimated to be 46%. In contrast, the survival rate for breast cancer is about 89%. Knowing those facts, most of us would choose to have the latter but Ruth did not get to choose, none of us have that luxury. Fortunately good friends stepped in to shake the world up.

When Theda Foster discussed plans for a fundraiser, barbecue and fun run at Sambo's Blackjack bar to raise awareness for ovarian cancer with Tammy Wiley of Harker Heights, Texas, it was more than a discussion. In fact, what she did was more like striking a match. The first thing Tammy said was "How can I help?" That was all it took to turn Tammy into a tornado. An old adage echoed by a fireball herself, Miss Lucille Ball is one we all have heard; "If you want something done, ask a busy person to do it. The more things you do, the more you can do."

That conversation was in March 2011, and the fundraiser was just six weeks away. Immediately Tammy pounced on the project even though she already worked 50 hours a week and had her own family and social obligations. Tammy discussed her plans with her life partner Dennis M., who offered his complete support. I feel certain he had witnessed the determination in her eyes many times before, so naturally it made sense to support a winner.

Throughout her life Tammy made the choice to embrace life to the fullest, whipping obstacles one by one. The personal challenges she faced gave her the strength to take on more as time advanced. Call it guts, nerve, intestinal fortitude, tenacity or plain old ballsy, Tammy learned to appreciate and respect the hardships. Taking on the fundraiser and fun run at Sambo's gobbled up a lot of her time, sometimes as much as forty hours a week.

Yes, she was a busy gal.

Time was rushing on and still Tammy pushed forward. She made contact with as many biker groups as possible, posting in forums, utilizing social media, making telephone calls and sending emails. She estimated for the April fundraiser alone she generated about 3,000 emails. Entertainment was lined up, donations came through in the form of cash, products and volunteers were in place. During the fundraiser and fun run, Tammy continued to promote ovarian cancer awareness through her photographic skills. She documented the event by posting photos so the world could see the need for awareness is real and urgent.

After the fundraiser was over her next question was "What direction is **We Fight Like A Girl** heading?"

The response was that the organization needed to grow and grow it did. Heading back to the keyboard and telephone, Tammy sent out more emails to promote the next event, the Oldest Town in Texas Rally that We Fight Like A Girl was to participate in. In all, she pounded out about 6,000 emails, made countless telephone calls and late nights (too numerous to count) were spent to prepare for this event. During this time Tammy endured a bit of surgery and she unbelievably was back at it two days after she returned home. Most would have been indulging themselves in a bit of relaxation, not Tammy though. She knew thousands were expected to attend OTT in Nacogdoches.

The promoter for this event, Dennis Hinson, expertly blended We Fight Like A Girl and the headlining entertainer Iron Cowgirl Missy Covill. Dennis had decided to use the OTT Rally as a platform to bring the bike community together to raise awareness for ovarian and breast cancer and of course have a lot of fun doing it. A perfect fit was made with Missy, a cancer survivor herself. An escort ride was created to bring the Iron Cowgirl in from Bossier City, LA to Nacogdoches, TX to promote ovarian cancer awareness.



Tammy and Dennis M. travelled to Bossier City Harley dealership and brought “Baby” their “89 HD Custom Softtail. They had the expectation of participating in the escort ride for Missy and it began well. Along the way though, their bike developed mechanical issues. The main group rode on and friends stayed behind to assist until help could arrive. For all the planning, frustrations, challenges, late nights Tammy had spent - there she and Dennis were stranded at the Texas state line missing the gorgeous ride to Nacogdoches. They took it in stride and after all the riders were staged at the last stop at Texas Thunder HD in Nacogdoches before entering the rally, in rolled Tammy and Dennis in a wrecker with the bike strapped on the back. “Baby” was left at the service department for repairs. It turned out she needed to have her voltage regulator replaced, and Texas Thunder HD did a fantastic job. Once again, nothing was going to stop Tammy from participating. She just stepped over a problem and left it behind her. Never were there any tears or foot stomping tantrums out of frustration. She demonstrated class and elegance the entire time and STILL she was not finished.

Having no bike to ride for the Friday fun run did not matter. She just got in the back of a truck and made the most of the situation by photographing the other riders the next day on Missy’s run through the East Texas countryside. During the rally Tammy had her shoulder painted by a body painter - Blanca Anderson. Tammy became a walking advertisement for Blanca’s free handed designs since she pledged profits to **We Fight Like A Girl**. Besides looking beautiful and 'smoldering sexy', Tammy never stopped talking to bikers about ovarian cancer awareness. She also created a free online photo album containing over 3,600 photos of rally participants as a gesture of appreciation to OTT & its organizer Dennis Hinson. Tammy’s determination is akin to a Chihuahua/pit bull mix; ferocious! Whether working behind the scenes or out in front, Tammy Wiley is a true heroine in so many ways. **We Fight Like A Girl** is incredibly and humbly appreciative of the sacrifices Tammy has made for the cause of ovarian cancer awareness. For all you do Tammy, we say “Thank You” and we love you.

Much L&R,  
Lisa Kaster



**Tammy with Missy @ Bossier City HD.**



**WFLAG Gang @ Bossier City HD.**  
(left-right) Lisa Kaster, Missy Covill, Theda Foster,  
Ruth Helton, Paula Nelson, Tammy Wiley in front.



Dennis MacMillan, Missy Covill, Tammy Wiley



(left-right) Missy Covill, Theda Foster, Tammy Wiley & Suzy Nelson-Peters



Dennis MacMillan & Tammy on "Baby"



Dennis & Tammy



(left-right) Lupita/Corpus Christi-SoTex Latinas President, Theda Foster, Ruth Helton & Tammy Wiley



## And All That Jazz!

by Debbie Stevens

Based on a writing prompt courtesy of *Fear of Writing*

*Thank GOD it's Friday!* Emma declared as the bell rang the close of another busy working day. She had felt trapped all day in a daydream, never able to snap out of it long enough to really focus on her tasks.

The very thought of escaping the dark dreary brick walls of *Harriet's Fashion* for the next two days were nothing short of bliss and even though Emma's social life was nothing to write home about, her own company she had always preferred over others. Even with her gorgeous raven curled locks, that cute pug-like nose and those deep ocean blue eyes, she never entertained any notions of romance, not even when many suitors desperately wanted to BE entertained by her mere presence.

At thirty-four, Emma-Rose Perkins was far from too young or too old to take on the world with her charm and sharp wit. She simply chose a simpler life.

She lived alone within a small block of units which probably would have best suited possibly one ready for her *twilight years*...but strangely enough Emma could easily fit this bill for she lived as if she HAD come to that stage in life and everything within the walls of her sanctuary displayed signs of an older person.

Her pet budgie; Samuel, the only other living creature that took up space as a border would be there to greet her each afternoon after work. She'd found him at the market which she so often frequented and although she wasn't there that day looking to buy a pet, something made her return to the stalls where he sat perched in his wire cage, almost shaking in fear as the crowds shoved pieces of dry crackers into his already cluttered cage. As she approached her heart felt a sudden tug on her heartstrings. For a quick haggle and final offer, Emma claimed her bird for next to nix, and opted to spend the extra cash on the helpless creature by purchasing the largest cage on show! Then off she trotted, her full curvaceous hips swinging whilst Sam swung happily beside her, all the way to his new home. What a pretty picture they made. Once more, Emma had found yet again another great bargain at the markets but it wouldn't be too much longer before she would be back, this time to check out the gorgeous retro styled radio she had carefully eyed off on her way out!

Her mother had always called her a *vower bird*, but Emma had a need to surround herself with objects that she knew others would find amusing or fascinating. Her theory being should she ever be entertaining guests, she would at least have topics of interest bound to intrigue. It was for that reason alone Emma decided to return that weekend for the out-dated timber grain radio and did so with great haste in fear of another beating her to it!

As Sam sat on his perch, whistling away Emma unpacked her bags.

This was the first time she had managed to get in and out of the markets without much fuss and was anxious to plug in the radio to see if the reception was as good as it had sounded back at the stall.

*I LOVE it!* she muttered while wiping it over with a rag. The dials and its settings were all in working order and the speakers crystal clear!

Finally selecting the radio station of choice, Emma stepped back to see how well it matched all her other décor. *Well Sam what do you think?* And to her amusement the bird actually seemed to be swinging his swing in time to the music.

She was still amazed at the fine condition it was in considering its age and couldn't WAIT to call her neighbour from downstairs to have a look. Old Mrs. Shenstone was very curious to see the radio for she herself remembered her own mother owning something similar when she was a child. *"Oh, my it looks almost brand new!!"* She exclaimed with delight. *"Does it work?"*

Emma nodded, adding how she had made certain of this before buying-

*"Well how about I put on the kettle and make us a pot of tea?"* Emma, delighting in the interest the old woman was taking.

*"Oh my this brings back such fond memories for me...you know Emma, my mother's living room comprised of only a few things...our warm comfy sofa and table the open fireplace, my father's favourite rocking chair and mother's old radio"* Mrs. Shenstone's voice quivering as she reflected.

Emma's apartment faced east so on a sunny day, she would often sit outside on her small balcony where she had neatly placed a few pot plants. Sam's bird cage sat in full view of the outside world, and as he and the two ladies sat peacefully taking in the sun's glorious rays, the sound of the music blended gracefully into the background of a perfect afternoon.



Sunday's usually consisted of Emma getting her early paper from the local newspaper stand, stopping off at the café for a latte then back home to do her laundry. She always planned her spare time meticulously in order to make the most of it, no distractions ever allowed to disrupt the plan. But today would be different, for as she awoke to her alarm bell, she could also hear the chattering of strange voices. Voices which for some reason, appeared to be coming from her living room? Emma put on her nightgown and slowly got up, a slight feeling of fear came over her. Was there a stranger lurking in her home? Was she being robbed? All these thoughts and more racing through her head as she slowly moved towards the doorway. The closer she got, the clearer they spoke and Emma reached for her mobile phone., ready to dial for help! One step closer...*And now, for the weather!* Said the man's voice and Emma immediately burst into laughter as she now realised it had come from her radio. She looked puzzled though. *That's weird! I'm SURE I switched it off?!* With a sigh of relief, Emma gave it a quick once over then turned it off. She didn't have time to waste trying to figure out whether or not she had indeed left it on, so got dressed and headed off to the paper stand. Another glorious day so she pulled up a chair outside the café and sat sipping on her frothy latte while reading her paper. A couple of regulars dropped by to join her, and soon they were all chatting away about their past week and other exciting events. Poor Emma always felt embarrassed when it came her turn to share with them but this week she could tell them of the radio. Jeff, an Antique collector was always keen to learn of items of value, just in case they were for sale. He ran a small business buying and selling online, but had never seen any radios such as Emma described. *"I know you don't want to sell Emm but I'd still love to see it!?"* his voice unable to contain his enthusiasm. After she'd finished her second latte she took the ride back home with Jeff to show him her little beauty. As the pair approached the front door, the sound of voices were again coming from Emma's living room and this time, Emma wasn't laughing.

*"What's up Emm? You look like you've seen a ghost!"* Jeff chuckled but Emma felt goose bumps all over her body, a strange eerie feeling that she'd never experienced before. Emma slowly eased her door key into the lock, her hands visually trembling. She paused and turned towards Jeff and relayed what had happened earlier. Now he too was intrigued and as the door swung open, sure enough, the radio was playing some old tune that sounded something like jazz music. Emma didn't like it all saying it gave her the creeps! Why jazz?? Why not rock or pop? She pondered. Funny that something made around that era in time should be playing a tune that just happened to come from around those days?? Jeff took it upon himself to walk over and investigate while Emma stood frozen in her tracks. He turned it off, and they both just stood there, neither saying a word. *Well that IS weird* said Jeff *but there's got to be some explanation, maybe there's a loose wire?* Emma still had no response. *"Well maybe it would be best if I unplug it from the wall?"* He asked her, and proceeded to do so. *"It's still a great buy though kiddo! You did really well to score her, she's a little ripper!"* Emma snapped out of her mood and quickly apologised for ignoring him. Perhaps it was all those long hours at **Harrier's** which had her unsettled. It *had* been a rather demanding week what with new stock coming in and the back up of orders. The boss had asked Emma to put in a couple of extra hours on top to help train the new girls so it was highly possible it was all beginning to show its mark. Shrugging her shoulders and throwing back her curls, she promised she wouldn't think any more on the subject and proceeded to show Jeff the latest little collection of ceramic pots she'd bought from another antique dealer. They spent a good hour or so surfing the internet so Jeff could see if there were any items on ebay that might be worthwhile, then called it a day. Emma picked up her washing basket and keys and made her way downstairs to the laundry. The washing machine sat empty and there was still enough sunlight in the day to dry her small load.

*Too nice a day to be just washing clothes* she thought so once it was all on the line, Emma chose to wander across to old Mrs. Shenstone's in hope she might want to get out for awhile. She knocked a few times on her door but got no response. As she began walking away from her front door, Emma heard a slight thud, then nothing.



"Is that you Mrs. Shenstone?" She called...no answer. Again

Emma went to walk away when another noise got her attention, a voice which seemed very faint but definitely coming from within the old lady's apartment.

"Mrs. Shenstone, it's me, Emma..are you okay?" But then there was a complete silence.

Emma didn't want to be a pest to the poor old woman so opted to leave well enough alone thinking that maybe it was nothing. She took two steps facing the stairwell when a trumpet began to play, followed by a piano. It was coming from Mrs. Shenstone's place...and it sounded a bit like...like, like jazz music!

Emma's heart raced as she ran back to the door, her fists pounding as hard as her heart! "MRS SHENSTONE, MRS SHENSTONE!!!" And another door opened where Mr & Mrs Paisley lived, the pair asking what was wrong.

Emma screamed they call an ambulance IMMEDIATELY!

Emma had a terrible sinking feeling and if she had learned another valuable lesson in life from her mother, it was to always follow your first gut feeling- Right now, she sensed Mrs. Shenstone was in trouble! Within the first few moments of Emma knocking on the old lady's door, the paramedics were right behind her coming up the staircase. They had to force their way through in order to save Mrs. Shenstone, who had somehow tripped, then fallen bumping the knob to her gas oven as she fell! She lay barely conscious on her living room floor just inches away from the front door. She had heard Emma and it was her voice which managed to get her to move her body closer to help.

As Emma watched the paramedics wheel the old lady out on a gurney to the back of the van, she remembered the radio and the memories it had brought back for old Mrs. Shenstone- Was that a sign? A warning of things ahead?

From that day to this, the retro radio works just like any other, and occasionally plays some good old jazz!

**THE END**

## A Cup of Tea with Dad

A story by Debbie Stevens

*It was 1969-*

*Man had landed on the surface of the moon and I had a new father in my life.*

*I guess playing the role as step-father seems daunting to any person about to face the challenge of so many new responsibilities, and mine was by far, no different.*

Except for the fact he had never had any other children from any other relationships, you would never have known this man was not a father.

I met him on a Sunday. I was playing with my 'winnie the pooh' teapot set when he peeked his head in the door, and politely asked if he could join me. This kind, gentle man obviously just one reason my mother must have chosen to marry him, especially after all she had been through.

But it hadn't been that simple to begin. As a single mother in the sixties, bringing up two young girls alone and trying to hold down a job, my mother had become settled into the role of both mother and father, while her two young girls just assumed she was happy.

*What would we know?*

It was on one of our mother-daughter talks that mum broke the news of her intentions to marry, but in the same conversation, it was something we all had to agree on.

That 8 ½ year old girl with her yellow tea-set had made her mind up almost immediately!

And as the days approached the wedding, I remember how excited I was as I kept picturing myself, walking down the aisle, carrying the wedding rings!

My older sister had a harder time accepting this change to our life and for a long time to follow, found the struggle grew as she grew older.

For me, I was contented and seeing mum more often was the icing on the cake!

Having both parents working also allowed extra benefits and in no time at all, we were all packing our lives up and moving to a new town, to begin our new life, together.

I'd just begun high school and my mother and father now ran a local mixed business which we all took turns in helping behind the counter.



The early seventies was almost an unveiling of the person I was becoming and my sister seemed to have distanced herself even further apart from the family home. Mum had suffered years of illness, and there were times she was so sick I was afraid we were losing her. So often we were guarded by our relatives, most cases Nanna stepped in and that was usually protocol. But now we had dad to comfort us and to be there if she were to be rushed back to hospital. This happened a few times but he handled each event with calm and control, always reassuring us of brighter days to come. I have no doubt he believed it, and for the flow of the next ten -fifteen years, as my parents set about their lives, watching me grow into a young woman, myself then setting up house and starting my own family, my father remained a loyal source for me to confide in. With my own marriage in turmoil and mum's health once more in jeopardy, my trips back home felt like a haven, a place where I belonged and felt safe. I endured years of domestic violence at the hand of my husband, and on one cold rainy August night, it was my father who answered my rescue call. The violence had already reached a dangerous level when mum and dad pulled up in my driveway. In the heat of the moment, the husband put his hands onto my mother.....the mild and softly spoken man who had sat holding a yellow plastic cup of tea, now visibly enraged, yelling for the husband to stop! My father shoved him away, but the husband had a history of boxing even the toughest opponent to a pulp, and before I knew what had happened, my dear father now lay bleeding profusely from the nose, unconscious. He had stepped in as a 'man', defending his wife, and his daughter and this was where it got him. That night, sitting by his bedside in the local hospital felt long, cold and sad. I could barely speak the words that I should have said. This man had never stood up against any other man like that before. But this was his wife and daughter, and he did what he felt any other father would have done in his shoes.

That was many many years ago-we have all moved on since that terrible night.

Today, that dear sweet man still a huge part of my life, and that of my children and second husband. He has been with us since we laid dear sweet mum to rest, and he will be till it comes my turn to farewell him.

He will always be the man who is, MY father.

### The next chapter....

Life certainly creeps up on you and before you realise, so too the transformation through age-- Since losing mum, my own life took many new directions and often forced me into situations where I had to make personal sacrifices. The most recent came when dad collapsed in his home, the ambulance rushing him to hospital whereby he was immediately assessed and admitted. We'd been living miles apart after dad decided he needed to return to the coast---I remained with my family in Sydney.

This distance caused much heartache, but I had quietly hoped to find a happy-compromise, one that would be a suitable solution for all involved. Time ticked-by until the year 2010 and now my elderly father lay weak and malnutrition-ed. in a hospital bed---it was all I needed to make the decision to move, again!

Six weeks passed, dad was released home and I quickly settled-in to my coastal house, only minutes away from dad's house. My father suffers a few medical ailments including Emphysema, blocked arteries and low blood-pressure, just to name a few. I quickly learned through the staff at hospital, just how ill dad *really* was and set-about organising some services to assist him at home. I'd never seen my father looking so frail---in six months, he had lost so much weight and really showing every day of his 83 years.

The picture sadly reminded me of mum's last weeks, so I held back with tears, once again. I'd been tormented by the "right" decision, but believe God has always had the controls, so I merely follow His lead----sure, this has meant difficult choices and many sacrifices along the way, even as I type these words I have a dreadful sense of "absence", missing my youngest boy who is into his first week of 'school-holidays', without me!

Not to become too miserable, I am quickly reminded of dad's appreciation for my "cooking", not that he has gained any weight [as yet], but comforted that he is trying.

*(continued over page)*



Our lives are slowly falling into a nice pattern, I see the reassurance in his smile that has been missing for awhile and believe my presence has indeed, made a difference.

His legs are weaker and his steps are “less”, but he makes the effort to come inside....my father's hands visibly “shake” so I wait until he's safely-seated... “Will I put the kettle on dad?”he never says “no”, to a nice cup of tea.

**The End**

## American Cancer Society

The American Cancer Society combines an unyielding passion with nearly a century of experience to save lives and end suffering from cancer. As a global grassroots force of more than three million volunteers, we fight for every birthday threatened by every cancer in every community. We save lives by helping people stay well by preventing cancer or detecting it early; helping people get well by being there for them during and after a cancer diagnosis; by finding cures through investment in groundbreaking discovery; and by fighting back by rallying lawmakers to pass laws to defeat cancer and by rallying communities worldwide to join the fight. As the nation's largest non-governmental investor in cancer research, contributing more than \$3.4 billion, we turn what we know about cancer into what we do. As a result, more than 11 million people in America who have had cancer and countless more who have avoided it will be celebrating birthdays this year. To learn more about us or to get help, call us any time, day or night, at 1-800-227-2345 or visit [cancer.org](http://cancer.org).

## STRESS RELIEF

### Reduce Stress, Feel Better

Feeling stressed? You're not alone. Most Americans are living with moderate to high levels of stress— and it can take a serious toll on one's health.

On a daily basis, stress can cause headaches, muscle pain, fatigue and irritability . Long-term, it can weaken your immune system and raise your blood pressure and cholesterol levels.

### Exercise Outdoors

Exercise is one of the most effective ways to eliminate stress. When you're exercising, your mind focuses on your body's movements and your brain releases feel-good endorphins that positively affect your mood.

But if you really want to make stress melt away, take your exercise routine out of the gym and into the great wide open. Research, including one study from the University of Essex, found that exercising in nature reduces more tension and boosts mood higher than exercising indoors.

### Laugh More

Next time you're feeling stressed, just laugh it off.

No, really. Head out with some friends, watch your favorite funny TV show or recall a memory that makes you chuckle. When you laugh, you breathe in more oxygen, relax your muscles and decrease the concentration of stress hormones in your body.

### De-Clutter

Unorganized surroundings can create a stressful environment. Searching for your keys under a pile of papers or trying to find that sweater buried in an unfolded pile of laundry can make you irritated and anxious.

So simplify to decrease your stress. Start slow — pick a desk drawer to clean out, re-organize a few shelves in your closet or vow not to leave any dirty dishes in the sink. A more positive view of your surroundings will give you a more positive outlook on your day.

### **Pet Your Dog**

Petting your dog doesn't just keep your pooch happy — it can also be good for your health. Stroking your dog for just a few minutes prompts your body to release hormones that make you feel good and

decrease those that cause stress, leaving you relaxed and at ease.

### **Chew Gum**

Next time you're feeling stressed at work, reach for a piece of gum. Research shows that chewing gum helps increase the flow of oxygen to your brain, making you more alert and increasing your ability to multi-task effectively.

### **Breathe Deeply**

Inhale slowly for five seconds. Now exhale slowly for five seconds. Feel better? You should. A few deep breaths like that can work wonders for your body. When you're feeling stressed, breathing deeply induces the "relaxation response," basically telling your body to relax by slowing down your heart rate and lowering your blood pressure.

### **Try Some Aromatherapy**

For an extra dose of relaxation, keep some rosemary or lavender near by — these soothing scents are associated with feelings of contentment, and both have been shown to reduce cortisol (one of the hormones that controls stress) levels in the body.



### **Munch on Almonds**

You don't have to fight that overwhelming urge to snack every time you're feeling stressed — just trade the chocolate bar for a handful of almonds. These

nuts are filled with Vitamin E, which helps boost the immune system, and B vitamins, which give you extra energy.

Walnuts or pistachios are also good alternatives — about a handful of either can help lower blood pressure and keep you feeling calm.



### **Say No**

Saying no is one of the best ways to combat stress before it affects your wellbeing. Taking on too much can make you feel irritated, frazzled and run-down. So delegate tasks at work that can be done by someone else, and schedule time during the day for activities you enjoy — even if it's just grabbing a cup of coffee from the corner or reading a chapter of a book during lunch.

Have trouble declining invitations to commitments that you simply don't have time for? Remember to be firm, brief and honest when saying no — and then stick to your decision.

### **Sleep On It**

A good night's rest will keep your body strong, and give you the strength and focus you need to tackle your to-do list. Most experts agree that adults should get seven to eight hours of sleep each night.

To wake up feeling rested, try to develop a relaxing bedtime routine. Listen to calming music, read a book or take a warm bath. Avoid drinking caffeine in the evening and don't fall asleep to the TV or to your computer (both devices can be stimulating rather than soothing).





## TEAL CONNECTIONS



### Shelly Ryan

It's incredible to think that another month has come and passed by so quickly. What an inspiration it was to see SO much activity with September's Ovarian Cancer Awareness Month! Although that designation has technically passed, we continue to raise awareness, 7 days a week, 52 weeks a year!

My involvement with the Feel Teal Club began in 2009 with a "heartfelt and witty tribute" to a comedic genius and great inspiration for my humor, Gilda Radner. That connection allowed me to more fully share my gift of comedylove with an increasingly larger audience to heal and raise awareness.

Along my journey I've met some amazing people...funny some of whom I've never actually "met" but nonetheless feel connected. One I'd like to mention is Georgia. In addition to sharing much laughter, she was particularly touched by the cause and told me that she lost her mother to Ovarian Cancer.

She was thrilled when I shared the news that I was publishing my monthly Humor Highway columns into a book and said, "well I was wondering when you were going to get around to doing that!" Not only was Georgia an avid promoter, but hers was my first order with 10 copies to give to friends and family!

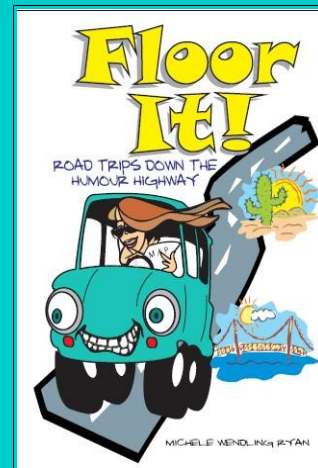
I was touched when I received this note from her: *My copies of "Floor It!" just arrived!!! It's a wonderful book! I love the spiral binding, the journal spaces (of course), and the Gilda quote in the front is priceless. I can hardly wait to read it! Congratulations girlie!!! As I said before, I hope you sell a million!*

With 20% of the proceeds of "Floor It! Road Trips Down the Humor Highway" going to

Ovarian Cancer organizations worldwide, I hope so too! But even more important is continuing to connect with Titans of Teal worldwide, inspiring and offering hope to everyone...with a passion that is contagious!



Order your book/s (and please consider giving the gift of laughter), at [www.shellyscomedylove.com](http://www.shellyscomedylove.com).



#### **To Shelly**

*I looked for a picture of Mom and me, but came up empty. That's pretty unsettling...anyhoo, I've attached a picture of her. Betty Belle Warwick Eades Fisher. She had two middle names, gave one to me and one to my sister.*

*Thank God Barbie got the "Belle"! Georgia Belle...wouldn't that just have been something? I'm surprised my daddy didn't do it just for laughs. Attached picture of Mom and her mother from Easter of 1950-*

*Best wishes, thank you, and I'm so blessed to count you among my friends!*

#### **Love Georgia**



*Mom and her mother from Easter of 1950*



*Betty Belle Warwick Eades Fisher.*

# TEAL





Books For Kids

Giving kids in need  
a chance to read .....



### VISION & MISSION

**Books for Kids** will place new books into the hands of at-risk children through collaborations with schools, social service agencies, preschools, and early childhood centers.

Guided by the fact that literacy is essential to lifelong success, Books for Kids provides new books and develops reading activities that empower at-risk children.

Books For Kids is a new initiative created by Childrens Charity Network.

For more information please visit our website created specifically for this new program.

<http://www.booksforkids.org.au>

## OZKIDS IN PRINT

### ABOUT.....

'**Oz Kids In Print**' is a magazine which we distribute on a national basis to schools, public libraries, etc, and publish online through our website.

Its purpose is to promote and support on a national basis children's literary talent and to provide a vehicle for children to appreciate and develop their literary skills and encourage them to continue in the art of writing, especially when they see their work published in our magazine and on our website  
[www.ozkids.com.au](http://www.ozkids.com.au)

*With Summer fast approaching us (here in Australia) there's no better time to start looking at all the things that make it a safe one!*

### TEACHING YOUR CHILD TO SWIM

A simple lesson plan, combined with patience and support, is the right approach to teaching a child how to swim. While not every child is going to have a complete blast, try following these relatively common-sense steps to ensure your child has a safe and enjoyable time at the pool.

**Hold the child** beneath the armpits and walk him around in the water to develop a feeling of comfort in an aquatic environment. Smile and talk to demonstrate that this new place is fun and interesting.

**Get the child to kick** his legs. Have him hold onto the side of the pool so you can guide his legs. Then do it with your hands beneath his armpits to develop the feeling of motion. With older children, use a kickboard.

**Blow bubbles in the water** with the child as he kicks to get him used to putting his face in the water. Gradually begin dunking him down to practice holding his breath. Accompany the child underwater and play underwater games to get him to open his eyes.

**Support the child** around his waist or chest and begin having him stroke with his arms

**Demonstrate the motion** yourself, and then guide the child's arms. Then let him do it on his own while you support him in the water. Have him keep kicking.

**Have the child swim** a short distance from the wall to you.

**Begin** at a very short distance, so that he can almost jump the span at first.

**Gradually** increase the distance.

**Demonstrate to the child** how to breathe by lifting or turning his head as the distance from you to him gets far enough to necessitate this.

**Instruct the child** to jump into the pool from the side with you there to catch him at first, and then increase the distance so that he must jump and swim.

## Tips & Warnings

Take your time with each step. The first day, only do the first step. The second day, do the first step again and then add the second step. Start each new lesson with a review of the previous lessons and advance to the next step, but only if the child is ready.

The most important factor in a child's ability to learn to swim is the way he feels about the water. Play lots of games to make it fun. Take it slow. If the child learns to enjoy the water, swimming skills will develop naturally.

Never leave a child unattended near or in a pool. Never take your eyes off a child near or in a pool. This is an extremely serious issue. Even children who can swim must be closely watched.

While confidence in a child is the best teacher, it can also be the biggest danger.

Read more: How to Teach a Child to Swim  
[http://www.ehow.com/how\\_5295\\_teach-child-swim.html#ixzz1Z2sPks20](http://www.ehow.com/how_5295_teach-child-swim.html#ixzz1Z2sPks20)



## SWIM BETWEEN THE FLAGS

- \*Only swim between the red and yellow flags at the beach.
- \*The red and yellow flags indicate the safest place to swim when lifeguards and lifesavers patrol beaches.

- \*Always swim or surf at places patrolled by lifesavers or lifeguards.
- \*Swim between the red and yellow flags. They mark the patrolled area for swimming.
- \*Always swim under supervision.
- \*Read and obey the signs.
- \*If you are unsure of surf conditions, ask a lifeguard or lifesaver.
- \*Don't swim directly after a meal.
- \*Don't swim under the influence of alcohol or drugs.
- \*Always check the depth of the water.
- \*Never run or dive in the water. Even if you have checked the depth, water conditions can change.
- \*If you get into trouble in the water, stay calm.
- \*Signal for help, by holding up one arm and waving, float and wait for assistance.
- \*Use 15+ sunscreen and wear a shirt and hat.
- \*Remember to reapply sunscreen after swimming.
- \*Learn how to spot a rip and keep clear of it. A rip can be recognised by sand coloured or rippled water running out to sea when the water on either side is generally cleaner. The waves may also be larger and breaking further out to sea on both sides of the rip.
- \*Keep the beach clean, put your rubbish in a bin and keep off the duned areas. They are there to preserve the beach environment.

## Beaches - frequently asked questions

**Q:** Where should I swim at the beach?

The red and yellow flags mark the patrolled part of the beach to swim, and it is also the area constantly under surveillance by the lifesavers/lifeguards.

**Q:** What are the conditions like?

If you have a question when at a patrolled beach, do not hesitate to ask the lifesaver/lifeguard. They are trained to help you.

**Q:** What is a rip?

A rip is a seaward-moving water current. After waves have broken and run to the shore, the accumulated water then moves away from the shore through a pathway of least resistance - usually the deepest point. This moving pathway is called a rip.



**Q: Where do rips occur?**

Rips occur along almost all stretches of beach and in and around rocks, breakwalls or any permanent fixture in the ocean. The larger the waves, the stronger and larger the rips. Most seaward-running rips normally end not far beyond the level of the breaking waves.

**Q: What do I do if I get caught in a rip?**

Side currents can cause people to be washed off swimming areas where waves break on sandbars. Staying calm is essential. Not swimming directly against the rip is important and strong swimmers only should swim at an angle across the rip. At patrolled beaches it is best to request assistance by raising a straight arm and calling out for help. Floating and conserving energy is important until help arrives.

Struggling against a rip is a quick way to exhaustion and a step closer to panic and tragedy.

**Q: Who patrols beaches?**

Volunteer lifesavers and professional lifeguards patrol beaches. Some beaches are patrolled by lifeguards all year round.

Professional lifeguards employed by Councils are paid to work 5-7 days each week on the majority of NSW popular beaches.

They are recognised as wearing long sleeved white shirts with blue collars and cuffs and the word **"LIFEGUARD"** in red block letters. In some cases they wear other uniforms such as the red and yellow uniform which is much the same as the volunteer lifesavers.

The volunteer lifesavers attend to lifesaving patrol duties on most weekends and public holidays during the swimming season. Volunteer lifesavers are members of Surf Life Saving NSW. In some areas, Councils engage Surf Life Saving Services, affiliated with Surf Life Saving NSW, to provide contracted lifeguard services to patrol beaches during the week.

For information on patrolled beaches contact Surf Life Saving NSW on (02) 9984 7188 or your local seaside council.

**Q: What equipment do lifeguards use?**

Lifeguards are trained in the use of a range of first aid and rescue equipment.

At the beach the lifeguard equipment could include: rescue boards, rescue tubes, neck braces, spinal boards, defibrillators, first aid kits, inflatable rescue boats, 2-way radios, trauma paks, quad cycles, 4WD response vehicles, personal water craft and rescue sleds, water safety signage and protective equipment.

**Q: What signs are used at beaches?**

Australian standard signs are used at beaches to provide information, warn people of hazards and to regulate particular activity. If unsure of what particular signs mean, then ask the duty lifeguard or lifesaver.

**Q: How do I become a lifesaver?**

Anyone from the age of seven can join a surf lifesaving club and learn the necessary skills to become an active surf lifesaver. If you wish to join, all you need to do is contact your nearest Surf Life Saving Club. In the summer months this can be done on a Saturday or Sunday, or by introducing yourself to the patrol. You can contact Surf Life Saving NSW during working hours on 02 9984 7188 or email [experts@surflifesaving.com.au](mailto:experts@surflifesaving.com.au) for more information.

**Q: How do I become a lifeguard?**

A number of Coastal Councils employ lifeguards to manage safety on our beaches. The Australian Professional Ocean Lifeguard Association (APOLA) conducts courses for accreditation as professional lifeguards. Contact APOLA for further information.

Also, Surf Life Saving Services employs lifeguards with essential qualifications including a SLSA Gold Medallion. Contact Surf Lifesaving NSW for more information.

## AWARENESS MESSAGE FROM A TITAN by Debbie Stevens

*Bigger than Ben Hur?  
We hope so!*

Staying in touch is what builds good communication skills between people and business. The same applies when networking...promoting, advertising and marketing, all play a considerable role if you intend to keep traffic flowing while gaining more public interest.

### **Awareness for ovarian cancer is growing-**

More and more people are getting on-board the "awareness" phenomena which is great news for the cause and even better for those involved.

There's still a long way to go, especially if we are to carry the same status as that of our "Gynecological-sister"; breast cancer. The words "Teal" & "Awareness" are synonymous with ovarian cancer, the results evident when using the Google search engine. For example, type in 'teal awareness' 'ovarian cancer' and a Google search will deliver 51,200 results...however, type in 'pink awareness' 'breast cancer', (9,690,000 result) and you see exactly what we are up against! However, progress is being made and we owe much to the internet and the use of Social networks.

At **Facebook**, there's definitely signs of "change" with new "awareness" pages sprouting; new designs and logo's, and more contacts! Let's face it, it's the list of friends which we all rely on when building our awareness-pyramid... and the Feel Teal Club is no exception. We pride ourselves on cross-promotion, giving everyone an equal opportunity to share their information whilst sharing the crucial awareness message further!

The **Feel Teal Club** remains committed to sharing relevant links and always happy to promote. Constantly updating our pages to keep the public informed, if it's in the news, the **Feel Teal Club** has you covered!

Our message is still the same but with one small difference- we are committed to raising awareness, 7 days a week, 52 weeks a year, until a diagnostic test has been found!

*"Awareness" is contagious so let's keep spreading the message.*





## RECIPES

### SUMMER MEALS: Asian & Italian

#### Thai Beef Stir-Fry

##### Preparation Time

20 minutes

##### Cooking Time

10 minutes

##### Ingredients (serves 4)

1 1/2 tbs peanut oil  
500g Heart Smart beef stir-fry strips  
2 carrots, cut into short thin sticks  
1 red capsicum, cut into thin strips  
1 stalk lemongrass, white part only, finely chopped  
4cm piece fresh ginger, thin sticks  
3 garlic cloves, crushed  
1 1/2 tbs soy sauce  
1 1/2 tbs sweet chilli sauce  
1 tbs lime juice  
2 cups bean sprouts  
1 cup fresh coriander leaves  
1 cup fresh mint leaves  
Steamed jasmine rice, to serve

##### Method

Add 1 tbs of oil to a wok on high heat. Add half the beef and stir-fry for 1-2 mins. Repeat with remaining beef.

Heat remaining oil over medium-high heat. Add carrots, capsicum, lemongrass, ginger and garlic. Stir-fry for 2 mins. Add soy sauce, sweet chilli sauce and lime juice. Toss well.

Return beef and toss through. Remove from heat and toss in half the coriander and mint. Serve with remaining coriander, mint and rice.



*Thai beef stir-fry*

#### Thai Chicken Satays

Marinated in coconut milk and curry, these full-flavoured chicken satays are sure to be a hit.

##### Makes

30

##### Equipment

You will need 30 wooden skewers, soaked for 1 hour in cold water. Begin this recipe the day before.

##### Ingredients

1 cup coconut cream  
2 tbs good-quality mild curry powder  
4 garlic cloves  
2 tbs brown sugar  
40ml (2 tbs) Thai fish sauce  
4 tbs chopped coriander root and stem  
1kg chicken breast fillets, cut into 2cm pieces

##### Method

Place coconut cream, curry, garlic, sugar, fish sauce and coriander in a blender and process until smooth. Place chicken in a non-metallic bowl, add marinade and stir well. Cover and refrigerate overnight. The next day, thread 3-4 pieces of chicken on each skewer, then grill until cooked through. Serve on platters with mango chutney, if desired.

##### Notes

Makes 30.

## More recipes

### Chicken Fried Rice

This tasty variation on fried rice is guaranteed to keep the hungry hordes happy.

#### Ingredients (serves 4)

2 tablespoons light soy sauce  
2 tablespoons sweet chilli sauce  
2 tablespoons oyster sauce  
2 tablespoons peanut oil  
600g chicken breast fillets, trimmed, thinly sliced  
1 brown onion, cut into thin wedges  
2 garlic cloves, crushed  
2 eggs, lightly beaten  
3 cups cold cooked rice (see note)  
1 cup Thai basil leaves  
4 green onions, sliced diagonally  
1/4 cup fried shallots

#### Method

Combine soy sauce, sweet chilli sauce and oyster sauce in a small bowl. Set aside. Heat a wok over high heat until hot. Add 3 teaspoons oil and swirl to coat. Add half the chicken and stir-fry for 2 minutes or until browned. Transfer to a plate. Repeat with oil and remaining chicken.

Add remaining 2 teaspoons oil and onion to wok. Stir-fry for 2 to 3 minutes or until golden. Add garlic and stir-fry for 30 seconds. Add egg and rice. Stir-fry for 2 to 3 minutes or until egg is well combined with rice.

Return chicken to wok. Add soy sauce mixture, basil and green onions. Stir-fry for 1 to 2 minutes or until well combined. Spoon into bowls. Sprinkle with fried shallots and serve.

#### Notes

We used 1 cup jasmine rice. Cook rice following absorption method on packet. Spread on a tray. Refrigerate overnight, if time permits.

Fried shallots are available from large supermarkets and Asian grocery stores.



*Chicken Fried Rice*

### Beef & Mushroom Stir Fry

Mouth-watering Asian flavours spring to life in this super-healthy and easy beef and mushroom stir-fry

#### Ingredients (serves 4)

750g beef stir-fry strips  
1/2 cup Kikkoman Teriyaki Marinade Original Flavour  
1 1/2 tablespoons sesame seeds  
1 tablespoon extra light olive oil  
1 red onion, cut into thin wedges  
250g button mushrooms, halved  
300g broccoli, trimmed, cut into florets  
2 teaspoons sesame oil  
steamed basmati rice, to serve

#### Method

Place beef into a bowl. Add marinade. Toss. Cover. Refrigerate for 30 minutes. Drain, reserving marinade.

Heat a wok over high heat until hot. Add sesame seeds. Stir-fry for 2 minutes or until toasted.

Remove to a plate.

Reheat wok. Add 1 teaspoon of oil. Swirl to coat.

Add one-quarter of beef. Stir-fry for 2 minutes.

Remove to a plate. Repeat three more times.

Add remaining oil and onion to wok. Stir-fry for 1 minute. Add mushrooms and broccoli. Stir-fry for 2 minutes. Return beef and half the reserved marinade to wok. Stir-fry for 1 to 2 minutes or until heated through. Add sesame seeds and oil. Stir. Serve with rice.



## Gardening ideas

Plant perennial petunias for long lasting garden colour.

Yellowing of older gardenia leaves is a sign of short-term magnesium deficiency. Water with a weak solution of epsom salts.

Spread snail bait amongst vulnerable plants, especially during damp weather.

Sow sunflower seeds for cheerful summer blooms.

Sow corn into warm (more than 20 C) soil.

Lift bulbs after foliage has died down.

As spring-flowering annuals finish, clean up beds, fertilise, and build up soil for summer plantings.

Divide and re-pot cymbidium orchids into good quality orchid mix..

When planting out tomatoes, choose a spot that has not grown tomatoes for at least five years.

Feed potted plants with Hortico Organic Plant Food.

Apply Hortico Soil Wetter around established plants and shrubs.

Seeds to Sow: Phlox, Ageratum, Dahlia, Impatiens, Capsicums, Cucumbers, Tomatoes

### What Plants Grow Best in Pots

Some plants grow better than others in pots. Even with the best care, some plants won't grow as well in a pot as they would in the ground.

To get the most out of your pot plants, you need to understand how conditions in a pot can be different to growing in the ground. Then you look for plants that do well in those conditions.

What's different about growing a plant in a pot compared to in the ground?

In the confined environment of a pot, the soil/potting mix dries out faster, and heats up and cools down faster. Nutrients leach out quicker, and root growth is confined.

In the short term this means that the plant needs more frequent watering and feeding than a plant in the ground. In the longer term as the plant grows, the roots can become coiled and potbound and the plant begins to deteriorate. Growth can become spindly, the leaves may be pale and the plant may be prone to wilting. To prevent this occurring, repot the plant into fresh mix and/or into a larger pot as soon as roots start appearing in the drainage holes.

The advantages of growing in a pot often outweigh any disadvantages:

- you can often give the plants better quality soil

- they can be shown off to their best advantage

- it can be more convenient, eg. potted herbs in the kitchen or near the back door

- in a small garden, pots may be the only way you can grow large plants

The easiest plants to grow in pots are those that don't require much water (such as cactus and succulents), or that only grow for one season (such as annuals) – because you can throw them away when they're past their best.

### Plants that Grow Best in Pots

All kinds of different plants grow well in pots, ranging from annuals to woody shrubs and small trees. They all have very different requirements so it's important to choose the right type of pot and potting mix to maximise their growth.

**Cactus and succulents** – These are the easiest to grow of all pot plants because they don't need much attention – excellent for children and beginners!

**Flowering annuals** – These are fast-growing and will reward you with a quick, colourful display. They need frequent watering so choose a pot that can hold a reasonable amount of soil. For the best effect, plant them in a massed display – a wide tub, large hanging basket or a long trough are ideal. The hardiest annuals for pots include petunias, pansies and violas, primulas (in cooler areas) and marigolds.

**Vegetables** – Grow deep-rooted vegetables such as carrots in a deep pot (maybe a trough). Vegetables with fibrous roots such as lettuce can be mass planted in broad tubs or troughs.

**Herbs** – Plant rampant spreading herbs such as mint in individual pots. Mixed plantings can be grown in troughs and tubs.

**Bulbs** – These need a very well-drained mix or bulb-growing fibre. Broad bowls and tubs are good for massed displays. After they've flowered and the leaves have died back, plant them out in the ground and buy fresh bulbs next season for your pot display.

**Shrubs and Trees** – Many types of shrubs and small trees can be grown in pots but it's really important to choose a deep, broad pot with that holds plenty of mix. As a general rule, choose hardy shrubs and small trees that can be relied upon to look good in a pot. Feed them with slow-release fertiliser and lightly prune after flowering to maintain their shape.

#### What potting mix to buy?

When it comes to potting mix, what you pay for is what you get. The more expensive potting mixes will include more nutrients and contain additives that help retain soil moisture, preventing the pot from drying out. There are also specialist mixes for plants with special requirements such as bulbs and orchids.

Even good quality potting mix will not contain enough nutrients for more than a few months of plant growth. Improve potting mixes by adding a slow release fertiliser and with regular applications of liquid fertiliser.

#### What Not to Grow in Pots

- Deep-rooted plants in shallow pots
- 'Fussy', tender plants
- Water-hungry plants
- Plants that only look good when they flower



## Verses from Vicki

### In the Stillness

I felt something,  
a gentle touch,  
I could see,  
a glow, light shining,  
I heard a whisper,  
soft & gentle,  
I could feel  
a gentle breeze,  
wrapping itself  
around me,  
purple reflections,  
imprinted inside,  
sounds hardly heard,  
in the stillness....

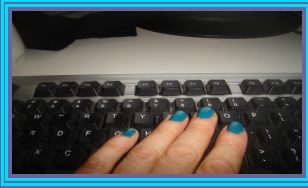
<http://lostinlilac.blogspot.com>

© Vicki Thornton





## Teal Tips.....



### **More handy household tips to save you time AND money!**

Did you know that white vinegar is a weak form of acetic acid which forms through the fermentation of sugars and starches. It's completely edible, cannot harm your stomach and the bonus.....can be used to clean more things than you probably even realised!

Around the house:

To remove "stickers" from furniture and other surfaces, moisten with vinegar. Let sit for about ten minutes, then remove.

\*For persistent room odours, place a bowl of vinegar in the room overnight.

\*For spills on carpet, use a sponge or cloth to soak up as much liquid as possible. Then spray with a mixture of half vinegar, half water. Let stand for about two minutes, then blot with towel or sponge. Repeat as needed.

\*To clean windows, spray with half vinegar, half water. Wipe clean with either newspapers or cloth.

*If you have a handy tip to share, please drop it into an email to [debbie@feeltealclub.com](mailto:debbie@feeltealclub.com)*

## LEE'S HOPE JEWELRY

15% of sales goes back to ovarian cancer research



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**special**

single strand \$20.00

double strand \$30.00

<http://www.leeshopejewelry.com>

## SHARING SARAH'S HOPE....

Some samples of Julie Aldridge's "Teal" designs..



## *Premenstrual symptoms marker of severe bipolar*

**WOMEN** with bipolar disorder who have premenstrual depression and mood swings may be more prone to relapse, researchers say.

In the first large study to look prospectively at the impact of premenstrual exacerbation on bipolar illness, US researchers compared mood episodes over one year in 191 women with bipolar disorder who had premenstrual mood exacerbations, with 102 women with bipolar and no exacerbations.

They showed that 74% of women with premenstrual exacerbations had between one and three relapses per year, compared with 56% of women not reporting premenstrual exacerbations.

Women with premenstrual exacerbations were around half as likely to have no relapses, but there was no difference between the two groups for rapid cycling, defined as four or more episodes in a year.

The authors said it was possible that mood susceptibility to fluctuating hormone levels resulted in greater mood instability in general.

Women with premenstrual exacerbations relapsed after a median of 4.5 months to a syndromal or subsyndromal episode, compared with 8.5 months for women without premenstrual exacerbations.

Time to relapse to a syndromal episode only – defined as depression, mania, hypomania or mixed – was the same in both groups.

“Our findings suggest that reports of premenstrual exacerbation may be a potential marker for a more severe clinical phenotype in reproductive age women with bipolar disorder,” the authors said.

<http://www.medicalobserver.com.au/news/premenstrual-symptoms-marker-of-severe-bipolar>



## SPECIAL OFFERS

Do you have a major event or function coming up and are in need of t-shirts or promotional material? Let us be your source for all your promotional needs!

With over 10 years experience, Finally Designs and Printing is your one stop solution for all your design and printing needs. We offer custom T-shirt Printing, Business Cards, Flyers, Decals, Magnets, Stickers and so much more.

Monthly Specials with free shipping: 1000 Business Cards \$45 , 1000 Flyers (4"x6") \$80, T-Shirts too low to list (No Minimums!)

For more information and a list of our expert services visit <http://www.FinallyDP.com/>

Supporters and Affiliates of the **Feel Teal Club**



## HOLIDAY ACCOMODATION

### GECKO COTTAGE

**Situated on Australia's N.S.W south coast, Gecko Cottage is the perfect getaway!**

Consisting of 3 bedrooms, it sleeps up to 12 people, while supplying all the comforts of home. This pet-friendly accommodation is available throughout the year and would suit families, couples and those just seeking an Australian adventure!

Enjoy the glorious coastal views, beach, National parks and wildlife, while enjoying all water sports at the lake and beaches.

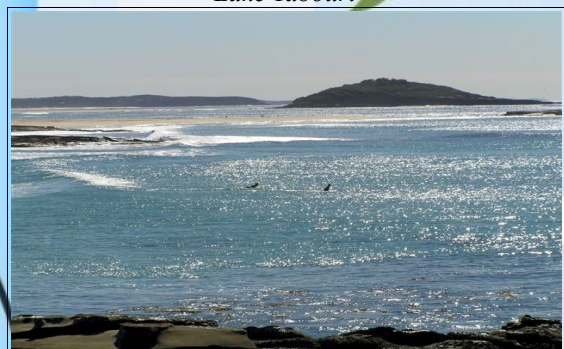
Book early!

<http://www.gekocottage.com>



Contact: [linda\\_gary@gekocottage.com](mailto:linda_gary@gekocottage.com)

*Lake Tabourie*

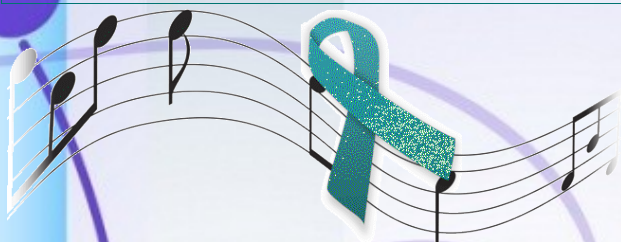




## ANNOUNCEMENT

### ONE LAST CHANCE

*Music speaks what cannot be expressed, soothes the mind and gives it rest, heals the heart and makes it whole, flows from heaven to the soul.*



An accurate description of "how" one feels about music, and this was just one reason why it was agreed we find a song to promote the **Feel Teal** campaign.

Having worked with various musicians along our journey, we relied on some past contacts in the business to assist us with our ideas. The end result being a collaboration between a couple of professional music engineers/producers/writers who allowed us to use a previously recorded song from their studio. This song, "One Last Chance" will be the chorus & the harmony to help all our 'teal' supporters....worldwide!

The sole purpose and intention is to show the many faces of ovarian cancer....those who have been touched directly or indirectly, along with the people that give us strength, courage and the hope to carry on fighting.

What if this is our 'one last chance?' We can't get these moments and 'chances' back - let's work together daily as "**Titans of Teal**" to raise awareness and support for Ovarian Cancer research. Let's honor those we've lost and give hope to those still fighting.

**Just follow this link:** <http://youtu.be/1jFCxj3foGI>

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