

Look Good Feel Better

Last month we were lucky enough to be invited along to a Look Good Feel Better workshop for teens! Look Good Feel Better is a charity that works with cancer sufferers. For teenagers they pair up with fellow cancer charity CanTeen to help spread a little joy. Some of the treatments people undergo to fight cancer take a big toll on the body. Many of these changes can be seen outwardly – patients can lose their hair, their eyebrows can thin or disappear completely, their skin can become very sensitive, dry or discoloured in places. That's where Look Good Feel Better steps in! They hold workshops that bring together teen girls (they have workshops for older women too) who are going through the same experience, and give them a fun morning, with a self-confidence boost! During the 2 ½ hour workshop, trained volunteers show the girls how to fill in their eyebrows, eyelashes and camouflage skin-colour changes and problems. They're shown how to use wigs, turbans and scarves and have a heap of fun in the process. Watching the transformation – the smiles suddenly appear on their faces and their confidence grow – it's an amazing experience and a very worthwhile charity!

Amanda's story...

Amanda Beaton is a 24-year-old Auckland patient and a member of the Canteen committee. In 2008 she was diagnosed with Hodgkin's Lymphoma and continues her fight against this form of the cancer. This year she was involved in meetings to organise the annual Bandanna appeal. When they started throwing around the idea of having a cancer

patient in the ads as the face of the appeal, she gladly put up her hand to do it! Amanda has been to several Look Good Feel Better workshops and helped out at the most recent Auckland one. She knows first hand that it can be lonely at the beginning of receiving treatment, but it makes such a difference meeting other people your age going through the same thing. "It's so nice," she says. "So many girls turn up to these events and go, 'Ohmigosh, you had that happen to you too?! You know what that's like?!' Your other friends are cool and great, but just having people know what it's like to go through what you are going through, or who have recently been through it makes a difference. Just someone else knowing what it's like makes it easier. Coming to these types of things too, there's always someone who is having a worse time than you. There's no way I can ever complain or be down on things!" Amanda was first diagnosed after she was unwell for a long time. "For most of 2008 I continuously had the flu and whilst doctors prescribed antibiotics, it kept coming back. I didn't think about it much at the time, but I also had itchy legs, night sweats, I lost a lot of weight in a short period of time and was always tired at work. It wasn't until I had a really bad fever that the doctors sent me for an x-ray because they thought I had pneumonia. It was then they discovered a lump on my lungs. I underwent chemotherapy for six months followed by three weeks of radiation. It was an exhausting and frustrating period. I was tired all the time, I lost my hair, food tasted metallic, etc. Once I'd finished treatment I had x-rays and scans which showed clear results, which was great news. However, in September 2009 another

lump appeared, this time in my neck. And so it began again. I had three months of chemotherapy to shrink the lump so that they could give me a stem cell transplant. After chemo they harvested my stem cells and froze them for this purpose. I didn't get the chance to have that transplant as I relapsed. A further two months of chemo enabled me to finally have that stem cell transplant in May of 2010. The transplant unit isn't much fun as you're isolated in a closed-off room with visitors restricted to avoid you picking up any bugs because your immune system isn't working properly. "I wasn't introduced to CanTeen until 2009 and going through treatment for the second time. I was, and continue to be in a better place thanks to CanTeen. It's a lot easier to talk and share your experience with people that are going through or have been through a similar experience. It means a lot to always have somebody around whether it's a staff member or fellow CanTeener to talk to, hang out with, make you smile, offer a shoulder to cry on or sing a song with. CanTeen offers programmes that help you deal with grief, support others, provide leadership skills and empower you to grow as a person. But above all, CanTeen makes you feel like you're not going through it alone."

About Look Good Feel Better
 The organisation arrived in NZ in 1992 and now runs in 23 towns, cities and regions across the country. There are over 180 workshops a year, run by over 400 volunteers, reaching over 3,000 women, every year. If you want to know more visit www.igfb.co.nz or www.canteen.org.nz

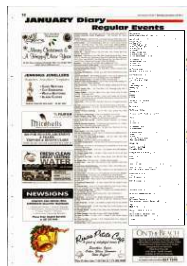


JANUARY Diary

Regular Events

Alzheimers Society ~ Mon/Wed/Fri wkly, 9am, Morris Adair Centre, 8670752
Arohaina Resource Centre Programmes ~ 396 Aberdeen Rd, Miriam 8677675
Arthritis Gisborne ~ 0800 663 463. Low Impact Exercises YMCA Mon 10.30-11.30am. Evening Social Group last Thurs of mth, Yvonne Moorcroft 868 4595.
Artists Society ~ Life Painting/Drawing, Mon 7pm, Lysnar House, Frances 8671091. Enamellers Group, Tues 10am. Lysnar House, Barbara 8689325. General Art Group, Weds 9am. Lysnar House, Carol 8686275. Porcelain Artists, Fri 9am, Lysnar House, Mary 8674319. The Printing Group, 1st Sun 9am, Lysnar House, Norman 8673432
Autism NZ ~ Tairāwhiti Branch, 2nd Sun mthly, 3pm, Poverty Bay Club, 8688826, 0800288476
Badminton ~ Badminton Centre, Mon Wkly Casual Morning 9.45am Yvonne 8685379. Mon Wkly Kiwi Badminton 4.30pm Scott 8688289. Mon Wkly Junior Club 5.30pm Gabe 8633602. Mon Wkly Gisborne Club 7pm Kevin 8671416. Patutahi Club at Patutahi Hall Tues wkly 7.30pm Ra 8633602
Brownies ~ Thurs Wkly 4-5.30, Guide Hall, Ivy Maguire 8677152.
Buttercups Parents' Coffee Group ~ Holy Trinity Church Hall, Cnr Derby St/ Palmerston Rd. Every Thurs 9.30-11am except in holidays.
Business/Professional Women ~ 1st Tues Mthly, 5:30pm, Emerald Hotel, Rachel 8631340
Cake/Sugar Art Gisborne ~ 2nd Sat, 1pm, Girls' High Cooking Rooms, Leonie 8686984
Canteen E/C Branch ~ Mthly Meetings/Activities, 13-24yr cancer patients, their siblings. Watershed offices. Unit 3, 90 Salisbury Rd, Lianne 8689426
Cardiac Support Group ~ Tues Wkly, 10.30am, Holy Trinity Hall
Caring for Carers Support Group ~ Last Fri mthly, Family Works Building 141 Bright St, 10-2noon, Sandra 8681399
Cook Observatory ~ Tues Wkly, 7:30 (8:30 daylight saving) Kaiti Hill, Huon 8677901
Country Garden Club ~ 2nd Tues Mthly 7.30, Waerenga-a-Hika Hall, G Cameron 8625604
Cottage Quilters ~ 2nd Sun Mthly 9-1pm, Elgin School, Knox St, Kath 8684708, Christine 8671903
Croquet ~ Barry Memorial, Wed/Sat, 1.15pm, Golf Croquet Sun pm Barry Memorial, 530 Aberdeen Rd, Jan 8675636, Kaiti/Gisborne Croquet Club, Golf Wed/Sun Rutene Rd, 8679200
Cycling Club ~ Every Sun 8am, Tues 6pm, Sat arvos. www.gisbornecycling.co.nz
Disc Golf - Every Sun morning 11am, but not if raining, Rangī ph 863 0196.
Diabetes Gisborne Inc ~ 1st Thurs, 7.30, Blind Foundation Rms, Bi-monthly, Elaine 8684415
Disabled Persons Assembly ~ 3rd Fri mthly, 10am Cancer Rms, Mary 8625538
E/C Museum of Technology ~ Daily 10-4, Makaraka, 0211610455
Eastern Knights Chess Club ~ Tues wkly 6-8pm, Te Hapara Anglican Community Complex, 776 Childers Rd, Al Hutchinson, 8689267
Enliven Active (for over 65) ~ Tues/Thur, Bridge Clubrooms, 10-3 Sandra 8681399
Epilepsy Education Sessions ~ 2nd Wed each mth except Jan, 10-11.30am, Epilepsy Room, St Andrews Hall, Annette, 8681050
Ex Royal Naval Men of NZ Gis Br ~ 1st Wed, 7pm, RSA Com Rm, Tom 8621210

Fiftys Forward ~ Every Wed, 9.30am, YMCA
First City Toastmasters ~ 2nd/4th Tues, 7.30, Student Assn Building Tairāwhiti Poly, Dawson/Ruth 0800736753
First To See The Light Spiritual Healers ~ Last Sun mthly, 10am, Blind Foundation Rms, Diane 8672755
Flea Market ~ Sat Morns, Alfred Cox Park, 8686139
Forest/Bird Society Gis Br ~ 2nd Mon every mth, Hard of Hearing Rms, Grant 8688236
Fun Dancing ~ Mon Wkly 7pm St Andrews Church Hall 8670074, 4th Sat mthly 7.30pm St Marks Hall
Genealogy Gis Br NZSG ~ 2nd Thurs, 7.30, Salvation Army 389 Gladstone Rd, Carol 8671413
Gis Amateur Radio Club ~ 2nd Mon, 7.30pm, Bryce St Scout Hall, Ross Meban, 8673402
Gis American Car Club ~ 2nd Sun, Various Events, Colin 8681454, Brian 8671671
Gis Athletic Club ~ Wkly Wed, 6pm, Oct-Mar, Awapuni Stadium.
Gis BMX Club ~ Every Mon, 5.30, Lytton Rd. Q-ph 8690650 (1330) David 8670769
Gis Caledonian Society/Dancing ~ Thurs Wkly, 7.30pm, 3rd Sat Mthly, 8pm, St Marks Church Hall, Barry 8685409
Gis Camera Club ~ 3rd Thurs, 7.30pm, Salvation Army 389 Gladstone Rd, Margaret 8684683
Gis Chess Club ~ Wed Wkly, 7pm, 776 Childers Rd, Al Hutchinson, 8689267
Gis Choral Society ~ Tues Wkly, 7.30, St Andrews Hall, Gavin 8674937
Gis Civic Brass Band ~ Thurs Wkly, 7pm, 200 Childers Rd, Sean 8685995
Gis Clay Target Club ~ Mthly, 9.30am, Karaua Rd Manutuke, Rick O'Connor 8688448 A/H
Gis Combined Probuss Club ~ 1st Wed, 9.30am RSA Club, Bright St, Claire 8686273
Gis Concert Band ~ Junior, Fri 4.30, Karen 8681139, Youth, Fri 6pm, Senior, Wed 7.30, John 8681139, Civic Band Room Childers Rd.
Gis Contract Bridge Club ~ 4x Wkly, 572 Gladstone Rd, Michelle 8685977, Yvonne 8688862, Beth 8688022
Gis Country Music Club ~ Every Sunday, RSA, 1-4pm, Whata Brown 06 8630411 or 027 2314912
Gis Doll Club ~ 1st Tues, 9.30am, Baptist Hall Waverly St, June 8684668
Gis/East Coast Cancer Soc ~ Last Thurs of Mth, 2pm, Cancer Soc Rooms, 8671795
Gis/E/C Rose Soc ~ 3rd Mon, 7.30, St Marks Lounge (venue can vary), Deidree 8675477
Gis Embroiderery Guild ~ 2nd/4th Thurs Mthly 9am, Central Baptist Church Lounge, Leigh 8677850
Gis Farmers Market ~ Sat Wkly, 9.30-12.30pm, Army Hall carpark, Fitzherbert St, Ian 8677594
Gis Fifties Forward ~ Wed Wkly, 9.15am, YMCA, Sarah 8689943
Gis Floral Art Club ~ 1st Mon, 9.30-11, Waverly St Hall, Pamela Gregory 8677260
Gis Floral Art Club ~ 3rd Wed, 7.30-9, Riverside Bowls Rms, Disraeli St, Pamela Gregory 8677260
Gis Harrier Club ~ Most weekends, Innes St Clubrooms, Tim 8677250, Lindsay



8689802

Gis Host Lions ~ 2nd/4th Weds Mthly, Gisborne Hotel,
Gis Huntingtons Support Group ~ Tata Fish Club, 2nd Sat every 2nd mth, noon, 8688878
Gis Irish Club ~ 1st Sun Mthly, 4-6pm, The Rivers, Peel St, Pat Griffin 8686081
Gis Line Dancing ~ Thur Wkly, 6pm, RSA, Childers R, H Richards 8673859
Gis Masters Swim Club ~ Sun Wkly, 9am, Olympic Pool, Tony 8688993
Gis Model Railway Club ~ Sundays, 10am, 155 Grey St, Eric 8676319
Gis Mountain Bike Club ~ John Harris jrhamis@xtra.co.nz
Gis Pottery Group ~ 1st Tues, Lysnar House, Stout St, 8685443
Gis Quilters ~ Last Sat mthly, Lytton High sewing room, 8684863
Gis Reg Teachers (IRMT) ~ Catherine Macdonald (Secretary) 8674937
Gis Rubber Stamp Club ~ Card Making, 1st Mon Mthly, Jean 8689193
Gis Runners/Walkers Club Inc ~ Sun Wkly, 8am, Tairawhiti Poly, Robyn 8677075
Gis Scrabble Club ~ Tues Wkly, 1.15pm, Jan 8689861
Gis Sea Kayakers Club ~ John Humphris 8684657
Gis Stamp Club ~ 2nd Thurs, 7.30pm, Hearing Assoc. Rooms, 8671930
Gis Surfcasters ~ 1st Wed, 7.30, Raukumara/Uruwera Hunting Club, Judy 8672910
Gis Turanga Lions ~ 1st/3rd Wed, 6pm, Gis Hotel, Ian White 8688959
Gis Video Camera Club Inc ~ 4th Mon, 7.30, Red Cross Rms, Jane 8672230
Gis Wainui Lions Club ~ 1st/3rd Tues, 6pm, Gis Hotel, Russell Hathaway 8679660
Gis Woodturners Grp ~ 4th Thurs, 7.15, Botanical Gardens Workshop, 8672861
Green Prescription Walk ~ Wed Wkly, 9am, Sport Gis, Bright St, Karen 8689943
Guides ~ Mon Wkly 6.30-8, Guide Hall, Ivy Maguire 8677152
Guild of Arts/Crafts ~ Fairs four times a year, Karin 8681139
Healing Day ~ 1 Sun Mthly, Sandra for Spec Dates, 102 Ormond Valley Rd, 8625403
Hearing Assn ~ Free hearing tests, advice/support, 8673652, gisborne@hearing.org.nz
Kiwanis ~ 2nd/4th Tues Wkly, 5.30pm, Gisborne Hotel, Murray 8672584
Knitting Club ~ Every Tues, 1pm, Robert Harris Cafe. Knit/chat with other knitters.
Like Minds Push Play Walk ~ Every Thurs, 5.30, Marina Park, Marg 8679542
M.E./C.F.S ~ Myalgic Encephalopathy/Chronic Fatigue Syndrome - Coffee Group, last Wednesday of Month, Moira 868 3379.
Men's Group ~ Every Tue, 7 to 9pm, TDH Friendship House, 391 Ormond Rd. Brian Hunt 869 0588 or 027 4058499
Mindfulness Meditation ~ Wed Wkly 7-8.30, Yoga Rm 113 Gladstone Rd, Deborah 8630020
Okinawa Goju Ryu Traditional Karatedo ~ Mon/Thurs, 5.30pm, Carnarvon St, Cameron 8671302
Olympic Pool ~ Canoe Polo, Underwater Hockey, Nibbles Group, Comet Swim, 8676220
PB Bird Club ~ 1st Mon, 7.30pm, Terry 8671165
PB Blues Club ~ First Tues each mth, 8pm, PB Club, cnr Customhouse St/Childers Rd
PB Gardening Circle ~ 2nd Tues, 2pm, events centre, E Stevenson 8684069
PB Toastmasters ~ 2nd/4th Mon, Arohaina Centre, 396 Aberdeen Rd, 5.30pm,

Coleen 8675412/Hans 8685622

PB Women's Inst ~ Dorothy Sparrow 8686316
Pilates ~ Michelle Franks, every day, 23 Derby St
Pippins ~ Wed wkly, 3.45-4.45, Guide Hall, Ivy Maguire 8677152
Post Polio Support Group ~ Jill Hudson 8685056
PBay Felters/Weavers ~ 4th Wed Mangapapa Residents Hall, Ormond Rd, 9am 8677507
PROJECT #11 ~ Wed wkly Art History classes, 7-9pm, Sat wkly Art classes, 2-4pm, Public Trust Office Bldg, Rowan 5685715
Push Play Heart Walk ~ Every Tues, 12.10pm, Peel St, Annabel 8679003
Rangatahi Health Centre ~ 216 Gladstone Rd, Youth Centre, Solomon, 8687717
Riverside Women's Bowling Club ~ Wkly Mon/Wed, Housie/500, Betty 8675544
Rock & Roll ~ Tues Wkly, 7pm, Archery Club Hall, Wendy 8672533
Rotary ~ Gis Rotary, Wed Wkly, 6.45am, Masonic Ctre, 46 Ormond Rd, Ray Kitchen 8684669, Rotary West, Thurs Wkly, 5.30pm, PB Club, John Radburn ph 8670506 or 0272423877
Senior Citz Assn ~ I.Bowls/500/Crib/ Housie, 30 Grey St, 867 2333, Cossie Club, 868297, 2nd/4th Sat 8-12pm, St Andrews Church Hall, St, Lyn 8687297
Senior Net Gis Inc ~ Computer Courses for over 55s, Hans 8685622
Spin a Yarn Knitting/Needle Work Grp, The Rivers, every 2nd Wed, every mth, 5pm, Lynette 8631386. Crochet/Smock/Knit/Weave/Spin.
Stroke Support Group ~ 1st Tues, 12pm Stroke Luncheon, Tata Fish Club, Bev 8688208. Exercise Thur wkly, 10.10-12noon, St Andrews Hall.
Sun City Spinning Grp ~ Every Tues, 9am, Bowling Club, Ormond Rd, Dale 8675083
Surf City Squash Club ~ Mon members/mercantile league 6.30, Tues lunch hr drop in 12noon, Wed Men's/Women's drop in round robin 9.30am, club nights 6.30, Thurs youth ladder 6.30, Fri family bash/dash 6.30, 420 Childers Rd, 8689482, Tai Chi for balance/strength/flexibility, Tues/Thur, Bridge Club Rooms, 11-12, Sandra 868 1399
Te Karaka Taekwondo ~ Mon/Thur 5.30-7.15 Rangatira Scout Hall, or GGHS Gym Tues & Fri 5.30-7.15pm, Sally 862 1588
Te Hapara Garden/Floral Art Club ~ 4th Tues mthly, 7.30 St Mark's, Bev 8686546
Tennis ~ Wed Wkly, 9.30am, Childers Rd Courts, Peter 8678926
Te Tairawhiti Taekwondo ~ Mon/Thurs, Campion, 6-7.30pm 021884419
Turanganui/Gis Kyokushin Karate Club ~ Every Sat 2-3.30 Girl Guides, Palmerston Rd, Ben 021438236, Trevor 0211758758
U3A ~ 1st Thurs, 10am, Arohaina Centre, Margaret 8677594
Waikohu Spinning Grp ~ 1st Mon Te Karaka Fire Brigade 10am, Marge 867 6690
Women's Int Motorcycle Assn ~ 2nd Tues, 7pm, Jolly Stockman Hotel, Chris 8689661
Women's Native Tree Project Trust ~ Last Thur mthly, Kauri 8674149
YMCA Waist Watchers ~ Every Mon, 6pm, Community Room, YMCA 8679259
Zumba - Punto Latino Studio - daily, Zumba/Hip Hop/Dance/Fun, Language Lessons, 53 Awapuni Road, 8684317, 0276435623



An elephant who'll never forget Rose

by NORMAN JONES

As the saying goes, 'an elephant never forgets', and that's certainly true for an elephant somewhere in the Sumatran jungle whose been adopted by Thames teenager Rose Zondag.

Thirteen year old Rose fell in love with the idea of adopting an elephant years ago, but was a bit too young to raise the money. Recently though she decided to do her best to raise the \$500 she needed.

She got down to the task by working in the Thames High School canteen and selling walnuts and mandarins at the local Saturday market. After all her hard work, and help from Sam Kennedy who let Rose sell her produce in her Thames Hair Salon, she eventually got the money together.

The \$500 dollars has been donated to the Elephant Conservation Fund of Auckland Zoo. It will go to the Bukit Tigapuluh National Park in Sumatra Indonesia, to support efforts to protect the endangered Asian elephant.

Rose and her two sisters recently went to Auckland Zoo to celebrate Rose's achievement. Mum Marjolein said, "They had thought of something really special for Rose, and decided a bushwalk with the Zoo's Asian elephant 'Burma' would be fantastic. So, in spite of the pouring rain it was really special."

Rose said "Burma is an

extremely special animal and I love her to bits. I have visited the zoo and Burma many times. It is through her that I became very fond of elephants especially. It is also because of Burma that I wanted to adopt an elephant and help this amazing species.

"One last thing I want to say is thanks to all the people who supported me during this event".

The origin of the phrase 'An elephant never forgets' goes back to the fact that elephants follow the same paths and even hand down genetic memories of directions and places grounds across generations.

Each elephant clan has a certain burial place, like many human communities, and always help the dying ones get back there if they are not killed traumatically first.

The most famous example of the tenacity of memory of elephants is illustrated in the story "Elephant Walk," which was made into a movie in the 40s, or perhaps early 50s. This is the true story of a British colonial villa



which was built across a traditional elephant walk in India. The elephants were confused and enraged to find their way blocked, and every year at the same time, the villa staff would have to defend the villa and deflect the herds around it so they could get from one side of the offending villa in their traditional migration.

Finally the elephants could not be dissuaded, and one year in rage they finally stormed on through the villa, destroying it and killing many of the people, restoring the traditional road.

In addition to their travel and burial patterns, it has been demonstrated in the 20th century that elephants also have a high friendship skill with humans, as well as developing lasting relationships with other elephants, and in fact do remember individuals of the human and their own species even when separated for decades.

Perhaps there's an elephant out somewhere in the Sumatran jungle who now has a genetic memory of Rose.... and will never forget her help.



Rose (centre) and her sisters Nina and Lois with 'Burma' the elephant at Auckland Zoo. This was very special treat for a girl who loves animals and has adopted an elephant of her own in Sumatra.



Donated bandannas fashioned into quilts

By CULLEN SMITH

A Springbank CanTeen supporter used her collection of fundraising bandannas to hone her quilting skills.

Now she has turned more than 200 donated bandannas into colourful quilts for teenage cancer sufferers.

Fernside School teacher aide and keen quilter Verina Thirlwell said she was looking for fabrics to practice on when she first got her quilting machine four years ago. "I had always bought the bandannas and had a drawer full. I thought they would make a colourful quilt or two," she said. "At the same time a friend's daughter was going through cancer so I thought a way I could help was to raise money."

Mrs Thirlwell raffled the two quilts and raised more than \$1000 for CanTeen. Last September, she took a completed quilt into Rangiora New World to help promote the sale of bandannas during CanTeen's annual Bandanna Challenge appeal. Rangiora New World customer services manager Irene Nixey put the quilt in the window with a notice asking for bandannas to be donated to make more quilts. "The response was phenomenal," Mrs Thirlwell said. "Every time I went into the shop there were more and more bandannas tied to the frame of the display. In all over 200 bandannas were donated."

Over the last five weeks Mrs Thirlwell has washed, pressed, cut and joined bandannas into beautiful quilt tops, then quilted them and bound them. Twelve have been completed to date.



CLOAKED IN KINDNESS: Keen Springbank quilter Verina Thirlwell (centre) is flanked by, from left, CanTeen member Leticia Kelly, CanTeen Canterbury-West Coast president Millie O'Grady, Irene Nixey and Bekki Kay, of Rangiora New World, after handing over 11 of 22 quilts she has donated to the cancer support organisation.

"I have been very lucky to have had the support of the quilt groups I go to, and some of my suppliers have been generous and provided me with batting and backing fabrics at reduced prices," she said.

One of the quilts is being raffled to cover her expenses, but CanTeen will get 22 quilts. Eleven were handed over last Tuesday. Mrs Thirlwell intends to complete the others over the next few weeks and plans to give them to CanTeen early in the new year.

CanTeen Canterbury and West Coast member liaison co-ordinator Jason Flewellen said Mrs Thirlwell's generous donation was "tremendous".

"It was completely out of the blue," he said. "It was just a nice surprise."

CanTeen would pass the quilts on to teenagers newly diagnosed with cancer and those undergoing treatment. "Everyone's had a pretty tough 12 months and the generosity of people is truly amazing," Mr Flewellen said.