

HealthyLiving

Cancer Care Centre Inc.
Quarterly Program and Newsletter

Movie Night Fundraiser
See page 6

Upcoming Talk:
Is there an optimal diet
for chemotherapy?

With Nutritionist Paul Kern
See page 7

The story of Princess True.
A tribute for our Member
Trudi Shine.
See pages 10 & 11

The leading provider of supportive cancer care in South Australia, since 1985

Cancer Care Centre Inc is a community based, not-for-profit organisation offering a wide range of complementary care to support cancer patients and their families. Complementary care refers to a variety of holistic health services which enhance wellbeing on physical, emotional, mental and

spiritual levels. Areas specific to cancer care include interpersonal support such as counselling and support groups; stress management approaches such as meditation and massage and nutritional approaches such as diet and nutrients. Research has demonstrated that complementary care improves cancer patients'

wellbeing and may assist them to better tolerate their medical treatment for optimal outcomes. Cancer Care Centre Inc staff consist of a variety of dedicated health care professionals and trained volunteers – many of whom have been affected by cancer in their own lives. We support individuals and families to empower

themselves as they travel the cancer journey. We provide an environment which complements medical treatment as clients work towards wellbeing.

To keep up to date with what's happening at the Centre, visit our website www.cancercarecentre.org.au or follow us on Facebook.


**Cancer
CareCentre**
a place of help, hope and understanding

Cancer Care Centre Inc
195 Glen Osmond Road
Frewville SA 5063
Call (08) 8272 2411
cancercarecentre.org.au

Reminder we have moved

The Cancer Care Centre is now located at 195 Glen Osmond Road, Frewville. All other contact details remain the same.



Digital entertainment books

Thank you for supporting Cancer Care Centre by purchasing your 2021 Entertainment Book through us.

Help us to continue the vital work of caring for people, and their families, in South Australia living with Cancer.

Entertainment books are now 100% Digital, and the book is no longer available.

This year, please support us by purchasing your 2021 membership here www.entbook.com.au/161c980 or scan the QR Code.



Donations

The Centre would like to thank the following people for their generosity:

Bronwyn Custance	Malgorzata Langman
Cynthia Betterman	Margaret Emms
Denise Abood	Marika Tiggemann
Dianne & Graeme Johnson	Michael Hahn
Dianne Reade	Pauline Small
Frances Birrell	Pearl Benveniste
Gregory Stanford	Penelope Gore
Heather Doig	Rebecca Rilett
Jo Sutherland-Shaw	Richard Irving
Joan Nemeth	Russell Talbot
Katharina Brandwyk	Terry Riordan <i>in memory of Jan Riordan</i>
Ken Hancock	Trevor Nielsen
Lee Hutton	Trudie Cain
Malcolm Warrick	

Thank you to our Cancer Care Champions:

Ray & Jocelyn Nicholson
Alex May
Julie Grey
in memory of Malcolm Potticary

Once again, we would like to thank the CMV Foundation, for their generous support.



Donations made after June 30th 2021, will appear in the next edition of Healthy Living.

Like us on Facebook and follow us on Twitter



Remember to like Cancer Care Centre on Facebook and spread the word to friends.



@CANCER_CARE

Note: The Cancer Care Centre is a support and resource organisation and provides information of a general nature. It does not recommend any specific treatments.

Help support the centre, become a member today!

Cancer Care Centre membership is provided for both those who wish to support the centre financially and those affected by cancer. This includes cancer patients, their families and carers or anyone wishing to enhance their wellbeing.

Membership to the Centre enables you to enjoy the full benefits of all programmes, courses and therapies on offer. To get you started, one free counselling session and one free therapy session of your choice is available for you, to experience some of our Complementary Care options.

Membership also entitles you to: Access to our Resource Centre, Discounted Services, Healthy Living Magazine. As a not-for-profit organisation, our fees are maintained at concession rates to allow equitable access to services for all.

Membership Form

Title	First Name
Surname	
Address	
Email	
Mobile	
Organisation	
Next of Kin Relationship	
How did you hear about the Centre?	

Applicant Category

☐ Cancer Patient Family Member ☐ Support Person ☐ Other

Membership Fee

☐ Standard \$80 ☐ Concession (requires Concession Card Number) \$60 ☐ Organisation \$100

Total Amount

My Membership Fee \$
Optional Donation \$
Total Amount \$

Payment Options

☐ Credit Card ☐ Visa ☐ Mastercard

Card Number	Expiry Date
Name on Card	
Signature	

- ☐ **Cheque / Money order payable to Cancer Care Centre:**
Posted to: Centre Coordinator, Cancer Care Centre
Reply Paid 83842, 195 Glen Osmond Road, Frewville SA 5063
- ☐ **Direct credit to:** BSB: 105 011 Account number: 075 271 440
Account name: Cancer Care Centre Inc Reference: Your name
- ☐ **Telephone:** For credit card payment by telephone please ring the Centre Coordinator on (08) 8272 2411 Monday–Friday, 10.00am–4.00pm



Please give generously

What your donation will do for the Cancer Care Centre and its clients:

With a fully tax-deductible donation of:

- \$100 help purchase books for the library collection
- \$200 help purchase organic ingredients for our vegetarian cooking course
- \$300 help subsidise the cost of the 'Mindfulness for Cancer Stress' course for a client.
- \$600 help subsidise Day Retreats

These are just a few of the costs covered by a fully tax-deductible donation.

You can make your contribution by:

- becoming a Cancer Care Champion
- donating – complete the 'cut out slip' and post-mark the envelope 'reply paid' or email us at admin@cancercarecentre.org.au (donations are 100% tax-deductible)
- creating a bequest – contact the Manager for details
- in memoriam donation – by naming the Cancer Care Centre ABN 73 640 293 985

Your gift to the Cancer Care Centre will assist the support and care of people living with Cancer and their carers.

Thank you for supporting the Cancer Care Centre.



Tax Deductible Gift

Title _____
 First name _____
 Surname _____
 Address _____
 Suburb _____
 Postcode _____
 Email _____

I wish my gift to be:

- ☐ anonymous
☐ publicly acknowledged
 (name only is published)

I would like to donate \$ _____ by _____

☐ **Credit Card**
☐ Visa ☐ Mastercard
 Card number _____
 Expiry date _____
 Name on card _____
 Signature _____

☐ **Cheque / Money order payable to:**

Cancer Care Centre and posted to:
 Centre Coordinator
 Cancer Care Centre
 Reply Paid 83842
 76 Edmund Ave Unley SA 5061

☐ **Direct credit to:**

BSB: 105 011
 Account number: 075 271 440
 Account name: Cancer Care Centre Inc
 Reference: Your name

☐ **Telephone:**

For credit card payment by telephone
 please ring the Centre Coordinator on
 (08) 8272 2411
 Monday – Friday, 10.00am – 4.00pm

**Thank you for your generosity.
 Your support is greatly appreciated.**

ABN 73 640 293 985

MESSAGE FROM THE CHAIR



Dear Healthy Living Readers

With 2021 now reaching the middle of year, it's a pleasure to see the Cancer Care Centre returning to normal after the mid-summer hiatus, our move to new premises and most recently the mad festival season.

It is great to see our courses, classes, therapies and counselling services are back in full swing.

This issue will be last that Calandra Scott Centre Manager collates for the Centre, Calandra tendered her resignation to the Board earlier in the year and finishes with the Centre Friday 11th June 2021. Calandra commenced as Centre Manager in 2018 and has worked tirelessly to ensure the Centre ran smoothly, expanded the range of courses, services offered and engaged many new volunteers to the Centre, she will be missed. We wish her well in her new career endeavours and I said at her farewell dinner, it's not 'good-bye', but 'see you later'.

With Calandra's resignation the Board spent a sometime identifying what human resources were needed to meet the challenges of ensuring that the Cancer Care Centre provides a relevant service.

I am very pleased to introduce Lidia Pargaliti Cancer Care Centre Director and Leah Cronin Administration Officer. Both Lidia and Leah come from diverse work backgrounds, bring extensive skills and experience within a wide range of businesses areas and the not for profit sector. You can read more about Lidia and Leah further in this edition. The Board looks forward to working with Lidia and Leah over the upcoming months. Please join me in extending a heartfelt welcome to Lidia and Leah as they begin their journey with the Cancer Care Centre.

This magazine lists an enormous array of courses and therapies to help those with cancer, and their carers, and I urge you to take full advantage of what we have to offer. Please feel free to pass this magazine around your work, family and friendship groups – there are more copies available at the Centre, of course. Do drop in and visit, meet up with Lidia and Leah in our Centre – a Place of Help, Hope and Understanding.

Susan Ross,
 Chair

MESSAGE FROM THE DIRECTOR



Hello everyone, my name is Lidia and I am thrilled to be working at the Cancer Care Centre, let me tell you a little about myself.

I have a passion for our state, South Australia, having travelled extensively, (yes, before Covid hit) in Australia and overseas, but it's always great to come home.

I've been fortunate enough to work for some great South Australian companies as well, most recently working with the Bickford's group and then volunteering with Community Bridging Services a not-for-profit organisation, working with people with disabilities. Which has led me to focus my time on helping people in community-based programs.

I'm very excited to meet you all, as you come through the Centre as well as working with all the wonderful volunteers here at the Cancer Care Centre.

Lidia Pargaliti,
Director

MESSAGE FROM THE OFFICE ADMINISTRATOR



My previous role to this one was Executive Officer at the Friends of the State Library of South Australia which I undertook for almost three and a half years.

Previous roles to this have included working for Lutheran Church of Australia, Silcar Telepower, Kemalex Plastics and Anangu Winkiku Stores in Alice Springs.

When not at the Cancer Care Centre I also volunteer at the RSPCA Lonsdale location helping out in the Dog Care section and have previously volunteered with Beyond Blue as well.

I have a keen interest in books, photography and camping with my family as often as I can.

In my role as Administration Officer, I look forward to using all the skills I have developed over the past 30 years to help the Cancer Care Centre continue to expand and provide a relevant service to all of those who need it.

Leah Cronin,
Administration Officer

Movie Night Fundraiser



**Tickets
\$25**

Thursday 29th July 6pm | Capri Theatre Goodwood

All proceeds go to support the Cancer Care Centre's delivery of services. For tickets go to www.trybooking.com/bscuw or call Cancer Care Centre on 08 8272 2411.





Learn and explore

Is there an optimal diet for chemotherapy?

Key points you need to consider when changing your diet: plant based diets, wheat-free diets, sugar-free diets.

Bring your questions and ask Paul, a Naturopath and Nutritionist with over 28 years experience in this educational event.

Day: Thursday evening

Date: 12th August 2021

Time: 6.30pm – 7.30pm

Cost: Free for Members, \$10 Non-Members

Bookings are essential, limited spaces available

Register by telephoning the Centre on 8272 2411



Facilitator: Paul Kern has been a practicing Naturopath and Nutritionist for the past 28 years. In that time, he has been in private practice and travelled Australia and Europe delivering educational seminars to Doctors, Naturopaths and other complementary medicine practitioners.

In private practice he works with patients in a number of fields including complementary oncology, where he develops personalised health plans for those undergoing conventional medical treatment.

Paul has been presenting informative seminars at the Cancer Care Centre since 2010.



Life with Full Attention

This is an eight-week course exploring what it means to be fully alive moment by moment, no matter our particular circumstances.

It is a practical course in mindfulness, a quality that enhances all experience, whether mundane or extraordinary.

There will be a mixture of input from the course facilitator, Dharmamodini, time to explore that content with one another in the discussion, and an opportunity to share our experiences of trying out different approaches – to living life with full attention – week by week.

This course focuses on putting mindfulness into practice in the actual conditions of our individual daily living.

Day: Thursday evening

Date: 30th September to 18th November 2021

Time: 6.30pm – 8.30pm

Cost: \$95 for Members, \$120 Non-Members

Bookings are essential, limited spaces available

Register by telephoning the Centre on 8272 2411



Facilitator: Dharmamodini - Dharmamodini (Sanskrit for 'she who rejoices in the Dharma', that is, the Buddha's teachings) is an ordained Buddhist who has been practising meditation and mindfulness for over twenty years and teaching these ways of living for ten years. She is in her eighth year of facilitating the Meditation Group at Cancer Care Centre on Wednesday mornings.

What's on at the Centre...and online Weekly Programme

What is Pathways?

Pathways is an opportunity to spend time with one of our trained Support Workers in a private, quiet environment to explore and prioritise goals, needs and skills regarding your cancer journey, or if you are a carer, to explore how you can be of support, while at the same time taking care of yourself. Pathways appointments are available most days. Please ring the Centre to book your free Pathways appointment.

Monday

Young Women's Support Group

A friendly support group for women under 45 to discuss issues affecting them on their cancer journey.

Facilitator: Lee

1st & 3rd Monday of the month

6.30pm – 8pm

Members by donation, Non-Members \$10

Please register your interest by telephoning the Centre on 8272 2411.

Melanoma Support Group

In Centre and Via Zoom

Facilitator: Karen

Last Monday of the month

10.30 am – 11.30 am

Massage – Remedial, Relaxation, Myofascial, Craniosacral, Trigger Point

Therapist: Ryan

Every third week, Monday mornings

Members \$40, Non-Members \$85

Counselling

In Centre and online

Counsellor: Natalie

Weekly, Monday afternoons

Members \$40, Non-Members \$85

Tuesday

Massage – Lymphoedema, Oncology, Energy body processes

Therapist: Judy

Fortnightly, Tuesday mornings

Members \$40, Non-Members \$85

Massage – Oncology, Relaxation

Therapist: Therese

Fortnightly, Tuesday mornings

Members \$40, Non-Members \$85

Counselling & Pathways

In Centre and online

Counsellor: Nicole

Weekly, Tuesday afternoons

Members \$40, Non-Members \$85



Biography Service

By appointment only

Facilitators: Eva, Jo, Ross

Weekly, Tuesday mornings

Cost: \$120 members-only service



Pancare Foundation

Pancreatic Cancer Patient Support Group

Contact: Sonia Mursec

Bi-monthly 11 am to 1 pm

Please contact Sonia on 0434 313 593.

Men's Support Group

This group provides an opportunity for men to discuss issues affecting them on their journey, whether they are a patient, carer or partner of a patient.

Facilitator: Mel

1st & 3rd Tuesdays of the month

7pm – 9pm

Members by Donation, Non-Members \$10

Please register your interest by telephoning the Centre on 8272 2411.

Wednesday

Community Garden Meeting

Facilitator: Diana

Weekly, 10 am to 12 Noon

Cost: Free

Location: 13 Laffers Road, Belair.

Head down to the bottom garden.

Pathways

Support Worker: Maryanne

Weekly, Wednesday mornings

Cost: Free



Group Meditation

In Centre and via Zoom

Facilitator: Dharmamodini

Weekly, Wednesday mornings

10.30 am – 11.30 am

Members \$7.50, Non-Members \$10

Counselling & Pathways

In Centre and via Zoom

Counsellor: Lee

Weekly, Wednesday afternoons

Members \$40, Non-Members \$85



Massage – Lymphoedema, Oncology

Therapist: Sarah

Fortnightly, Wednesday mornings

Members \$40, Non-Members \$85

Carer's Support Group

Facilitator: Calandra

1st & 3rd Tuesdays of the month

6.30pm – 8pm

Members by Donation, Non-Members \$10

Please register your interest by telephoning the Centre on 8272 2411.

With the exception of Wednesday morning meditation, you are advised to contact the Centre on (08) 8272 2411 to confirm course commencement dates and times, and to make bookings for all courses listed.

Courses and Workshops

Please ring the Centre on 8272 2411 to book into a workshop or course as bookings are essential. If you have any other workshop ideas please contact the Centre to discuss.

Thursday

Massage – Oncology, Relaxation

Therapist: Anne-Marie
Fortnightly, Thursday afternoons
Members \$40, Non-Members \$85

Counselling & Pathways

In Centre and via Zoom
Counsellor: Lynne
Weekly, Thursday afternoons
Members \$40, Non-Members \$85



One-on-One Meditation

Facilitator: Lynne
Weekly, Thursday afternoons
Members \$20, Non-Members \$30

Friday

Friday Women's Support Group In Centre & via Zoom

A friendly support group for women over 45 yrs of age to discuss issues affecting them on their cancer journey.

Facilitator: Helene
1st & 3rd Friday of the month
10 am – 12 noon
Members by Donation, Non-Members \$10
Please register your interest by telephoning the Centre on 8272 2411.

Counselling

Counsellor: Helene
Weekly, Friday afternoons
Members \$40, Non-Members \$85

Massage – Lymphatic

Therapist: Lyn
Weekly, Friday afternoons
Members \$40, Non-Members \$85

Reflexology

Therapist: Lyn
Weekly, Friday afternoons
Members \$40, Non-Members \$85

Online Courses

We are now offering online counselling and support groups and online courses to assist you whilst maintaining social distancing measures.

Unsure about using online platforms?

We are here to help!

If you have issues with navigating online systems and require assistance with setting up before your meeting, please call Leah on 8272 2411. We will continue to develop courses and workshops, and when these are available, we will let you know.

- Resources Required: Participants able to access technology such as Zoom.
- Workshop resources supplied by presenter via Zoom and email.

Counselling Online

Our online counselling can be easily accessed via any device which has a camera and microphone (mobile phone, iPad, laptop, PC). We are currently using the Covi platform for counselling. This platform is free for members to utilise and very simple to activate. These services are provided at the same fee as face to face delivery, and on completion of your appointment, you will receive a call from the Centre to organise payment over the phone for your service.

The cost is \$40 for Members.

Support Groups Online

Stay Connected! We now have our support groups up and running online via Zoom! During these times of uncertainty, please know you can still reach out for support. Cancer support groups are designed to help people cope with all aspects of a cancer diagnosis by providing a safe environment to share experiences and learn from others who are facing similar obstacles. A support group can help you cope better and feel less isolated as you make connections with others facing similar challenges. A support group shouldn't replace your standard medical care, but it can be a valuable resource to help you cope. Completely confidential the group is at ease with one another to discuss how the cancer journey is affecting them or their loved ones. Please contact the Centre to find out more on 8272 2411. Friendships can form enriching the lives of the participants.

Monday – Friday

Resource Centre

The library is an easy and convenient way to find information and inspiration. Come in and have a browse and ask our friendly staff how this great resource can help. Internet research can be arranged for you by one of our volunteers.

The library is open during office hours 9.30am – 4.00pm, Mon – Fri.
No Charge – Members' facility only

Juicing Workshop

This monthly workshop shows you how easy it is to make your own fresh juice and harness all the goodness of vegetables and fruit.

1st Wednesday of the Month
1pm – 2pm
Members \$7.50, Non-Members \$10

Art Therapy Workshop

Facilitator: Angela Kirby
Monday, 5th July and 2nd August 2021
1pm to 3.30pm
Cost: \$10 Members, \$30 Non-Members

Yoga – Restoring Balance

It's safe, relaxing and easy to do. Offering gentle stretching, breathing exercises, relaxation and meditation to support the healing journey.

6-week course with no prerequisites
Facilitator: Tina Spencer
Next course commences:
11th August to 29th September 2021
Cost: Members \$60, Non-Members \$100

Upcoming Health Talk: Is there an optimal diet for chemotherapy?

Facilitator: Paul Kern
Thursday Evening
Date: 12th August, 2021
Time: 6.30 pm to 7.30 pm
Cost Members Free, Non-Members \$10
See page 7 for more details

Life with Full Attention

Eight-week course
Facilitator: Dharmamodini
Thursday Evenings: 6.30 – 8.30pm,
30th September to 18th November 2021
Cost: Members \$95, Non-Members \$120

The story of Princess True

We recently lost a spark from the world, Cancer Care Centre member Trudi Shine. A stoic volunteer at the Centre as well as a champion fund raiser for the Adenoid Cystic Carcinoma (AdCC) Fund. Trudi passed away recently at home with her family by her side.

The following story was written by Trudi during the Cancer Care Centres, Hero's Journey workshop run by Art Therapist, Rebecca Pospescu.

Thank you to Doug for allowing us to share Trudi's story, a fitting tribute to an amazing woman.



The story of The Princess – Tried and True

Once upon a time, in a southern Kingdom, the long, cold, wet winter gave way to warm, clear blue skies and a tiny princess was born. During her birth, the Flaming Torch of Truth appeared coincidentally above her. And so she was named Princess True.

During those days, the earth smelt of freshly cut sun-drenched hay and as spring turned to summer, life was sweet. The immense Kingdom was filled with abundant pastures and lavish, colourful gardens in which Princess True played happily and safely, enveloped by it all. Meanwhile, Old Father Time moved gently and unnoticed around her.

Autumn turned to winter, then to spring and on to summer again, over and over, as Princess True grew into a beautiful young maiden. One day she learnt that she must leave her vast and timeless homeland and go with her family to live in a strange new land to the north. At first, she felt lost and confused, but she learned to like this new Kingdom and one day she found and fell in love with Prince Lion Heart. They married and had two perfectly beautiful sons.

Prince Lion Heart, the Warrior, took his princess and their two young princes to far-away places where he went off on long campaigns to defend distant realms.

Eventually, the young family returned and settled closer to the homeland. Here the endless

azure above met a deep, timeless sea. Bright flowers and tasty fruits filled their new garden.

Sometimes the lion prince forgot his heart and the princess forgot her true self. Then the skies would heave sad sighs and release sorrowful downpours.

But oftentimes the skies were blue and the sun shone cheerfully upon their Kingdom.

No-one knows when Trickster arrived. Indeed, at first, no one even noticed that he was there. Had he arrived silently during a long, dark night, crouching motionless beside the princess? Or had he been there always?

One morning the princess caught a glimpse of the strange intruder and felt his presence. "Oh, it's probably nothing", she thought to herself and so she turned her mind to other things. However, Trickster remained. He settled in, always right by the princess's side and everyday he whispered gently into her left ear, "I am here."

Sometimes the princess didn't hear him, but when she did, she would enquire, "who are you?" Trickster would not reply. He hid cunningly nearby and so would not reveal his identity.

One evening, while their two perfectly beautiful sons lay sleeping, Princess True mentioned the mysterious visitor to Prince Lion Heart. The prince became suspicious and said that they should seek help from one of the wizards. The princess felt that she need not bother the wizards and that the mysterious visitor would go away in time.

But he would not go away and so the princes agreed to seek help.

She set out to find a wizard. The road was straight forward and the first wizard beckoned her to come in and sit down. He listened thoughtfully as she told her story. Sitting back in his chair, stroking his long white beard with careful consideration, he duly announced that the princess need not concern herself with this visitor as he would no doubt leave sometime soon without a fuss. The princess was pleased with this news and went home to tell her prince.

But Trickster had fooled the first wizard and he wasn't planning to leave sometime soon. Weeks went by and the princess began to wonder about the first wizard's advice. And so she went to find another wizard. The second wizard gave the same answer as the first. Still unsatisfied, and growing more and more curious, Princess True continued on her quest. She spoke with many wizards, but each time Trickster would not reveal his identity. He continued to whisper quietly into her left ear, "I am here" but still he would not reply when she asked his name.

Why had he come? What did he want? The prince and princess grew more uneasy about this situation and so decided to call on a Risen High Wizard. With his special powers to find and attack foe with his sword, the Risen High Wizard would surely be the one to get rid of this suspicious, lingering trespasser. He agreed and was thus entrusted to work his wizardry.

The day before the magic was to take place, the princess and all her family enjoyed a feast in the forest. During the feast, the older boy-prince was very sad as he had seen Trickster beside his mother. He tried to warn them, but they consoled him and said that he was mistaken.

The next day Risen High Wizard used his special vision and his sword with skill and precision. The battle raged close by the princess. And so it was done. The Risen High Wizard proclaimed, "There! Your problem trespasser has been slain!"

Unfortunately, during the clash, Princess True suffered some injuries too. As she lay recovering, the Risen High Wizard returned with news. He told the princess that the trespasser was, in fact, the much feared...Trickster. Oh, the very mention of his name sent shivers down her spine, for she knew that Trickster was a formidable opponent and one prone to move in dark and mysterious ways. Indeed, he had fooled the Risen High Wizard too, as, although wounded, Trickster still lived; and would be able to use his special shapeshifting powers to change and grow.

While Princess True rested and recovered, she was showered with love and care from Prince Lion Heart and her two young princes, as well as all her family and her allies and supporters within the Kingdom.

With no time to waste, the prince and princess then visited more wizards and white witches, fervently searching for a method to be rid of Trickster for good.

There were many in the Kingdom willing to give advice. Some said there was powerful New Magic at a School of Wizardry in a far, faraway land. There was also strong advice that there was, in the south of the Kingdom, another high ranking Risen High Wizard who could help.

The prince and princess decided to meet with this Risen High Wizard from the South. They sat with him and shared their story again. The Risen High Wizard from the South responded with

solemn authority, declaring that Trickster had come to claim the princess's life and was, in fact, so powerful that he could not be defeated. This news caused the prince and princess to feel very frightened, yet they would not give in easily. Perhaps they would need to travel to the far, faraway land and visit the School of Wizardry to try the New Magic there.

However, as it happened, there was an astute Huntsman with supernatural visionary powers. The Huntsman had been watching Trickster very carefully and he knew that there was another high ranking Risen High Wizard; this one in the East. The Huntsman told the princess that she did not need to travel to the far, faraway land as the Risen High Wizard from the East could surely help her.

Weary as they were, the prince and princess continued on their quest. They visited the Risen High Wizard from the East and were reassured by his gentle voice, his kind smiling eyes and his white hair. He seemed to know what must be done. He brought the princess into a High Council meeting where she consulted with him, along with the Huntsman, a White Witch, Thunderbolt and a Conjurer. Together they agreed on a plan. It would involve a dangerous and difficult battle, but it was the only way.

Everyone prepared for the battle that was to be held on the first day of summer.

Princess True had fear and sadness in her heart knowing that again, she herself would be on the battlefield. It was a risky game and she knew that, if she survived, she herself would not be without injury.

With the assistance of a Cloud-maker, Princess True crossed softly into the Land of Magic where the Risen High Wizard from the East awaited with his sword and the Huntsman was poised ready with his special powers to seek out the elusive Trickster. Knights and White Witches also played their roles in what was a very long and

arduous battle. The assault began just after dawn and went on all day and into the evening. Prince Lion Heart channelled his warrior strength to the princess, protecting her closely throughout the ordeal.

The pathway back from the Land of Magic was rough and painful. Princess True limped back into the arms of her waiting prince, who soothed her as she lay exhausted and badly injured. The Risen High Wizard from the East, with the help of the Huntsman, Knights and White Witches had finally defeated Trickster. But to be sure, the princess must visit Thunderbolt and take on his lightning storm every day for 60 days. Only then was victory declared.

At last, the embattled princess was free from danger. And yet previously unnoticed, Old Father Time now made his acquaintance with her by sending a black crow as his messenger. Princess True, who had lost her smile, but not her tenacity faced down the crow as she didn't want to hear from him. She took comfort in the knowledge that she had important work yet to do and people who loved and needed her.

Prince Lion Heart and the two young princes encircled the princess with great tenderness and devotion. Princess True felt deep gratitude for her good fortune. She loved them all very dearly.

Many years passed and both the perfectly beautiful young princes grew into strong, good men who went off on their own faraway adventures.

Prince Lion Heart and Princess True moved with Old Father Time through the seasons and they welcomed with joy their new daughter-in-law and the tiny dawn princess; a granddaughter, born in the west.

They stood together with their younger adult prince during his long struggle against another powerful enemy and witnessed the prince's eventual triumph.

Trickster became a distant memory. No-one suspected that he may still be lurking, silently,

unnoticed and dangerously close to Princess True. That is, until she was called to a new quest and it was revealed, through another Risen High Wizard doing battle in the Land of Magic, that Trickster had indeed been with her still for all these years.

He had taken a harsh blow in their latest battle but lived on and, true to his nature, he had shapeshifted, concealing himself cleverly near her heart and in her very breath.

Another black crow messenger was sent by Old Father Time.

As powerful as was all the wizardry in the Kingdom and beyond, and potent as was the protection of Prince Lion Heart, this time the princess understood that this battle must be just between the two of them. It was to be Trickster versus Princess True. She would need to build her own inner warrior to combat this most formidable foe.

Princess True devoted herself to learning and building her inner strength. She found she had more resources to draw on than she had realised. Slowly, but surely, the princess became stronger and wiser.

And at the eleventh hour, Princess True at last remembered the Flaming Torch of Truth and she remembered her true power.

She was the garden, the sky, the clouds, the rain and the sun.

Everything and everyone was connected!

Princess True learned to become very still and silent; to listen to these connections and allow them to guide her. She breathed in the love and breathed out with gratitude.

Trickster was part of Princess True. She saw him and no longer feared him.

One day she noticed that he had either changed or moved on; she was never sure which.

Princess True wrote her story. It is for you.

Written By Trudi Shine



PROGRESS REPORT

Cherington Therapeutic Community Garden at Belair

As we move into winter in the Garden, the winter crops are thriving in the cold and wet. It is a good time to reflect more on the eco-life in a garden and how we can improve/create better habitats for this eco-life.

We focused on the Monarch butterfly last week, Jo has given us interesting information on the native butterfly population that frequent gardens and as most of us may not be aware of their lifecycle and the host plants they need, here is some info that might be of interest.

We replanted the eggplant wicking bed (which sits up next to the Bee and Butterfly Bed and the Rose Bed) with garden peas to hopefully attract some of the Common Blue butterflies.

Common Grass-Blue Butterfly

This is the most common butterfly in suburban gardens. Being small, it is often overlooked, although it is attractive. It breeds on clovers in lawns, and on other legumes.

The upper side of the wings is coloured a delicate mauve-blue with a narrow brown margin. The underside of wings is a pale colour, soft grey ranging to pale brown.

- Caterpillar food plants: Pea-flowering herbs and low bushes, clovers, lucerne, medics, veg beans and peas.
- Adelaide native plants: Tall Scurf-pea, Native lilac, Austral Indigo.

- The caterpillars eat buds, flowers, young leaves, and immature seedpods.
- Flight: throughout the year
- Wingspan: Male 20mm, Female 23mm
- Mature larva length: 12mm

To encourage the butterfly into the garden, let clovers grow in the lawn, grow peas or beans, or plant other native food plant species.

You can learn more about this butterfly on the *Butterfly Conservation SA website*.

Winter Gardens

Gardens in mid-winter are slow and semi-asleep and so less maintenance is needed.

And so for the next few weeks through mid-winter July, we can slow down too.

The slow season is always good time for reflecting and for planning.

As there is now more recognition of the immense importance of food gardening. The Cherington Community Garden offers opportunity to connect people who seek inspiration and help to find the joy of growing food.

We will hold more garden events in the months ahead, stay tuned for details.

Pumpkin and Sweet Potato Soup

– add some zest to brighten up this old favourite!

3 tbsp extra virgin olive oil
1 onion, peeled and chopped
500g pumpkin, peeled, deseeded and chopped
400g sweet potatoes, peeled and chopped
Finely grated zest and juice of 2 oranges
2 cloves of garlic, peeled and sliced
1 tsp ground coriander
900ml hot vegetable stock
Salt and freshly ground black pepper
60g pumpkin seeds
Fresh coriander (optional)

Method:

Heat 2 tbsp of the oil in a large pan. Add the onion and cook gently for 5 mins until softened.

Add chopped pumpkin and sweet potatoes, garlic and ground coriander, then pour in the vegetable stock. Season to taste. Bring to the boil, cover and simmer for 25 mins until the pumpkin and sweet potato are tender.

Turn off the heat and use a stick blender to whizz the soup until it's smooth.

Then stir through the orange juice and zest.

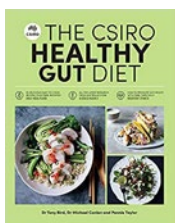
Add fresh coriander and pumpkin seeds to serve.



Recent books in the library

The CSIRO Healthy Gut Diet

By Pennie Taylor, Michael Conlon, Tony Bird



In recent years, we've come to realise that the gut is pivotal to a healthy metabolism, a healthy brain and a healthy immune system.

The explosion of scientific research in this

field – with CSIRO at the forefront – has also led to the discovery that feeding our gut bacteria with a particular type of fibre called resistant starch is a major piece in the gut health puzzle.

Collectively, gut problems account for a disproportionate number of GP visits and hospitalisations. Rates of bowel cancer and other intestinal conditions such as inflammatory bowel disease and irritable bowel syndrome are on the rise. The good news is that simple lifestyle changes to ensure a healthy high-fibre diet with lots of resistant starch and tailored to your needs, coupled with regular exercise, can significantly reduce the risk of developing bowel cancer and other gut conditions.

This book provides information on how the gut functions and what can go wrong, along with advice and lots of delicious recipes that are high in fibre and resistant starch. Written by a team of experienced CSIRO researchers, including nutritional scientists and dietitians, many of whom are internationally recognised authorities in nutrition and gut health, it contains simple, practical advice and a wide range of tasty, easy-to-make recipes designed to benefit the gut and overall health.

About the CSIRO

The CSIRO, Australia's national science agency, has been dedicated to the practical application of knowledge and science for society and industry since 1928. Today the CSIRO ranks in the top one per cent of world scientific institutions in twelve out of twenty-two research fields. CSIRO Food and Nutritional Sciences conducts research into human health, including disease prevention, diagnosis and innovative treatment.

Gut, the inside story of our body's most under-rated organ

By Giulia Enders



The key to living a happier, healthier life is inside us.

Our gut is almost as important to us as our brains or hearts, yet we know very little about how it works. In *Gut*, Giulia Enders shows that

rather than the utilitarian and – let's be honest – somewhat embarrassing body part we imagine it to be, it is one of the most complex, important, and even miraculous parts of our anatomy. And scientists are only just discovering quite how much it has to offer; new research shows that gut bacteria can play a role in everything from obesity and allergies to Alzheimer's.

Beginning with the personal experience of illness that inspired her research and explaining everything from the basics of nutrient absorption to the latest science linking bowel bacteria with depression, Enders has written an entertaining, informative health handbook. *Gut* definitely shows that we can all benefit from getting to know the wondrous world of our inner workings.

In this charming book, young scientist Giulia Enders takes us on a fascinating tour of our insides. Her message is simple – if we treat our gut well, it will treat us well in return. But how do we do that? And why do we need to? Find out in this surprising, and surprisingly funny, exploration of the least understood of our organs.

Caroline Baum's Review:

This is my favourite science book in ages. And it's about the most exciting new area of research in medicine; the microbiome – or, to put it more bluntly, the bacteria in your gut: the good flora and the bad bugs. Enders answers all the questions that usually prompt embarrassment or crude jokes about bodily functions involving the intestine and bowel, and it's written in very entertaining, accessible, jargon-free language.

Just two examples of its many fascinating facts: you need your appendix more if you live somewhere like Spain or India, because it is a frontline weapon when it comes to food poisoning. And did you know that there is a pain-killer in our saliva that is more powerful than morphine?

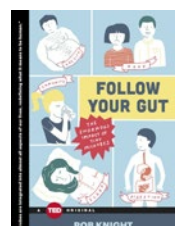
Those with gluten and fructose intolerances will find much to explain their conditions, but you don't need to be suffering from anything other than a mild dose of curiosity to enjoy this.

About the Author

Giulia Enders is a two-time scholarship winner of the Heraeus Foundation, and is doing research for her medical doctorate at the Institute for Microbiology in Frankfurt. In 2012, her presentation of *Gut* won her first prize at the Science Slam in Berlin, and went viral on YouTube.

Follow Your Gut

By Rob Knight



Allergies, asthma, obesity, acne: these are just a few of the conditions that may be caused; and someday cured; by the microscopic life inside us. The key is to understand how this groundbreaking

science influences your health, mood, and more.

In just the last few years, scientists have shown how the microscopic life within our bodies; particularly within our intestines; has an astonishing impact on our lives. Your health, mood, sleep patterns, eating preferences; even your likelihood of getting bitten by mosquitoes; can be traced in part to the tiny creatures that live on and inside of us.

In *Follow Your Gut*, pioneering scientist Rob Knight pairs with award-winning science journalist Brendan Buhler to explain; with good humor and easy-to-grasp examples; why these new findings matter to everyone. They lead a detailed tour of the previously unseen world inside our bodies, calling out the diseases and conditions believed to be most directly impacted by them.

With a practical eye toward deeper knowledge and better decisions, they also explore the known effects of antibiotics, probiotics, diet choice and even birth method on our children's lifelong health. Ultimately, this pioneering book explains how to learn about your own microbiome and take steps toward understanding and improving your health, using the latest research as a guide.

A big thank you to our wonderful volunteers



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Been diagnosed with cancer?

Start your journey with a free Pathways appointment.



Pathways is a free service offered by the Cancer Care Centre to people with cancer.

In a caring and supportive environment, one of our Support Workers will meet with you and listen to your story.

Telling your story is an opportunity to spend time with someone who cares, in a private, quiet environment to explore and prioritize goals, needs, and devise a healing plan appropriate to you and your personal cancer journey.

A Pathways appointment is also available to carers of someone with cancer. The Support Worker will explore how you can be of support to that person, while at the same time taking care of yourself.

The Support Worker will link you to services that will help assist you – either within the Cancer Care Centre or with other community organisations.

A Pathways appointment is of one-hour duration and is your first step in complementary care for your cancer journey.