

# The Survivor

The BCSG Quarterly Newsletter

## Message from the President

Dear Friends,

"Life isn't about how to survive the storm, But how to dance in the rain"

Dr Madan Kataria the guru of Laughter Yoga in his visit to the Centre says four elements contribute to the well being of a person :

~~~ Singing, Dancing, Laughing and Playing ~~~

In The BCSG we have all four. We have Choir with Mdm Wai, Karaoke with Mr Sim, Line Dancing with Lily Ang and Lee Too, assisted by Pau Lin, as our staple. Our activities and get-togethers ring with laughter. Special activities like Chef Liao's cooking demonstration and Sharon's teaching flower arrangement were great fun.

Activities have been arranged so that you can "play" and have fun. Do keep a lookout of activities you are keen to join in. Tell us what you like, or don't like.

The BCSG JB has much to happy about.

- 1. BCSG is going to have our very own centre soon. (please refer to "A brief history of BCSG")
- 1. Dato Sharir Abdul Samad has agreed to be BCSG JB'S patron

Thank you Team BCSG.  
Warm regards,  
Doris Boo

## A brief history of The BCSG JB

The BCSG JB started in 2000 with a small group who got together for tea.

### PLACE

#### Year 2000-2002

- 1. Our gatherings were in our own homes.
- 2. The Small Business Association, JB gave us use of their HALL every Saturday at 26 A Jalan Perang until 31 Dec 2005.

#### Year 2003-2005

The BCSG moved to JKR Lot 583, Jalan Petrie when the state government granted The BCSG use of half the upstairs of a bungalow house. The BCSG shared the premise with another NGO upstairs. We were asked to leave at the end of 2005 as our neighbor felt the need for more space.

#### 7 January 2006

The BCSG celebrated our move to bigger premises, a bungalow lot at 15 Jalan Rengas, Taman Melodies. The BCSG is given use of the place rent-free.

Many joke that BCSG has a hobby - looking for a suitable premise we can buy as our Centre. We have been dreaming about it, hoping for it and looking for it.

Our wish has come true. At the **2011 AGM**, you have voted -

**12 Jalan Ru will be the BCSG Centre!**

## UPCOMING EVENTS (Apr-Jun 2011)

(Interested in attending the activities listed below? Please call Margaret at 07-3357211 to find out more details)

30th Apr - **Saturday**  
Introduction to Belly Danc-ing.

1st May Sunday (7-10 am)  
World Laughter Day- Road show at Zon + Line Dance Performance.

3rd May Tuesday (10 am)  
Flower Arrangement @ The Centre

8th May Sunday (8.30am-1pm)  
Health Screening & Break-fast - GTI, BMI

10th May Tuesday (10 am)  
Teaching/revising BSE @ The Centre

24th May Tuesday (9.30am)  
Making paper cranes in conjunction with World Cancer Survivors Day.

4-5th Jun - Sat & Sun  
Relay 4 Life in Malacca

11th Jun - Saturday  
Belly Dancing - Roadshow & Sale at Pesada

11th Jun - Saturday  
Heritage Walk at JB Town with the JTGA

# Exercise and Breast Cancer Patients

## EXERCISE DURING TREATMENT

Exercise is encouraged for breast cancer patients who are undergoing their treatment. It helps to fight the negative effects and strengthen the physical and psychological well being of cancer patients..

### Benefits for exercising during treatment

- Increase ability to do regular activity
- Enhance energy level.
- Decrease nausea, vomiting and tiredness.
- Improve immune system.
- Improve mood and self-esteem.
- Relieve stress and anxiety.



Physical activities that are most popular for breast cancer patients are walking , jogging, yoga, tai chi, qi qong , swimming and dancing.

How much you exercise is also important. There is no set of recommended amount of time you need. Everyone is unique and responds to exercise differently. Don't over-exert yourself too quickly as it could result in injury or discomfort.

Exercise tips during treatment:

- Exercise at a time when you feel the least tired.
- Try building 10 minutes of exercise 3 times a day.
- Keep a regular sleep schedule.
- Take a short nap.

### Swimming class

*In March, a group of us decided to take the plunge and take up swimming lessons. Our coach, Mr. Ching is so patient with us. After overcoming our fear of the water, he taught us the breast stroke. We learnt how to kick and stay afloat. A few lessons later, we were able to swim short distances. It was a great achievement for us! At our age, we are still learning and enjoying life. Personally, I find swimming tones the stomach muscles. Hopefully, that flab will disappear as we persevere in our swimming lessons. Come and join us, ladies on Tuesday and Thursday from 8am to 9am.*

*A special word of thanks to Tony Khoo and Manjit Singh for making special arrangements for us to swim at the JGCC pool. Grateful thanks to The Johor Golf and Country Club for making it possible.*

### Come Danz with The BCSG JB

Date: 15 May 2011

Place: Zon (Atrium)

Time: 12 - 6pm

Theme: Country and Western

**Event : The Art of Living (Breath-Water-Sound Workshop)**

**Venue : The BCSG Johor Bahru Centre**

**Date : 25th - 27th February 2011**

The Art of Living programme was conducted by Ms. Ang Lay Hwa to teach us the importance of breathing exercises. Usually, we only utilize 30% of our lung capacity to breath in oxygen. Thus, the breathing techniques teach us to expand our lung capacity so that we take in as much oxygen as possible to energize the cells of the body.

Day 1 - We walked and jumped on our toes and then on our heels while flinging our arms to relax our shoulders. We “made faces” at each other to exercise our facial muscles. The breathing technique is to expand the naval and chest areas and upward from the naval to the head. Ms.Ang introduced the “Bhastrika Breathing” exercise and also made us practise a few minutes of meditation. All participants sat on the floor in “lotus” positions while focusing on breathing in and out. After that, we were told to lie flat on our backs with arms and legs spread apart at 45 degrees and continue the breathing exercise. A short session of laughter yoga was incorporated when we laughed loudly, producing the “Ha” , “Hu” and “Hi” sounds.

Day 2 - We practiced what we had learnt on the first day for reinforcement. Ms. Ang shared her knowledge of eating the right food at the right time of the day and also what food to avoid eating.

Day 3 - Ms. Ang went through the breathing exercise and “Bhastrika Breathing” exercise, meditation and a little of laughter yoga together with us.

Teo Swee Kiew



## LAUGHTER YOGA

DR MADAN KATARIA AND HIS WIFE AT THE BCSG JB

Lessons I learnt from Dr Madan Kataria:

1. Confront your fears and anxieties – when we asked Dr Kataria to lead some exercises, he did the **breast massage**. It was spot on – breast cancer survivors doing breast massage and laughing about it. Then he continued with *I am pretty, very pretty. Ho ho ha ha ha. I am healthy, very healthy. Ho ho ha ha ha. I am happy, very happy. Ho ho ha ha ha.* He ended

it with a **hug yourself exercise**, showing that we love ourselves. The message is clear. One breast, two breasts, no breast. It does not matter. We are alive, we love our bodies. And we can laugh at ourselves.

2. Be creative. I was telling Mrs Kataria that we like the **pluck a fruit exercise** as it allows patients and survivors without lymph nodes to stretch their arms. Dr Kataria did the exercise together with us but gave it a twist. He said stamp on the grapes we have just plucked. The hall rolled with laughter and stamping. An “old” exercise becomes more interesting.

3. Lift up people’s spirits. He writes in our visitors’ book: *BCSG – is a great act of spirituality*, defining *spirituality* as lifting people’s spirits up. This is a totally new way of looking at *spirituality*. And I think this is what Laughter Yoga/Exercise is all about. To lift up our spirits. To fake laughter, especially when we are not in the mood. It will raise our spirits and allow us to forget our problems. More importantly, we are exercising. Dr Kataria is indeed *spiritual* !

Doris

## ACTIVITIES (January - March 2011)

|                                                                                   |                                                                                                                                       |                                                                                                   |                                                                                                               |
|-----------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|
|  | <p><u>Tuesday, 4th January</u><br/>Floral Arrangement in<br/>BCSG Centre :</p> <p>By Sharon Lee</p>                                   | <p><u>Monday, 10th January</u><br/>Choir Practice in<br/>BCSG Centre:</p> <p>By Wai Yin Ching</p> | <p><u>13th, 18th &amp; 25th<br/>January</u><br/>Latern Making in<br/>BCSG Centre :</p> <p>By Lee Lai Peng</p> |
|  | <p><u>Sunday, 9th January</u><br/>Charity Gala :</p> <p>By JC Nickels Sdn Bhd</p>                                                     |                 | <p><u>Monday, 8th February</u><br/>CNY Celebration :<br/>"LOH HEI" + Karaoke<br/>at The BCSG Centre</p>       |
| <p><u>Monday, 24th January</u><br/>Chinese Folk Dance<br/>in The BCSG Centre</p>  | <p><u>Saturday, 12th February</u><br/>CNY Dinner :<br/>CNY dinner at Straits<br/>View Hotel with BCSG<br/>members &amp; Families.</p> |                |                           |
| <p><u>Friday, 25th February</u><br/>Art of Living :<br/>By Mdm Ang Lay Hwa.</p>   | <p><u>Saturday, 5th March</u><br/>Cooking Demonstration :<br/>By Chef Liao,<br/>Legend Hotel</p>                                      | <p><u>Sunday, 13th March</u><br/>Road show :<br/>At Sierra Perdana Show<br/>Village</p>           | <p><u>Friday - Sunday,<br/>18th - 20th March</u><br/>Road show at KSL with<br/>Guinot</p>                     |

### Note:

- The College of Radiology Value Added Subsidised Mammogram Programme for JB and its vicinity is on again. Terms and conditions apply but this is a wonderful help to all women (house hold incomes RM3,000 and below) who want to do breast screening.
- The government under the YKN Scheme is giving out a silicon prosthesis and 2 mastectomy bras for those who have/ are undergoing treatment in government hospitals.
- The BCSG P & B Fund continues for all survivors and patients who need assistance to get a prosthesis and/bra.

***Call The BCSG Centre for further information / check BCSG website and Facebook!***

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