

Janet knew how to handle the biggest fight of her life

SPEND any time with Janet Wornes and you are sure to come away with the impression that she would make an excellent exorcist or one who would not give up until all evil had been dispersed.

That impression comes from the determination of the Lavington mother of three, Emily, Hannah and Hollie, to overcome cancer.

Janet, 39, was diagnosed with breast cancer 10 months ago but she was not about to let it beat her.

"I decided, after the initial shock, that I needed to take the cancer head on," she said this week.

"I have used a multi-disciplined approach to the disease: mainstream medicine, which includes chemotherapy and surgery; natural remedies; diet; exercise; and, the power of my mind."

"The mind is a very powerful thing." Janet's determination can be seen in her 3km power walk every morning with her dog and Hannah.

"Visualisation is a great tool," she said. "As I am walking I



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help her children get ready for school before she meditates for half an hour and attends to her daily chores.

Diet is one of the most important parts of her regime.

"It is very important to have your life in balance, not just mentally but also physically," she said.

"Vegetable juice is an important part of my diet and I drink it three times a day.

"I concentrate on organic and if it is not available then I believe fresh is best.

"We make our own muesli and have it with soya yoghurt and have organic porridge for breakfast in winter.

"Lunch is usually soup

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repeat my affirmations, like 'Get out of me you bastard', as I did in the early days of the disease.

"Now I affirm 'I am cured'.

"When I used to walk across gravel I used to say to myself that I was crushing the cancer cells in me."

Janet says early in her illness she underwent a 10-day program run by Ian Gawler, a veterinarian and cancer survivor from the Yarra Valley.

"It taught me about focus and self-help," she said.

"I learnt about meditation and received counselling about facing the fear of dying.

"The program helped me understand cancer is just a word.

"It is life threatening but you can live with it."

Janet says continuing with a busy life and focusing on others is a great help.

"Because of the effect on my family I focused a lot on nurturing them and that helped my mind not stressing about my situation," she said.

Her daily regime is certainly a full one.

After her morning walk Janet returns home to

or salad and sometimes small amounts of tuna.

"We also have a lot of legumes in the diet."

Janet says she avoids some foods.

"I avoid wheat and yeast and substitute things like rice flour, rice pasta or corn pasta.

"The whole idea is to get my body more alkaline and less acidic.

"I avoid red meat, sugar, coffee, processed meat and all dairy foods."

But she says she is able to give herself an occasional treat.

"If we go to a friend's place for dinner I just eat whatever they are eating."

Janet is a member of the Albury-Wodonga Cancer Support Group.

"We can swap ideas and support each other and draw strength from each other."

She says her battle has been won but vigilance is the price of survival.

"Doctors say you are not in remission until you have gone five years without any sign of cancer. But I believe I have beaten it.

"And I have done that by being proactive, adopting a strong mental attitude and taking control of the cancer."

Pictures: KYLIE GOLDSMITH



ABOVE: Janet says diet is one of the most important parts of her regime. "Vegetable juice is an important part of my diet and I drink it three times a day."

LEFT: Janet believes maintaining a full life and focusing on others is helpful. "Because of the effect on my family I focused a lot on nurturing them and that helped my mind not stressing about my situation."

BELOW: Meditation is part of Janet's regime. "I learnt about meditation and received counselling about facing the fear of dying."

90 DEGREES

with Andrew Hipwell

■ **THERE** will be two, not one, shortest days of the year. Martin Bush, from Melbourne Planetarium, tells us that Monday and Tuesday will each have 9 hours, 32 minutes of daylight. Okay, so Tuesday might be less than a minute longer but the difference is too close to call and certainly too small to notice.

■ **BUT** the "official" shortest day is the one on which the winter solstice falls and that is Monday — and, says Martin Bush, the solstice will occur at exactly 10.57am.

■ **AN** Albury wine buff is still shaking. Finding no one at home and ignoring the instructions to phone one of the two numbers on the package, the courier left the clearly labelled, \$450 bottle of Penfolds Grange on the front door step in plain view of any passerby with a penchant for expensive vintage.

■ **IT** has come to this: The organisers of the old-time dance at the Holy Spirit Hall in Lavington tonight have been forced to employ a security guard because of vandals hanging around the hall and the car park.

■ **RESPONDING** to our quest for unusual business names, Elaine Butler, of Thurgoona, who regularly travels the road to Bendigo, tells us a hairdressing salon at Rushworth chose Ucliptus.

■ **A** READER'S toddler just loves trucks, so Mum took him to the footpath to watch the Cleanaway truck pick up the bin. It made the young bloke's day when the driver waved and gave a toot on the horn. She wanted to acknowledge the driver's gesture, so we tracked him down. Take a bow, Ralph Aalbers.

■ **FORMER** World War II veteran, Mr John Stewart, of Wodonga, found D-Day anniversary presentations of Legion of Honour awards by the French government somewhat ironic. When he flew with the RAAF over Europe in 1942, Bomber Command ordered every officer to contribute five pounds towards the cost of French windows broken in the conflict.

■ **ALBURY'S** cinema centre is once again Cinema 6 — the makeover of cinema No.2 is complete, with new carpets, new curtains, new surround sound and, most importantly, more comfortable seats. The numbers were cut from 241 to 203 to make way for the new seats.

■ **LAST** week's lost wallet story brought a response from a Wodonga reader from the other side of the coin. She found a purse in a Wodonga supermarket and handed it in to the check-out. The owner — a mother with two small children in tow — arrived seconds after her name was called, grabbed the wallet and strutted off, without even a "thank you".

KNOW something unusual? Seen something out of the ordinary? Readers can e-mail their contributions to newsroom@bordermail.com.au or phone (02) 6024 0547.