



# ABREAST of the NEWS

DRAGONS ABREAST ACT & REGION under the umbrella of Breast Cancer Network Australia

PO Box 7191, Yarralumla ACT 2600 • DRAGONSABREAST.COM.AU • ISSUE 42 • NOVEMBER 2011



Dragons Abreast ACT Dragon Boat Challenge, 22 October 2011 *All regatta images courtesy of Chris Holly (unless otherwise specified in the newsletter) Check website for more: See images from [DRAGONS ABREAST ACT & REGION 2011 DRAGON BOAT CHALLENGE](http://www.dragonsabreast.com.au/ACT/2011-regatta/index.htm) <http://www.dragonsabreast.com.au/ACT/2011-regatta/index.htm>*



Dragons Abreast ACT Dragon Boat Challenge, 22 October 2011



Dragons Abreast ACT Dragon Boat Challenge, 22 October 2011

## Coordinator's report

Well if this isn't the busy time for Dragons Abreast — October **was** breast cancer awareness month! We had regattas and of course, our own big 10<sup>th</sup> DA ACT Corporate and Social Dragon Boat Regatta. **Marion Blake, Boerge Alexander** and I were on 666 ABC radio to promote our regatta and Marion did a follow up interview the morning of the regatta. Thanks so much to Boerge and Marion, plus the countless others who contributed to make the day such a success in all areas. A special thanks too to **Di Wright** for organising the volunteers which is no easy task. At the regatta, I enjoyed accompanying Chief Minister **Katy Gallagher** as she wandered through all the teams, often stopping to have her photograph taken with the groups. It is always a pleasure to have our patron, Senator **Kate Lundy**, assist with the activities at the end of the regatta.



Senator Kate Lundy, DA ACT Patron, congratulates winners, Dragons Abreast ACT Dragon Boat Challenge, 22 October 2011

Dragons Abreast ACT is tickled pink to announce that the 2011 DA ACT Dragon Boat Challenge raised an amazing \$40,000 for local and national groups supporting women on their breast cancer journey. Funds were distributed at the Regatta wind up on Thursday 10 November as follows:

- \$18,000 [Dragons Abreast Australia](http://www.bcna.org.au), our national organisation supports 44 groups providing many opportunities for dragon boating following breast cancer treatment
- \$7,000 [ACT Eden Monaro Cancer Support Group](http://www.edenmonaro.org.au), provides practical support to women undergoing treatment in our region
- \$5,000 **Otis Foundation** to support a program where women can spend free R&R time at a lodge in Thredbo with family or friends while undergoing treatment [Otis Foundation | Breast Cancer Network Australia](http://www.otisfoundation.org.au)
- \$4000 [Palliative Care in the ACT](http://www.palliativecare.org.au) for training volunteers. Currently, there are five women with breast cancer at the Hospice
- \$1000 **Breast Cancer Network Australia** our umbrella body providing **Advocacy** and the **My Journey Kit** to all newly diagnosed women [www.bcna.org.au](http://www.bcna.org.au)
- \$5000 **Dragons Abreast ACT & Region** to support our local group and encourage and support breast cancer survivors with getting on the water.



Love Boat team warming up, Dragons Abreast ACT Dragon Boat Challenge, 22 October 2011

Congratulations to the *Love Boat* team from ACT Mental Health who won the Highest Fundraiser Award, raising \$1920 over and above their registration, just a whisker ahead of *MTS Dragon Slayers*.



Judy Ainsbury, drummer and MTS Dragon Slayers, Dragons Abreast ACT Dragon Boat Challenge, 22 October 2011



[Sylvia Flaxman](#) Dragon Spirit Award for the team most in keeping with the ethos of Dragons Abreast Positive Motion Physiotherapy [Lymphomaniacs](#)



Lymphomaniacs, Dragons Abreast ACT Dragon Boat Challenge, 22 October 2011

Sincere thank the many groups and individuals who supported us with running this fabulous event.

Thank you to our generous supporters:

ACT Rowing Association, Burgmann Anglican School, Cafe2U, [Canberra Dragon Boat Association](#), Canberra Hire, Canberra Trophy Centre, Canberra Yacht Club, Chameleon Ice Creamery, Chris Holly — Holimage (photography), City Group, Coca Cola Amatil, Courtney Leiba, Curves Belconnen, Lines Signs and pavements LSP, Hire All, Hotel Realm Leader Graphics, Major Training Services (MTS), NutriMetrics, Om Shanti Massage College, Phantom Drums, Rotary Club of, Aurora Gungahlin, Rotary Club of Hall, Rotary Club of North Canberra, Suncorp Bank, St John Ambulance, Typhoon8, Yarralumla Bakery, Ziggy's at Fyshwick and Black Magic Coffee.

Thank you to our raffle contributors: Jane Brown Pearls, Forrest Hotel & Apartments, the Thursday Friendship Group at Addicted to Fabric, Jennie Cameron Textiles, Jindi Eco Spa and Wetspot Watersports.

**Alistair Coe** MLA tabled a speech in the ACT Legislative Assembly on 25 October praising the regatta:

Thanks must go to those who made the event possible, including the chief organiser Boerge Alexander, Marion Blake, Megan Dennis, Di Wright, Patsy Sheales, Debora Whitfield, Elspeth Humphries, Carol Summerhayes, Colleen White, Anne Baynes, Judy Cluse, Cindy Young, Anna Wellings Booth and Susan Pitt. Thanks also to many others who assisted on the day, including Gillian Styles; Leslie Ralph; Les Williams; Bill Book; Mavis Fowler; Margaret Ritchie; Cathy Powell; Alex Skorich; the Dragon Boat Association and all the teams; the Rotary Club of North Canberra, Gungahlin and Hall; Suncorp for providing the barbecue; Canberra Yacht Club; ACT Rowing Association; Nutrimetics; Om Shanti College and St John's Ambulance. I commend all those involved with the event and I look forward to the 2012 event.

The date for the 11<sup>th</sup> regatta is **20 October 2012**. We hope you will support us again.

I know that many DA ACT members were involved in a variety of breast cancer awareness activities during October which included breakfasts, morning teas, lunches, Bosom Buddies ABC Dinner, and

BCNA mini fields of women. What a great time this is, however, it is also often a time to pause, reflect and then 'paddle' on with life!

As I am the new coordinator I am still learning. About the third weekend into this role, my husband looked at me across our home office from one computer to another and asked if I knew there would be this much to do. I said, 'YES!' I also said that I thought it would lessen after the regatta! Well, it **is** after the regatta and it hasn't lessened as much as I had hoped! I am very grateful to **Marion Blake** for continuing to assist me and be my reference point. She organised the successful **Governor-General's Morning Tea**, on 12 November. Yet again, Marion Blake took the lead and organised the first **Dragons Abreast National Paddle Day** 2 October. Teams from all across Australia paddled to promote us as a national organisation. Thanks again Marion!



Dragons Abreast ACT Dragon Boat Challenge, 22 October 2011

DA ACT held our first Come and Try session on 6 November (first Sunday of each month) with seven new paddlers giving it a go. After a rather strong paddle, including two races with the proper starts, we shared a delightful morning tea provided by **Margie Perkins**, Come and Try organiser. Our coach, **Narelle Powers**, would be proud of us with our warm ups and cool downs.

The National DAA Strategic Plan teleconference was conducted 6 November. I look forward to finding out more in regard to this plan. Recently, I met with **Emma Whichelo**, project officer for ACT Health Services Directory and DA ACT is now part of the *Find a health service directory* at: <http://health.act.gov.au/health-services/a-z-health-services/cancer-services>

Unfortunately, DA ACT did not have a team for the regatta on 5 November. We hope to enter a team in the next one on 26 November. Regular paddling seems to be going along quite well. We have started Wednesday evenings and there is no Wednesday lunch paddle during spring/summer.



Chief Minister Katy Gallagher with Judy Rafferty's hospital/medical team [Can't Swim \(Capital Region Cancer Services\)](#), BCNA Mini Field of Women, Dragons Abreast ACT Dragon Boat Challenge, 22 October 2011

Get well wishes to **Anna Wellings Booth, Sue Drew, Lenyss Snellen and Judy Rafferty.**

Paddles up!

**Patsy Sheales, Coordinator DA ACT**  
[Canberra@dragonsabreast.com.au](mailto:Canberra@dragonsabreast.com.au)

### 10<sup>th</sup> DA ACT regatta feedback

I was just so proud as the Old Dragon to witness yet another fantastic, well-organised Regatta. Tent city was buzzing with excitement and all participants appeared to be right into it and already planning on how they could improve next year! **Boerge**, you having responsibility for the day, looked so cool, calm and collected and the day ran so smoothly – thank you. But we all know nothing works unless there is a committed team behind you and that was certainly evident with DA shirts being easily spotted all over. A great leader knows how to delegate and DA coordinators are good at that! We know that last year's regatta Queen (**Marion** of course!) was your other right hand! Thanks to everyone — the work involved pre-regatta is mind-boggling but it comes together with great enthusiasm and a spirit which is uniquely Dragons Abreast! The Old Dragon salutes you all!  
**Anna Wellings Booth**



Maria and Emma Mason lead the warm ups, Dragons Abreast ACT Dragon Boat Challenge, 22 October 2011

**Thank you!** To all volunteers who helped in any way for our annual regatta. What amazing teamwork and what a fun community event to be part of! Congratulations to us all. Although

organised by Dragons Abreast, we couldn't have done it without the generous support of so many CDBA members as well as Rotary and many others — all for a good cause! Early feedback from volunteers and paddlers has been excellent, and your support plus the perfect weather made this positive breast cancer awareness raising event a real winner. We will email a form on what worked well and what we can improve next year.

**Marion Blake**

Well what a wonderful day. As I walked around I saw lots of smiling faces, and generally happy people. Volunteers and paddlers alike seemed to be having a good time. And it is all down to you. Although people kept telling me how great it was, I was very conscious of the fact that there were a lot of people working very hard behind the scenes to make it happen. So whether you were loading boats, cars and trailers, taking names, allocating people to task or manning a station you all did a magnificent job. Thank you for all your hard work.

**Boerge Alexander**

It was a brilliant day! We just get better and better at this, building on all the work and things that we have learned from previous years. It is a fantastic community and corporate event with great outcomes for all. DA ACT has so many talented members who can organise a fantastic variety of activity but our success is even greater with the help of so many CDBA clubs. We are very fortunate to have their support and interest. We have worked hard to nurture it! Congratulations to all for a magnificent effort from everyone. I am so proud to be part of our amazing group!

**Elsbeth Humphries**

A full day for all, don't know how our members managed to paddle in their teams as well, but the sweeps and drummers were busy too. I had great fun getting the buzz from all the competitors — you couldn't doubt the enthusiasm. All the helpers, even the loo ladies, everyone played a great part. A big thank you to all the behind the scenes organising, I am sure you will now all take a well earned break. The raffle raised \$2,600. A great team effort.

**Louise Muir**

### Media for the regatta

#### [Regatta's crowning glory](#)



*The Canberra Times*

23 Oct 11 DRAGON boat teams from around the world took on a royal theme in Canberra yesterday as they raced on Lake Burley Griffin in the 10th annual Dragons Abreast regatta.

[News -General](#)

[Canberra Times](#)

[WIN TV news](#)

[ABC TV News](#)

[Chief Minister opens 10th annual Dragons Abreast Dragon Boat Regatta](#)



Di Bradshaw, Leanne McKenzie who spoke about Creekside, Anna Wellings Booth, Marion Blake and Leslie Ralph, Regatta wind up, 10 November 2011, *Image: Kerrie Griffin*



Patsy Sheales presents Colleen White with third prize for fundraising on behalf of KPMG, Regatta wind up, 10 November 2011 *Image: Kerrie Griffin*



Liane, Patsy Sheales, Debora Whitfield and Judy Ainsbury, MTS Dragon Slayers received second prize for fundraising, Regatta wind up, 10 November 2011, *Image: Kerrie Griffin*



Dragons Abreast ACT Dragon Boat Challenge, 22 October 2011

### Caloundra memories

It's been a few months since our adventure north to the inaugural national DA Regatta: **Too busy living!** in Caloundra but the memories are still fresh in my mind. It was such an experience for me — my first AWAY trip with the team and from the very start, Canberra Airport we were a group of girls going away for a fun weekend together with not a care in the world. At Brisbane Airport we all piled into cars and headed up to Caloundra. The weather was typical Queensland — but that was about to change... On the Friday Caloundra morphed into Canberra in mid winter. Lots of girls kept warm that day by participating in Zumba, while the rest of us exercised our credit cards instead at the many merchandising tents and tried to ignore the freezing winds and rain. The next day saw us all back at Lake Kawana for another day of trying to keep warm. Now all this sounds like not much fun but by the time we started the races we got caught up in the excitement of it all and we had a great time. The Gala Dinner on Saturday night saw us all frocked up and glamorous and it was another chance to see my team mates in yet another light! Bopping away to a rock and roll group as if they did this sort of thing every night! Next day, we headed home, rather tired but exhilarated and already planning our next trip away.

**Lee Moyes**



DA ACT *Tickled Pink* battling wild weather, DAA Inaugural National Regatta, Caloundra 9–11 September 2011 Image: Pippa Bradshaw



DA ACT *Tickled Pink*, DAA Inaugural National Regatta, Caloundra, 9–11 September 2011 Bottom: Di Bradshaw, guard of honour Images: Pippa Bradshaw



DA ACT *Tickled Pink*, DAA Inaugural National Regatta, Caloundra, 9–11 September 2011, guard of honour Image: Alan Ashton (Lee Moyes' brother)

### Too Busy Living

<http://kathybobyn.wordpress.com/2011/09/21/too-busy-living/>

**Kathy Bobyn**

We enjoyed catching up with Kathy in Caloundra when she was the Captain of Inspiration (a composite team from SA and elsewhere in Oz).



Carol Summerhayes, Kathy Boby, Kerrie Griffin, Too busy living gala party, Caloundra

### Queen's visit to Floriade, Canberra



Queen's visit, 20 October 2011 *Credit:* Katarina Prime Linmarker



Queen's visit, paddle salute, 20 October 2011 *Credit:* Penny McKenzie

### Governor-General's morning tea

Perfect weather enhanced the camaraderie at a fun and social morning tea hosted by the Governor-General Quentin Bryce, Patron BCNA, for DA ACT members and family on 12 November. Thanks to **Marion Blake** for organising a memorable occasion and **Narelle Powers** for coaching and sweeping. Link below to more images:

<http://www.facebook.com/media/set/?set=a.1015036679701878.6.357556.589148785&type=1&l=81c6d81fcc>



The Governor-General claps as she farewells DA ACT *Tickled Pink*, 12 November 2011, *Image:* Steve Taylor



DA ACT *Tickled Pink*, Government House wharf, 12 November 2011, *Image:* Steve Taylor



Sarah McKenzie, drummer, Colleen White meeting the Governor-General, Marion Blake, Patsy Sheales, 12 November 2011, *Image:* Steve Taylor



DA ACT *Tickled Pink*, Government House, 12 November 2011, *Image:* Steve Taylor



Robyne Kellert, Life member DA ACT, Bea Brickhill and Betsy Dixon CDBA President, Government House, 12 November 2011, *Image:* Steve Taylor



Anna Wellings Booth, Governor-General Quentin Bryce, Marion Blake and Patsy Sheales, Government House, 12 November 2011, *Image: Steve Taylor*



Zoe (Cindy Young's granddaughter) presents a blue butterfly to the Governor-General, Government House, 12 November 2011, *Image: Steve Taylor*

### Padding technique

<http://www.dragonsabreast.com.au/Admin/training.htm>

Check out this brilliant video that very clearly and simply explains the technique. **Narelle Powers**

### Merchandise

Look out for the DA shop including DA ACT greeting cards on Saturdays from **Cindy Young's** car boot. Please bring cash or cheque to pay. [ACT merchandise price list](#)



### Warm up and training times

6.15 for	6.30am	Tuesdays
8.00 for	8.30–9.30am	Saturdays
5.30 for	5.45pm	Wednesday
<b>Contact:</b>	<b>Carol Summerhayes</b>	
<a href="mailto:carol.summerhayes@bigpond.com">carol.summerhayes@bigpond.com</a>		

Some great new paddling technique tips:  
<http://www.dragonsabreast.com.au/Admin/training.htm>

Remember water, hat, sunscreen and sunglasses!

If you want to have a try at sweeping contact:  
**Narelle Powers** [narelle.powers@defence.gov.au](mailto:narelle.powers@defence.gov.au)  
 or **Elsbeth Humphries** [humphries44@ozemail.com.au](mailto:humphries44@ozemail.com.au)  
**Weather watch**  
<http://www.canberrayachtclub.com.au>  
<http://www.canberrayachtclub.com.au/webcam/cam>

### Under the pink umbrella



BCNA summit: *The heart of our network*, Mini Field of Women, St Kilda, 18 August 2011

### Breast cancer awareness month

Breast Cancer Network Australia held three great mini fields of women to mark October. Several Dragons Abreast members attended a special function hosted by the 'first bloke' **Tim Mathieson** and his daughter, **Sherri**, at the Lodge on Friday 21 October in recognition of Australia's Breast Cancer Awareness Month. Mr Mathieson, a Men's Health Ambassador, acknowledged the impact on the partners of women diagnosed with breast cancer and encouraged partners to join a new online group for male partners established by BCNA. [The Partner Support Group](#) will assist BCNA in its increasing focus of supporting partners.



Lyn Swinburne, retiring founder and CEO, BCNA and Anna Wellings Booth, The Lodge, 21 October 2011

The Prime Minister **Julia Gillard** made time to support her partner Tim at the event and joined him and BCNA consumer representative, **Denice Bassanelli** to walk through a very neatly set out mini field set up by the crack BCNA Melbourne team headed by CEO **Lyn Swinburne**. Their walk was captured by many media and the subject of a great image and story in *The Canberra Times* the following day. See what a stunner Tim's daughter, Sherri, is in the photos at images - <http://citynews.com.au/2011/scene/at-the-breast-cancer-awareness-month-reception/> Article - <http://citynews.com.au/2011/news/cancer-partners-get-a-voice/>

Read more about the support group for partners  
<http://www.bcna.org.au/news/2011-10/pink-support-partners>  
[Pink support for partners](#)  
 BCNA launched a new online support group for the partners of women diagnosed with breast cancer.  
[Reception at the Lodge offers pink support for partners](#)



Kerrie Griffin, Denice Bassanelli and Susan Pitt, BCNA Mini Field of Women and launch, The Lodge, 21 October 2011

The following day, Saturday 22 October, saw a less orderly mini field graced the shore of Lake Burley Griffin in Weston Park at the Dragons Abreast Royal themed regatta. Lots of eager helpers set the mini field up in record time. Many teams had a photo taken in the centre of the mini field — with many of the hot pink silhouettes faded to pale salmon having been recycled from the Floriade 2010 mini field. At the end of a long day a lot of the DA team felt like those faded salmon silhouettes — a bit worse for wear. Thanks to **Phantom Drums** and **Courtney Leiba** for providing some musical interludes and dance. I must say I got rather hot in pink rubber gloves and my Queen's outfit. As a regatta novice I hadn't realised what was involved. I had no idea we had to pack up and found myself back at Yarralumla lifting boats in my Queen's outfit.!

Many thanks to **Sally Saunders** and **Gigi Lungu**, Bosom Buddies and **Jean Widdowson**, BCNA, **Marion Leiba** and **Val Barge**, DA for assistance.

While I took to my bed Danny took the silhouettes off to Calvary Hospital where they had another outing on Monday 23 October at their annual mini field. Faded ones too. A great photo of the mini field made *The Canberra Times* the following day showing the fantastic breast care nurses who do such great work in our community. Those bright and faded pink ladies do the trick to raise awareness.

**Vale Sarah Watt** <http://www.bcna.org.au/news/date>  
 Sarah Watt was a speaker at the Mother's Day Classic at Rond Terrace in 2009. After their run, she and her husband, William McInnes, chatted with the BCNA stall team. See [Tribute to Sarah Watt](#) and new book: [Purchase now through the BCNA online store](#)

**Susan Pitt**  
**Consumer Representative**  
**Seat at the Table (SATT) Program, BCNA**



Susan Pitt, BCNA Mini Field of Women coordinator, looking regal with one of Colleen's princess cup cakes, Dragons Abreast ACT regatta, 22 October 2011



Sally Saunders, Bosom Buddies, Marion Leiba and Gigi Lungu, DA and BCNA stall, DA ACT regatta, 22 October 2011



Tania Willis with Kaye Johnston, who was awarded a Bosom Buddies life membership because of her work as the Coordinator of the Hospital Visiting Team, Bosom Buddies Australian Breast Cancer Day dinner, 24 October 2011 Image: Kerrie Griffin





Kerrie Griffin, Frances Chaloner, Sally Saunders, Larissa Sinclair and Marilyn Brookes, Bosom Buddies Australian Breast Cancer Day dinner, 24 October 2011 *Image:* Kerrie Griffin

### About Breast Cancer Network Australia

BCNA is the peak national organisation for Australians affected by breast cancer, and consists of a network of more than 60,000 individual members and over 300 Member Groups. We are represented by the Pink Lady silhouette, symbolic of our focus on the women diagnosed with breast cancer and all those around her. We inform, empower, represent and link together Australians personally affected by breast cancer.

### Latest BCNA news

#### [Love and Inspiration](#)

Sussan and BCNA members developed beautiful Love and Inspiration cards on sale now in Sussan stores.

#### [PBS campaign](#)

The Australian Government announced it will accept PBAC recommendations to list new drugs on the PBS and will review its listing processes over the next 12 months. A number of other drugs that have been recommended by the PBAC since February will also be listed from 1 December. These include the breast cancer drug **Xgeva (denosumab)**, which is used to treat bone metastases in women with secondary breast cancer.

#### [Sexual Wellbeing after breast cancer](#)

Category: [Media release](#) - 30 September 2011  
A new study commissioned by Breast Cancer Network Australia (BCNA) has revealed the true impact of a breast cancer diagnosis on women's sexual wellbeing.

[Lymphoedema information updated!](#) with new information on managing lymphoedema. You can also download our fact sheet on compression garment subsidies and find a link to the National Lymphoedema Practitioners Register (NLPR).

#### [Suggest or find services in your area](#)

<http://www.bcna.org.au/sharing-support/find-services-your-area>  
The Local Services Directory is designed to help you find breast cancer-related support and services by:

- **Location** -- distance from your postcode
- **Type** -- using categories or key-words
- That are **only online**, and do not have a physical address (eg. amazon.com).

To find a local service, start at [the Directory search page](#).

#### Get involved with BCNA

- [Community fundraising](#)
- [Join our online network](#)
- [Advocacy](#)
- [Speak out](#)

### NBOCC merges with Cancer Australia

<http://canceraustralia.nbocc.org.au/breast-cancer/home/home>

### Changes to PBS listings of taxanes help women with secondary breast cancer

#### The Beacon Magazine

This issue focuses on 'The dollars and sense of breast cancer' – issue 56, Spring 2011.

- [Download The Beacon](#)
- [Download the resource sheet - Government programs](#)
- [Download the resource sheet - Financial and practical support](#)

Past issues of *The Beacon* can be found in [The Beacon archive](#).

#### NBCF launch Register4

Please join Register4 an online community where people can register their interest in participating in research into breast cancer related issues. It is open to all Australian women and men, whether or not they have had a breast cancer diagnosis. Those who register may, from time to time, receive opportunities from NBCF to participate in research being conducted by Australian researchers. The concept is very similar to BCNA's Review & Survey Group, which has been running for 3 years and now has more than 800 members. For more information about the Review & Survey Group, or to join, visit the [BCNA website](#). [Register4 website](#).

<http://www.bcna.org.au/news/2010-10/nbcf-launch-register4>

#### After the treatment website

[www.cancercounselling.org.uk/northsouth/extra4.nsf/WebResHArvey?OpenView&ExpandAll&Count=500](http://www.cancercounselling.org.uk/northsouth/extra4.nsf/WebResHArvey?OpenView&ExpandAll&Count=500)

Courtesy of Marilyn Brookes and Sarah Holmes

#### HeadsUp@Bruce

HeadsUp is a not-for-profit service established to help women who have lost their hair, either as a result of treatment such as chemotherapy or from permanent alopecia. <http://headsup.net.au>

Open: **10am to 3pm Wednesdays and Thursdays**

<http://web.me.com/sueowen1/HeadsUp/Welcome.html>

Sue Owen 0416 227 5959

#### Otis Foundation retreats

We are very privileged that Elspeth Humphries' family allows visitors to *Creekside* during summer.

<http://www.otisfoundation.org.au/OTISSanctuaries.asp?SanctuaryID=6>

#### Prosthesis recycling Contact Jan Murphy 0402 188

361 [janaliveandwell@hotmail.com.au](mailto:janaliveandwell@hotmail.com.au)

#### [Team training as a predictor of reduced recurrence among breast ...](#)

Terry Mitchell, PhD, Director of the Centre of Community Research Learning and Action and Associate Professor, department of Psychology, Wilfrid Laurier ...

[www.dragonsabreast.com.au/.../TeamTrainingReducedRecurrence.htm](http://www.dragonsabreast.com.au/.../TeamTrainingReducedRecurrence.htm)

Jean Hailes Foundation <http://www.jeanhailes.org.au/>

#### Strengthen your recovery: A Pilates program following breast cancer surgery

This free DVD will be available to order on the BCNA website in the next month. **Fiona Eakin**, former Canberra Pilates instructor and breast cancer survivor, has devised the graduated program and Estee Lauder is the generous sponsoring.

#### Kerrie Griffin

Consumer Representative

Seat at the Table (SATT) Program, BCNA



BCNA Mini Field of Women at the 9th Dragons Abreast ACT Dragon Boat Challenge, 23 October 2010 Image: Chris Holly



Dragons Abreast ACT Dragon Boat Challenge, 22 October 2011

### Calendar of events

Dates and events may change – please check [www.cdba.com.au/](http://www.cdba.com.au/)

Month	Date(s)	Event	Location	Notes
<b>November</b>	Saturday 26	<b>CBDA Regatta 4 500m/2000m</b>	Lotus Bay, Yarralumla	<a href="mailto:Canberra@dragonsabreast.com.au">Canberra@dragonsabreast.com.au</a>
<b>December</b>	Sunday 4	<b>Come and try session</b>	Lotus Bay, Yarralumla	<a href="mailto:Canberra@dragonsabreast.com.au">Canberra@dragonsabreast.com.au</a>
	Saturday 10	<b>CBDA Regatta 5 2000m</b>	Lotus Bay, Yarralumla	<a href="mailto:Canberra@dragonsabreast.com.au">Canberra@dragonsabreast.com.au</a>
	tbc	<b>DA ACT Christmas Party</b>	Bring a plate	RSVP
	tbc	<b>Christmas carols on the lake</b>	Canberra Yacht Club Lotus Bay	<a href="mailto:Canberra@dragonsabreast.com.au">Canberra@dragonsabreast.com.au</a>
<b>January</b>	Thursday 26	<b>Australia Day celebrations</b>	Lotus Bay, Yarralumla	<a href="mailto:Canberra@dragonsabreast.com.au">Canberra@dragonsabreast.com.au</a>
<b>February</b> 	Friday 3	<b>CBDA Twilight Regatta 200m tbc</b>	Lotus Bay, Yarralumla	<a href="mailto:Canberra@dragonsabreast.com.au">Canberra@dragonsabreast.com.au</a>
	Sunday 5	<b>Come and try session</b>	Lotus Bay, Yarralumla	<a href="mailto:Canberra@dragonsabreast.com.au">Canberra@dragonsabreast.com.au</a>
	Saturday 11	<b>CBDA Regatta 6 200m Chinese New Year</b>	Lotus Bay, Yarralumla	<a href="mailto:Canberra@dragonsabreast.com.au">Canberra@dragonsabreast.com.au</a>
	5 February tbc	<b>DAA Chinese New Year</b>	Darling Harbour, Sydney	<a href="http://www.cityofsydney.nsw.gov.au/CNY/Events/Default.asp#DragonBoat">www.cityofsydney.nsw.gov.au/CNY/Events/Default.asp#DragonBoat</a>
	Sunday 19	<b>Jindabyne Flowing Festival</b>	Lake Jindabyne	<a href="mailto:Canberra@dragonsabreast.com.au">Canberra@dragonsabreast.com.au</a>
	Saturday 25	<b>CBDA Regatta 7 500m /2000m</b>	Lotus Bay, Yarralumla	<a href="mailto:Canberra@dragonsabreast.com.au">Canberra@dragonsabreast.com.au</a>
<b>March</b>	Sunday 4	<b>Come and try session</b>	Lotus Bay, Yarralumla	<a href="mailto:Canberra@dragonsabreast.com.au">Canberra@dragonsabreast.com.au</a>
	Saturday 17	<b>ACT Championships 500m</b>	Lotus Bay, Yarralumla	<a href="mailto:Canberra@dragonsabreast.com.au">Canberra@dragonsabreast.com.au</a>
	Sunday 18	<b>ACT Championships 200m</b>	Lotus Bay, Yarralumla	<a href="mailto:Canberra@dragonsabreast.com.au">Canberra@dragonsabreast.com.au</a>
<b>April</b>	Sunday– Thursday 1–5	<b>Australian Championships</b>	Docklands, Melbourne	<a href="mailto:Canberra@dragonsabreast.com.au">Canberra@dragonsabreast.com.au</a>
<b>May</b>	Saturday 12	<b>CDBA Presentation night</b>	tbc	<a href="mailto:Canberra@dragonsabreast.com.au">Canberra@dragonsabreast.com.au</a>
<b>July</b>	Wed.–Sunday 4–8	<b>World Club Crew Championships</b>	Hong Kong	<a href="mailto:Canberra@dragonsabreast.com.au">Canberra@dragonsabreast.com.au</a>
	Monday 30	<b>CDBA Annual General Meeting</b>	Lotus Bay, Yarralumla	<a href="mailto:Canberra@dragonsabreast.com.au">Canberra@dragonsabreast.com.au</a>
<b>October</b> 	Saturday 20	<b>Dragons Abreast ACT Corporate Challenge Regatta</b>	Weston Park, Lake Burley Griffin	<a href="mailto:canberra@dragonsabreast.com.au">canberra@dragonsabreast.com.au</a>
	Saturday 20 8am–2pm	<b>BCNA Mini Field of Women at the Regatta</b>	Weston Park, Lake Burley Griffin	Volunteers needed for the BCNA stall!
	Monday 22 Time tbc	<b>BCNA Mini Field of Women at Calvary</b>	Calvary Hospital, Bruce	Volunteers needed for the BCNA mini field and stall!

		<b>Healthcare</b>	Speakers tbc	
	Monday 22	<b>Bosom Buddies Australian Breast Cancer Day dinner</b>	Southern Cross Club, Woden	\$60 pp. RSVP by 19 October 6290 1984 <a href="mailto:bosombuddies@shout.org.au">bosombuddies@shout.org.au</a>
	Sunday 28	<b>Dragons Abreast Festival</b>	Darling Harbour, Sydney	<a href="http://www.dragonsabreastfestival.com.au">www.dragonsabreastfestival.com.au</a> u 1300 889 566

**Dragons Abreast Australia — Mission statement**

<http://www.dragonsabreast.com.au/>

To offer hope and inspiration to those faced with a diagnosis of breast cancer and promote the fact that there is quality of life after breast cancer.

*Keeping the spirit alive!*

**Next issue of the DA ACT newsletter — February 2012**

Thank you to all members who have contributed to this issue.

Please submit any news, items and images by 16 February 2012 to the newsletter coordinator

[Kerrie.griffin@act.gov.au](mailto:Kerrie.griffin@act.gov.au) or [taylorclan@iinet.net.au](mailto:taylorclan@iinet.net.au)

**Seven steps for your images to appear on the website**

- Snap your photos and download to your computer
- Email digital photos to [dragonsabreastaustralia.dragon@picasaweb.com](mailto:dragonsabreastaustralia.dragon@picasaweb.com)
- In the subject line of the email, include a description, for example “*Tit Tit Boom team at the ACTDragons Abreast Corporate Challenge 2011*”
- If possible, also name the individual photos – “Mary paddling”, Jo sweeping” etc. *NB: this step is not essential*
- Email [webmaster@dragonsabreast.com.au](mailto:webmaster@dragonsabreast.com.au) to inform that photos have been sent to the above address.
- Webmaster will then create an album of these photographs
- This album will be placed on the ACT regatta 2011 page, and on the ‘Gallery’ page  
<http://www.dragonsabreast.com.au/Gallery.htm>



Dragons Abreast ACT Dragon Boat Challenge, 22 October 2011

2011 <http://www.dragonsabreast.com.au/ACT/2011-regatta/index.htm> 2010 [http://www.dragonsabreast.com.au/ACT/2010\\_regatta/index.htm](http://www.dragonsabreast.com.au/ACT/2010_regatta/index.htm)



*DRAGONS ABREAST – keeping the spirit alive!*