



ABREAST of the NEWS

DRAGONS ABREAST CANBERRA

PO Box 7191, Yarralumla ACT 2600

DRAGONSABREAST.COM.AU

ISSUE 65

NOVEMBER 2017



Rosalie Thomas presents the trophy for first in the Minor B Final to Frances Heaney and Donna Lennon, in rear Angie O'Reilly, DAA Festival 21 October 2017. *Image: Tom Bungbrakearti*

[Dragons Abreast Festival 2017](#) video by Cliff White



Dragons Abreast Canberra Social and Corporate Regatta 14 October 2017 [Canberra Prosperous Mountain Lion Dance's video](#).

Coordinator's report

Dragons Abreast Canberra Social and Corporate Regatta on 14 October 2017

Thanks to all 18 teams for embracing the Australian characters theme: *Dames (Girl Guides); Project Fit Mum; Pioneer Paddlers; Kath & Kims; Oncology TCH; Star Group; X-Rayted; KPMG 'Hello Possums'; Hotel Realm; GM Galley Slaves; Eurostars; Dra-Gone Fishin'; R-Udder Madness; Bondi Rescue; Breast Friendz; Blinky Bill; Grammar Gremlins; Crouching King Wooden Dragon.*

Some great volunteering by **Dragons Abreast Canberra members** across the regatta venue — in administration, marshalling, parking, lavender and toilet supply, fruit distribution, baking for the cake stall, cake stall and merchandise sales, organising catering for volunteers, in the pink central information booth.



Hotel Realm 55.06 Pink Lady Shield & Gold Cup Winner of the Grand Final - Perpetual Shield donated by Brendan Smythe, Dragons Abreast Canberra Social and Corporate Regatta Saturday 14 October 2017. *Image: Chris Holly - Holimage*

Thanks also to **Kerrie Griffin, Anne Baynes, Romy Collier** and **Donna Lennon** who agreed to paddle with the teams.

Thanks to all the **Dragons Abreast Canberra Regatta Committee** including: **Debbie Whitfield, Maureen Wild, Marion Blake, Donna Lennon, Di Bradshaw, Katherine Davis Kralikas** and Vice Coordinator **Susan Pitt**. You all supported me as the Coordinator in the planning and organisation of the regatta in your various roles. I would also like to thank the **2017-18 Dragons Abreast Canberra Committee: Susan Pitt, Maureen Wild, Jenny Green, Clare Purcell, Elly McGinness, Donna Lennon, Julie Chynoweth, and Joan White** for your support to me and the event.

We appreciated the support from **DBACT**: including President **Alan Clark**, Vice President **Kirsty Sheppard** and as the Events Officer for the planning of this regatta, and DBACT Treasurer **Nick Sifniotis** who assisted with team payments. Great work by all our regatta officials including: **Gillian Styles**, Chief Official, ably assisted by **Betsy Dixon**, Ground Announcer; **Bea Brickhill**, Chief Timekeeper; **Louise McMullen**, Chief Marshall; **Peter Cox**, Chief Starter; and **Sue Taylor**, Chief Wrangler.

Thanks to the staff and students from both **Grammar Schools** — to **Lorraine Peck** and students from Canberra Girls Grammar School who volunteered prior to their school fete. Thanks also to **Jennie Holbrook, Harry Lai** and the students from Canberra Grammar School we thank you for supporting our regatta as sweeps, drummers and wranglers. We also thank you for any other duties at request of Dragons Abreast Canberra members on the day. We value your great contributions.

DRAGONS ABREAST – keeping the spirit alive!



Project Fit Mum, Dragons Abreast Canberra Social and Corporate Regatta 14 October 2017. Image: Akka Ballinger Constantin

Thanks to all the **DB ACT coaches, sweeps and drummers** from the various clubs who worked with teams prior to the regatta and took the teams safely down the course. I would like to give **special thanks to Debbie Whitfield** who organised our training sessions for teams, swept and coached teams during the training sessions, liaised with sweeps and drummers, and worked on the regatta draw with **Susan Pitt**. Thanks to **Diamond Phoenix** for providing BBQ services.

Thanks to our volunteer photographers **Chris Holly — Holimage**, and **Akka Ballinger Constantin** for capturing some special moments of the regatta including: the team images in the **BCNA Mini Field of Women**; the **Flowers on the Water Ceremony**; **Prosperous Mountain Lion Dance Group**. View their images on the DA Canberra [Facebook](#) site. We also thank **Michael Daniel** who captured some great shots of the teams paddling from the water. To view and purchase: <http://www.michaeldanielphotography.com/dragons-abreast-2017-corporate>

The **Eurostars** team recorded their dragon boat experience at the regatta – as **Jan Skorich** put it – *Dragons Abreast Canberra is famous around the world! This article was front page on the EU's Foreign Affairs website, broadcast everywhere.* https://eeas.europa.eu/headquarters/headquarters-homepage/34037/eurostars-paddle-dragons-abreast-regatta-canberra_en

DA Canberra Social and Corporate Regatta results

- * **Pink Lady Shield & Gold Cup Winner of the Grand Final** - Perpetual Shield donated by Brendan Smythe - presented by **Sandra Turner CEO of Cancer Council ACT** to **Hotel Realm**.
- * **The Health Heroes/Anna Wellings-Booth** perpetual memorial trophy for the Fastest Medical Team - presented by **Sandra Turner CEO of Cancer Council ACT** to **Star Group**.
- * **Maggie Sharp** perpetual trophy for the Fastest Female Team: Fastest all female team time of the day - presented by **EU Ambassador Michael Pulch, Ambassador of the European Union to Australia** to **Project Fit Mum**.



Kath and Kims, presented with the Sylvia Flaxman Perpetual Dragon Spirit Award by Marion Blake, Dragons Abreast Canberra Social and Corporate Regatta 14 October 2017. Image: Chris Holly - Holimage

* **Sylvia Flaxman** Perpetual Dragon Spirit Award Team most in keeping with the ethos of Dragons Abreast Australia - presented by **Marion Blake member of DAA Board** to **Kath and Kims**.

A FINAL

- 1st Hotel Realm 55.06
- 2nd Grammar Gremlins 55.69
- 3rd Bondi Rescue 56.72

B FINAL

- 1st Eurostars 59.44
- 2nd Star Group 59.67
- 3rd Blinky Bill 59.69

C FINAL

- 1st Oncology 59.97
- 2nd Project Fit Mum 1.01.35
- 3rd Breast Friendz 1.01.69

D FINAL

- 1st Dra-Gone Fishin' 1.03.09
- 2nd Kath and Kims 1.03.35
- 3rd Hello Possums 1.04.97

Novelty prize winners:

Fashions on the Lake - Best dressed team - Most eye-catching team with a celebration theme

Pioneer Paddlers

Noise Makers - Best War Cry - Best performance, words and actions and lots of noise

Project Fit Mum

Let's Get Physical - Best Team Warm Up - Best moves, coordination and enthusiasm.

X Rayted

Go-Team - Most Organised Team - Ready at marshalling area and into boats on time

Hotel Realm

It's About Us - Best Team Bio

Dra-Gone Fishin'

Home Sweet Home - Best Decorated Campsite with a celebration theme

GM Galley Slaves



Lion dancing, Dragons Abreast Canberra Social and Corporate Regatta 14 October 2017 Image: Chris Holly



Cancer Council ACT volunteers, Karen McKinnon, breast care nurse, Susan Pitt, Julie Kesby and Sandra Turner CEO Cancer Council ACT, BCNA Mini Field of Women, Dragons Abreast Canberra Social and Corporate Regatta 14 October 2017. *Image: Akka Ballenger Constantin*



Katherine Kralikas and Di Bradshaw, Raffle, Dragons Abreast Canberra Social and Corporate Regatta 14 October 2017. *Image: Akka Ballenger Constantin*

Dragons Abreast Canberra regatta stalls

- Raffle \$900
- Cake \$825
- Merchandise \$313
- Massage booth \$292
- Coffee van \$200
- Face painting \$147
- Other donations \$65

Funds raised will allow **Dragons Abreast Canberra** and **Dragons Abreast Australia (DAA)** to continue promoting dragon boating to breast cancer survivors as a beneficial exercise. The event celebrates wellness, fitness, fun and camaraderie for all regatta participants, breast cancer survivors and their supporters.



Susan Pitt and Marion Blake distribute flowers and petals, Dragons Abreast Canberra Social and Corporate Regatta 14 October 2017. *Image: Akka Ballenger Constantin*



Dragons Abreast Australia Festival, Darling Harbour, 21 October 2017. *Image: Tom Bungbrakearti*

Dragons Abreast 10th Annual Festival, Saturday 21 October, Cockle Bay, Darling Harbour, Sydney

DA Canberra participated in the annual DAA Festival. It was great to catch up and renew friendships with other club members. There is some great [footage](#) (thanks to **Cliff White**) of the weekend's events including the *Flowers on the Water ceremony*, and our exciting Minor B Final win where we fly down the course in Lane 1 to take gold! Thanks to **Frances Heaney**, our coach and sweep. See Cliff's YouTube video: <https://www.youtube.com/watch?v=usS7yqe0oys&feature=youtu.be>



Flowers on the Water Ceremony, Dragons Abreast Australia Festival, Darling Harbour 21 October 2017. *Image: Frances Heaney*

Celebrations during October

It was great to share in the **Bosom Buddies Annual Celebrations Spring Fling** held at the Southern Cross Yacht Club on Monday 23 October. A former DA Canberra paddler **Theresa Kerby** received a special achievement award for her dedication to Bosom Buddies.

Celebrations continued at the **BCNA Pink Lady Luncheon** on Wednesday 25 October where we were inspired by former Governor-General of Australia **Dame Quentin Bryce** in her discussion of letters received and sent by her to Australians from all ranks of life, as well as a personal journey story from BCNA member, and former DA member, **Cate Hale**. Thanks to all the DA Canberra members who volunteered for a great event.



Lucy Cheetham, Sue Willemsen-Bell, Joan and Cliff White, Denise Brown and Katherine Davis Kralikas, DAA Come and Try - Pink Paddle and Picnic., Chinese Gardens 28 October 2017 *Image: Kerrie Griffin*



DAA Come and Try - Pink Paddle and Picnic, Chinese Gardens 28 October 2017 *Image: Kerrie Griffin*



Courtney Leiba on steel drum, DAA Come and Try - Pink Paddle and Picnic, Chinese Gardens 28 October 2017 *Image: Kerrie Griffin*

DA Canberra continued celebrations in October with a **DAA Come and Try – Pink Paddle and Picnic** in celebration of National Paddle Month and in acknowledgement of October breast cancer awareness month. Thanks to **Marion Blake** for organising the DAA insurance for this event, and to **Pene Lee** for taking RSVPs. A number of former members paddled and joined members for a very pink morning tea in the Chinese Gardens where we were entertained by **Courtney Leiba** with his steel drum music. See images: [DAA Come and Try Pink Paddle and Morning Tea](#)

DBACT Regatta Results for DA Canberra

DBACT Regatta 1, 7 October: 2 km, 3 x 200 m

15:51.63 for the 2 km

1:08.25; 1:04.97; 1:06.69 for the 200 m

DBACT Regatta 3, 11 November: 2 km, 3x200 m

Fantastic racing this morning. With only 18 paddlers in the 2 km - awesome time of 15.46.263.

Our drummer Rory from Grammar was fantastic.

Our 200 m times were awesome as well with 19/18 paddlers-1.05.120; 1.05.495 then the final

1.04.769. Well done ladies. **Frances Heaney**

DBACT Regatta 4, 18 November: 2 x 500 m

3:05.75, 3:04.53

A wet morning on and off. Congratulations to

Kathy and **Jodi** who recently joined and competed

in 2 x 500 races today. **Frances Heaney**



DAA Come and Try - Pink Paddle and Picnic., Chinese Gardens 28 October 2017. *Image: Kerrie Griffin*



Many thanks to Gillian Horton for the [Colleen's Lingerie and Swimwear](#) sale for donations of \$500 and \$250 from Amoena, volunteer and Elly McGinness DA Canberra awareness stall 12 October 2017. *Image: Elly McGinness*



Clare Purcell, Elly McGinness and Maureen Wild (Come and Try team), Dragons Abreast Canberra Social and Corporate Regatta 14 October 2017 Image: Akka Ballenger Constantin



Come and Try session 4 November 2017 Image: Kerrie Griffin

Come and Try 4 November

Seven women enjoyed the Come and Try session on 4 November. Thanks again to the Come and Try team (**Clare, Maureen and Elly**) to our sweep **Susan Pitt** and coach **Donna Lennon**. Thanks to all for making it another special morning on Lake Burley Griffin. Our next Come and Try is on **10 March 2018**.



Come and try session 4 November 2017 Image: Clare Purcell

[Songlines: Tracking the seven sisters at the National Museum of Australia](#)

Many thanks to **Margo Neale**, the Indigenous curator and former DA paddler, who gave DA Canberra members a fascinating tour and reunion on 22 November. See this amazing [exhibition](#).

Menopause the Musical, Southern Cross Club, Woden

Several of our members enjoyed dinner and the show on Friday 24 November. Thanks to **Anita Godley** for organising it.



<https://www.facebook.com/FlorenceBCSfestival2018/photos/a.556544027833927.1073741828.551570458331284/894189520736041/?type=3&theater>

Florence, Italy: International Breast Cancer Paddlers Commission (IBCPC), 3-8 July

Our Florence team composition

We have now registered with the IBCPC Florence system:

- 35 DA Canberra breast cancer paddlers (for one crew of 22 including 1 sweep and 1 drummer, and one crew of 13 including 1 sweep)
- 4 DA Canberra supporter paddlers
- 6 partner/friend supporter paddlers
- 5 partner non-paddling supporters
- 1 child supporter under 14

*We will also be registering another non-paddling supporter soon to take our total registrations to 52 persons.

There are also a number of family members and friends who will be travelling with the team who haven't registered for the event, but we welcome their support of the crews.

Sincere thanks to **Maureen Wild**, Treasurer.



Capital Paddlers, Wagga Wagga Regatta 26 November 2017 Image: Frances Heaney

Wagga Wagga Regatta Sunday 26 November

Some 23 paddlers enjoyed participating in the Women's 200 m racing on Lake Albert at Wagga Wagga. Thanks to our Canberra club 'sisters' who boosted our crew numbers to paddle with us on the day as *Capital Paddlers*. The crew were 2nd in both heats losing Heat 1 to *Ice Dragons* the

ultimate winner of the event. Overall, we were 6th out of 9 crews.

Some great paddling by the whole team. Thanks to our boat captain **Donna Lennon** for organising the Wagga Wagga event - team registration, accommodation booking, dinner booking. Thanks also to **Frances Heaney** (our coach and sweep), and **Susan Pitt** (sweep) for getting us safely and very swiftly down the course! Thanks to all our supporters cheering on the team from the shore. We could definitely hear you on the water! Check out the DA Canberra Facebook site for videos of both heats taken by **Katherine Davis Kralikas and Clare Smyth**. There are also some other still photos taken by **Frances Heaney, Alison Kesby and Katherine Davis Kralikas**. Thanks to all photographers.

<https://www.facebook.com/448649108487643/videos/1754124444606763/>
<https://www.facebook.com/448649108487643/photos/pcb.1752798551406019/1752798401406034/?type=3&theater>
<https://www.facebook.com/448649108487643/photos/pcb.1754128927939648/1754128407939700/?type=3&theater>

Our Christmas events

Looking forward to our two DA Canberra Christmas events:

- DA Canberra Christmas 2017 A barefoot bowls afternoon! Followed by festive frolics (inside the RUC) on Sunday, 10 December
- Dragons Abreast Canberra Christmas Carol Paddle to be held as the evening paddle on Wednesday 13 December.

Calendar

- Last paddle of 2017 on Wednesday 20 December
- First paddle in 2018 on Saturday 6 January.

Handmade Market 5-6 May 2018

It was a very successful September weekend at the Handmade Market due to **Julie Nichols**, founder, **Debbie Power** and the Handmade Market team. Dragons Abreast Canberra looks forward to being the Handmade Market charity partner on **5 and 6 May 2018** (the weekend before Mother's Day). **Please save the dates!**

Paddles up!

Julie Kesby

Coordinator, Dragons Abreast Canberra

Philosophy: *Awareness, Participation, Inclusiveness*

JakDAC16@gmail.com

<https://www.facebook.com/Dragons-Abreast-Canberra-448649108487643>

<https://www.dragonsabreast.com.au/groups/placedetails/1> <http://www.ibcpc.com/> <http://www.ibcpc.com/wp-content/uploads/2017/06/IBCPCJune2017.pdf>

Sincere thanks to Julie Kesby for overseeing the coordination of the annual DA Regatta. Newsletter Editor



Regatta Coordinator Julie Kesby and Susan Pitt present flowers to Debbie Whitfield who coordinated the sweeping and training for the Dragons Abreast Canberra Social and Corporate Regatta Saturday 14 October. *Image: Chris Holly - Holimage*

How about you have a try at sweeping?

Sweeping is fabulous fun. We need to have a few more up and coming sweeps in training. Currently, we have four licensed sweeps (**Marion Blake, Frances Heaney, Robyn Chen and Susan Pitt**) and **Donna Lennon** is a sweep in training.

You may just want to be able to sweep our club out on our lake in gentle conditions for training. Or, you may want to sweep an international crew in an international regatta. Talk to our coach, **Frances Heaney**, about giving sweeping a try when you are out on the lake one quiet day.

If you want to work towards getting the hours up to take the sweep test then Frances will obtain a training log from the DB ACT sweep coordinator, **Debbie Whitfield**.

After you have done enough hours, and Frances thinks you are ready, you will sit a written test and a practical test.

About sweeping

The sweep is able to steer with an almost unobstructed view of the surrounding area during training, regattas, festivals and is able to monitor conditions at all times in and outside the dragonboat, including other watercraft so as to avoid collisions, observing the direction of travel, wave and wind conditions.

Sweeping a boat has similarities to driving a car, where the crew are the engine, brakes, and gearbox (forward and reverse gears). The sweep is the steering wheel who maintains control and balance, following the direction of travel by using peripheral vision at all times and eyeing the surroundings within the training area.

Source: <http://www.sporty.co.nz/asset/downloadasset?id=d6a193b8-93f4-4788-afd3-8c9a24d71f59>

Have a look at this YouTube video

https://www.youtube.com/watch?v=5sifWYT_F2s

**Susan Pitt Sweep Level 3
Assistant/Vice Coordinator**



Sue Willemsen-Bell, Donna Lennon, Patsy Sheales, Guard of Honour, Dragons Abreast Australia Festival, Darling Harbour 21 October 2017. *Image: Frances Heaney*

The view from a different spot in the boat

I do things by creeping increments. And so, it is with my progression in dragon boating and the recent step of becoming a general committee member. I am learning a thing or two. A new role provides a different lens through which the how and why of all things on and off the water are better understood. Oodles of analogies come to mind. Swans and ducks paddling hard below the surface to create the seemingly effortless glide along the top is apt.

The work of the committee, social committee, coach and all the others who carry out various 'jobs' enable the club to function effectively and progress as an entity. There is nothing that happens without deliberation, discussion and purpose across all aspects of club life: boat configurations and committee governance through to our next get together and advocating for the club. Amidst all of this, I also see a genuine care and concern for individual members and a sincere generosity with time and support where needed.

While my email box chatters away far more than previously, it is with the voice of those genuinely pulling long and strong for the benefit of the club. It reminds me that, as a supporter, I am so very privileged to be a part of Dragons Abreast Canberra.

Donna Lennon

Fernwood Belconnen

Thank you for your support of DA Canberra.

Merchandise

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



Eurostars, Dragons Abreast Canberra Social and Corporate Regatta Saturday 14 October 2017. *Image: Chris Holly - Holimage*

[Eurostars paddle in Dragons Abreast regatta in Canberra](#)

European Union and Member State representatives have joined hundreds of Canberrans in the annual Dragons Abreast Regatta on Lake Burley Griffin. European Union officials and representatives from 14 Member States delegations have teamed up to form the Eurostars crew to compete at the Dragons Abreast Regatta held on Lake Burley Griffin in Canberra on Saturday, 14 October.

The community event raises awareness about breast cancer and featured 18 crews and hundreds of competitors.

For the second year in a row, the Eurostars dominated the Division B final to cross the line first (just!). The Eurostars crew was beefed up this year by the inclusion of six heads of European missions, the highest number of ambassadors and high commissioners to ever paddle for the EU crew in the regatta that raises awareness of breast cancer. The Eurostars crew included the new EU Ambassador to Australia, Michael Pulch. 'The Eurostars victory was an example of the European Union operating at its best', Ambassador Pulch said.

'This win came after EU officials teamed up with Member State representatives – including Heads of Missions from Greece, Czech Republic, Cyprus, Austria and Hungary - to face up to a challenge, overcome adversity and enjoy success!' The Eurostars also won the Division B final last year while in 2015 the crew finished second in Division B after an on water collision with another crew.

There were murmurings among the Eurostars crew to begin training in January to make a tilt at the Division A final in 2018!

https://eeas.europa.eu/headquarters/headquarters-homepage/34037/eurostars-paddle-dragons-abreast-regatta-canberra_en

Dragons Abreast Canberra is famous around the world! This article was front page on the EU's Foreign Affairs website, broadcast everywhere. Jan Skorich



DAA Board member Marion Blake awarding a trophy, DAA Festival, Darling Harbour 21 October 2017. Image: Tom Bungbrakearti

DAA Festival

The 10th annual DAA Festival was held in Sydney on 21 October 2017. The Festival is DAA's major national fundraiser and we would like to thank everyone who supported our national organisation so generously including the corporate, hospital, social and DAA teams (including DA Canberra) who registered for a fun day of racing at Darling Harbour. Thanks also to our Platinum Sponsor, the **Cancer Institute NSW**.

We look forward to the next **DAA Festival** on **20 October 2018** which will also celebrate 20 years of Dragons Abreast Australia, A special, national not-for-profit registered charity that raises breast cancer awareness through the sport of dragon boating and gives hope to those with a diagnosis of breast cancer, regardless of age, gender or sporting ability.

Marion Blake



Clare Purcell, Kathy Ng, DA Toronto, Canada and Frances Heaney reunited, DAA Festival, Darling Harbour 21 October 2017 Image: Frances Heaney
See Clare's story in [DA Canberra Newsletter September 2017](#)

[Dragons Abreast Festival 2017](#) video by Cliff White



Lyndall and Jenny Milward-Bason, DAA Festival, Darling Harbour 21 October 2017. Image: Kerrie Griffin

Paddling sisters

We arrived in Sydney on a sodden Friday afternoon, ahead of the 21 October 2017 DAA Festival. Miscommunication at the hotel had **Jenny**, my sister, and I sipping red wine and reading books in a nearby cafe/bar until we could check in. All good, as the planned dinner venue for a bunch of us was too full and noisy, so we knew just the place – relaxing, great company, free nibbles, \$5 glasses of good wine and lovely meals. Others enjoyed the *Carol King tribute – Beautiful!*

The next morning was bright and clear as we headed to our tent at the far end of the venue — convenient to clean loos in the Darling Harbour complex. Our Gold Coast neighbours included former Canberra paddler **Karen Bail** (whom I first met in May when travelling through the Kimberley). Early on we stocked up on merchandise (and **Marion Blake's** tattoos), as once the regatta began there was little time to shop! We had three pretty close heats (I sat one out, thankfully, after falling in the dash to marshalling and barking my shins and elbow). With **Frances** and **Susan** alternating sweeps, mastering challenging breezes and currents, we thought we'd be in Boat 6 in the A Final, but ended up Boat 1 in the B Final — which we won! Well done everyone! It was straight into *the Flowers on the Water Ceremony* which was very moving with so many boats, survivors and supporters. After a few other finals, for which we acted as guards of honour (our hands smarting from so many high fives), it was time for presentations. **Frances** and **Donna** collected our trophy — but unfortunately no medallions. Frances remedied later at dinner, where she presented us with

medals she'd picked up herself after the regatta. Thank you **Frances** for the bling we richly deserved!

Lyndall Milward-Bason



Judy Cluse, Romy Collier, Julie Chynoweth, Frances Heaney with medal and DA Canberra celebratory dinner, Darling Harbour 21 October 2017 *Image:* Frances Heaney

[DAA Festival dancing](#)

What an exciting and rewarding experience participating in the 10th DAA Festival Sydney regatta was! The day dawned bright and not too windy which was a relief as the previous day had rained hard and blew even harder.

It was terrific to see our ladies gathering full of determination to show Canberra proud and to also have a fantastic time catching up with the other teams — meeting new people and reminiscing with those we only see at regattas.

Racing was intense and it was great to push yourself hard against your equals. We continued to do well all day, improving on our times each race. To our delight, we made it into the B final, having just been pipped for the A final. Without much time to get ourselves in the zone, we were back on the course and racing. We gave it our all and triumphed in what was an incredibly close race. There was a lot of excitement as we docked knowing that we'd paddled our hearts out as part of an amazing team.

All the hard work and early starts were certainly worth it. It's a testament to **Frances** and **Donna's** commitment that we did so well, and also to the commitment of the whole club. What can I say, but what a wonderful group you are and I'd encourage anyone wishing to participate in next year's DAA Festival to give it a go.

I have to finally mention the wonderful Angelina Ballerina dancing of **Wendy Ceravolo**, **Julie Chynoweth** and **Kerrie Griffin**, most ably lead by Deano – priceless! Also, a big thankyou to all the partners, kids and families who cheered us on, made amazing videos* (thanks **Cliff White**) and are always there to support us. You're tops!

Romy Collier

* [Dragons Abreast Festival 2017](#) video by Cliff White



Warm up and training times

Saturday morning:
([Extra effort paddle](#)): 07.15 – 8.00am
Saturday morning: 08.00 – 09.45am

Tuesday morning: 06.00- 07.30am

Wednesday evening: 5.30 – 6.00pm

Contact: **Donna Lennon**
donna Lennon0@gmail.com

Some great paddling technique tips:
http://www.youtube.com/watch?v=j7lRbj3K8c4&feature=player_embedded
Remember water, hat, sunscreen and sunglasses!

Weather watch

<http://www.canberrayachtclub.com.au>
<http://www.canberrayachtclub.com.au/webcam/cam>
<http://www.eldersweather.com.au/act/act/canberra>



Our Boat Captain's table with Frances' medals, celebratory dinner, Darling Harbour 21 October 2017. *Image:* Frances Heaney

Do you like going to the movies?

On Tuesdays, during school terms, DA members view a movie at Palace Cinema and enjoy a light lunch together where we discuss the movie and solve the problems of the world. Just come when you want to, every week, or just occasionally.

We email each week advising what the movie is for the following Tuesday. If you want to go just RSVP by 11am Friday. We meet at Palace Cinema at 10.45am and it is all over by 1.30-2.00pm. \$18.00 includes the movie and lunch.

If you want to receive a weekly email about the movie club, email Cindy Young who will put you on the distribution list. cindy young000@icloud.com

Under the pink umbrella



Breast
Cancer
Network
Australia

www.bcna.org.au

One in eight Australian women will be diagnosed with breast cancer by the time they turn 85. It is estimated 17,586 women and 144 men will be diagnosed with the disease this year, according to Breast Cancer Network Australia.



BCNA staff and volunteers:

Chloe Douglas, Marion Blake, Ashley NAB, Pene Lee, Marion Leiba, Patsy Sheales, Truus Ford, Elly McGinness, Rozalee Erceg, Cara Davey, Lan Crowley, Susan Pitt, Sue Willemsen-Bell, Gillian Styles, Joan White, Cathy Powell, Katherine Kralikas, Patrick Willix, Cate Hale and Kerrie Griffin, BCNA Pink Lady Luncheon, Gandel Hall, NGA 25 October 2017. *Image:* Akka Ballenger Constantin

BCNA Pink Lady Luncheon Thank you!

Thanks to all those who volunteered on the day (image above of volunteers with pink Veronica) or beforehand, **Julie Kesby**; **Cindy Young** (with potential club contacts for diners); **Lesley Thomas**, **Val Buckle**, **Lenyss Snellen** and **Geraldine Robertson** (gift bag packers on Tuesday).

Sincere thanks to the talented **Akka Ballenger Constantin** for volunteering her services as the official photographer for two years for BCNA Pink Lady Luncheons.

Cate Hale spoke eloquently about her vulnerability during her treatment for breast cancer. Many of the audience were moved to tears. I feel very privileged to belong to BCNA and Dragons Abreast.

<https://www.facebook.com/kerrie.griffin.923/posts/10155843152543276?pnref=story>

Kerrie Griffin

Survivors gather for Canberra Pink Lady luncheon for Breast Cancer Network

<http://www.canberratimes.com.au/act-news/canberra-life/survivors-gather-for-canberra-pink-lady-luncheon-for-breast-cancer-network-20171025-gz7tdm.html>



BCNA Mini Field of Women, Dragons Abreast Canberra Social and Corporate Regatta 14 October 2017. *Image:* Chris Holly

WOW! What an amazing and phenomenal team you all are!

Thank you all so much for your amazing hard work on Wednesday. It was a mammoth effort, and a very long day, and we would not make a success of a day like that without the incredible work of our volunteers. It means a lot to us, and those we support! You were all simply sensational and from the team, we would not have achieved what we did without each and every one of you — you were extraordinary!

We truly appreciate the contribution that you made, it was through your incredible help and effort that this event was such a success. This year, the Pink Lady luncheon in Canberra raised more than \$19,000 from the raffle tickets, silent auction, and merchandise sales alone! This is absolutely amazing and all made possible by you — we hope you feel proud! With your support BCNA will ensure Australians diagnosed with breast cancer will not face their challenges alone. The money raised at the Pink Lady luncheon will help us continue to provide information and support to the growing number of Australians affected by breast cancer.

Cara, Chloe and the BCNA team



The Hon. Quentin Bryce AD, CVO (BCNA Patron); Genevieve Jacobs (666 ABC Canberra Mornings presenter) BCNA Pink Lady Luncheon, Gandel Hall, NGA 25 October 2017. *Image:* Akka Ballenger Constantin

Quentin Bryce to address Canberra women

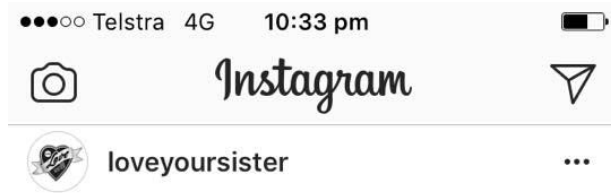
'I'm very privileged to have the role of [patron for] BCNA because it's a very special organisation that's made a huge difference in the lives of women with breast cancer,' explains Quentin. '[There are] passionate, creative, forward-thinking generous hearted women in that network.'

In the 20 years that Quentin has been involved in breast cancer advocacy (because 'You couldn't possibly say you don't have time to engage in supporting the fight against breast cancer') she's been inspired by the many

advances that have been made in the diagnosis and treatment of breast cancer and the care of women with the disease, although she's always mindful of the women behind the statistics.

'They're wonderful achievements but we must remember that it's a very tough disease to go through and that we still have women who die from this disease and women who suffer terribly through advanced breast cancer.'

<http://herc Canberra.com.au/cppeople/quentin-bryce/>



54 likes

loveyoursister It's this cool thing called @inktober and @lindagarlandpinkoala is smashing it. Thanks Linda, for further fuelling my desire to honour Connie finely. Xsammy



[pinktober drawings into a short video](#)

I made all my [pinktober drawings into a short video](#)..... I think it's finally hit me what I've achieved seeing them all together. Reading all the comments I've received. This project has really touched people. So glad I did this.

<https://www.facebook.com/linda.papworth.940/videos/2006284106295281/>

[Linda Papworth](#)

Dear Linda, thank you for sharing your deep thoughts and artistic spirit with us this past month. I have enjoyed experiencing each new and amazing creation. Your drawings are both thought provoking and inspiring.

Katherine Kralikas



Wendy Ceravolo, Cate Hale, [Casting for Recovery ACT](#) shared [Rainbow Springs Fly Fishing School's post](#). 2 September 2017.

Casting for recovery

The ACT Fly Fishers will hold the 4th Casting for Recovery retreat from Friday 14 to Sunday 16 September 2018. Please recruit women to participate in a weekend of fun, learning to fly fish, pampering and making new friends, what else could there possibly be! Some women have already registered their interest, but we need at least a dozen, so please tell your friends about it. Register www.castingforrecovery.org.au or email info@castingforrecovery.org.au . Beat the drum!

<http://www.knowyourbones.org.au/calcium-supplements-how-much-is-too-much/>

www.osteoporosis.org.au or 1800 242 141

Your body requires only the recommended level of calcium – more than this is of no benefit.

Recommended daily calcium intake for:

- Women under 50 – 1000mg/day
- Women over 50 – 1300mg/day

It is very unlikely that you will get too much calcium from diet alone.

[Salute to the sun: a new dawn in yoga therapy for breast cancer](https://www.yogauonline.com/yogau-wellness-blog/yoga-therapy-may-improve-quality-life-breast-cancer-patients)

<https://www.yogauonline.com/yogau-wellness-blog/yoga-therapy-may-improve-quality-life-breast-cancer-patients>

The evidence supports the use of yoga therapy to improve the physical and psychosocial QoL for breast cancer patients with a range of benefits relevant to radiation therapy. Future studies are recommended to confirm these benefits. Evidence-based recommendations for implementation of a yoga therapy program have been derived and included within this review. Long-term follow-up is necessary with these programs to assess the efficacy of the yoga intervention in terms of sustainability and patient outcomes.

[Yoga for Arthritis Prevention: Healthy Hips](#)

Help breast cancer research move forward

Do you want to make a difference to breast cancer research? [Join our Review & Survey Group](#) to participate in the latest research projects and improve breast cancer treatment and care.

Research helps to improve outcomes for people diagnosed with breast cancer. BCNA's Review & Survey Group are people who are interested participating in research projects and helping us stay in touch with what matters to our BCNA members.

<https://www.bcna.org.au/get-involved/participate-in-research/review-survey-group/>

[BCNA NEWS](#)

[Join us for Field of Women 2018](#)



In 2018, it is estimated that 18,235 Australians will be diagnosed with breast cancer. Our aim is to have this number represented by women, men and children in the shape of BCNA's Pink Lady. The Field of Women will take place on **Sunday 12 August** at the **MCG** during Round 21 of the AFL match between Melbourne and the Sydney Swans.

We'd love to see people from across the country participate in the event and lend their support to Australians affected by breast cancer. Many of us have been affected in some way by breast cancer, so everyone is encouraged to get involved. The iconic imagery from past Field of Women events in 2005, 2007, 2010 and 2014 have become international symbols of breast cancer peer support.

As well as raising awareness by bringing breast cancer statistics to life, the Field of Women also highlights the message that women, men and families affected by breast cancer are not alone.

We hope to see everyone join with us to stand together as one in support of Australians affected by breast cancer.

Proceeds from ticket sales will support BCNA to continue our vital work in providing resources, programs and services to Australians affected by breast cancer.

Be first to hear about ticketing for the Field of Women 2018 by [registering your interest here](#).

<https://www.bcna.org.au/news-events/events/field-of-women-2018/>

[VIC government has passed voluntary assisted dying legislation](#)
29 November 2017

[Important new breast cancer drug approved – but cost keeps it out of reach for many](#)

3 November 2017

[TGA warning on Tamo 20 tablets](#)

A tamoxifen product that is being sold illegally in Australia.

2 November 2017

[BCNA celebrates inaugural Male Breast Cancer Awareness Day](#)
20 October 2017

[BCNA to recognise Metastatic Breast Cancer Awareness Day](#)
13 October 2017

'Metastatic breast cancer is a tough disease, requiring great courage and resilience from those who live with it. Yet their stories are still not often heard – they have to get together and talk to each other just to hear their disease acknowledged,' she said.

If you have been diagnosed with metastatic breast cancer BCNA's revised *Hope & Hurdles* kit may help you. It has been developed through extensive consultation with people living with metastatic breast cancer, and those who treat and care for them. You can order or download the kit for free from our [Hope & Hurdles](#) page.

You can also connect with others in a similar situation on our private [Metastatic breast cancer online network group](#).

- [Read our Latest news article *Palbociclib petition update – a new wave of treatment*](#)
- [Read BCNA's *Position statement on CDK inhibitors for the treatment of hormone positive, HER2-negative metastatic breast cancer*](#)
- [Read our *Submission to the Pharmaceutical Benefits Advisory Committee on palbociclib*](#)

[BCNA's 2017 Member Survey finds Australians with breast cancer are in favour of assisted dying](#)

[New bilingual resources for women with metastatic breast cancer](#)

[BCNA calls on the Queensland Government to take action on reconstruction](#)

[Help people like Jennie this Christmas](#)

[No Medicare rebate for Oncotype DX test](#)

The **Oncotype test** is a **diagnostic tool** that can help guide treatment decision making by providing women and their doctors with information on whether chemotherapy would provide any benefit compared to other treatment options, such as hormone therapy. It is most commonly recommended in women with low risk breast cancers where the benefit of chemotherapy is unclear. The test analyses 21 genes within the tumour and makes a prediction of the likelihood of breast cancer returning, and whether or not chemotherapy can reduce the risk of this happening.

A recent Australian study found that 24 per cent of women were able to avoid chemotherapy and all its toxicities after having the Oncotype test, which showed the risk that their breast cancer would recur was low.

BCNA Director of Policy and Advocacy Danielle Spence said that failure to approve this test will mean that into the future some Australian women may receive chemotherapy for very little benefit.

'BCNA is very disappointed with this decision by MSAC. Being able to give women every possible opportunity to make informed decisions about which treatments may be best for them is incredibly important. Avoiding chemotherapy and of all the associated toxicities and long term side effects can make a huge difference to the lives of women with breast cancer,' Danielle said. 'It can also mean less time away from family and work'. 'Without a Medicare rebate the Oncotype DX test will cost Australian women up to \$5,000, which we know is out of reach for many. This test is widely available overseas and BCNA wants to see Australian women have access to this important diagnostic tool,' she said.

BCNA has been advocating for the inclusion of Oncotype DX testing on the MBS for a number of years. You can read the [organisation's submission to the MSAC here](#). We will be contacting the Minister for Health to discuss our concerns around the MSAC decision and its impact on Australian women diagnosed with breast cancer.

'Gene tests like Oncotype DX are the way of the future and we want to make sure all Australians have access to them so we can catch up to the rest of the developed world,' Danielle said.

[Financial toxicity a side effect of breast cancer. BCNA report shows](#)

One quarter of women with breast cancer pay more than \$17,200 in out-of-pocket costs in the five years after their diagnosis, according to a new report by BCNA. [Read more](#)

[The financial impact of breast cancer](#)

- [Read BCNA's *The financial impact of breast cancer report \(PDF, 7.3 MB\)*](#)
- [Read BCNA's *tips for reducing the financial impact of breast cancer*](#)
- [Read case studies of how breast cancer has impacted women financially](#)

<https://www.bcna.org.au/about-us/advocacy/research-reports/the-financial-impact-of-breast-cancer/>

[New bilingual resources for women with metastatic breast cancer](#)

Mammographic density

<https://www.bcna.org.au/news/2017/09/mammographic-density/>

New resources for people with a disability and their carers

<https://www.bcna.org.au/news/2017/08/new-resources-for-people-with-a-disability-and-their-carers/>

Improved access to fertility preservation for young women

<https://www.bcna.org.au/news/2017/08/improved-access-to-fertility-preservation-for-young-women/>

New accessible resources now available

<https://www.bcna.org.au/news/2017/07/new-accessible-resources-now-available/>

- Anxiety, depression and breast cancer (feeling sad or worried)
- Bone health and breast cancer
- Lymphoedema
- Sleepless nights: breast cancer and sleep.

Fear of breast cancer recurrence and fear of breast cancer progression resources available

<https://www.bcna.org.au/news/2017/07/fear-of-breast-cancer-recurrence-and-fear-of-breast-cancer-progression-resources-available/>

To view these videos, visit the [Fear of cancer progression](#) and [Fear of cancer recurrence](#) pages. You can download or order a copy of the fact sheet from our website or by phoning BCNA on 1800 500 258.

Culture is Healing – possum skin cloak unveiled at Peter MacCallum Cancer Centre

<https://www.bcna.org.au/news/2017/06/culture-is-healing-possum-skin-cloak-unveiled-at-peter-maccallum-cancer-centre/>

New study on BRCA risks

<https://www.bcna.org.au/news/2017/06/new-study-on-brca-risks/>

News

[Research shows benefits of personalised exercise programs](#)

- Watch the Catalyst program '[Exercise and Cancer](#)' on ABC iView or read a transcript of the program.
- Download or order [BCNA's Breast Cancer and Exercise booklet](#) for information about the benefits of exercise during and after breast cancer treatment
- Join the [BCNA Get Active and Keep Well](#) group on the online network.

[Otis Foundation](#)

Creekside is a luxury chalet situated in the picturesque Thredbo Village. *Creekside* is available to people who are newly diagnosed or who have undergone active treatment for breast cancer in the 12 months prior to their stay. To enquire about a booking at *Creekside* or another retreat, or for more information please go to www.otisfoundation.org.au or call 03 5444 1185

Elsbeth Humphries

BCNA's website - policy and advocacy work

1. [BCNA's position statements](#)
2. [BCNA's submissions and reviews](#)
3. [BCNA's research project reports](#)
4. [BCNA's fact sheets and booklets](#)
5. [BCNA's latest news and media items](#)
6. [BCNA's research bulletins](#)

Online network

The BCNA online network connects people affected by breast cancer and brings them together in real time. To join go to <http://www.bcna.org.au/user/register>

BCNA resources

If you would like to link up with our network across Australia and receive our free national magazines, *The Beacon* and *The*

Inside Story, or contribute to them, you can subscribe either visit the website <http://www.bcna.org.au/news/beacon-magazine/subscribe-beacon> or 1800 500 258.

BreastScreen ACT

BreastScreen ACT is part of a national population breast screening program that is aimed at reducing deaths from breast cancer through early detection.

Phone BreastScreen ACT on 13 20 50.

Please spread the word that BreastScreen ACT has appointments available for the new digital mammography service in **Belconnen, Civic** or **Woden**. The service screens women from 40 if higher risk, else the service **target women from 50–74. Women more than 74 years of age are welcome too.**

Get involved with BCNA

- [Community fundraising](#)
- [Join our online network](#)
- [Advocacy](#)
- [Speak out](#)
- [Find services & support near you](#)

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

The Beacon

[Read the latest publications](#)

- **Breast cancer at any age** - issue 80, Spring 2017 | [View online](#)
- **Your voice matters** - issue 79, Winter 2017 | [View online](#)
- **Unsung heroes** - issue 78, Autumn 2017 | [View online](#)
- [Help with research](#) Join our Review & Survey Group
- <http://www.bcna.org.au/store/Merchandise>

NBCF news

Join **Register4** – an online initiative of NBCF where you can sign up to participate in breast cancer research.

Gillian Horton, Colleen's Lingerie and Swimwear

22 Garran Place, Garran. 2605 | T: 02 6285 1311 | E: info@colleens.com.au

Open: Mon.-Fri. 9.30am to 4.30pm and Sat. 9.30am-1.30pm.

Spread the word and that Gillian is also travelling to regional NSW: Young, Cowra, Wagga Wagga and Moruya.

<http://www.colleens.com.au/page/regional-visits-for-2016/>

HeadsUp@Kippax

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>

Kippax Shop 2, 12-16 Hardwick Crescent, Holt

Open: Tuesday to Friday from 10am–4pm

Phone: 02 6201 6579 or 041 6227 595

Sue Owen 0416 227 5959

Brain Tumour Alliance Australia Inc. www.btaa.org.au

Susan Pitt, Secretary BTAA

Bosom Buddies

Come to a social event and let us know if you would like to take part. bosombuddies@shout.org.au

Shelley Atkins, President, [Bosom Buddies](#)

Kerrie Griffin



Consumer Representative

Seat at the Table (SATT) Program, BCNA



Calendar of events

Dates and events may change – please check <http://www.dbact.com.au/events>

Month	Date(s)	Event	Location	Notes
December 	Saturday 2	Regatta 5 – 200 m 10s and 2 km 20s	Grevillea Park	Volunteers needed!
	5pm Sunday 10	DA Canberra Christmas Party 5pm barefoot lawn bowling, 7pm dinner	Bowling	Doodle RUC, Turner http://theruc.com.au/
	Wednesday 13	DA Christmas Carols Paddle	Lotus Bay	Doodle RSVP
	Saturday 16	Regatta 6 – 500 m 20s	Grevillea Park	Volunteers needed!
2018 January	Saturday 20	Regatta 7 – 200 m and 2 km 20s	Grevillea Park	Volunteers needed!
February	Saturday 3	Regatta 8 - 500 m 10	Grevillea Park	Volunteers needed!
	Saturday 17	ACT Championships - 2 km and 200 m	Grevillea Park	Volunteers needed!
	Sunday 18	ACT Championships - 500 m	Grevillea Park	Volunteers needed!
March	Saturday 3 - Thursday 8	Australian Championships	Lake Kawana, Qld	
	Saturday 10	Come and Try session	Lotus Bay	Doodle RSVP ellymcginness@gmail.com
May 	Saturday 5- Sunday 6	Handmade Markets	EPIC	Volunteers needed! Doodle RSVP Kerrie.griffin22@gmail.com
	Sunday 13	Mother's Day Classic BCNA stall (volunteers needed)	Rond Terrace	http://www.mothersdayclassic.com.au/event-info/event-locations-map/canberra/
July	3-8 July	International Breast Cancer Paddlers Commission (IBCPC) breast cancer survivor regatta http://www.florencebcs2018.org	Florence, Italy	Doodle RSVP Expression of interest for paddlers and partners
August	Sunday 12	BCNA Mini Field of Women 20 th anniversary	MCG, Melbourne	www.bcna.org.au/fieldofwomen
October 	Saturday tbc	DA Canberra Social and Corporate Regatta and BCNA Mini Field of Women	Grevillea Park	Volunteers needed! https://www.bcna.org.au/events/2017/dragons-abreast-canberra-annual-social-corporate-regatta-and-bcna-mini-field-of-women/
	Saturday 20	DAA Festival, Cockle Bay	Darling Harbour, Sydney	https://www.facebook.com/dragonsabreast

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 Canberra newsletter — February 2018

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

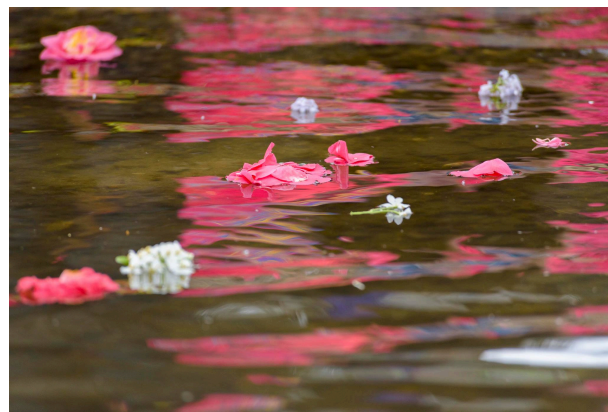
Please submit any news, items and images by 14 February 2018 to the newsletter coordinator

Kerrie.griffin22@gmail.com

[Previous newsletters](#)



Kerrie Griffin, Cate Hale, Christine Nolan CEO BCNA and Lan Crowley BCNA Pink Lady Luncheon, Gandel Hall, NGA 25 October 2017. *Image:* Akka Ballenger Constantin



Flowers on the Water Ceremony, Dragons Abreast Canberra Social and Corporate Regatta Saturday 14 October 2017. *Image:* Chris Holly - Holimage



Elly McGinness, Sue Willemssen-Bell and Patsy Sheales, volunteers, BCNA Pink Lady Luncheon, Gandel Hall, NGA 25 October 2017. *Image:* Kerrie Griffin



Menopause the Musical, 24 November 2017. *Image:* Frances Heaney



Penny, Annette and Irene, DAA Come and Try - Pink Paddle and Picnic, Chinese Gardens 28 October 2017. *Image:* Kerrie Griffin



Flowers on the Water Ceremony, Dragons Abreast Australia Festival, Darling Harbour 21 October 2017. *Image:* Frances Heaney



Fruit stall, Dragons Abreast Canberra Social and Corporate Regatta Saturday 14 October 2017. *Image:* Chris Holly - Holimage