



ABREAST of the NEWS

DRAGONS ABREAST CANBERRA

PO Box 7191, Yarralumla ACT 2600

DRAGONSABREAST.COM.AU

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DA Canberra, using the Singapore travelling pink paddle strap for 22 paddles, Lake Jindabyne Flowing Festival Dragon Boat Challenge 16 February 2019 *Image: Kerrie Griffin*



Last paddle of the year celebration, Snappers, Lotus Bay 19 December 2018 *Image: Kerrie Griffin*

Coordinator's report

2019 is our 20th birthday year

Our club is celebrating our 20th birthday in style this year. We have a special party and regatta coming up. We are proud that our club is now the second largest in Australia, with more than 60 members. Our numbers mean we are able to put boats on our Lake Burley Griffin two or three times a week throughout most of the year. Some clubs can only paddle once a week or twice during regatta season. Wagga doesn't have a lake fit to paddle on. Our head coach, **Deb Whitfield**, is assisted by technique and fitness coaches who keep us fit and strong and safe on an off the water. We are also training sweeps and drummers.

Our Committee is pleased our club paid entry for our paddlers to compete in the Australian Dragon Boat Championships ([AusChamps](#)) in Canberra at Easter, 17 to 22 April, across four of the five days of competition. Many of us will be volunteering and welcoming paddlers from across Australia. Please volunteer.

Our community has supported our club over many years and we have a new pink-scaled Champions 20 seater boat on order — to add to the new fleet required for AusChamps.

Our new race shirts are on order and will be worn at the AusChamps. We have a new colour scheme and design but we have kept the name **GoAnna** — in memory of our inspirational founder, **Anna Wellings-Booth**. *GoAnna!*

We are nearing the end of the 2019 regatta season: the two-day ACT Championships, the five day AusChamps and the 55km Ord River paddle are all before us.



DA Canberra, 2km race, Lake Jindabyne Flowing Festival Dragon Boat Challenge 16 February 2019 *Image: Steve Taylor*



The former Come and Try team, Maureen Wild, Elly McGinness and Clare Purcell, presented the Rookie Award to winner Kathy Hayes. The dragon trophy was donated by Robyn Chen. Dragons Abreast Canberra Christmas Party, CIT 6 December 2018 *Image: Kerrie Griffin*



Julie Chynoweth presented the Kashgar Cup to Jenny Green, Dragons Abreast Canberra Christmas Party, CIT 6 December 2018 *Image:* Kerrie Griffin

It's not all racing. Thank you to the Social Committee which have several social activities coming up, including a monthly relaxed paddle.

Kashgar Cup presentation

The Kashgar Cup is an annual award given to a Dragons Abreast Canberra member who has made an extraordinary contribution to the work of DA Canberra. This award started in 2006 when **Judy Richmond** and **Penny Birtles**, early DA Canberra members, were travelling the Silk Road together and saw this small pink jade teapot embellished with silver dragons at a market stall. They thought it would be great to bring something back to DA Canberra with real Chinese dragons. At the 2018 Christmas party the Kashgar Cup was presented to **Jenny Green** by **Julie Chynoweth**.

Thanks to the Social Committee for a great Christmas Party at the CIT. *Images:* [245189908833545/2245190435500159/?type=3&theater](https://www.photos.com.au/albums/245189908833545/2245190435500159/?type=3&theater)



First paddle of the year, Marion Blake sweeping 5 January 2019 *Image:* Susan Pitt



Rookie Award winners Kathy Hayes, Helen Couper Logan and Natalie Evans-Sandell, The paddle was donated by Megan Dennis, Dragons Abreast Canberra Christmas Party, CIT 6 December 2018 *Image:* Kerrie Griffin

Flowing Festival – Jindabyne

Jindabyne is a favourite away regatta. We love to attend this event, held every two years on a vast lake in sub-alpine country. We had plenty of social time and we also raced in the 2km on Saturday and 200 metre sprints on Sunday morning. The weather on Saturday afternoon for the 2km turn was perfect, for a change, and we were happy with our effort. But the weather on Sunday was more challenging and the winds blew in. Our crew were staunch and we had the chance to use ALL of our captaining, coaching, paddling, sweeping and drumming skills. It was an adventure to get off the beach, up the start line and back in to the landing. Thanks to all in our great team on and off the water. Especially **Helen Couper Logan** who did marshalling and **Penny Ovington** who helped the Griffins fill the back seat.

Jindabyne organisers thank you

Big thanks to all the teams for being part of the Flowing Festival 2019. Our onsite photographer Michael Daniels captured some great images: <https://www.michaeldanielphotography.com/jindabyne-flowing-festival-2019>. It was a pleasure working with you and your team. I hope to see you back in Jindabyne for the 2021 Flowing Festival.

Jo Davis



DA Canberra, DB ACT Regatta 2 February 2019 Image: Kerrie Griffin



Julie Chynoweth, Susan Pitt and other coordinators paddled with DA Brisbane before the DAA Committee meeting 2 February 2019 Image: Susan Pitt



Jeannie Cotterell sweeping 9 February 2019 Image: Susan Pitt



DA Canberra come and try participants, Lotus Bay 23 February 2019 Image: Kerrie Griffin

We held a successful Come and Try session on 23 February led by our new team and enjoyed Romy and family joining us.

Merchandise

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

Dragons Abreast clothing and equipment pool

If you would like to donate or recycle any dragon boating and/or Dragons Abreast items please contact: **Clare Purcell** purcell@grapevine.net.au

Seeking sponsors for our DAA

As I said in a recent email, our national organisation, **Dragons Abreast Australia**, needs our help to get back on a steady financial footing. Fees will go up; grants might help but DAA really deserve some great national sponsors. Do you know anyone who is in a position to sponsor DAA? Perhaps someone who runs, or has links with, a successful big business. Someone whose brand fits with the corporate image and objectives of DAA?

Email canberra@dragonsabreast.com.au and **Julie Chynoweth** and I we will be happy to provide more information on the profile of DAA nationally and why helping us grow stronger will be good for their bottom line.

Finally, I encourage you to join DA Canberra on Facebook to keep abreast of our news.

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

Paddles up!

Susan Pitt

Coordinator, Dragons Abreast Canberra

0404 255 156

canberra@dragonsabreast.com.au

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

<https://www.dragonsabreast.com.au/groups/placedetails/1>

<http://www.ibcpc.com>

<https://www.dragonsabreast.com.au/news/294-daa-members-alyx-and-linda-featured-in-ibcpc-newsletter>

Dynamic DAA members, Alyx Stewart and Linda Papworth, feature in the latest [International Breast Cancer Paddlers' Commission \(IBCPC\)](#) newsletter.

Alyx's progression to founder of the [iCare4u app](#) and [Kee-moh Snacks](#).

[Dragons Abreast Australia](#)

Celebrating 20 years of breast cancer recovery

Philosophy: *Awareness, Participation, Inclusiveness*
Connect. Move. Live.

[DAA In the loop newsletter](#)

[Fernwood Belconnen](#) Thank you for your support of DA Canberra.



Joanne and Deb Whitfield, volunteers, DB ACT Regatta
2 February 2019 *Image:* Kerrie Griffin

Coach's corner

Congratulations DA on an enthusiastic on-water start to 2019. **Lucy** and **Donna** will soon complete Level 1 accreditation and thank team members for their support and encouragement. The DA coaching team's job is to enable every member to achieve their personal paddling goals and to uphold DA's values of awareness, participation and inclusiveness. Watch here for future editions of the *Coach's corner*.

<https://www.revolutionise.com.au/dacanberra/>

Deb Whitfield, Lucy Cheetham and Donna Lennon

[Lake Jindabyne Flowing Festival Dragon Boat Challenge](#)

Jindabyne never fails to deliver a beautiful setting with a touch excitement based on the weather! We were ably swept by **Susan Pitt**, well drummed by **Kathy Hayes** and **Wendy Ceravolo**, and powerfully paddled by all in our team in blustery conditions. Our 2km twilight paddle was lovely. Thanks to **Penny Ovington** who added some talent to the Griffins team and we were warmly marshalled by **Helen Couper Logan** who volunteered for DBNSW. Thanks to all for focus and efforts!

Donna Lennon, Boat Captain

[Australia Day](#)

Some 'hot' Australia Day paddling on our beautiful Lake Burley Griffin. Well done to the 27 hardy souls who practiced a strenuous 500m race before relaxing in the shade to discuss what it is that gives them the ability to add that extra bit of 'power' to the finish. Thanks to **Lucy Cheetham** for observing, taking images and videos. Thanks to **Donna Lennon** for her great coaching. *Video link:* https://www.facebook.com/DragonsAbreastCanberra/videos/614731012319183/?epa=SEARCH_BOX

Dragons Abreast Canberra started in 1999, one year after the founding of Dragons Abreast Australia, the national umbrella organisation for dragon boat clubs for breast cancer survivors. The group was formed under the leadership of **Anna Wellings Booth** who was awarded a Medal in the Order of Australia for her service to women's health through a range of breast cancer organisations in 2012.

When it began, Dragons Abreast Canberra had the generous support of the Canberra Dragon Boat Association (CDBA), which provided coaching and sweeping in the early days while encouraging the club towards independence. Several sweeps were trained, enabling the group to operate independently while maintaining its links with CDBA. When Dragons Abreast Canberra began, there was only one other Dragons Abreast team in Australia, and now there are 31.

Source: <https://trove.nla.gov.au/people/1665921?c=people>

Recommend reading this from Hansard:

<https://parlinfo.aph.gov.au/parlInfo/search/display/display.w3p;d b=CHAMBER:id=chamber/hansards/2008-11-10/0214;query=ld:%22chamber/hansards/2008-11-10/0000%22>



Amanda Ferris, DA Canberra Social and Corporate Regatta,
10 November 2018 *Image:* Chris Holly - Holimage

You are not alone

I was diagnosed with breast cancer in October 2016. It came as a complete shock to me. I hadn't even taken anyone with me to the scan as I was expecting it to be nothing. My focus and goal throughout surgery, chemotherapy and radiation was to do everything they recommended and to get through it all with as little or no disruption as possible to my three children's lives. I didn't want them to worry about me or what might happen. If I put on a brave face and did what I normally did, where possible, everything would be OK, and my life would go back to normal.

Unfortunately, this was not the best plan for me. In concentrating on 'getting the job done' and keeping everything as normal, I didn't deal with what was happening and preparing myself with how this was going to change my life whether I liked it or not. This was where exercise became very important. Exercise in any form, walking, going to the gym, swimming and dragon boating, allowed me to mentally accept and deal with my diagnosis and the changes it had on my life. Exercising took me out of the house, allowed me to meet and talk to people, made me feel good, helped with the side effects of medication and made me feel strong again. All these things are still true today.

I came along to a come and try day, a year after my diagnosis. I loved it. I love the inclusiveness, working as a team, the new friends, the whole-body workout and the peacefulness of being on the lake, especially early in the morning. I would highly recommend it to anyone. Paddles up!

Amanda Ferris



DA Canberra new race shirt design by Frances Langi

[Frances Langi Designs](#) Facebook post: 23 February 2019, I was honoured to join Dragon Abreast Canberra on the water this morning. Being introduced as the designer responsible for their new upcoming racing jersey, I was truly moved by the clapping and cheers from the entire club for my design work. Brought tears to my eyes. I'm so grateful and lucky to do what I do. [#dragonabreastcanberra](#) [#goAnna](#)[#strongbravewomen](#) [#inspiration](#) [#franceslangidesigns](#) [#backonthewater](#)

Just say yes!

Have you heard of the challenge that encourages you to *just say yes* to things for a week, or a day, or even an hour?

Well... I decided that I was getting stuck in a rut. I was working long hours and needed a boost. It just so happens that I decided to *just say yes* at a time when:

- **Deb Whitfield** and **Lucy Cheetham** asked if I'd like to try sweeping
- Nominations for the DA Canberra committee opened and a few of you asked if I'd join
- The committee asked for someone to look after a new race shirt design
- The 20th Birthday Social and Corporate Regatta needed a new coordinator

After that lot, I started to *just say no* for a while!

Getting more involved in the life of DA Canberra — both on and off the water — has been so rewarding. I was hooked by the physical and mental challenge of sweeping. I absolutely love it and can't imagine not doing it. I'm excited (and a little nervous) about revealing the new race shirt design — **Kathy Hayes**, **Julie Chynoweth** and I put a lot of thought into it and I hope you all love it. Also, we've started work on our marketing and sponsorship plan for the DA Regatta with so many exciting and innovative ideas coming from everyone.

2019 is turning out to be a fantastic year full of fun and challenges... all because of *just say yes*.

Jeannie Cotterell



Jeannie Cotterell, sweep in training, Parliament House, Lake Burley Griffin 9 February 2019 Image: Susan Pitt



Daniel Brown, Jeannie Cotterell and Kathy Hayes, Lake Jindabyne Flowing Festival Dragon Boat Challenge 16 February 2019 Image: Susan Pitt



Unable to paddle, so visualising 500m races with a cooling drink while watching surf on Lake Burley Griffin 30 January 2019 Image: Marion Blake



Anita Godley and [BCF Paddlers in the Pink](#), [Kallang River Park](#), Singapore 12 January 2019 *Image: Tina Wong*

PIP Singapore

Over the holiday period I spent five days in Singapore and was lucky enough to paddle with the Singapore ladies, **PIP – Paddlers in the pink!** The crew were so welcoming. I had met some of them on my previous visit three years ago, in Florence and, of course, lovely **Tina Wong** who paddled with us recently. It was a really hot day, and with the heat and the intense warm up I finished my water before even getting on the boat. The scenery was spectacular, if you know Singapore marina, you know what I am talking about.

Here are some points of interest about the team:

- They have to carry the boat across a road to get to the river where they paddle
- Warm up starts with two laps of jogging (maybe 500 metres)
- Exercises are done in several sets of 30
- Finishes with two sets of 60 second planks
- Sit wherever you like on the boat

- Majority of paddlers only paddle on one side
- Coaches will call out paddlers every 10 minutes or so, to take the place of a stroke.
- Counting aloud is encouraged, but you only say 5, 8, 9 and 10
- Whole session went for about three hours and training is once a week
- Coach is paid by BCF, Breast Cancer Foundation
- The coaches are male and run the training sessions
- The Captain, **Irene**, is a BCS and her role is a cross between our coordinator/coach/boat captain
- Aim to do two overseas regattas a year (mostly in Asia)
- Homework is seven minute HIIT (high intensity interval training) which they are encourage to do daily
- Mode of communication is with **What's app**.
- The group is divided in two and each group has its own team leader.
- Paddlers are encouraged to have pink paddling gear
- Boat and boat cover are pink
- They love pink!
- They are fabulous!

I strongly recommend getting in touch with the crew if you are travelling to Singapore!

Anita Godley



Awesome morning on the water with [BCF Paddlers in the Pink](#), beautiful scenery and lovely fun ladies! Anita Godley and [Tina Wong](#), [Kallang River Park](#), Singapore 12 January 2019 *Image: Tina Wong*



Pene Lee and time keeper volunteers, DB ACT Regatta 2 February 2019 *Image: Kerrie Griffin*



Penny Ovington, Illawarra paddler, Susan Pitt, Elly McGinness and Clare Purcell, Lake Jindabyne Flowing Festival Dragon Boat Challenge 16 February 2019 *Image: Susan Pitt*

Lake Jindabyne Flowing Festival 2019

I suppose most of you have been to Jindabyne, but, not only had I never been there, I participated in my first regatta with DA outside of Canberra. I didn't know what to expect or how I'd fare but the excitement built the closer we approached the beautiful location of Jindabyne on the lake bearing the same name where we were to paddle in a 2km race that very evening, followed by two 200 metre races the next day.

Some of us had our accommodation in the hotel which also bore the same name as the town and lake; it was perfect in that it overlooked the lake and was just a short meander down to our DA tent which was already set up. Thanks, **Donna!** The sight of all the other clubs' tents and the friendly, enthusiastic fellow dragon boaters from far and wide made the atmosphere electric. Then to meet up with the DA team as they congregated in our tent was fun.

After our bench assignments, we headed down to our line to be met by **Helen**, who marshalled so efficiently. The conditions were perfect for our 2km race. It was a pleasant 26° C and the clear, cool water was calm. I had not attempted a 2km race before but definitely the Ord River training sessions had strengthened me and my endurance capability. We did achieve good time to the finish line. The following day, we awoke to different lake conditions – the wind was up and white caps were on the choppy water.

My adrenaline wasn't pumping due to the weather, but, because I was enlisted to join **Bill's** team, the **Griffins**, as they were down a paddler. Everyone made me feel most welcome and sweep **Amanda** gave me clear instructions as to what would be required on the back bench with **Judi** – digging in on cornering or even 'outrigging'. A great challenge to not let DA down!

Paddling with another team meant I could watch and cheer on my own team of wonderful ladies. I saw beautiful machine-like timing with everyone

leaning forward and then heads up like meerkats! Fantastic!

Sadly, it was all-too-soon to pack away our soggy paddling gear and be homeward bound. A special thanks to **Julie C, Clare** and **Elly** for sharing everything with me – transport, accommodation, vino and true DA inclusiveness. Where are we going to next?

Penny Ovington



DA Canberra come and try participants doing warm ups with coach Donna Lennon 23 February 2019 *Image: Kerrie Griffin*

Come and try thank you 23 February 2019

The come and try team would like to say a big thank you to everyone who supported us — all the bakers, paddlers, coaches, sweeps, mentors, everyone — so thank you!

We had seven turn up, with some contacting us after the event to say that they enjoyed the session and that they felt very welcome.

The next come and try is **Saturday 11 May 2019**

— put it in your calendars! Please invite any potential paddlers and let us know if you can distribute flyers. A doodle will be sent out to nominate for baking, paddling and mentoring.

Anita Godley, Kat Gilmour and Helen Couper Logan

Media coverage

ABC Radio Canberra

<https://www.youtube.com/watch?v=LhkuNv0yRY4&feature=share>
<https://www.youtube.com/watch?v=qyzQjPHh3f8&feature=share>

Iona Rennie from ABC Radio Canberra paddled with us on Lake Burley Griffin on Tuesday morning 4 December 2018 and interviewed **Joan White** (live cross) about dragon boating with Dragons Abreast Canberra (introduction to paddling, warm up, zig zag paddling). Thanks to **Iona Rennie, Joan** and **Cliff White**.

ABC Radio Canberra

Joan White was interviewed on 23 February about the come and try session that morning, DA Canberra's 20th anniversary and DA Canberra Social and Corporate regatta in November.

Dragons Abreast Come and Try dragon boating day

https://hercanberra.com.au/event/dragons-abreast-come-try-dragon-boating-day/?fbclid=IwAR2Jrvs7SfiqOPF--2_BSakQw6G6nQ7MFhQitWZCt5QfBpX6wKkyKlJt5c



DA Canberra, International Breast Cancer Paddler's Commission) Dragon Boat Festival July 2018
Quotidiano.net, courtesy: Julie Kesby

Article in Italian includes images of our Florence team:

http://www.florencebcs2018.org/wp-content/uploads/2018/09/QUOTIDIANO.NET_.pdf



DA Canberra in boat 1, International Breast Cancer Paddler's Commission) Dragon Boat Festival July 2018
Controradio magazine, courtesy: Julie Kesby

<http://www.florencebcs2018.org/wp-content/uploads/2018/09/CONTRORADIO-2.pdf>

https://www.controradio.it/festival-dragon-boat-chiude/?fbclid=IwAR2ANEd-cqXsmZionHrV2GgzYPc7qm6JYIUOBZ-uWyyllKpcl4zsXm4tm_g

Media coverage courtesy Julie Kesby



Robyn Chen, sweeping the Christmas carol paddle.
Karen Bail, former DA Canberra member, visiting from DA Gold Coast 12 December 2018 *Image: Julie Chynoweth*



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: 05.30 – 7.00pm

Contact:
Anita Godley anita.godley@gmail.com

Some great paddling technique tips:
http://www.youtube.com/watch?v=j7IRbj3K8c4&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>

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.
cindyyoung000@icloud.com.



Natalie Evans-Sandell, with bike will travel, Jindabyne 16 February 2019 *Image: Susan Pitt*

Under the pink umbrella



Breast
Cancer
Network
Australia

www.bcna.org.au

Congratulations to three amazing women who have made a difference — Lyn Swinburne AO, Kellie Toohey and Gillian Horton — who have recently won awards.



Congratulations to BCNA's founder **Lyn Swinburne** who was made an Officer of the Order of Australia (AO) in this year's Australia Day honours for her distinguished service to women's health through advocacy roles, to public health governance and to the community of Melbourne. Lyn founded BCNA in 1998 and has gone on to chair the board of [The Royal Women's Hospital](#) and lead the [Royal Melbourne Golf Club](#) as the first female president in the club's 126 year history. We are so proud of all the work Lyn has done, and continues to do, to serve her community.

BCNA

BCNA works to ensure that Australians affected by breast cancer receive the very best support, information, treatment and care appropriate to their individual needs. BCNA has forged many of the improvements in the past 20 years including Herceptin.

Kerrie Griffin
BCNA Consumer Representative
Cancer Australia Consumer Representative



Kellie Toohey with DA Canberra, [Change Yoga Studio](#)
3 November 2018 Image: Kellie Toohey

Congratulations to **Kellie Toohey** on being awarded the University of Canberra Faculty of Health Research Excellence Award for outstanding PhD Thesis. Kellie shared her dedication and acknowledgements:

Dedication

This thesis is dedicated to Dragons Abreast – pioneers in improving the lives of those diagnosed with cancer through exercise, challenging medical thinking.

Acknowledgements

*It takes the dedication and effort from many people to be able to complete a PhD part-time over four and a half years. Therefore, I would like to acknowledge the many people who have contributed to the growth of making this thesis a reality. Firstly, to my dear friends from Dragons Abreast ACT, the late **Anna Wellings Booth OAM** and **Bea Brickhill**, thank you for igniting the fire in my heart to want to do more for cancer survivors, this work is dedicated to you.*

Kellie Toohey is an Accredited Exercise Physiologist with a **PhD in Exercise Oncology** and Masters Degree in Clinical Exercise Physiology. Clinically active as an Accredited Exercise Physiologist and researcher across many populations with a keen interest in rehabilitation, Kellie's PhD investigated the Effects of Exercise Intensity on Health Outcomes and Cardiovascular Disease Risk in Cancer Survivors. She is an Assistant Professor (Exercise Physiology) at the University of Canberra. [#dragonsabreastaustralia](#)
See:

<https://www.facebook.com/DragonsAbreastCanberra/photos/a.769958336356717/2369261199759748/?type=3&theater>

Thank you so much, this is so beautiful. I will dedicate my entire research career to improving the lives of cancer patients and survivors, because of you all.

Change Yoga Studio, Forde
info@changeyogastudio.com.au
Kellie Toohey



[If the bra fits](#)

Such is her immersion in her subject field, **Gillian Horton** has recently been invited to write a chapter on bras after surgery in a new edition of one of her favourite books — *Lifestyle after Cancer* by UK oncologist Professor Robert Thomas.

Emma MacDonald*, **HerCanberra** magazine <https://hercanberra.com.au/cppeople/if-the-bra-fits/>

*Emma MacDonald, journalist, nominated Gillian Horton for a Telstra Business Woman of the Year Award based on this interview. Gillian was short listed and recently went to Sydney to be interviewed for the Award.

[International Lingerie Expo Paris with Gillian from Colleens](#)

<https://youtu.be/Q2QBCC8I7cQ><https://youtu.be/Q2>

Medicare breast form subsidy

Many women with a diagnosis of breast cancer aren't aware that there is a subsidy through Medicare for breast forms, whether they have had part of their breast removed or all of it and that some private health funds will reimburse women for their bras.

Did you know in Germany bra receipts are reimbursed by the government?

Polybalm contains rare plant-based waxes and biologically active essential oils which preserve their rich polyphenolic compounds with no potential irritants such as preservatives, colours, parabens, sulphates or petroleum. The polyphenol rich essential oils and plant-based waxes in this nail bed balm profoundly reduced chemotherapy related nail damage and improved nail related quality of life compared to a plain petroleum based balm. More information on the study and outcomes can be found at www.polybalm.com Colleen's will be stocking Polybalm from March.

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–4.30pm
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-2019/>

Knitted Knockers Canberra needs helpers!

Knitted Knockers Australia, Canberra branch established in 2015 and have been supplying Breast Care Nurses in the Canberra region with hand knitted cotton prosthesis, which they offer to women undergoing breast cancer surgery. We have a group of dedicated knitters and are looking for someone to join the admin side of things. You don't need to be a knitter, as we have plenty. Role is not onerous or too time consuming. If you are interested or would like further info, please contact **Anita** on 0421 592 613 or knittedknockersaustcanberra@gmail.com

HeadsUp@Kippax

HeadsUp accepts wigs and headgear for recycling.

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>

HeadsUp Kippax Gala Dinner

Saturday, 23 March from 6.00-10.30 pm
EQ Cafe & Lounge 70 Kent Street, Deakin
\$65pp

Join us for a Gala Dinner with fun and music to help us celebrate the beginning of our 10th year. Pre-dinner drinks at 6pm, dinner from 7pm
Lucky Door Prizes, Silent and Live Auctions
Can't make it? Use the ticketing system to select the option for a donation.

RSVP by 20 March online:

https://www.eventbrite.com.au/e/heads-up-kippax-gala-dinner-tickets-55809327200?ref=enivitefor001&invite=MTU4OTEwZU9yYWRtaW5AYm92b21idWRkaWVzLm9yZy5hdS8w%0A&utm_source=eb_email&utm_medium=email&utm_campaign=invitformalv2&utm_term=attenD

Kippax Shop 2, 12-16 Hardwick Crescent, Holt
Open: Tues.-Fri. 10am–4pm
Phone: 02 6201 6579 or 041 6227 595
Sue Owen 0416 227 5959

lymphe donna



[Lymphedonna](#)

- Your choice of beautiful pattern
- Your size (or measurements) ie small, medium or large
- The compression class you require (Compression Class 1 (20-30mmHg) or Compression Class 2 (30-40mmHg)
- The length of your sleeve (short or regular)
- If you need a gauntlet, whether it should be a right or left hand

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

<http://www.lymphedonna.com.au/faqs/>

Contact: Sarah Thornton

lymphedonna@positivemotion.com.au

Positive Motion Physiotherapy

2/61 Dundas Court, Phillip ACT 2606 0414 809 994

[Fighter, warrior, hero - some of the terms you might see used to describe people with cancer.](#)

But according to a new survey, for some with the illness the words are seen as inappropriate rather than uplifting.

The UK poll by Macmillan Cancer Support of 2,000 people who have or had cancer found 'cancer-stricken' and 'victim' were also among the least-liked terms. The charity said it showed how divisive simple descriptions of cancer can be.

- [How do you talk about dying to someone who is dying?](#)
- [Cancers 'rising around the world'](#)
- [Sugary supplement could help fight cancer](#)

Calling a person's cancer diagnosis, a 'war' or a 'battle' and saying they had 'lost their battle' or 'lost their fight' when they died, were other unpopular descriptions, according to the poll carried out by YouGov.

Articles in the media and posts on social networks were found to be the worst offenders for using such language. The survey found a preference for factual words to describe people with cancer, their diagnosis, and when someone with the illness dies. But just be real.

[Sexual wellbeing | Breast Cancer Network Australia](#)
<https://www.bcna.org.au/health-wellbeing/sexual-wellbeing/>
BCNA information booklet. If you are experiencing changes to your **sexual** wellbeing and **sexual** relationships, you might find our Breast cancer and **sexual** ...

[Breast Cancer and Sexual Wellbeing - Breast Cancer Network Australia](#)
https://www.bcna.org.au/sites/default/files/bcn_sexual_wellbeing_brochure_v.2.pdf However many women do find that their **sexual** wellbeing is changed ... counsellors in your area – visit www.bcna.org.au > Sharing & support > Find.

[Research reports | Breast Cancer Network Australia](#)
<https://www.bcna.org.au/about-us/advocacy/research-reports/>... **BCNA's Sexuality** After Breast Cancer Survey 2009; BCNA's Women's Survivorship Research Priorities Research Project 2009; BCNA's National Survivorship ...

[Breaking taboos: talking about the sexual side effects of breast cancer ...](#)
<https://www.sbs.com.au/topics/life/health/article/2018/02/26/breaking-taboos-talking-about-sexual-side-effects-breast-cancer-treatment> Feb 26, 2018 ... It was not through my oncologist that I learned what was going on with my vagina, it was talking online with the **BCNA** group. **Sexual** side effects ...

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

Get involved with BCNA

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

BCNA links

- [Latest news](#)
- [Online network](#)

[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.

[Donate through your medications](#)

For Tax Benefits Medicines donates 50 per cent of its profits to BCNA.

<https://www.bcna.org.au/get-involved/donate-through-your-medications/>

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.

[My Journey online tool FREE](#)

BCNA is proud to announce that its flagship resource *My Journey* Kit is now an online tool which offers the same high quality, evidence-based information and insights from others diagnosed with breast cancer with the additional benefits of:

- Information and support tailored to your specific needs at all stages of your breast cancer journey including early breast cancer, DCIS, metastatic breast cancer and survivorship
- Bonus multimedia content including videos, webcasts and podcasts
- Immediate updates as new insights, research and clinical trials become available
- Easy access via your computer, tablet or smartphone.

<https://www.bcna.org.au/understanding-breast-cancer/resources/my-journey-online-tool/>

Health Check: do we really need to take 10,000 steps a day?
<http://theconversation.com/health-check-do-we-really-need-to-take-10-000-steps-a-day-109079>

SURVIVORS INK

[Canberra tattooist offers 'final chapter' for breast cancer survivors](#)

<https://www.canberratimes.com.au/national/act/canberra-tattooist-offers-final-chapter-for-breast-cancer-survivors-20181221-p50nsw.html>

Bones is one of only a handful of artists nationally with the skills to tattoo a realistic 3D nipple on breasts that have had the nipple removed, or reconstructed following cancer treatment. Not only does Bones offer the rare service, he offers it for free. He's the owner of the Tatts On Tatts Off studio in Gungahlin and founded Survivors Ink - a non-profit charity - in 2015 as a way 'to give back'. survivorsink.com.au Tatts On Tatts Off 73 Anthony Rolfe Ave, Gungahlin ACT 2912 62424679



Casting for Recovery

[Casting for Recovery](#), a program run by the ACT Fly Fishing Club for women who have had breast cancer at any time in their lives. <http://www.castingforrecovery.org.au/>

[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 **Elspeth Humphries**

[Breast Cancer Treatment Group - Newsletter 2018](#)

The Breast Cancer Treatment Project commenced in May 1997, and led to the development of an ongoing community based audit of breast cancer treatment based on clinical indicators agreed by the ACT & SE NSW Breast Cancer Treatment Group. The aim is to collect and examine data on treatment and outcomes for women with breast cancer. BCTG Quality Assurance Project click the link below. <https://www.health.act.gov.au/research/breast-cancer-treatment-project>

BreastScreen ACT is part of a national population breast screening program that is aimed at reducing deaths from breast cancer through early detection. The Program provides **free screening and follow up services to ACT resident women from the age of 40 years.**

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.**

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

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

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

Rare Cancer Australia

Rare Cancers Australia calls for equality with clear message: Cancer is Cancer.

Evexia Care - Cancer Survivorship Care Plans

Provides Cancer Survivorship Care Plans **Evexia Care** can enhance recovery from cancer treatment side effects such as fatigue, cognitive changes ...

Bosom Buddies ACT networking and social activities

A full list of dates for the gatherings can be found here:
<http://www.bosombuddies.org.au/>

Cancer Council ACT is now located at Unit 1 (The Annex), 173 Strickland Crescent DEAKIN ACT 2600
<http://www.actcancer.org/>

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
 March	Friday 8 7.30 – 9am	International Women's Day, Mother's Day Classic \$25 breakfast	The Deck, Regatta Point	https://www.trybooking.com/book/event?eid=474072&
	Saturday 9	DBACT Regatta 7 200m (20s), 2km	Grevillea Park	Doodle RSVP
	Saturday 16	Skyfire Picnic Paddle	Lotus Bay	Doodle RSVP
	Saturday 23 – Sunday 24	Cancer Council ACT Relay for Life	AIS	Doodle RSVP Elly McGinness ellymcginness@gmail.com
	Saturday 23 6-10.30pm	HeadsUp Kippax gala Dinner https://www.eventbrite.com.au/e/headsup-kippax-gala-dinner-tickets-55809327200?ref=enivtefor001&invite=MTU4OTE4OTExNzUvYWRtaW5AYm9zb21idWRkaWVzLm9yZv5hdS8w%0A&utm_source=eb_email&utm_medium=email&utm_campaign=inviteformalv2&utm_term=attend	EQ Cafe & Lounge, 70 Kent St, Deakin	RSVP by 20 March online: RSVP by 20 March online:
	Saturday 30	ACT Championships 200m (10s and 20s), 2km (20s)	Grevillea Park	Doodle RSVP
	Sunday 31	ACT Championships 500m (10s and 20s)	Grevillea Park	Doodle RSVP
April	Monday 8	Speakers Corner Evening. Marion Leiba on Earthquakes in the Canberra Region	Old Canberra Inn, Lyneham	Doodle RSVP
	16-22 Easter	AusChamps, Yarralumla, Canberra The Nationals	Rowing course, Weston Park	https://www.ausdbf.com.au/auschamps/ Volunteers needed!
	Sunday 28	Rodney's Plants Plus Nursery afternoon	Pialligo	Doodle RSVP
May	Saturday 4	Picnic and paddle to the Chinese Gardens	Lotus Bay	Doodle RSVP
	Saturday 11 9am	Come and try session and morning tea	Lotus Bay	Doodle RSVP
	Sunday 12	Mother's Day Classic Paddle	Lotus Bay	Doodle RSVP
	Sunday 12	Mother's Day Classic BCNA stall (volunteers needed)	Rond Terrace	http://www.mothersdayclassic.com.au/event-info/event-locations-map/canberra/
	tbc	BCNA Pink Bun Campaign	Bakers Delight	kerrie.griffin22@gmail.com 0432 980 061

June	Sunday 9	Ord River Challenge	Ord River	Closed
August	Saturday 10	DA Canberra's 20 th Birthday Bash Theme Roaring 20s	Venue tbc	Doodle RSVP
October	tbc	First Aid Course – Date and details to come via DB ACT	tbc	Doodle RSVP
	tbc	Dragons Abreast Australia Festival	tbc	Doodle RSVP
November	Saturday 9 tbc	DA Canberra's 20 th anniversary Social and Corporate Regatta BCNA Mini Field of Women	Grevillea Park	Doodle RSVP

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 — May 2019

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

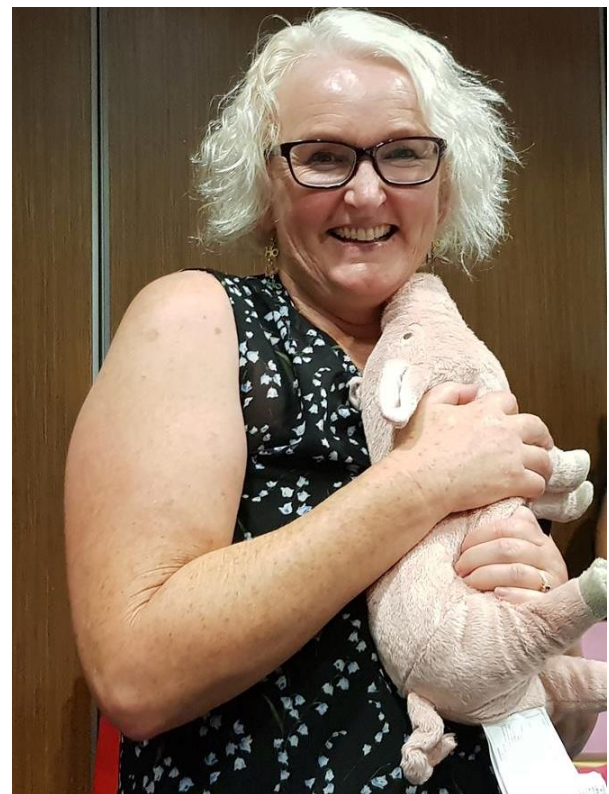
Please submit any news, items and images by **18 May 2019** to the newsletter coordinator

Kerrie.griffin22@gmail.com

[Previous newsletters](#)



Congratulations to Kathy Hayes who was presented with the inaugural Rookie award. The dragon trophy was donated by Robyn Chen *Image:* Kerrie Griffin



Anita Godley, DA Christmas party, CIT 6 December 2018 *Image:* Kerrie Griffin



Lyndall Milward-Bason, Anita Godley, Jenny Milward-Bason, Kat and Andy Gilmour, and Jeannie Cotterell, DA Christmas party, CIT 6 December 2018 *Image:* Kerrie Griffin



Katherine Kralikas and Raana Asgar, DA Christmas party 6 December 2018 *Image:* Kerrie Griffin