



# ABREAST of the NEWS

DRAGONS ABREAST CANBERRA under the umbrella of Breast Cancer Network Australia

PO Box 7191, Yarralumla ACT 2600 • DRAGONSABREAST.COM.AU • ISSUE 61 • NOVEMBER 2016



The Sylvia Flaxman, Dragon Spirit Award, for the team most in keeping with the ethos of Dragons Abreast awarded to the US team Breast Friendz Dragons Abreast Canberra Social and Corporate Regatta 8 October 2016 *Image: Chris Holly*



Dragons Abreast Canberra Social and Corporate Regatta 8 October 2016 *Image: Chris Holly*

## Coordinator's report

What an amazing group of ladies you are. The dragon spirit is definitely alive within our group. I also commend the group for their volunteering strengths throughout the many activities in the past few months including at the Handmade Markets, BCNA lunch, Wellness Expo, our own DA Corporate Regatta, and the local DB ACT regattas.

This newsletter helps to celebrate fellow paddlers achievements and goals — the first paddle at the Come and Try, the first spring paddle, the first 200 m, 500 m and 2 km race, the first race as a newly accredited sweep, the first away trip, the first medal at the DAA Festival. Congratulations to all our paddlers who set their own personal paddling goals each week and achieve their next milestone. Thanks to our all our mentors, sweeps, and our coach **Frances Heaney** who help guide us along our paddling journey. Congratulations to **Susan Pitt** on gaining accreditation with sweeping and we wish you well with your next level of accreditation during the regatta season. We welcome all of our new paddlers including **Jeanie Cotterell and Julie Chynoweth**. We wish paddlers who are moving interstate, including **Karen Bail, Pearl Lee, Val Devlin, Judith Smith, Mim and Wes Forrest**, happy paddling with their new respective clubs.

The DA Canberra AGM was held on 6 August 2016 at the Southern Cross Club Yarralumla. Thanks to all who attended, provided morning tea, thanked the outgoing committee, and provided encouraging words to the incoming committee. Special thanks to **Joy Tonkin**, Public Officer, for conducting the election of office bearers at the AGM.

Thanks to also to **Joy Tonkin, Judy Cluse** and **Susan Pitt** for coordinating all the nominations prior to the AGM.

### Outgoing Committee:

Coordinator - Frances Heaney  
Vice-Coordinator - Patsy Sheales  
Treasurer - Maureen Wild  
Secretary - Kerrie Griffin  
General Committee members - Megan Dennis, Sue Drew, Elly McGinness, Julie Kesby, Clare Purcell.

### Incoming Committee:

Coordinator - Julie Kesby  
Vice-Coordinator - Katarina Heineback  
Treasurer - Maureen Wild  
Secretary - Jenny Green  
General Committee members - Megan Dennis, Elly McGinness, Clare Purcell.



[#SenatorKatyGallagher](#) presents the Anna Wellings Booth Memorial Trophy to Sports Care Physio, Dragons Abreast Canberra Social and Corporate Regatta 8 October 2016 *Image: Chris Holly*



Frances Heaney presented Patsy Sheales the 2016 Dragon Spirit Award at the AGM 6 August 2016 Image: Kerrie Griffin

Congratulations to **Elly McGinness and Patsy Sheales** for sharing the **2016 Dragon Spirit Award** announced at the AGM. Both have made significant contributions to the running of DA Canberra. Elly was also commended for her organisation of the Come and Try team, organising a Relay for Life team, and Entertainment book fundraising. Patsy was a valued Vice Coordinator and Social Coordinator having previously been Coordinator.

What a busy weekend 10-11 September was for all members. Our **Come and Try** team (**Elly, Clare and Maureen**) held another successful Saturday session despite some hurdles with weather and lake conditions. Thanks to all who both participated (including my Mum visiting Canberra) and supported the new paddlers (Jeannie and Dani). Please help promote our next Come and Try to be held on **3 December**. We are hoping for some great weather and enthusiastic paddlers to give paddling a go.

On 10-11 September many members volunteered for raising awareness about breast cancer as well collecting funds for Dragons Abreast Canberra at the **Handmade Markets (EPIC)**. Special thanks to **Kerrie Griffin** and **Pene Lee** for rosters, and to **Sue Willemsen-Bell** and **Pene Lee** for staying all weekend. We had a few feelers for potential paddlers. On Saturday we raised \$3694.65 and on Sunday it was a little quieter with \$3270.95 in donations which made the total a massive \$6965.60 which is fantastic. We have donated some of the Handmade collection to DAA for the DAA Festival fundraising - more about this later.

On 21 September **Elly McGinness** and **Joan White** held a stall at the **Self Help and Wellbeing Expo, Hellenic Club Woden — Connecting support groups, services and people who have long term conditions**. We shared the stall with Bosom Buddies as the event was oversubscribed for the stalls. Next year we are promised to have our own stall.



Girl Guide team 'Gummy Bears' accept their trophy from Brendan Smyth Dragons Abreast Canberra Social and Corporate Regatta 8 October 2016 Image: Chris Holly

Thanks to all who attended on 21 September our social event — **Dragon Muster** was held at the RAIDERS Belconnen. The Dragon Muster provided an opportunity for members to meet with their DA Canberra team over dinner. Apologies from Committee members and other members who were unable to attend on the night for various reasons.

Thanks to **Frances** who gave a DA Corporate Regatta update; to **Patsy** for her inspirational words as a competitor at an international breast cancer regatta (in particular the need to start planning and saving for Florence for July 2018); and to **Marion Blake** for an update on DAA matters.

I have also heard that the special surprise challenge for each table (balloon tying) was lots of fun. Thanks to Chris Durkin and Kyra from **Happy Faces** who also did face painting at the DA Corporate Regatta. We thank them for their support since 2013.

### DA Canberra Social & Corporate Regatta Saturday 8 October

This year's theme *Cartoon characters* seemed to be a popular choice for our 16th regatta in our 17th year of Dragons Abreast Canberra.

We had 22 teams for the regatta and I thank all the **DB ACT** sweeps/coaches and **Frances** as Regatta Coordinator for providing training despite the variable weather. Thanks to the Regatta Committee and all who volunteered from both DA Canberra and DB ACT. We were grateful for the terrific weather for the regatta. There were some great times recorded from competing teams.

The two selected local group beneficiaries of the regatta are: **the Cancer Support Group ACT Eden Monaro's Own** (formerly known as ACT Eden Monaro Cancer Support Group); and **Palliative Care ACT**. Also, some of the fundraising from teams was paid direct to **Dragons Abreast Australia** (DAA) fundraising website.



Dragons Abreast Canberra displaying bronze, DAA Festival, Darling Harbour 22 October 2016 *Image: Frances Heaney*

### Dragons Abreast 9th Annual Festival, Saturday 22 October, Cockle Bay Darling Harbour, Sydney

Thanks to Frances who was our local contact for this regatta as well as coach. Thanks to sweeps **Deb, Frances** and **Margaret** (Simply the Breast, NZ) and our Kiwi paddlers from Simply the Breast (**Jade, Susie, Sonya**). The DA Canberra Committee paid for a team tent (\$550) for the comfort of paddlers and supporters and donated \$1590 to the team's DAA Festival fundraising (some of the donations from Handmade Markets). This was in addition to the \$100 paid by each team member. The Committee also paid for printing and laminating the certificates of participation and appreciation for the DAA Festival. **Marion Blake, Pene Lee** and **Kerrie Griffin** volunteered. DA Canberra made a considerable contribution to the whole DAA Festival.

DA Canberra brought home some bling winning a team pink trophy and a bronze medal each in the A final. **Marion Leiba** and **Katherine Kralikas** also won bronze paddling with DA Melbourne Dambusters in the B final. Congratulations to all! The next national Dragons Abreast Australia (DAA) Festival will be **21 October 2017** at Darling Harbour, Sydney.

### Training sessions and DB ACT regattas

Weather cancelled our Floriade paddle and we did not get an opportunity to check the bulb planting on Springbank Island. We had some great training sessions and plenty of practice in rough water in recent weeks.

The first DB ACT (pirate) regatta was cancelled due to the poor water quality of the lake. DA Canberra has since participated in the 500 m, and 2 km and 200 m (10s) DB ACT regattas. Some great paddling by all including our newer members in their first regattas or race distance. Thanks to **Donna Lennon** in her new role as Boat Captain for her guidance with regattas and doing regatta administration.



DB ACT volunteers, Dragons Abreast Canberra Social and Corporate Regatta 8 October 2016 *Image: Chris Holly*

### Florence, Italy: International Breast Cancer Paddlers Commission (IBCPC), July 3-8, 2018!

Dates for Florence Italy (Cascine Park) are 6-8 July 2018 (practice days start 3 July). More details now on the website: <http://www.florencebcs2018.org/>

**Frances Heaney** as the Australian National Representative IBCPC will liaise with the DA Canberra Committee about the 2018 IBCPC event in Florence as information is made available. Details so far:

- Early bird entry fee paid- for a 20s boat- YOU do not have to pay anything at this stage.
- Day 1- Tuesday 3 July- official sign in (Frances)
- Day 2- Wednesday 4 July- practice
- Day 3- Thursday 5 July- practice
- Day 4- Friday 6 July- practice
- Day 5- Saturday 7 July- racing
- Day 6- Sunday 8 July- racing- FOW- closing

We have now registered a boat for this event and are seeking expressions of interest for paddlers and their partners.



### [2018 IBCPC PARTICIPATORY DRAGON BOAT FESTIVAL - FLORENCE, ITALY](http://www.florencebcs2018.org/)

The IBCPC Dragon Boat Festival is an international non-competitive participatory event targeting Breast Cancer Survivors teams who engage in Dragon Boat...

FLORENCEBCS2018.ORG  
<https://youtu.be/qxlMhmcMylE>

As Coordinator I have appreciated the support of members and enjoyed attending the **BCNA Pink**

**Lady Luncheon** on 24 August and my **UNE Alumni Research on the Road** on 11 October (*To squat or not? The benefits of strength training for breast cancer survivors* – presented by Dr Mandy Hagstrom) with Elly as my guest.

For members interested in this research I have a research paper which I can give you on this –

Hagstrom, A.D., Marshall, P.W., Lonsdale, C., Papalia, S., Cheema, B.S, Toben, C., Baune, B.T., Singh, M.A. and Green, S., *The effect of resistance training on markers of immune function and inflammation in previously sedentary women recovering from breast cancer: a randomized controlled trial*. Breast Cancer Research and Treatment.:1-2. Published online 28.01.2016; DOI 10.1007/s10549-016-3688-0



### UNE Research on the Road

To squat or not?  
The benefits of strength training for breast cancer survivors  
Dr Mandy Hagstrom

**Julie Kesby**

**Coordinator, Dragons Abreast Canberra**

Philosophy: *Awareness, Participation, Inclusiveness*

[JakDAC16@gmail.com](mailto:JakDAC16@gmail.com)

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

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

<http://www.ibcpc.com/>

**Fernwood** Thank you for your DA Canberra sponsorship at [Belconnen Gym](#) and [Gungahlin Gym](#).

**Fernwood partners with BCNA to support women diagnosed with breast cancer**

<https://revitalise.bcna.org.au/>

<http://www.fernwoodfitness.com.au/weight-loss---exercise/well-being/fernwood-partners-with-bcna-to-support-women-diagn/>

### [DAA Convention 2017 - Melbourne](#)

**Save the Date!**

**Melbourne Dragon Muster**

**DAA — the way forward**

Join members from around Australia to share, plan, learn and be inspired. Have fun, meet peers and explore Maribynong River by dragon boat.

Ensure your group is represented by *at least* 2 members. Start fundraising to send them now.

**Saturday 29 April 2017**

**Convention and convention dinner - Parkview Albert Park**

562 St Kilda Rd, Melbourne VIC 3004. Set along a tree-lined boulevard and overlooking Albert Park and Melbourne city skyline, 2.9 km from the National Gallery of Victoria and 3.6 km from St Kilda Beach.

**Sunday 30 April 2017**

**Heritage Paddle and Lunch:** See the sights of Melbourne as you paddle up the Yarra River for a BBQ lunch

<https://www.dragonsabreast.com.au/news/228-daa-convention-2017>

**More information will be provided soon.**

**Connect.Move.Live**



Dragons Abreast Canberra, DAA National Regatta, Kawana Waters, Queensland 17-18 June 2016 *Image: Kerrie Griffin*

### **DAA National Regatta**

The DAA National Regatta was held in Caloundra on Kawana Waters on 17 and 18 June. Frances, Karen Bail, Marion Blake, Judy, Annette, Anita, Kerrie, Julie Kesby, Marion Leiba, Donna, Patsy, Jude, Joy, Joan, Deb, Sue WB participated from Dragons Abreast Canberra. First event, the 2 km followed by 200 m races on Friday afternoon and a full race schedule on Saturday. Gala dinner was enjoyed by all on Saturday night. There were 15 DAA teams from all over Australia competing both in the survivors and supporters' races.

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



Julie Chynoweth with DA Canberra 2 km race, 29 October 2016 *Image: Frances Heaney*

### **First DB ACT Regatta**

Awesome day. Thank you ladies. Yay, conquered my first 2km then 'backed up' for the 3 x 200 m races. One exhausted but happy DA paddler!

**Julie Chynoweth**

The successful **2016 Dragons Abreast Festival**, was held on Darling Harbour, Sydney on 22 October. This annual regatta is the major fundraiser for Dragons Abreast Australia and we encourage corporate, social and DAA teams to register to help support the work of our own national charity, while also having a great experience paddling in the heart of Sydney. Thank to Dragons Abreast Canberra!

**Marion Blake, DAA Board member**



Joan White and Elly McGinness, Self Help and Wellbeing Expo, 21 September 2016 *Image: Elly McGinness*

### Self Help and Wellbeing Expo

**Joan White** and I promoted Dragons Abreast at the annual Self Help and Wellbeing Expo at the Hellenic Club Woden from 10am to 3pm on 21 September. The expo is organised by SHOUT (Self Help Organisations United Together) and was very well attended. Despite all the stalls being allocated already, Bosom Buddies kindly shared their space with us. We are very grateful. More than 50 stalls represented and connected self help groups, services and people with long term conditions. A couple of women, who are breast cancer survivors, expressed an interest in coming to our next come and try dragon boating Day on 3 December.

### Elly McGinness



Ten pin bowling, Tuggeranong, 22 July 2016 *Image: Frances Heaney*



Joan and Cliff White, 70<sup>th</sup> birthday breakfast, Southern Cross Yacht Club, Yarralumla April 2016 *Image: Frances Heaney*

### Celebrating 70

A diagnosis of breast cancer produces many emotions, not least an awareness of one's own mortality. Being 'triple negative' meant that I avoided prolonged hormone treatment. However, this type of cancer is said to be more likely to return than the hormone positive variety, and if it does, then usually within the first three years.

So, when my three year anniversary of diagnosis coincided with reaching the biblical three-score-years-and-ten, I felt it was time to celebrate! But how? A big party for all my friends? But, I am blessed with so many. How to include them all? How to pick a time when everyone could attend? I decided to make the most of my birthday by spreading it out and including each group in their own habitat!

My Wednesday morning walking group were due to meet on my actual birthday so I planned a walk over Farrer Ridge ending at my house where we all enjoyed lunch. The following day, the volunteers at Radio 1RPH joined me for a celebratory morning tea after our on-air newspaper readings. A group of ex-colleagues who always meet to celebrate birthdays together decided that as this was 'the big one' it required more than our usual dinner out, so at the beginning of May we had a delightful weekend at a small ski lodge in Perisher. Monday is my day with the Canberra Repertory wardrobe team, sorting, sewing and socialising. A celebratory lunch out replaced our usual sandwiches.

Then of course there were the wonderful dragon boat ladies who have been such an inspiration to me over the last year. Something special was required to show my appreciation of the support and fun we have had together. As we normally gather for coffee after training, my lovely supportive husband, Cliff, organised a champagne breakfast following our Saturday morning paddle. The Yacht Club staff laid on a great spread in the Lotus Room

overlooking 'our' lake. Many people, although familiar with the Club, did not even know about this lovely room so it was a nice surprise and a really enjoyable get together. Thanks to all who came and made it a great morning.

The celebrations would not be complete of course without including my lovely family. A weekend at a house on the Gold Coast with our three children, their partners and the eight grandchildren made my 70th birthday complete. It was a month to remember. The only one who could not be included was my dear sister, Marion, in England. However, it was her birthday gift to me that put my 70 years into perspective. Arriving weeks after my birthday, thanks to the vagaries of the British and Australian postal systems, it was a commemorative mug of the Queen's 90th birthday! I only hope I look as good in 20 years' time!

**Joan White**



Joan White's 70<sup>th</sup> birthday breakfast, Southern Cross Yacht Club, Yarralumla April 2016 *Image: Frances Heaney*



Flowers on the water ceremony, Dragons Abreast Canberra, DAA National Regatta, Kawana Waters, Queensland 18 June 2016 *Image: Kerrie Griffin*



Gillian Styles sweeping, Flowers on the water ceremony, Dragons Abreast Canberra Social and Corporate Regatta 8 October 2016 *Image: Chris Holly*



Pearl Lee, Sue Willemsen-Bell and Karen Bail, DAA Festival, Darling Harbour 22 October 2016 *Image: Tom Bungbreakarti*

**What do I do next?**

It is probably a common story after diagnosis, surgery and treatment. What do you do next? When I was diagnosed, I hadn't even started my chemo and already knew I would have to find a peer-support group and came across dragon boating.

After surgery, I found that I had a frozen shoulder and couldn't raise my arm very far, so checking with my physio team, we worked on a program to improve my function and energy levels. I wasn't overtly a fitness junkie and had to fit it around treatment, work and raising two rambunctious boys. When I did start dragon boating, it was pretty easy going, all the equipment was supplied – and even the early starts suited my schedule, as I could get out on beautiful, crisp mornings, soak in the calmness of the lake, then get home in time to get onto the school run (hint: we need more Tuesday AM paddlers to get out!).

I can say that my husband notices that my mood improves with exercise, so it is now a part of my routine, while my shoulder has returned to full use and I feel even fitter than before.

Most importantly, it has also introduced me to an incredible group of peers who provide encouragement and many giggles along the waves. Now I have joined Dragons Abreast Sydney and love catching up with the Canberra crew at regattas.

**Pearl Lee**



Christy Collier DA Sydney, Kerrie Dowding DA Pendragons and Pearl Lee, DAA Festival, Darling Harbour 22 October 2016 *Image: Tom Bungbreakarti*



Aquarobics class thanks to Laura Baynes, Kings Deakin  
21 August 2016 *Image:* Kerrie Griffin



Pene Lee volunteering on the temporary tattoo stall, DAA  
Festival, Darling Harbour 22 October 2016 *Image:* Tom  
Bungbreakarti



Dragons Abreast Canberra Social and Corporate Regatta  
8 October 2016 *Image:* Akka Ballenger Constantin  
[https://www.facebook.com/Dragons-Abreast-Canberra-448649108487643/photos/?tab=album&album\\_id=1340403792645499](https://www.facebook.com/Dragons-Abreast-Canberra-448649108487643/photos/?tab=album&album_id=1340403792645499)



Annette Dean drumming, Dragons Abreast Canberra Social and  
Corporate Regatta 8 October 2016 *Image:* Chris Holly  
<https://www.facebook.com/pg/Dragons-Abreast-Canberra-448649108487643/photos/>  
<https://www.facebook.com/dragonsabreast>



Dragons Abreast Canberra Social and Corporate Regatta  
8 October 2016 *Image:* Chris Holly

### 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](#)

### Do you like going to the movies?

On Tuesdays DA members can see a movie at Palace cinema and enjoy a light lunch together afterwards where we discuss the movie and solve the problems of the world for only \$16.50 each. There is no minimum or maximum times you have to attend — 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 Friday. We meet at Palace Cinema just before 11.00am and it's all over by 1.30-2.00pm. \$16.50 includes the movie and lunch.

If you want to receive a weekly email about the movie club, email Cindy and she'll put you on the distribution list. [Cindyyoung000@icloud.com](mailto:Cindyyoung000@icloud.com)



### Warm up and training times

6.00 for	6.30am	Tuesdays
5.15 for	5.30pm	Wednesday
7.15 for	Extra effort	Saturdays
8.00 for	8.30–9.30am	Saturdays
<b>Contact:</b>		<b>Donna Lennon</b>

[donnalennon0@gmail.com](mailto:donnalennon0@gmail.com)

Some great paddling technique tips:

[http://www.youtube.com/watch?v=j7IRbj3K8c4&feature=player\\_embedded](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>

## Under the pink umbrella



Breast  
Cancer  
Network  
Australia

[www.bcna.org.au](http://www.bcna.org.au)

**One in eight Australian women will be diagnosed with breast cancer by the time they turn 85. It is estimated 15,500 women and 145 men will be diagnosed with the disease this year, according to Breast Cancer Network Australia.**



Ita Buttrose, Kerryn Ernst, McGrath Foundation Secondary breast cancer nurse and the ACT secondary breast cancer group, BCNA Pink Lady Luncheon, NGA, 24 August 2016  
*Image: Kerrie Griffin*

### BCNA pink lady luncheon

Thanks to **Susan Pitt, Marion Blake, Elly McGinness, Mim Forrest, Sue Willemsen-Bell** and **Pene Lee** for volunteering for the BCNA Pink Lady lunch Canberra on 24 August 2016. You are a fantastic team from Dragons Abreast Canberra.

It was good to see **Julie Kesby**, our new Dragons Abreast Canberra Coordinator and long term BCNA supporter **Marion Leiba** at the lunch too as well as **Shelly Atkins**, Bosom Buddies ACT President, and **Cheryl Tandy**, Bosom Buddies. It was terrific to see **Kerryn Ernst**, McGrath Foundation secondary breast nurse (based at the Canberra Region Cancer Centre, The Canberra Hospital (THC)) and crew of secondary breast cancer survivors.

Thanks to **Akka Ballenger Constanti** who volunteered to do the photography for BCNA and **Paul Jurak, Kayakcameraman** who donated a framed photographic print to the silent auction.

So thrilled that **Ita Buttrose** was such a hero and very graciously had her photo taken with everyone.

Also, excited that **Genevieve Jacobs** will do a story about secondary breast cancer on 666 ABC radio.

<http://www.canberratimes.com.au/act-news/canberra-life/ita-buttrose-speaks-from-the-heart-at-pink-lady-lunch-in-canberra-for-breast-cancer-network-australia-20160824-gqzoos.html>



Pene Lee, Sue Willemsen-Bell, Marion Blake, Ita Buttrose, Elly McGinness, Christine Nolan, CEO BCNA, Susan Pitt, Mim Forrest, Rozalee Erceg and Kerrie Griffin, BCNA Pink Lady Luncheon, NGA, 24 August 2016 *Image: Akka Ballenger Constantin*

### [Ita Buttrose speaks from the heart at Canberra Breast Cancer Network lunch](#)

Media legend **Ita Buttrose** lends her considerable voice to support for people with breast ...

<http://www.canberratimes.com.au/act-news/precious-time-for-mother-and-daughter-at-breast-cancer-network-australia-lunch-20160824-gr04vp.html>

#### **Precious time for mother and daughter**

Daughter with cancer gets chance to reverse roles and give her mother support at Breast Cancer Network lunch.

**Kerrie Griffin**



Marion Leiba and Abby Cormack, BCNA Pink Lady Luncheon, NGA, 24 August 2016 *Image: Akka Ballenger Constantin*

### **BCNA, Abby and the Pink Lady Luncheon**

I first became involved with BCNA after my diagnosis with breast cancer and my surgeries in 2000. Since then, I have attended several training courses, forums and conferences and am on their email list. This year, I received an email inviting me to attend the Pink Lady Luncheon. The only trouble was that it cost \$165 – too much for me!

Shortly after the email invitation, I received an email from **Abby Cormack**, who had just arrived from New Zealand to be the BCNA Major Donor and Bequests Manager in Melbourne. It was a lovely, warm, friendly email thanking me for an end-of-financial year donation that I had made to BCNA. I was pleasantly surprised and thanked her and we exchanged several emails. She asked me if I was going to the Luncheon and I said that I wasn't because it was too expensive. She invited me as her guest, which was really kind and unexpected.



So, that was how I ended up at the Luncheon at the National Gallery of Australia, sitting at a table with Abby, her other guest, and other friendly women, right up the front, near the speakers. The room was beautifully decorated and the atmosphere was lovely. Everyone seemed to be in a happy mood. 666ABC Radio's **Genevieve Jacobs** was a very good MC. The first speaker was a breast cancer survivor who spoke fluently and touchingly about her experiences with breast cancer. I was quite absorbed by her story. The celebrity guest speaker was **Ita Buttrose**, who gave an interesting and amusing talk about her life experiences. Later, a dinner guest suggested that she get auctioned off for lunch with the highest bidder and Ita went for \$5000. Other fundraising activities included a raffle, with tickets at \$20 each, and a silent auction. The luncheon and the activities raised some good money for BCNA to continue its work to help, inform and advocate for breast cancer survivors.

Apparently, I was highly visible on WIN TV news that night but I had no idea that that had happened! I was surprised and felt rather guilty to see several of our dragon boaters volunteering at the Luncheon and they were all so kind to me, who was sitting there like a VIP. Thank you, all of you. Kerrie said that she saw my name on the guest list, so did not ask me to volunteer. She was kind and considerate, as usual.

The next day, I had a couple of hours to show Abby around before she flew back to Melbourne. The weather was cooperative, so I took her up Mt Ainslie. I found out that she had never seen a kangaroo or a black swan. I took her to Lotus Bay first, thinking that she was sure to see one of 'our' swans, but they weren't there, so I showed her the dragon boats instead. We then drove to Weston Park where, fortunately, she saw both black swans and kangaroos! I finished up by taking her briefly to Yarralumla Bakery before I had to drop her back in Civic. She is a delightful addition to BCNA. I had two enjoyable days.

**Marion Leiba, BCNA Community Liaison**



[October 28 at 9:55am](#) ·

A big congratulation to **BCNA founder Lyn Swinburne** who won the Social Enterprise & Not-For-Profit category in the [Financial Review](#) and [Westpac](#) 100 Women of Influence awards! We are very proud of all you have done for Australians affected by breast cancer, Lyn!



After juggling work and four children for a number of years, **Susan Pitt** was looking forward to returning to work full time (in her dream job!) and had just booked a trip to Tuscany. With a family history of breast cancer, Susan knew she was at risk of being diagnosed but she didn't think it would happen until later in life – she wasn't expecting the news at 48. Even though she had supported her mother and father through their own cancer treatments, the toll that chemotherapy took on her body came as a shock to her. After treatment finished it took her a long time to find her strength again but the community she found through BCNA introduced her to a world of new friends, who became a really important support network. Susan is sharing her story to remind people that breast cancer doesn't discriminate and that everyone's story is unique [#notjust1in8](#)

**October was Breast Cancer Awareness Month** and BCNA reminded people that breast cancer doesn't discriminate. Breast cancer overwhelmingly affects women and the average age of diagnosis is 58, but it can also affect young women and men as well. It doesn't discriminate against those who are fit and healthy, living with a disability or based on someone's cultural background. Breast cancer will affect 16,000 Australians in 2016 and this October we are sharing your stories to remind people that everyone's breast cancer story is different [#notjust1in8](#)



Paul Jurak, Kayakcameraman, and Lesley Hindley (Susan Pitt's mother in white) with DA members, Australia's Biggest Morning Tea for the Cancer Council ACT. Thank you to Dorothy her family and staff, Forrest Hotel and Apartments. 26 May 2016  
*Image: Frances Heaney*

## Help us ensure women aren't defined by their breast cancer HOW YOU CAN HELP.

It's easy to lose your sense of self to breast cancer. That's why we're here. Breast Cancer Network Australia supports anyone diagnosed with breast cancer because, first and foremost, you are still you. You are not cancer.

Our programs and services help everyone free of charge, whatever stage of their breast cancer journey. Since 1998, we have helped more than 110,000 Australians understand they are so much more than their diagnosis.

### 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 and practical tips from women about what worked for them.
- To sign up or find out more about Revitalise with BCNA, a six-week health and wellbeing program developed by BCNA in partnership with Fernwood Fitness, visit [revitalise.bcna.org.au](http://revitalise.bcna.org.au).
- Join the [BCNA Get Active and Keep Well](#) group on the online network.



## ACT Casting for recovery program 18-20 November 2016

<http://www.castingforrecovery.org.au/retreats-top/registration-alias>



Casting for Recovery first retreat 3 April 2016 Image: Sue Drew

Apply now for the second retreat. Women who have received a breast cancer diagnosis, who either live in or received their treatment in the ACT are eligible to participate, subject to their doctor approving of their attendance. Register online or complete a registration form obtained at [www.castingforrecovery.org.au](http://www.castingforrecovery.org.au). Queries to [info@castingforrecovery.org.au](mailto:info@castingforrecovery.org.au) or **0490256505**.

**Mary-lou Reid** and **Sue Drew**, Dragons Abreast Canberra members, participated in Australia's first casting for recovery retreat 1-3 April 2016.

### 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](http://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](#)

## BCNA NEWS

### Cancer Australia clinical practice guidelines to drive better experience for breast cancer

Breast Cancer Network Australia (BCNA) welcomes the release of the [Cancer Australia Statement - influencing best practice in breast cancer](#) that aims to identify and influence best practice in breast cancer treatment and care across Australia.

The Statement complements existing clinical practice guidelines highlighting a patient-centered approach to care that allows people to make evidence-based decisions about which treatment options are right for them.

The Statement encourages everyone involved in their care to ensure quality of life and wellbeing are central to decision making. Treatments such as surgery, [chemotherapy](#) and [radiotherapy](#) for breast cancer can have long lasting impacts so it is essential that all people have the opportunity to discuss with their doctors what is important to them.

### **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.

### **Review & Survey Group**

Participation will give you an opportunity to assist researchers to solve some of the puzzles around breast cancer, by contributing your own experience. All you need is an email address, and a willingness to be involved. When there is an important breast cancer survey being conducted, BCNA will email you with the details. It's then up to you to decide if you are interested in participating or not. The choice is entirely yours. To register for the Review and Survey Group click on the following link <http://www.bcna.org.au/news/about-bcna/get-involved/speak-out>

### **BCNA Forums Team**

### **The Breast Cancer Treatment Quality Assurance Project 15 Year Report**

Outlines the findings of breast cancer treatment from diagnosis in the ACT and South East (SE) NSW region [http://health.act.gov.au/sites/default/files/BCTG%20Report%202015%20V2\\_0.pdf](http://health.act.gov.au/sites/default/files/BCTG%20Report%202015%20V2_0.pdf)

### ACT breast cancer mortality rates falling, new report reveals

Better early detection and treatment options means ACT women with breast cancer are being diagnosed younger. Report shows improved ACT breast cancer outcomes. The rate of breast cancer survival in Canberra is higher than average for Australia, an ACT Government report suggests.

## 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](#)
  - **Communities** – issue 76, Spring 2016 | [View issue 76](#)
  - **Breast cancer and creativity** – issue 75, Winter 2016 | [View issue 75](#)
  - **Working after a diagnosis** – issue 74, Autumn 2016 | [View issue 74](#)
- [Help with research](#) Join our Review & Survey Group
- <http://www.bcna.org.au/store/Merchandise>

### [Cancer drug 'like taking Panadol' developed in Australia, given fast-track approval in US](#)

A revolutionary drug that melts away cancer in some stage four patients has been given fast-track approval in the United States.

<http://www.abc.net.au/news/2016-09-06/revolutionary-australian-cancer-drug-given-us-approval/7819344>

### NBCF news

Join [Register4](#) – an online initiative of NBCF where you can sign up to participate in breast cancer research.

### Gillian Horton, Colleen's Post Mastectomy Connection **New address:**

22 Garran Place, Garran. 2605 | T: 02 6285 1311 | E: [info@colleens.com.au](mailto: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/>

### Bosom Buddies

Come to a social event and let us know if you would like to take part. [bosombuddies@shout.org.au](mailto:bosombuddies@shout.org.au)  
**Shelley Atkins**, President, [Bosom Buddies](#)

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

### 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](http://www.btaa.org.au)  
**Susan Pitt**, Secretary BTA

### Kerrie Griffin


**Consumer Representative**

**Seat at the Table (SATT) Program, BCNA**



### Calendar of events

Dates and events may change – please check [http://media.wix.com/ugd/29935c\\_6bfecbcbf2fd4bb3828874d3e582636e.pdf](http://media.wix.com/ugd/29935c_6bfecbcbf2fd4bb3828874d3e582636e.pdf)

Month	Date(s)	Event	Location	Notes
 <b>November</b>	Sunday 6	Afternoon tea for DAA \$10 pp funding our 2017 National Convention	Winsdale	<a href="mailto:marionblake@bigpond.com">marionblake@bigpond.com</a> RSVP by 3 November
	Saturday 19	DB ACT Regatta 4 500 m 10s	Grevillea Park	Doodle RSVP – DA Canberra volunteering for regatta
	18-20	Casting for Recovery	Various	<a href="mailto:info@castingforrecovery.org.au">info@castingforrecovery.org.au</a>
	Sunday 27	Wagga Wagga Regatta	Lake Albert	Doodle RSVP
<b>December</b>	Saturday 3	Come and Try session	Lotus Bay	Doodle RSVP
	Sunday 11 4pm	DA Christmas Party	Winsdale	Doodle RSVP
	Saturday 10	DB ACT Regatta 5 200 m and 2 km	Grevillea Park	Doodle RSVP

2017 January	Saturday 21	DB ACT Regatta 6 500 m 20s	Grevillea Park	Doodle RSVP
February	Saturday 4	DB ACT Regatta 7 500 m 10s	Grevillea Park	Doodle RSVP
	Saturday 18	Jindabyne Flowing Festival	Lake Jindabyne	Doodle RSVP
March	Saturday 4	DB ACT Regatta 8 200 m and 2 km	Grevillea Park	Doodle RSVP
	Saturday 18	National Capital Dragon Boat Festival	Grevillea Park	Doodle RSVP
	Sunday 19	National Capital Dragon Boat Festival	Grevillea Park	Doodle RSVP
April 	19-24	Australian Dragon Boat Championships DAC would like to enter a team in the DAA category on Saturday the 22 April (State day).	Gateway Lakes, Wodonga, Victoria	Doodle RSVP
	29-30	DAA Convention Hosted by DA Melbourne Dambusters <a href="#">DAA Convention webpage</a>	Melbourne	Doodle RSVP
October	Saturday 21	DAA Festival	Darling Harbour, Sydney	<a href="https://www.facebook.com/dragonsabreast">https://www.facebook.com/dragonsabreast</a>
2018	6-8 July	<a href="#">International Breast Cancer Paddlers Commission</a> (IBCPC) breast cancer survivor regatta <a href="http://www.florencebcs2018.org">http://www.florencebcs2018.org</a>	Florence, Italy	Doodle RSVP – Expression of interest for paddlers and partners

### 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 2017

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

Please submit any news, items and images by 26 January 2017 to the newsletter coordinator

[Kerrie.griffin22@gmail.com](mailto:Kerrie.griffin22@gmail.com) or [taylorclan@inet.net.au](mailto:taylorclan@inet.net.au)



Where's Wally? Dragons Abreast Canberra Social and Corporate Regatta 8 October 2016 *Image: Chris Holly*



Dragons Abreast Canberra Social and Corporate Regatta 8 October 2016 *Image: Akka Ballenger Constantin*



Lion dancing, Dragons Abreast Canberra Social and Corporate Regatta 8 October 2016 *Image: Akka Ballenger Constantin*



GoAnna mascot, Dragons Abreast Canberra Social and Corporate Regatta 8 October 2016 *Image: Akka Ballenger Constantin*