



Coordinators past and present cut the cake — Jan Skorich, Marion Blake, Anna Wellings Booth and Judy Richmond — DA ACT 10th anniversary *Image: Kerrie Griffin*

Link to the DA ACT 10th anniversary:
<http://www.dragonsabreast.com.au/ACT/10thBirthday.htm>

Coordinator's report

The latest highlight was the celebration of **DA ACT's 10th anniversary** on 29 March and what a fabulous celebration we had! It was a perfect evening, with 73 of our members (past and present) and friends enjoying the good company, entertainment and a lovely meal on the deck at Hudson's in the Australian National Botanic Gardens. Thanks to mastermind **Anna Wellings Booth** and MC **Narelle Powers**. Special guests included patron Senator **Kate Lundy**, national ambassador Senator **Trish Crossin**, Dragons Abreast Australia founder **Michelle Hanton**, **Lee Massey** and **Denise Flockton** DA Wagga, **Brendan Smyth** MLA, **Joy Birch** MLA and **Kel Watt**, President CDBA.

It was a night of fun and festivities, with numerous serious and not so serious presentations and a skit



Goanna skit with Elspeth Humphries and Marion Blake, DA ACT 10th anniversary *Image: Kerrie Griffin*



New life members Robyne Kellett, Elspeth Humphries, Jan Skorich with Senator Trish Crossin and Anna Wellings Booth, DA ACT 10th anniversary *Image: Kerrie Griffin*

which caused great hilarity. **Narelle Powers** starred as the bossy sergeant major, **Mary-Lou Reid** was having a bad hair day, **Elspeth Humphries** and **Katherine Kralikas** as new neat and daggy paddlers, **Marion Blake** as a dithery new sweep. Of course, Katherine, resplendent in evening wear, made a late appearance on the pink boat. Were we acting or just in character? You may well ask!

On a more serious note, we were delighted to award life membership to three very special members in recognition of their exemplary and sustained contribution to DA over many years. Congratulations to **Jan Skorich**, **Elspeth Humphries** and **Robyn Kellett** who received magnificent scrolls handcrafted by **Joy Tonkin**. Congratulations also to **Kerrie Griffin** who was presented with a Certificate of Appreciation for the amazing contribution she makes in producing the newsletter.

Many thanks to **Judy Richmond** who kindly donated \$1000 towards the cost of the cover for **Gecko**, our baby boat.



Marion Blake, provisional sweep, CDBA regatta, 15 March 2009 *Image: Mr Landsmann*

DA ACT has competed in two local CDBA regattas including the Canberra Day event on 28 March, enabling **Marion Blake** to achieve her full sweep qualification. The Committee has clarified dual and associate member entitlements and the [ACT Associate and Dual membership form](#). application form for supporter membership is available on the website <http://www.dragonsabreast.com.au/ACT/index.htm>

At our family and friends day we were delighted to have a number of potential new members as well as family and friends join us for a paddle on the lake to experience what it is we talk about. Thanks to **Deb Whitfield** who came at short notice to be our qualified sweep. After some spins around the bay, quickly getting the hang of paddling, the group met under the trees for morning tea.



Brendan Smyth MLA, Joy Tonkin, Elspeth Humphries, Bec Karr, Judy Cluse and Annette Dean, DA ACT 10th anniversary Image: Kerrie Griffin



Dressed in pink with paddles and balloons, 16 members, and Bec and Leanne's daughters, walked the survivors' lap at **Relay for Life's 10th anniversary** on Friday 27 March at the AIS and celebrated with a lovely dinner at the Dumpling Inn.



Lee Massey, Denise Flockton, DA Wagga Wagga at front with Michelle Hanton, Carol Summerhayes, with Megan Dennis sweeping for several regional visitors, 14 March 2009 Image: Jan Skorich

Several members attended the **DAA Regional General Meeting** held in Canberra on 14 March. This was a very informative session with **Michelle Hanton**; founder of DAA and **Jan Skorich**, our Regional Representative giving presentations. DA ACT members enjoyed taking the interstate participants on a sightseeing paddle prior to the meeting.

Cindy Young dancin_young@yahoo.com.au has DA merchandise on sale. You won't miss her — she has flags and signs and lots of pink! See [separate merchandise list](#).

Paddling, bulb planting and picnic

We will paddle out to Springbank (Dragon) Island for bulb planting and morning tea, so bring your bulbs to plant (daffodils, jonquils and grape hyacinths are hardy) and a small trowel if you have one. Also bring a thermos, cold drinks or plate of morning tea to share (packed to take on the boat). Meet at 8am as usual, to set off at 8.30am, returning to Lotus Bay around 10am. **Saturday 2 May** (tbc)

Debbie Whitfield has kindly offered to take us out for an extra paddle once a month on the following Sundays: 24 May and 21 June. Meet at 9.45am.

2009 DA ACT Dragon Boat Challenge Sub-Committee

Would you like to be part of the planning group for this year's Challenge Regatta to be held on Saturday 24 October? Expressions of interest are now being sought. Please email marionblake@bigpond.com if you would like to take part. At this stage, we need volunteers on the sub-committee who can take on a number of key roles including registration, media, awards and publicity.

This is a fantastic event and our major fundraiser for the year. Last year, we raised \$25,500 which was distributed to a number of breast cancer groups including DAA. Funds are raised through entry fees from corporate and social teams (\$800 per team) as well as a huge raffle and other donations. We have a huge number of volunteers and great support from CDBA in running the event.

Dragon Muster – 6.30pm on Friday 19 June

Enjoy hot soup and bread at the YMCA Sailing Club. Winter catch up and a chance to discuss Peterborough, 2009 DA Dragon Boat Challenge Regatta as well as view film of us paddling and the 10th anniversary footage.



Senator Kate Lundy, Jan Skorich Marion Blake, Bea Brickhill, Debbie Whitfield, Leanne McKenzie, Bec Karr, Annette Dean and Mary-Lou Reid, DA ACT 10th anniversary *Image: Kerrie Griffin*

Come and try session

Saturday 9 May at 9.30am following our normal paddle. We need a few of our paddlers to go out for a short paddle with potential new members. Great interest was shown at the BCNA seminar.

2010 International Dragon Boat Festival for Breast Cancer Survivors — Peterborough, Canada

Patsy Sheales patc@grapevine.net.au has received 12 expressions of interest from our survivor members so far, and it looks like we will also have a support team of a number of husbands and partners. Patsy, Elspeth and Katherine are looking into accommodation options for our team.

\$500 deposit is required by the end of July 2009 for those wishing to go to Canada 11–13 June 2010 so that DA ACT can pay the early bird fee which gives a significant discount to all our participating paddlers. People can pay by cheque or by direct deposit (with your name). Account information is:

Dragons Abreast ACT
BSB 012 964
Account 4920 03119

The Committee has agreed to use some of our fundraising to go towards accommodation and registration for survivor team members at the event. So if you are considering coming along, remember there **may be some deductions** that could make it more affordable for our members.

We have received the following guidelines from DAA regarding fundraising for such events. If you are raising money under the DAA name (ie stating that you are members of DAA) you must state what you are raising funds for, that is you can raise money for event registration and accommodation for the required nights while you are at the event. You cannot raise funds for flights and other accommodation and travel related expenses as this may be seen as fundraising to support a 'holiday'; not fundraising to support those living with breast cancer. Please make it very clear that the fundraising is for your trip to Canada and that you are not there in any official capacity to represent Australia.



Sue Drew, Amelia Thiedeman, Lee Massey and Denise Flockton, DA Wagga Wagga, Pene Lee, DA ACT 10th anniversary *Image: Kerrie Griffin*

National Masters winners

Congratulations to the dynamic and dedicated ACT Grand Master's Women's Representative team who won Bronze at the Nationals in Caloundra on 23 April. Dragons Abreast squad members include long time supporters **Pat Pye, Kim Cameron, Gillian Styles, Julie Richardson, Robyne Kellett** (coach and sweep), **Cathy Powell** (drummer) and survivor **Jan Skorich**. Several other team members have dual membership of Dragons Abreast, so we are well represented and bask in their reflected glory. Paddles up!

Marion Blake canberra@dragonsabreast.com.au
Coordinator DA ACT



Senator Trish Crossin, Marion Blake, Judy Richmond, Kerrie Griffin, Michelle Hanton, Anna Wellings Booth, Jan Skorich and Elspeth Humphries, DA ACT 10th anniversary

DA ACT 10th anniversary toast

Anna Wellings Booth needs no introduction to anyone here. You all know her as the founder of Dragons Abreast ACT and a woman of vision as well as indomitable will — she would say dogged determination.

My introduction to Anna came soon after I had returned from a trip to Canada at the end of that long year of treatment. I had actually seen some newspaper stories about breast cancer dragon boat teams in Canada and I had thought that would be fun. I saw a tiny notice in *The Canberra Times* that AWB was starting a breast cancer dragon boat team; I picked up the phone and became a founding member.

This is the thing about people like Anna and **Michelle Hanton** they are inspired by a great idea



Lyn Langer, Kathy Deards, Elspeth Humphries, Michelle Hanton, Toni Stepniak and Val Barger, DA ACT 10th anniversary *Image: Kerrie Griffin*

and they work hard to make it happen; gathering and encouraging people who can help, getting them to contribute and make the dream a reality. But it takes a leader with a vision and passion, as well as that indomitable or dogged determination. Dragon boating was not a natural choice for Anna — she would be the first to tell you that she did not know what one looked like. And once she found out, there were surprising physical challenges. But what was natural to Anna and really caught her imagination was understanding what this would do for women who were learning to live with breast cancer — physical exercise, friendship, support, camaraderie, team work, challenges and laughter. It was a way of embodying the idea that:

'When the heart weeps for what it has lost, the soul laughs for what it has found'.

This is what is most important; that in joining Dragons Abreast, we have each experienced in our own way on Lake Burley Griffin, and other far flung waters, 'the glory of action, the bliss of growth, the splendor of beauty'. This is what Anna has achieved for us and the vision that has earned her the title of 'wise old dragon'.

Please raise your glasses and drink to the health and happiness of Anna, the wise and not so old dragon. On behalf of Dragons Abreast ACT, I would like to present Anna with a symbol of gratitude, affection and esteem from all of the ACT crew.

Elspeth Humphries



Michelle Hanton, Trish Crossin, Marion Blake, Lucy Lytton, Jan Skorich, Viki Fox, Judy Richmond and Narelle Powers, DA ACT 10th anniversary *Image: Kerrie Griffin*

Thanks to everyone for the DA ACT 10th anniversary which was such a wonderful event. Fabulous food, cracking company and delightful dragon boat entertainment — what more could a DA member ask for? When I received my diagnosis in May 2006 I never imagined it would lead me to such a great group of people.

Lucy Lytton

Everyone looked smashing and it was a really wonderful night. Thank you for including me in your wonderful inspirational group. Love to you all!

Bec Karr



DA ACT *Ticked pink* with Penny Cruickshank (front, far right) *Image: Mr Cruickshank*

Thanks for the paddle!

Thanks for the opportunity to paddle in February I really enjoyed it and you all made me so welcome. Hope we can return the hospitality if any of you is up this way.

Penny Cruickshank, DA Gold Coast



Susi Gross, Margie Perkins and Gillian Styles, DA ACT 10th anniversary *Image: Kerrie Griffin*

Chinese New Year 2009 memories

The last time I remember being called a 'first timer' was as I nervously sat waiting for my first chemo infusion and the couple sitting next to me welcomed me to the chemo club. That experience led to another, to DA ACT. This year I was a virgin again — at the Chinese New Year Dragon Boat Regatta at Darling Harbour. I'd simply not experienced 'it'. Not the dragon boat racing, not the camaraderie nor the ceremony that everyone assured me is always just amazing.

When I first said 'I'll go' I had planned to stay with my sister in Bondi and just turn up for the event but then **Bec Karr** was looking for someone to share a hotel room with and I realised that it just might be

more fun to do the whole thing. I'm so glad I did. It was a wonderful weekend, beginning with drive time conversation, a memorable evening at the banquet, followed the next day by the marvellous masses wearing pink. My eyes travelled the crowds and my brain went into an overdrive of 'you too, you too, you too — all of us. We are in this together'. For me the races were fun and I loved the salty tang on my lips as water splashed my face. Luckily, doing well in the race wasn't very important to me; but being in it is. Yes.

Yes, and then the ceremony. Old hands (DA Brisbane) generously offered 'first timers' a place in the ceremony, aboard our linked flotilla of dragon boats with our shared experience and understanding – that pink sea of women, and an occasional man, celebrating life and remembering those who have lived and died. It was hot out there. I was squished, thigh to thigh, three on the bench, sweating sun block into my eyes but crying real tears for all who have this path to travel. I looked to the shore and there were more of us. Back on dry land my legs felt wobbly from the sway of the sea but they carried me through, what was for me the most moving part of the day. The paddles raised in a guard of honour. Smiles, encouraging words, high fives, shoulder pats, hands in union. We drove home, four of us, full of our impressions of the weekend and our shared reason for finding ourselves part of Dragons Abreast. It is great to do it together.

Margie Perkins



Autumn warm up and training times

6.30 for 6.45–7.45am Tuesdays
5.30 for 5.45–6.45pm Wednesday
8.00 for 8.30–9.30am Saturdays

Sunday 24 May and 21 June

9.45am at Lotus Bay for warm up and **Debbie Whitfield** will bring in the boat at 10am for us

Some great paddling technique tips:

[http://www.dragonsabreast.com.au/NSW/PaddlesUp59M arch09.pdf](http://www.dragonsabreast.com.au/NSW/PaddlesUp59M%20arch09.pdf) (note: DA ACT paddling technique may be slightly different from Sydney, so listen to OUR coaches please!)

Remember water, hat, sunscreen and sunglasses!

If you want to have a try at sweeping contact:

Narelle Powers narelle.powers@defence.gov.au
 or **Elsbeth Humphries** humphries44@ozemail.com.au

Weather watch

<http://www.canberrayachtclub.com.au/default.asp>

Milestones

Congratulations to **Katherine Kralikas** who is the proud grandmother of Eva.



Patsy Sheales, Katherine Kralikas, Martina Landsmann with Megan Dennis sweeping for the DAA regional meeting visitors, 14 March 2009 Image: Jan Skorich

Congratulations to **Susi Gross** on becoming an Australian citizen.



Viki Fox, Susi Gross, Paul, Kerrie Griffin, 17 April

Gluten free hot cross buns (for Easter 2010)

1 cup rice flour
 2 cups of gluten free self raising flour
 1/3 cup of castor sugar
 3 teaspoons of xanthum gum
 1 teaspoon of baking powder (gluten free)
 2 teaspoons of cinnamon powder
 2 teaspoons of yeast
 1/4 cup of olive oil
 3 eggs
 1 teaspoon of vinegar
 1 cup of sultanas
 2 tablespoons of melted butter

Empty of sachet of yeast and add 3 teaspoons of castor sugar. Add a little warm tap water and stir well. Sit it to one side and let it froth up. Add all the dry ingredients into you food processor and blend 30 seconds. Pour in yeast mix oil eggs vinegar and blend on high for 3 minutes. The mix should form into quite a large dough ball. Tip in sultanas and process till worked through the dough. Prepare a large baking tray with baking paper. Melt 2 tablespoons of butter and brush tops of the buns cover with tea towel and wait 30 minutes for the buns to rise. Place in hot oven at 190°C and bake for 30 minutes. Eat immediately while warm.

Val Barger

Under the pink umbrella



Bakers Delight 'Pink Bun' campaign is on now until 13 May. Everyone had lots of fun last year at the Canberra bakeries and the staff and customers were amazingly supportive.

<http://www.pinkbun.com.au/pinkbun/photoGallery.html>

Send your pink images for the BCNA website to: pinkbun@bcna.org.au Marita O'Keefe, Community Events Manager, BCNA Ph: 03 9805 2545 or 1800 500 258



BCNA Forum, NLA, 23 April 2009 *Image: Linda Wright*

BCNA Forum, NLA, 23 April 2009

Link to **Linda Wright's** images and **Geraldine Robertson's** overview:

<http://www.bcna.org.au/content/view/897/1432/>

It was a stimulating day with high calibre speakers including **Lyn Swinburne, Raelene Boyle, Associate Professor Fran Boyle** and **Stephanie Dowrick**. We heard about new diagnostic tests and treatments and strategies to overcome short and long-term effects of breast cancer and so **'live well' beyond our breast cancer experience**. Some 300 people surged from the National Library of Australia, buoyed by what they had experienced.

A/Prof Fran Boyle. Medical Oncologist, University of Sydney and BCNA Board Member. Link to PowerPoint presentation

 [Breast cancer in 2008 492.27 Kb](#)

Fran Boyle spoke about long-term issues following treatment. She explained why there was much to celebrate from research and clinical trials and encouraged us by suggesting ways to plan for survivorship. Time available to question Fran was all too short and so many hands were raised. But we did have answers about clinical trial results, genetic testing, Herceptin and possible heart problems, the value of compression sleeves for lymphoedema management as well as scans and tests after breast cancer. Suggestions for keeping our sexual relationships alive raised some chuckles!



Louise Muir, Robyn Chen, Bea Brickhill, Amelia Thiedeman, Christine Cannon, Hadas, Susi Gross, Leanne McKenzie, Elspeth Humphries and Sue Drew, BCNA Forum, 23 April 2009 *Image: Kerrie Griffin*

It was great to see our terrific breast care nurses and many thanks to our BCNA volunteers at the BCNA Forum — **Linda Wright, Amelia Thiedeman, Natrasska Chiron, Bea Brickhill, Heather Miller, Jean Widdowson, Pam Robertson, Susan Pitt, Elspeth Humphries, Anna Wellings Booth, Robyn Chen, Christine Cannon, Geraldine Robertson, Yvonne Byron, Susi Gross, Marion Blake, Hadas, Sue Drew, Louise Muir, Leanne McKenzie, Sarah Holmes, Glenise Webb, Tania Willis and Margie Perkins**.



Hadas, Natrasska Chiron, Yvonne Byron, Lyn Swinburne BCNA CEO, Pam Robertson, Heather Miller, Jean Widdowson, Geraldine Robertson and Susi Gross, BCNA Forum, 23 April 2009 *Image: Kerrie Griffin*

I really enjoyed the BCNA Forum. It is a bit confronting for newly diagnosed women and the statistics on reoccurrence are sobering. But I thought the order of the talks, the content and the emphasis on survivorship was excellent. What struck me though was the number of women who were there who were more than a decade out — seeking more contemporary information and reassurance.

Susan Pitt

I just wanted to pass on my thanks for today. It was the first BCNA event of this type that I have been to. It was wonderful and very professional. Congratulations to you and all involved.

Kaye Johnston, Bosom Buddies

Welcome to **Candice Charles** the new General Manager BCNA and we look forward to working together. Sincere condolences to **Julie Hassard** on the loss of her sister, Jacqui, to breast cancer.



Jan Skorich, DA ACT; Anneke Blackburn ANU researcher; Cate Wood, Mother's Day Classic Chair; Bec Karr DA ACT; Ms Murphy NBCF; Kerrie Griffin, BCNA; and Christine Cannon BCNA at the Mother's Day Classic launch on 8 April 2009

Mother's Day Classic BCNA stall

Many thanks to **Susan Pitt** who is coordinating the BCNA stall this year as well as the volunteers. Bosom Buddies, DA ACT, Encore and BreastScreen ACT will have resource materials available under the umbrella of BCNA. Dragons Abreast will paddle again to send a powerful message that there is quality of life after a diagnosis of breast cancer and to keep the spirit alive.

Below is a message from **Cate Wood**, MDC President and Women in Super Chair. Congratulations to **Susan Pitt** and **Rebecca Karr** for their generosity of spirit:

I would love **Susan Pitt** to introduce the minute of silence for whichever MDC race she prefers. Many thanks — one of the best aspects of taking on this event has been meeting such wonderful women through the breast cancer support network. Everyone was blown away by **Bec Karr's** talk at our launch — it really gave sponsors something to think about.

To register to walk or run go to:
<http://www.mothersdayclassic.org/home/event-details/canberra/>
 Link to the MDC newsletter:
<http://www.mothersdayclassic.org/wp-content/uploads/2009/04/wisbreastinvestment2009.pdf>

See articles on **Dr Anneke Blackburn**, ANU researcher, on preventing breast cancer with a non-hormonal and a non-toxic drug as well as article about Associate **Professor Sharon Kilbreath** (breast cancer survivor) on preventing osteoporosis in postmenopausal breast cancer patients (through exercise),

ANU medical students

Thanks to **Margie Perkins**, **Susi Gross** and others who went at short notice on 28 April to talk with second year ANU medical students who were very attentive and Margie and Susi personally found it part of their healing journey.



Huntly Estate Open Garden Scheme Weekend fundraiser for Bosom Buddies, 21 March 2009
 Image: Steve Taylor

Reach to Recovery. Brisbane 13–15 May 2009

Bea Brickhill and **Kerrie Griffin** are attending this incredible conference due to the generous support of the ACT Cancer Council and DA ACT respectively. A report will be in the next newsletter.

15th UICC Reach to Recovery International Breast Cancer Support Conference — the first ever worldwide forum across Asia-Pacific, Europe, Africa as well as North, Central and South America for breast cancer consumers, support organisations and health professionals to meet and address common goals.
<https://www.astmanagement.com.au/uiccRegister/>

http://www.themessagestick.com/message_stick_relay.php

Travel insurance fact sheet: www.bcna.org.au > Information > Fact Sheets > Travel Insurance.

[Helping a Friend or Colleague with Breast Cancer 557.79 Kb](#)

BCNA's E-Bulletins

Please subscribe directly via an online form by going to our website www.bcna.org.au > information > form or www.bcna.org.au/component/option,com_philaform/temid,1411/form_id,24/.

Some 30,000 **My journey kits** have been distributed. Thank you to all who have helped reach so many people. If you or someone close to you has recently been diagnosed with breast cancer order [online](#) or call **1300 78 55 62** to order a free kit.

Kerrie Griffin, Community Liaison, Seat at the Table (SATT) Program, BCNA

Month	Date(s)	Event	Location	Notes
 May	Saturday 2 (tbc)	DA ACT bulb planting and morning tea	Springbank (Dragon) Island Yarralumla	Bring bulbs, digger and morning tea
	Saturday 2	Bakers Delight Pink Bun day	Dickson, Belconnen and Gungahlin bakeries;	Woden 3 May
	Saturday 9	DA ACT come and try day	Lotus Bay, Yarralumla	Names to canberra@dragonsabreast.com.au
	Sunday 10	Mothers Day Classic	Walk or paddle around Lake Burley Griffin	More details in DA ACT Updates
	13-15	Reach to Recovery International Breast Cancer Support Conference	Brisbane, Qld	www.reachtotherecovery2009.org
June	Friday 19 6.30pm	Dragon Muster	YMCA Sailing Club Enjoy hot soup and bread.	RSVP to canberra@dragonsabreast.com.au
September	12-13	Wasabi Paddling Club — Inaugural Dana Nelson Challenge Cup Regatta	Willamette River, Portland, Oregon, USA	RSVP Joan cavanaghi@comcast.net www.travelportland.com/visitors/ canberra@dragonsabreast.com.au
October	Saturday 24	Dragons Abreast ACT Corporate Challenge Regatta	Lotus Bay, Lake Burley Griffin	canberra@dragonsabreast.com.au
 October	1-10	Amazon Heart Adventure http://ahodysseyblog.amazonheart.org/	Amazon Heart Thunder, LA to San Francisco, US by motorbike	To register for this and other adventures info@amazonheart.org www.amazonheart.org
2010 June	11-13	2010 IBCPC International Participatory Festival , third international survivor regatta (after Vancouver and Caloundra)!	Peterborough, Canada	News coming soon to www.ibcpc.com
 Ywcaencore	4 terms per year	YWCA Encore 8 week gentle exercise program	http://www.ywcaencore.org.au/	contact Gordana Morphett, YWCA of Canberra, on 6278 5298 or encore@ywca-canberra.org.au

Dragons Abreast Australia — Mission statement

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

Keeping the spirit alive!

Next issue of the DA ACT newsletter — June 2009

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

Please submit any news, items and images by 21 May 2009 to the newsletter coordinator

Kerrie.griffin@act.gov.au or taylorclan@inet.net.au



,Bec Karr, Debbie Whitfield, Leanne McKenzie and Annette Dean, DA ACT 10th anniversary
Image: Kerrie Griffin



Norma Robson and Truus Ford, DA ACT 10th anniversary Image: Kerrie Griffin