



ABREAST of the NEWS

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

PO Box 7191, Yarralumla ACT 2600 • DRAGONSABREAST.COM.AU • ISSUE 39 • FEBRUARY 2011



Dragons Abreast Australia, *Flowers on the water ceremony*, Chinese New Year, Darling Harbour, 13 February 2011 Image: Chen Xing. Check website for more images: <https://picasaweb.google.com/DragonsAbreastAustralia/CNY2011#>

Coordinator's report

Before Christmas we had a hoot singing Christmas carols while dragon boating and had a great time at the Christmas Party at **Patsy Sheales'** when we awarded **Boerge Alexander** the Kashgar Cup for her work with the 2010 DA Challenge. On Australia Day we joined the CDBA flotilla for a demonstration paddle dressed in 'Aussi' gear and Australian flags.

DA ACT has welcomed 2011 with lots of great paddling as well as many enjoyable off water activities. We are very proud to have members representing the ACT in the Great Grand Dragon category to paddle at the Australian Championships (30 March until 3 April): **Cathy Powell, Bea Brickhill, Carol Summerhayes, Colleen White, Elspeth Humphries, Gillian Styles, Jan Skorich, Lenyss Snellen (75 years), Nan Donaldson and Patti Pye.** Grand Masters category: **Deborah Whitfield, Julie Richardson, Mary-Lou Reid, Maureen Sandilands and Robyne Kellett.**

DA ACT is also entering a club team in the Nationals, training under the direction of coach **Narelle Powers.** Our paddlers have enjoyed participating at Darling Harbour, Sydney, for DAA Chinese New Year. **Pink Connections 2**, a DA supporter composite team, came first in their final race. Congratulations to **Joy Tonkin, Cindy Young and Viki Fox!** We raced with DA members from Penrith and Newcastle at a CDBA regatta on 26 February and supported new members at come and try sessions. We look forward to an exciting rest of the season.



Dragons Abreast ACT, Chinese New Year, Darling Harbour, 13 February 2011 Image: Chen Xing

DAA National Regatta 2011

Dragons Abreast Australia is proud to invite members to our 100 per cent Dragons Abreast Regatta and on water workshops.

Dates: September Friday 9 and Saturday 10

Venue: Lake Kawana, Caloundra, Queensland

DA ACT has already booked a block of accommodation in Caloundra for 18 paddlers.

Contact, if interested, ASAP: **Joy Tonkin**

bookarts@webone.com.au

Cindy Young arranged the National Convention Centre as the venue for a Zumba class as a fundraiser for the Queensland flood appeal and organised DA ACT members to collect donations. It was great fun dancing and nearly 1000 participants raised \$25,000. Some members enjoyed **Bev Sloan's** retirement afternoon tea and **Anna Wellings Booth's** 70th birthday dinner. Get well soon to Katherine Kralikas and Margo Neale.

Thanks to all our members for your time, skills, energy and good humour. You each help make DA ACT such great group to belong to. Paddles up!

Marion Blake, Coordinator DA ACT

Canberra@dragonsabreast.com.au



Dragons Abreast ACT team, Chinese New Year, Darling Harbour, 13 February 2011 Image: Chen Xing

Kathy Bobyn down under

I consider myself blessed to be part of a team comprised of exceptionally strong, brave and supportive women. Five and a half years ago, while undergoing chemotherapy, I picked up a book at the cancer clinic library which shared personal accounts of women, all breast cancer survivors, who actively participated in dragon boat paddling and racing as a means of emotional support and physical well-being. I knew immediately that I wanted to be a part of that, and when I shared that with my sister, she knew of a woman in Ottawa's *Busting Out* team (Sharon knows everybody). So thanks to Sharon, and my team mate Alison, I am fortunate enough to be a part of something very special for the past five years.

Much research has been done, and most of it in Canada, which shows that for many reasons, one of the best long-term therapies for breast cancer survivors is dragon boating. The list of benefits is extensive; it provides physical and emotional wellbeing, social support and a feeling of connectedness, it rebuilds self-confidence and a sense of control over your life, it is empowering. In addition it serves the purpose of public awareness of the disease. While a traditional type of support group was not something that appealed to me, dragon boating was!

So when Stephen first mentioned the possibility of a posting to Australia, the first thing I investigated was whether or not there was a dragon boat team where we'd be posted. Fortunately there was, so I was totally on board (no pun intended). Over the winter, I researched, sent inquiries, and actually had the opportunity to meet Canberra's Dragons Abreast ACT *Tickled Pink* team at an international festival in Peterborough, Canada in June 2010.

Saying goodbye to my *Busting Out* team mates in Ottawa was hard, and there isn't a day that goes by that I don't think of them. I trust that they are holding a spot in the boat for me for when I return. When I first I paddled with Dragons Abreast ACT they welcomed me with open arms and I immediately felt that same connectedness; it is my home-away-from-home team. It was a gorgeous, sunny winter morning, 10 degrees Celsius on Lake Burley Griffin, but it didn't take long to warm up. It was great to be paddling again, as for the past season and a bit I had swept. Initially, I certainly had to work on my stamina. They started the practice with a jog which just about did me in, and then we had to paddle! After practice, we went for coffee at one of the cafes in Yarralumla. I now have a ready-made circle of friends in Canberra.

Kathy Bobyn

<http://kathybobyn.wordpress.com/>
<http://kathybobyn.wordpress.com/2010/07/31/paddles-up/>



Standing: Judy Cluse, Susie Gross, Margie Perkins, Lenyss Snellen, Robyn Chen, Gabby Mullins, Bea Brickhill, Anna Wellings Booth; front: Colleen White, Boerge Alexander, winter 2010 Image: Kathy Bobyn



Anna Wellings Booth, Carol Summerhayes, Judy Cluse, Margie Perkins, Gabby Mullins, Di Bradshaw, Pide House, Yarralumla, winter 2010 Image: Kathy Bobyn

Chinese New Year 2011: a Kiwi's perspective

As a newbie in 2010 there were many firsts or 'virgin moments': first paddle, first regatta, first go at sweep, first try at stroke. Now I have experienced my first DAA Chinese New Year celebration. It was something that I didn't really expect to be so astoundingly special. Travelling to Sydney by bus was a pleasant experience; I even managed to sleep for an hour. Upon arrival, Kerrie and I made our way to our accommodation and found our long lost Canadian, **Kathy Bobyn**. It was so nice to be reunited with friends like Kathy who is now based in Adelaide. A trip to Darling Harbour to watch the NSW sports racing (**Carol Summerhayes** with Moruya, Nature Coast) was in order. Seeing boats lined up under the Pyrmont Bridge waiting to start was a spectacular sight. The men and woman raced to the beat of the drum: a thrilling sound. I was amazed to think I was going to be racing the following day in this extraordinary setting. It would be wrong not to celebrate this moment, right? So we found a lovely cafe with three levels of dining and proceeded to watch the racing with refreshments. It does not get much better I thought.



Kerrie Griffin, Sandi Atkins and Kathy Boby, Chinese New Year, Darling Harbour, 12 February 2011



Boerge Alexander interviewed by ABC TV about fishing, Chinese New Year, Darling Harbour, 12 February 2011
Image: Kerrie Griffin

Sunday morning provided us with an eventful expedition to buy breakfast. We descended on the Canvas Cafe to order coffee and raisin toast. Well actually, they were more like two door-stops than toast. After several orders, make that 6 or 7, the staff were a little overwhelmed. Not to worry, Di morphed into head waitress and I took it upon myself to clear the table and stack the dishes to help out. It was quite a sight.

The first race — well we all know I like to talk, (nonsense usually) however, at this moment, I managed not a sound. Heart racing so fast I was unable to speak for fear of being sick. The finish line with a concrete jetty not far behind is really quite exhilarating. With a third place under our belt we were ready for more. Second heat, shaky start, new drummer (ring in) and a lot more wind made for a less successful race; we just couldn't put it together. Not to be put off, we prepared for the final. What joy for me to make it to the final. We raced a great final and came away feeling satisfied. Bravo to the team.

I was forewarned of the emotions the *Flowers on Water Ceremony* would generate. However, I was a newbie and just didn't realise what an amazing experience it would be. Picture 12 dragon boats of breast cancer survivors joining hands to celebrate a minute's silence in a tribute to those that had passed. Just when I didn't think my spirit could be lifted any further we hopped off the boats and travelled through the welcoming arms of other survivors. These pink ladies had paddles up forming an arch of honour, while chanting positive and endearing messages. An experience I will remember for the rest of my life. Thank you *Tickled Pink*.

In closure, if you are in any doubt as to whether or not you should participate in this event in the future then take my word. It is rewarding in a mental and physical way that no other treatment could ever give you in being a strong survivor of breast cancer.

Sandy Atkins

NB We are thinking of Sandy and Greg Atkins' friends and family and everyone affected by the February earthquake in Christchurch, New Zealand.

Chinese New Year — A virgin eye's view

During the relatively short time I paddled with Dragons Abreast ACT I've heard time and again that Chinese New Year on Darling Harbour is the highlight of the year. It is the one activity that we should all make an effort to attend. Now, after attending my first one I can see why.

Dragons Abreast members from all around Australia attended and, this year, after catastrophic flooding in Queensland and Victoria, I was amazed to see teams from those two states attending, although their numbers were down. It does show the spirit of survivors; and, from my perspective, their determination to get on with life and have a good time while doing so.

Okay so the weather was not great, it was overcast and there was the occasional spot of rain but for DA and corporate teams that didn't make any difference. Our members caught up with old friends, chatted with new ones and enjoyed the colour and noise. There was certainly plenty to look at, although personally I found the sight of someone's leg lying on the ground two metres away a bit disturbing. But, since it belonged to one of the Legless Lizards, I 'built a bridge'. Still not sure how these amazing people coped getting on and off the boats.

The racing was interesting and I found out how different it is paddling in salt water. We were certainly more buoyant. But there are no jellyfish in Lake Burley Griffin, or any Noahs for that matter, so I think I'll stick to our own bit of fresh water and hang the rowers (not sure if I mean that literally). For DA members though it is the shared history of our, or for our wonderful supporters, their friends and family members, battle with breast cancer that gives the event special meaning. The *Flowers on the Water ceremony*, paddle tap and walk through the guard of our fellows that is important. You can't help but think of those that aren't there. And let me tell you, if you haven't done it, that walk through upraised paddles and the congratulations of your fellow survivors when you come off the boats, is one of the most emotionally gut wrenching experiences of your life. How lucky are we to still be here to do it.

Boerge Alexander



Margie Perkins, Viki Fox and Susi Gross, Chinese New Year, Darling Harbour, 13 February 2011 Image: Kerrie Griffin

At school after the Chronicle article

They sidle up to me in the playground and the corridors. 'I saw you in the paper, Margie', say the children at school. One 9-year-old boy wants a signed copy of the front page of *The Chronicle* (8 February 2011, promoting come and try days). To the younger ones I reply with things like 'yeah, I'm a celebrity' or 'mm, about dragon boating'. But the older ones need more, so I prompted 'did you read the article, do you know what it's about?'

This led to me organising, with the Year 6 teacher, a session in which I talked about the article advertising Dragons Abreast and told them they could ask any questions at all. One boy began, somewhat hesitantly with 'have you had cancer?' but it quickly led to a waving sea of hands eager to pose their questions. They covered the emotions of diagnosis and how I found out, treatments, side-effects, emotions of the treatment time, mortality, prostheses and reconstructive surgery, causes of cancer, risk of recurrence, how common it is in different age groups, how people were able to support me best and male breast cancer. They were respectful, thoughtful, insightful, candid and amazing. It was great.

Margie Perkins

Many thanks to Margie Perkins for organising the come and try sessions.



Meeting other DA teams, Chinese New Year, Darling Harbour, 13 February 2011 Image: Kerrie Griffin



Colleen White, Louise Muir and Andrea Twell, Chinese New Year, Darling Harbour, 13 February 2011 Image: Kerrie Griffin

Training for the Australian championships

It is 5.30am the sun is rising over the trees and above there is the swoosh of the hot air balloons controlling their rise. There is dew on the ground and the lake is like a sheet of glass, reflecting the coming sun. The shadows moving back across the surface as the light increases and what was darkness without form becomes fantastic Australian bushland and well known buildings and city skyline become evident. So quiet and still, we are met by the swan family that live by the lake, no fear they walk by your side at times to the lake. The peace is short lived though as cars start arriving, people excited about the challenge meeting team mates but also mingling with people from other clubs and forming new friendships and respecting their fellow paddlers. We are all here to win, to develop, to work.

Once the land warm up is done, it is onto the boat. This is an endurance session and as we warm up we head east to the rising sun and we pass the National Museum and then under the bridge past the national library. Early morning walkers and runners give us a call as they go by as we come to the middle of central Basin where the Aussie champs will be held, we are bordered by Parliament house on one side and the War memorial on the other.

The paddlers aren't aware of their surroundings apart from the knowing the landmarks as distance markers, we continue on past the High court, as we come to the National Gallery of Australia where the National Carillion chimes in the hour. The early morning plane to Sydney is streaking across the sky as we continue up the lake and on to Dairy Flat Bridge up near Duntroon. We pass The Boathouse Restaurant and leave the body of the lake and enter the Molonglo River. On one side is the road linking the airport to the City and on the other a dairy farm. The cows are down by the river drinking and mooing, that fresh dairy smell greets the nostrils and gets a reaction from the paddlers. The power hasn't dropped and the muscles are starting to complain, but the focus remains strong as we twist and turn along the river, the first bridge is in sight and enthusiasm returns, the arms get higher and they all dig deep for that last surge to Dairy Flat Bridge.

Welcome relief comes when we come to a stop, a power boat is gurgling by the ramp — an early morning skier getting in a session before work. Swap, drink, stretch and it's on again for the return journey. We started weeks ago as a bunch of individuals, today we paddle as a team, bonded and buoyed by the enthusiasm and encouragement of the paddles around us — those selected and given the right to represent their state — a right to wear that state jumper. Today we are a unit, strong, fit and determined.

There is something about competing in your home town with all the colour, the noise the pageantry and sight of charging boats, with thousands of competitors in the city centre. It seems a bit surreal that our peaceful (well mostly peaceful lake) will be churned up by all that action in such a beautiful setting. Here we will have a melding of cultures — the history of dragon boat with its traditions and cultural aspects, with the culture of the Ngunnawal people whose land we use, all set within the parliamentary triangle the centre of Canberra, and seat of government.

Robyne Kellett



Front: Val Barger, Bea Brickhill, Patsy Sheales (organiser), Boerge Alexander and Mary-Lou Reid, Back: Robyn Chen and Leanne MacKenzie, DA ACT Christmas party, December 12 2010 Image: Kerrie Griffin



Jan Skorich's 60th and Narelle Power's 40th birthday picnic, Springbank Island, 27 November 2010

Lemon love notes

90 gms butter
1/4 cup sifted icing sugar
Cream together
1 cup sifted plain flour
Mix well, press into a greased or baking paper lined 25x30cm tin
Bake 15 mins in moderate oven. Cool

Grated rind of 1 lemon
2 tablespoons of lemon juice
Add to 2 very well beaten eggs
Beat in 1 cup castor sugar
Sift in 2 tablespoon plain flour
1/2 teaspoon baking powder
Gently stir
Pour over crust
Bake again for 25-30mins in a moderate oven
Cool, cut into squares
Dust with icing sugar.

Louise Muir

Louise made these lovely lemon love notes for morning tea to celebrate Narelle Power's 40th and Jan Skorich's 60th birthdays on Springbank Island.



Anna Wellings Booth and DA ACT team, Chinese New Year, Darling Harbour, 13 February 2011 Image: Kerrie Griffin

Languishing in a Lymphoedema limbo

I once wrote a poem with this heading and can't find it, but I am prompted to write about the Research Program by Edith Cowan University and University of Canberra.

Many Dragons Abreast members are part of this research and under the watchful eye of Dr Kate Pampa we have had our strength tested, countless measurements taken, filled in lengthy questionnaires and have now been given a number! There are two groups; the first which begins late February is the intensive exercise group who will go to the gym twice a week for three months. The delayed intervention group will commence in June for three months. I am in the latter and at first wondered whether 'delayed intervention' meant 'old and stupid' but **Mary-Lou Reid** is in that group too so it must mean 'young and spritely'. I also heard a whisper that **Jan Skorich** is in a class of her own!

Kate is a delightful young woman and has remarked on the strength of the dragon boaters and also their sense of fun. The program is comprehensive and it will be most interesting to read of the results later this year.

Lymphoedema into the Future presentation

Time: **5.30-8.00pm, Monday 21 March**

Venue: **Functions Room,
Calvary Health Care, Bruce**

Cost: **\$15** sandwiches, tea, coffee and juice provided

Presenters: Assoc. Prof. David Hardman,
Virginia Rasheed,
Dr Kate Pampa and
Gemma Arnold.

Organisers: ACT Lymphoedema Service

RSVP: **6201 6190** by **17 March**

'Twould be good to have a good roll up as DA and BCNA will have a table of promotional materials.

Anna Wellings Booth



Sue Drew, Louise Muir, Boerge Alexander and Patsy Sheales, Marigold Chinese New Year banquet, organised by Patsy Sheales, Darling Harbour, 12 February 2011 *Image: Kerrie Griffin*



Cindy Young, Manager, National Convention Centre, with Zumba organiser helped fundraise \$25,000 for the Queensland flood appeal, 23 January, 2011 Cindy organised DA ACT to collect donations. *Image: Kerrie Griffin*



DA ACT shaking into Zumba fans after collecting donations worth \$25,000, 23 January, 2011 *Image: Kerrie Griffin*

Merchandise

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



Warm up and training times

6.15 for 6.30am

8.00 for 8.30-9.30am

5.30 for 5.45pm

Tuesdays

Saturdays

Wednesday

Contact:

Colleen Wright milltom@grapevine.com.au

Some great paddling technique tips:

<http://www.dragonsabreast.com.au/NSW/PaddlesUp59March09.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 **Elspeth Humphries** humphries44@ozemail.com.au

Weather watch

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

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

Coaching Program - Narelle Powers

- [Broad Training Plan](#)
- [General Preparation](#)
- [Specific Preparation](#)
- [Pre-Competition Training](#)



Carol Summerhayes and Truss Ford, DA ACT Christmas party, 12 December 2010 *Image: Kerrie Griffin*



Sandy Atkins, Elspeth Humphries and Marion Blake, Coordinator DA ACT, DA ACT Christmas party organised by Patsy Sheales, 12 December 2010 Image: Kerrie Griffin

Under the pink umbrella



Otis Foundation

Thank you so much to the paddlers who helped with the welcome packs for the Otis guests at Creekside; many hands make light work and good chat too! I would like to share one of the many comments in the guest book:
And to feel your community spirit dear Dragons Abreast, raising my spirits as the surviving sisterhood, with your delightful bag of goodies...

We still have a note from **Sylvia Flaxman**, whose idea it was to create the welcome packs, reminding us that she is with us in spirit.

I also wish to say thank you, on behalf of the Otis Foundation, for DA ACT's very generous donation, once again, to support the visitors to Creekside. Your donation for cleaning and linen helps to make Creekside self sufficient as a retreat. We all work hard for our regatta and the funds we distribute make a difference to so many women living with breast cancer. I am very proud to be part of this wonderful team — we achieve great things together. With thanks to you all.

Elspeth Humphries
BCNA Community Liaison

NBCF research update

On behalf of BCNA, on 4 February I attended the [National Breast Cancer Foundation](http://www.nbcf.org.au) (NBCF) and [Prostate Cancer Foundation of Australia](http://www.prostate.org.au) (PCFA) annual research update, held at the Garvan Institute in Sydney. NBCF and PACFA are the key national bodies funding and advocating breast and prostate cancer research. The annual update presented the latest advances in both breast and prostate cancer research from specialists/ researchers/scientists working in this field. The main theme was *Prevention: what does success look like to you?*

Over 150 people attended including those from breast and prostate advocate consumer advisory groups, clinicians and other health professionals and NBCF/BCNA/PACFA staff and volunteers. **Julie McCrossin** was MC her well known wit and humour encouraged audience participation and allowed time for questions and comments — always with the focus of

'prevention' and what it meant for them. All presentations and panel discussions were thought provoking and informative and in layperson's language.

Dr Luigi Palombi (a lawyer) spoke passionately of the problems that arise from patenting of genes: his work for prevention is focused on that genes will not be able to be patented in the future.

Dr Jeff Holst's research looked at cancer and the immune system and autoimmune disease. He has studied both in Australia and the USA.

Dr Andy Redfern, Uni WA, is a medical oncologist and laboratory medical researcher. His current research looks at proteins involved in anti-oestrogen and chemo treatment resistance in breast cancer.

Dr Kristen Radford and her team at the Mater Medical Research Institute, Melbourne, are currently researching malignancies in prostate cancer, focusing on the development of new vaccine strategies.

Associate Professor Christine Giles, Deputy CEO, [National Breast and Ovarian Cancer Centre \(NBOCC\)](http://www.nboocc.org.au) www.nboocc.org.au discussed the 'shared care' project, which is a new model of followup care with GPs and other health professionals, following initial treatment for breast cancer. This is currently being trialled and will make a difference to women in rural and remote areas.

The afternoon panel members included Professor **Suzanne Chambers**, (psycho-oncologist), Professor **John Forbes** (surgical oncologist), Professor **Frank Gardiner** (urologist) and Associate Professor **Kelly Phillips** (medical oncologist). The discussion looked at prevention strategies, awareness, public policy, clinical practice and research. For example, why does it take so long for research findings to be utilised and applied in clinical practice? It was informative and interesting, however, these important issues was only touched upon due to lack of time.

I felt privileged to be invited to this forum and found that it was a great opportunity to meet and share with other cancer survivors, clinicians and researchers. It is wonderful that we are kept informed of NBCF www.nbcf.org.au/ and PACFA current research. www.prostate.org.au

Becky Barney
BCNA Community Liaison



Sandy Atkins, Val Barger and Becky Barney, BCNA stall, DA ACT Regatta. 23 October 2010 Image: Kerrie Griffin

Bosom Buddies

Sincere thanks for a fantastic job to outgoing President **Sally Saunders** and her team and welcome to the incoming President **Kate Darcy** and the new Bosom Buddies committee.

Vale Val Lee

It is with great sadness that Bosom Buddies and BCNA advise the passing away of Val Lee (71 years) on Friday, 28 January 2011. Val was a passionate representative of Bosom Buddies and many other organisations, who will be truly missed by many in the Canberra community. (see [Summer Issue, February 2011](#))

Dr John Buckingham

Donations to the John Buckingham Research Prize, Endowment of Excellence Office, **ANU 6125 7814** or visit www.anu.edu.au/endowment

Dr John Buckingham unexpectedly closed up his practice at Calvary due to inoperable pancreatic cancer. It is very sad that he dedicated his life to helping others with cancer and now has cancer himself. DA ACT and BCNA ACT sent cards and best wishes. In January, DA ACT *Tickled Pink* team paddled and **Marion Leiba** recited this poem for him.

Upon Westminster Bridge

William Wordsworth

Sept. 3, 1802

Earth has not anything to show more fair:
Dull would he be of soul who could pass by
A sight so touching in its majesty:
This City now doth like a garment wear

The beauty of the morning: silent, bare,
Ships, towers, domes, theatres, and temples lie
Open unto the fields, and to the sky,
All bright and glittering in the smokeless air.

Never did sun more beautifully steep
In his first splendour valley, rock, or hill;
Ne'er saw I, never felt, a calm so deep!

The river glideth at his own sweet will:
Dear God! the very houses seem asleep;
And all that mighty heart is lying still!



February, Australia's Ovarian Cancer Awareness Month, provides an opportunity for us all to focus on ovarian cancer and its impact on those affected by the disease. Each year in Australia about 1200 women are diagnosed with ovarian cancer. More than two-thirds of women are diagnosed at an advanced stage, where the cancer has spread and is difficult to treat successfully. Ovarian cancer doesn't have a screening test. It is important that women are aware of the facts about ovarian cancer, the symptoms to look out for and what to do.

Signs and symptoms of ovarian cancer

The symptoms of ovarian cancer are often vague and can be similar to the symptoms of many other conditions that can be part of everyday life. The most common symptoms that may indicate ovarian cancer are:

- abdominal bloating/feeling full
- abdominal or back pain
- appetite loss or feeling full quickly
- changes in toilet habits
- unexplained weight loss or weight gain
- indigestion or heartburn
- fatigue.

If any of these symptoms are unusual for you, and they persist, it's important to see your doctor.

What can you do?

There's no screening test for ovarian cancer. A Pap test doesn't detect ovarian cancer. It's designed to detect cervical cancer. The best thing you can do is to know your body and be aware of the symptoms of the disease. If you're still concerned about a persistent symptom, it's OK to get a second opinion. Trust your instincts. No one knows your body like you do.

<http://www.nbocc.org.au/ovarian-cancer/awareness/ovarian-cancer-awareness-month>

The mamogram

For years and years they told me,
Be careful of your breasts.
Don't ever squeeze or bruise them.
And give them monthly tests.
So I heeded all their warnings,
And protected them by law.
Guarded them very carefully,
And I always wore my bra.
After 30 years of astute care,
My gyno, Dr Pruitt,
Said I should get a Mammogram
"OK," I said, "let's do it."
"Stand up here real close" she said,
(She got my boob in line),
"And tell me when it hurts," she said,
"Ah yes! Right there, that's fine."
She stepped upon a pedal,
I could not believe my eyes!
A plastic plate came slamming down,
My hooters in a vice!
My skin was stretched and mangled,
From underneath my chin.
My poor boob was being squashed,
To Swedish Pancake thin.
Excruciating pain I felt,
Within it's vicelike grip.
A prisoner in this vicious thing,
My poor defenceless tit!
"Take a deep breath," she said to me,
Who does she think she's kidding?!?
My chest is mashed in her machine,
And woozy I am getting.
"There, that's good," I heard her say,
(The room was slowly swaying.)
"Now, let's have a go at the other one."
Have mercy, I was praying.
It squeezed me from both up and down,
It squeezed me from both sides.
I'll bet SHE'S never had this done,
To HER tender little hide.
Next time that they make me do this,
I will request a blindfold
I have no wish to see again,
My knockers getting steam rolled.
If I had no problem when I came in,
I surely have one now.
If there had been a cyst in there,
It would have gone "ker-pow!"
This machine was created by a man,
Of this, I have no doubt.
I'd like to stick his balls in there,
And, see how THEY come out!

**Courtesy Narelle Powers
BCNA Community Liaison**

Cancer patients fare worse in Denmark, UK

Cancer patients in Australia, Canada and Sweden had a better chance of surviving for five years than those in Denmark and the UK. In recent years, a new study says.

[View article...](#)

<http://www.msnbc.msn.com/id/40773355/ns/health-cancer/>

Courtesy Jan Skorich

Latest BCNA news

TGA review

22 Feb 2011

BCNA has lodged a submission to a review of the Therapeutic Goods Administration, the authority that approves medicines for use in Australia.

New Herceptin vial size now available

Category: [News](#) - 9 February 2011

BCNA has welcomed the introduction of a new vial size for Herceptin, to reduce drug wastage, and costs.

Breast implants and lymphoma

Category: [News](#) - 7 February 2011

Reports about a possible association between breast implants and a rare form of lymphoma should not alarm women.

The Beacon Magazine



The Beacon is BCNA's free national magazine for women with breast cancer and their families and friends. ISSUE 53, with a focus on reconstruction, is now available!

- [Download *The Beacon*](#)
- [Download the resource sheet](#)
- [Download the article about Dr Kerry Sherman's breast reconstruction decision aid](#)
- [Download some tips from women who have had breast reconstruction](#)
- News -- [Report: 2nd National Conference for young women with breast cancer](#) (17/09/10)

Helping a friend or colleague with breast cancer brochure

If you have been affected by breast cancer, then you are invited to [join our online network](#) whether you were diagnosed yourself, or are close to someone who has.

- [Subscribe to The Beacon](#)
- Fact sheets

Get involved with BCNA

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

ARAB STATES: Camels' milk for treating cancer

Arab researchers have developed a new medical formula from camels' milk and urine for treating leukaemia that could also be developed to cure other types of cancer infecting the lung, liver and breast.

[Full report on the University World News site](#)

Courtesy Jan Skorich

Sexuality, intimacy and cancer

<http://cancerconnections.com.au/index>

Cancer Connections live web chat event for people affected by cancer

Date: 6:00–7:30pm **Monday 21 March**

Location: www.cancerconnections.com.au (a link will be placed here shortly before the event commences)

Join our guests Associate Professor Frances Quirk (health psychologist and sexologist with specific expertise in young adults) and Dr Amanda Hordern (expert and published author on sexuality and intimacy in cancer), to discuss:

How a cancer diagnosis and treatment may affect sexuality and intimacy
How to communicate with others about sexuality and intimacy
Relationships and sexual confidence
Tips and practical strategies
Partners welcome.

Participants can submit questions prior to the forum and summary notes will be available for those who are unable to participate.

Mother's Day Classic Canberra

Presented by Women in Super

<http://mothersdayclassic.com.au>

Time: 7:00am to 12:00pm Sunday 8 May

Venue: Rond Terrace, Canberra

Please let Kerrie Griffin kerrie.griffin@act.gov.au know if you would like to help on the **BCNA stall**.

After the treatment website

www.cancercounselling.org.uk/northsouth/extra4.nsf/WebResHarvey?OpenView&ExpandAll&Count=500

Courtesy of Marilyn Brookes and Sarah Holmes

Best wishes and thank you to **Sarah Holmes**, Bosom Buddies and BCNA Community Liaison, who is now based in Belgium.

HeadsUp@Calvary

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

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

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

Sue Owen 0416 227 5959

Otis Foundation retreats

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

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

Prosthesis recycling Contact **Jan Murphy 0402 188 361**

janaliveandwell@hotmail.com.au

Team training as a predictor of reduced recurrence among breast ...

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

www.dragonsabreast.com.au/.../TeamTrainingReducedRecurrence.htm

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



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


Calendar of events

Dates and events may change – please check www.cdba.com.au/

PS = Point Scoring Regatta NPS = Non-Point Scoring Regatta Club in [brackets] has BBQ duty)

Canberra Dragon Boat Association: HOSTS OF THE 2011 AUSDBF AUSTRALIAN CHAMPIONSHIPS

Month	Date(s)	Event	Location	Notes
 	March			
	Saturday 5	CDBA Regatta10: 500m ACT Championships	Canberra Yacht Club Lotus Bay	www.cdba.com.au/
	Saturday 12 9.15am	DA ACT come and try dragon boating	Canberra Yacht Club Lotus Bay	RSVP: 62416031 Margie or canberra@dragonsabreast.com.au
	Monday 21 5.30-8.00pm	Lymphoedema into the Future presentation	Functions Room, Calvary Health Care, Bruce	Cost: \$15 sandwiches, tea, coffee and juice provided RSVP: 6201 6190 by 17 March
	Thursday 24 1pm	Deborah De Williams who is running around Australia for the National Breast Cancer Foundation (NBCF). She is a breast cancer survivor and was an Ultra Marathon Runner before she diagnosed in 2006	front of Old Parliament House	www.runningpink.com.au
	Tuesday 29	AusDBF Australian Championships	Training Day 1	www.cdba.com.au/
	Wednesday 30	AusDBF Australian Championships	Training Day 2 & Opening Ceremony	www.cdba.com.au/
	Thursday 31	AusDBF Australian Championships	Day 1 – State v State 500m	www.cdba.com.au/
	April			
	Friday 1	AusDBF Australian Championships	Day 2 – Club v Club 500m	www.cdba.com.au/
	Saturday 2	AusDBF Australian Championships	Day 3 – Club v Club 2000m	www.cdba.com.au/
	Saturday 2 – Sunday 3 4.00pm – 3.00pm (day light savings change over)	Relay For Life Canberra 2011 www.relayforlife.org.au	AIS Athletics Track, Leverrier St, Bruce	02 6257 9999 events@actcancer.org
	Sunday3	AusDBF Australian Championships	Day 4 – Club v Club 200m	www.cdba.com.au/
	Saturday 16	Sat REGATTA 11: 200m – PS		www.cdba.com.au/
	May			
	Saturday 7	CDBA Presentation night	Club Championship Presentation	www.cdba.com.au/
	Sunday 8 7:00am to 12:00pm	Mother's Day Classic - Canberra Presented by Women in Super	Rond Terrace, Canberra	http://mothersdayclassic.com.au Please let Kerrie Griffin kerrie.griffin@act.gov.au know if you would like to help on the BCNA stall

	27 conference 28 regatta	Florence Dragon boat pink meeting 2011	Florence, Italy	info@florencedragonlady.it
August	1–7	IDBF World Championships	Tampa Bay Florida USA	http://tampa2011.idbfworldchamps.com/
	Monday 15	CDBA AGM	Canberra Yacht Club Lotus Bay	www.cdba.com.au/
September	Friday 9 and Saturday 10	National Regatta 2011 Dragons Abreast Australia is proud to invite members to our 100% Dragons Abreast Regatta and on water workshops.	Lake Kawana, Caloundra, Sunshine Coast ,Qld	Registrations open Contact: nationalregatta@dragonsabreast.com.au
October  	Saturday 22	Dragons Abreast ACT Corporate Challenge Regatta	Weston Park , Lake Burley Griffin tbc	canberra@dragonsabreast.com.au
	Saturday 22 8am–3pm	BCNA Mini Field of Women at the Regatta	Canberra Yacht Club Lotus Bay	Volunteers needed for the BCNA stall!
	Sunday 30	Dragons Abreast Festival	Darling Harbour, Sydney	www.dragonsabreastfestival.com.au u 1300 889 566

Dragons Abreast Australia — Mission statement

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

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

Keeping the spirit alive!

Next issue of the DA ACT newsletter — May 2011

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

Please submit any news, items and images by 15 April 2011 to the newsletter coordinator
Kerrie.griffin@act.gov.au or taylorclan@inet.net.au

Seven steps for your images to appear on the website

- Snap your photos and download to your computer
- Email digital photos to dragonsabreastaustralia.dragon@picasaweb.com
- In the subject line of the email, include a description, for example “*Tit Tit Boom team at the ACTDragons Abreast Corporate Challenge 2010*”
- If possible, also name the individual photos – “Mary paddling”, Jo sweeping” etc. *NB: this step is not essential*
- Email webmaster@dragonsabreast.com.au to inform that photos have been sent to the above address.
- Webmaster will then create an album of these photographs
- This album will be placed on the ACT regatta 2010 page, and on the ‘Gallery’ page
<http://www.dragonsabreast.com.au/Gallery.htm>

Florence Dragon Lady





Dear friends,

our team Florence Dragon Ladies is organizing an European BCS event in may. We are building a new page in our website about it. If you want to send more details ASAP. BCS overseas teams are welcomed, at the moment save the date!!!! lots of love

contact: meeting@florencedragoblady.it

Our contacts - Where we are

Some hotels in Florence

FLORENCE DRAGON BOAT PINK MEETING 2011

Incontro europeo sulla disciplina del Dragon Boat dopo il tumore al seno

Firenze, 27 e 28 Maggio

Carissime amiche

La meravigliosa esperienza canadese ci ha immerse completamente nella realtà di ciò che significa essere Donne in Rosa e, ancora di più, stare insieme in tante.

Siamo tornate entusiaste dal Canada, dalla cittadina di Peterborough, dopo aver conosciuto donne di altre Nazioni e ritrovate alcune che già conoscevamo, è con entusiasmo il nostro Sindaco Matteoli ci ha spronato ad organizzare un Festival Rosa nella nostra Firenze.

“Florence Dragon Boat Pink Meeting 2011”

si terrà nei giorni dal venerdì 27 al sabato 28 del mese di Maggio di quest’anno e si svolgerà sul fiume Arno, l’invito è rivolto a tutte le squadre rosa Italiane ed Europee. Ci stiamo preparando con impegno ma anche con fatica coinvolgendo tante personalità ed autorità della città.

La LILT Firenze è l’organizzatrice che segue con interesse questa meravigliosa avventura.

Per adesso un programma di massima:

- vi aspettiamo già da giovedì 26 Maggio
- venerdì mattina libera

- venerdì pomeriggio convegno
- sabato gare

Per il tempo libero e momenti conviviali speriamo di sorprendervi con le bellissime opportunità da la "Nostra Firenze"

In seguito sarete informate in tutto e per tutto ciò che riguarda sia orari, alloggi, manifestazioni attraverso bollettini informativi.

Save the date! Ragazze, incominciate ad organizzarvi e fateci sapere quanto prima in quante v per organizzare al meglio l'ospitalità... in primavera Firenze è affollatissima!

Per qualsiasi cosa vogliate sapere,

meeting@florencedragonlady.it

fra non molto troverete tutto su:

www.florencedragonlady.it

Le Florence Dragon Lady



Florence Dragon Lady (Firenze - Italy) - info@florencedragonlady.it