

DA ACT, Lake Burley Griffin Image: Christine Farrell
<http://www.aquilahelicopters.com.au/>

Coordinator's report

2009 DA ACT Dragon Boat Challenge

Planning for our annual major fundraiser regatta is going well and we have around 40 teams expressing interest with several teams already paid up. We have most of the key positions organised: **NAVMATs** again doing the BBQ, **Cheryl Brower** registrations, **Jan Skorich** website and draw, **Bea Brickhill** media, **Les Williams** starter, **Di Wright** head timer, **Brendan Byrne** chief official, **Sandi Avis** water umpire and **Narelle Powers** announcer. **Kerrie Griffin** will coordinate the BCNA Mini Field of Women. More volunteers will be needed for this fantastic event, so please email if you are able to assist in any way marionblake@bigpond.com eg DA stall, warm ups. Thanks to everyone who put your name on the roster at the Dragon Muster. **Joy Tonkin** and **Julie Richardson** richardsonjulie@yahoo.com.au are organising a big raffle with tickets sold in advance and drawn on regatta day with all proceeds going towards our team registration at Canada 2010.

We have really missed paddling with the closure of the lake due to blue green algae levels. Fortunately, the cold weather and bit of rain seems to have killed it off and we are now delighted to be back on the water. To 'try' and keep fit we walked instead of paddling on Saturdays and of course kept up the coffee routine. It's fantastic to start back paddling again, with gentle paddles in lovely calm and mild conditions on Saturday, Tuesday morning and Wednesday lunchtime. Thanks to **Robyn Chen** who is our trainee sweep. Welcome to **Becky** and **Judy**, formerly DA Tamar, Launceston, Tasmania.



Cindy Young, Marion Blake, Judy Richmond, Megan Dennis, Joy Tonkin, Judy Cluse, Marion Leiba at Commonwealth Place
Image: Mary-Lou Reid

On 2 May we paddled to Springbank (Dragon) Island for bulb planting and an enjoyable morning tea.

Our **Dragon Muster** on 19 June was a fun event with 40 members attending and enjoying the great food, company, information and astounding skit (now who really were those stunning fan dancers)? As usual a great joint effort made for a fantastic night. Thanks to **Jan Skorich** who gave a DAA national update and **Elsbeth Humphries** who outlined her research on our Canada trip. We had a quick activity to assist the committee plan to meet our group's needs where everyone wrote down three things they want from DA next season. In the main, members want regular training, coffee and more social activities. Planning for Canada was important, as well as looking after both those going and those staying home.



The Goanna Fans (alias Sue Drew, Debbie Whitfield, Mary-Lou Reid and Viki Fox) with Val Barger entertained us at the Dragon Muster. Debbie made the amazing costumes

DA ACT nominated **Anna Wellings Booth** for the *2009 Lifeline Women of Spirit Award* **Judy Richmond, Kerrie Griffin** and I enjoyed a pleasant morning at the Boathouse by the Lake Restaurant with Anna. Anna is our own *Woman of Spirit* even if she was not the Lifeline winner on the day.

2010 International Dragon Boat Festival for Breast Cancer Survivors — Peterborough, Canada
Elsbeth Humphries discussed accommodation options for our team for six nights at Best Western Otonabee Inn (arrive Tuesday 8 June; training 9–10; street parade 11; regatta Sat.–Sun. 12–13; gala dinner 12 June). We want to take a whole team so **Patsy Sheales** patc@grapevine.net.au and humphries44@ozemail.com.au are still accepting expressions of interest. Members need to pay a deposit for registration and accommodation of \$500 (or \$700 if bringing a partner) by 31 July into the DA ACT bank account the gain the early bird fee. Elspeth recommends flying out on 5–6 June and spending a couple of days in or around Toronto to acclimatise. Draft program: http://www.ibcpc.com/latest_news.htm



Robyn Chen and Louise Muir planting bulbs on Springbank Island, 2 May 2009

Thanks to **Kerrie Griffin** for attending the Brisbane Reach to Recovery conference on our behalf and writing an excellent report for us.

Val Barger and I spoke with the **Encore** group who plan to enter a team at the regatta, with some members hoping to join DA ACT. Unfortunately, this is the last Encore Program in Canberra for 12 months as the YMCA has put a hold on it here due to reduced sponsorship funding. This is a real pity as it is a very worthwhile program and benefits many women recovering from breast cancer.

DA ACT held an information stall at the **BCNA Forum** on 23 April and attracted a lot of interest. Unfortunately, the planned **Come and try session** had to be postponed due to the lake closure but we will keep in touch with those who expressed interest and encourage them to try again soon. Many of our members also took part in the **BCNA Bakers Delight Pink Bun** annual promotion, once again raising awareness about breast cancer.



Jan Skorich, Lenyss Snellen, Elspeth Humphries, Megan Dennis and Di Wright planting bulbs on Springbank Island, 2 May 2009



Mother's Day Classic, 10 May 2009

A few members walked the course or volunteered at the **Mother's Day Classic**.

At the CDBA Awards Night, **Anna Wellings Booth** was honoured by having a perpetual trophy named after her. The 2009 Anna Wellings Booth Award for outstanding contribution to the growth and development of the CDBA and outstanding achievement in dragon boat racing went to **Robyne Whytcross**.

Thanks to **Bec Karr** for organising 18 of us to a fantastic night out with dinner at Cream and the musical *Breast Wishes* which was a lot of fun.

Some members enjoyed reunion drinks in May at the Southern Cross Yacht Club with **Minigi Pither**, DA Hong Kong, **Amelia Thiedeman** and **Lyn Langer** who all participated in *Abreast in Australia*, Caloundra, 2007.

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.](#)

We send rainbows and get well wishes to **Jan Skorich, Gillian Styles, Val Barger** and **Cheryl Brower** who are all recovering from surgery. Paddles up!
Marion Blake
canberra@dragonsabreast.com.au
Coordinator DA ACT



Narelle Powers, Megan Dennis, Elspeth Humphries, Cheryl Brower, Judy Cluse, Joy Tonkin, Patsy Sheales, Mary-Lou Reid and Gail Murdoch planting bulbs on Springbank Island, 2 May 2009



Kerrie Griffin, Anna Wellings Booth, Marion Blake and Judy Richmond at Anna's Women of Spirit award, 17 June

Women of Spirit Award

A woman who lifted herself up as she worked through many health issues

A woman who has been inspirational to many and done so much for others in the community

When the heart weeps for what it has lost, the soul laughs for what it has found A Sufi saying and motto of Tickled Pink, the Dragons Abreast ACT founded and inspired by Anna Wellings Booth

Anna's contribution to the community

- **Bosom Buddies ACT**- founding member
- **Member of Lymphoedema Clinic Steering committee** at Calvary Hospital ACT and organised Bosom Buddies donation of laser machine for the Lymphoedema Clinic
- **Breast Cancer Network Australia** 1998-2008
 - Past Board member and First ACT Representative
 - Organised the inaugural Field of Women in the ACT
 - Consumer Advocate on various cancer groups in the ACT including Breast Screen, Consumer Health Forum, ACT & SE NSW Breast Cancer Reference Group;

- Past Consumer Representative for Australasian Lymphology Association
- **ACT Trained Volunteer** with ACT Cancer Council and ACT Hospice; Cancer Voices ACT
- **Dragons Abreast Australia**
 - 1998 supported the founding of Dragons Abreast
 - 1999 Founded Dragons Abreast ACT
 - 2004 Organised the first Dragons Abreast ACT dragonboat Challenge Regatta
 - 2005 Acquired a dragonboat for Dragons Abreast ACT
 - 2006–07 Active member of the organising committee of *Abreast in Australia 2007* an international dragon-boat regatta for breast cancer survivors
 - 2007 Wrote *A Dragons Tale*, a history of Dragons Abreast in Australia
 - 2008 Awarded Life Membership of Dragons Abreast ACT
 - 2009 Member of Planning committee for Dragons Abreast ACT Challenge Regatta
 - 2009 Key organiser for Dragons Abreast ACT 10th Anniversary
- **Canberra Dragon Boat Association**
2009 Awarded Life Membership

We nominate Anna for the Women of Spirit Award to acknowledge the positive way she handles personal adversity and continues to selflessly inspire others to make a difference. We would like Anna to be recognised for the generous and passionate contribution she has made in the community over many years, especially for her work in supporting, lobbying and advocating for those travelling the breast cancer journey. We thank her for inspiring us, for making us laugh, for remaining humble and for making these contributions for no personal recognition or glory.

In conclusion, Anna inspires others in their local communities to make a difference.

Marion Blake

Perpetual trophy

Thank you, **Kel Watt** and your Committee, for honouring me so publicly by introducing a perpetual trophy in my name. I was quite taken aback and doubt whether it was deserved but I accept the honour very gratefully and humbly. I'll find it difficult to trust future requests from you to present awards! It was a good night. Kel, sartorially resplendent in your pumpkin suit, you deserve all that was said about you too. You have engendered a real dragon boat community in your short time as President and achieved heaps. Long may you reign!

Anna Wellings Booth

Your fantastic contributions over the last ten years have been phenomenal! Without this, we at DA wouldn't have received the recognition we have and CDBA wouldn't have been able to progress in the way it has. Go Anna!!

Judy Richmond



The Goanna Fans (alias Sue Drew, Debbie Whitfield, Mary-Lou Reid and Viki Fox) ham it up at the Dragon Muster



Megan Dennis with her artwork at the Marymead morning tea with Marion Blake, Marion Leiba, Lynn Harden, Joy Tonkin, Robyn Chen, Judy Cluse and Mary-Lou Reid (front)



Winter warm up and training times

6.30 for	6.45–7.45am	Tuesdays
12.15 for	12.30–1.15pm	Wednesday
8.00 for	8.30–9.30am	Saturdays

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>



Dual DA ACT and Dragon Flyer members Patti Pye, Julie Richardson, Robyne Kellett and Nan Donaldson prepare for the Nationals in Caloundra, 21 April 2009

ACT Grand Masters Women won a bronze medal in the State championships, narrowly defeated by NSW and QLD; and Dragon Flyers Grand Masters Women won a bronze in the 2000 metre race – yes, that’s right, girls, 2kms! – beaten only by Currumbin and Adelaide Sea Dragons, and fighting off strong competition from Brisbane River Dragons, other Qld teams, NSW teams, SA and WA teams.

And GMW times are up there with the very best teams – we did 11 minutes, 5 seconds in the 2000; 55, 56 and 57seconds in the 200 metres; 2 minutes 11, and 2 minutes 13 seconds in the 500 metres, a fantastic effort from everyone!

Jan Skorich

DA Orange and DA Dubbo – two of our Outback teams

I’m writing this from my hospital bed — it’s amazing what you have to do to get a bit of time for yourself! It’s the second day after my surgery and I am doing really well, and hope to be back paddling within a couple of weeks.



Graham and Pearl Butcher, DA Orange

As we were heading to Caloundra for the National Dragonboat Championships in April, Alek and I decided to take the lazy tourist inland route via Orange, Dubbo, Armidale, Brisbane, Tin Can Bay and back to the Sunshine Coast for the nationals. Orange is located just west of the Blue Mountains, and didn’t have a dragonboat team until **Pearl Butcher** and her husband, **George**, brought the sport to the city. Pearl was diagnosed with breast cancer in 2007 and was intrigued to learn about Dragons Abreast via the BCNA’s *Beacon*. She found that the nearest team was in Dubbo, so travelled there on a weekly basis to train — a round

trip of three hours to satisfy her passion for the sport, and for the camaraderie she found with Dragons Abreast. However, Pearl was determined to bring the sport to her home town, and with help from **Michelle Hanton** and DBNSW, the club was set up, a boat hired from DBNSW, and on 1 November 2008, the team finally took to the water on Lake Canobolas. Orange has only a small band of Dragons Abreast members, who are also members of the Colour City Dragons dragonboat team who featured in the *Blue Mountains Life* magazine:

www.dragonsabreast.com.au/NSW/Orange_media.htm



DA Orange Image: Alex Skorich

Pearl and the other DA Orange members, plus the breast nurse and the local breast cancer support group convenor met us at a local hall in Orange and we discussed the history and the ethos of Dragons Abreast Australia. We also talked about ways to bring the regional groups together, by hosting events in different towns, and inviting regional groups to ACT events.



DA Dubbo and Jan Skorich in pink preparing for a morning paddle Image: Alex Skorich

Alek and I travelled on to Dubbo, and the following morning had a breakfast meeting with the **DA Dubbo** team, again discussing the difficulties that regional groups have in meeting others and participating in regattas. DA Dubbo is part of the Orana Dragon Boat Club, also known as Outback Dragons. We were fortunate to visit their paddling place, a very beautiful part of the river, but located quite some distance from where the boat is stored. They need to have a full team on hand to wheel the

boat down the hill to paddle, and then back up again after their training. Their paddle beach includes the sign: **Promoting breast cancer awareness**. The DA Dubbo team includes a male breast cancer survivor, who is proud to be a member of Dragons Abreast. They don't have much opportunity to paddle in regattas but Orange and Dubbo are both teams that you may have met at Chinese New Year or in Canberra for one or two regattas.

Jan Skorich, DAA Regional Rep ACT and Southern NSW



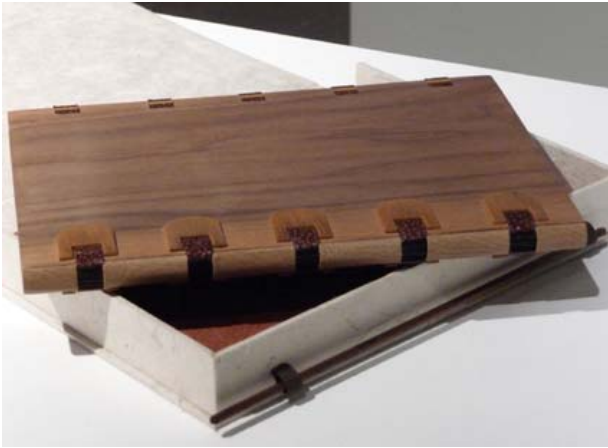
Breast Wishes cast and DA ACT, 28 May 2009 Image



Libby Lutton, Kerrie Griffin, Bec Karr and Leanne McKenzie enjoyed dinner at Cream, 28 May 2009



Di Wright, Marion Leiba, (back), Nan Donaldson, Patti Pty and Cathy Powell (front) at the Dragon Muster Image: Kerrie Griffin



Books to hold or let go — Joy Tonkin's beautifully crafted exhibit
Image: Kerrie Griffin

Books to hold or let go — hidden talent

A recent exhibition displayed 24 books with fine design bindings at the Craft ACT Gallery in Civic. Each binder received the same text which was produced by Ampersand Duck, a local hand press run by Caren Florance. The book is a collection of poems by local poet Rosemary Dobson. A variety of materials were used by the binders including leather, paper, textiles and wood.

Joy 's book was a combination of leather, snake skin, wood and polycarbonate. The book was sewn onto exposed tapes of snake skin, the spine was in leather and the boards or cover was a wood veneer. Coloured polycarbonate sheets and leather were used as decoration on the boards. The endpapers were hand-made papers from Nepal. The book was housed in a box made from hand-made papers and titled in kangaroo leather on the spine of the box.

Joy Tonkin



Leanne McKenzie, *Breast Wishes*, 28 May 2009



Mary-Lou Reid checks out the mushrooms on Springbank Island, 2 May 2009

Under the pink umbrella



Free mammograms

The ACT Government is hoping to have a new program offering free mammograms to breast cancer patients up and running within six months. The Health Minister Katy Gallagher says the funding will be used to set up a new service at the Canberra Hospital. 28 April 2009

Bakers Delight Gungahlin — thank you

This is the second year that I have had the pleasure of participating in the pink bun campaign generously organised by Bakers Delight. On the first occasion, I had the absolute joy to share the laughter and fun with **Bev Sloan** and **Katherine Kralikas** in 2008. Unfortunately, this year Katherine had to rush to a funeral in Perth so Bev and I held the fort.

I feel quite emotionally attached in helping out in this campaign, as I feel I was really touched by an angel from Bakers Delight. I kept it to myself the day that I was diagnosed in 2007. After a sleepless night, I took myself on a long walk and ended up in the Gungahlin shopping area. While having a pedicure, I chatted with a gorgeous woman, Mel. In the process of talking about the weather and other topics of light conversation, I confided in her about my diagnosis. It turned out that my confidant was the owner of some of the Bakers Delight stores and readily took my details to arrange a **My Journey kit** for me. This woman really touched my heart, our chat helped me get to a place (while it may have appeared trite to her) where I could let my family know what was happening. So, thank you to **Mel Smith** and also to **Sue Campbell**, Gungahlin Manager; and to all their great team at Bakers Delight Gungahlin.

Leanne McKenzie, DA ACT



Judy Richmond and Bakers Delight staff Manuka



Mary-Lou Reid, Patsy Sheales and Bakers Delight staff Belconnen

Pink Bun campaign

Bakers Delight has raised a record breaking \$1million for BCNA. Thank you to all BCNA members including members of Bosom Buddies, DA ACT as well as the Bakers Delight staff. Why not help out next April?

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

Gungahlin **Leanne McKenzie, Bev Sloan, Audrey Guy and Marilyn Brooks**
 Dickson **Susan Pitt, Hadas Haileselassie and Anna Wellings Booth**
 Manuka **Judy Richmond and Sarah Holmes**
 Woden **Marion Leiba, Robyn Chen and Margie Perkins**
 Belconnen **Mary-Lou Reid, Patsy Sheales, and Bernadette Brady**
 Civic **Marion Blake and Kerrie Griffin**



Marion Blake, Kerrie Griffin and Bakers Delight staff at Civic, 30 April 2009

Mother's Day Classic BCNA stall

Many thanks to **Cate Wood**, Women in Super, and to **Susan Pitt** who spoke at the opening and coordinated the BCNA stall as well as the volunteers on 10 May. Bosom Buddies, DA ACT and BreastScreen ACT had resource materials available under the umbrella of BCNA. Thank you to **Danny O'Dea, Steve Taylor, Louise Muir, Mary Pederson, Susan Woodhams, Sally Saunders** and the **Bosom Buddies team**.

Susan invited **Sarah Watt** and **William McInnes** over to chat after they finished the 10 km run. Sarah Watt, breast cancer survivor, writer and director of her new film *My year without sex*, (after *Look both ways*) opened the fun run/walk with her husband actor William McInnes who had opened the Museum of Australian Democracy at Old Parliament house the day before. They were very charming and funny and chatted with our team.

Bethel Holley, Breast Care Nurse, did an amazing personal best time in the five km run. This is the third fantastic event and is growing with 4000 participants and raising awareness about breast cancer. We met lots of people and had loads of fun on a perfect autumn morning. Unfortunately, the lake was closed for DA ACT paddling.



Eleanor Bates, Sally Saunders, President Bosom Buddies; Helen Arnold, Susan Pitt and BCNA members at the BCNA Stall at the Mother's Day Classic, 10 May 2009



Elsbeth Humphries, Marion Blake, Susan Pitt, Sarah Watt, William McInnes, Viki Fox, Steve Taylor (back), Heather Millar and Kerrie Griffin (front) at the BCNA Stall at the Mother's Day Classic, 10 May 2009



Lyness Snellen, Yvonne Byron, Geraldine Robertson, Rebecca and Kerrie Griffin, ACT Cancer Council Biggest Morning Tea, Forrest Hotel and Apartments, 28 May 2009

Dr George Hazon, radiologist spoke on *Breast Imaging and the use of MRI. Can it make a difference?*

Yes it can. MRIs can provide more information than mammography and pick up cancers otherwise missed. However, it is essential that **radiologists** reading these images are **experienced experts** otherwise interpretations are misleading and cause unwarranted anxiety. Other points raised:

- Use for high risk women, young with BRCA 1 and 2 and P53 genes
- Use for women already diagnosed with breast cancer; it can give added information
- Use to monitor chemotherapy response with pre and post studies
- Shows abnormal blood vessels
- Best test dates are days 9–16 of menstrual cycle
- Cannot use an MRI with metallic objects in the body (should have asked about filled teeth!)
- Needle (titanium) biopsies are now available
- Not very accurate with node information
- MRIs may indicate women who don't need radiotherapy
- MRIs can detect DCIS that mammograms don't pick up.

Dr Hazon believes that MRIs are the next breakthrough in diagnosis though cautioned 'absence of evidence is not evidence of absence'. It would not be long until women in the 40–45 age group, high risk women, those undertaking chemotherapy and those with a breast cancer diagnosis will be have MRIs and not mammograms.

What about costs and benefits? MRIs cost more than mammograms but because they pick up many more early cancers, treatment is cheaper and, of course, outcomes are better.

What do we need? We need MRI machines dedicated to breast cancer working in specialist breast cancer units and more specialist radiologists. Dr Hazon extolled the experience of

Dr Jeremy Price who is working with the new MRI equipment, recently donated by the Independent Group, at the Canberra Hospital.

Geraldine Robertson 7 May 2009



Martina Landsman and Bea Brickhill at the Dragon Muster

Martina Landsman knitted the BCNA pink lady scarf as part of the *Soft sculpture* exhibition to wrap around the National Gallery of Australia's columns.

Reach to Recovery. Brisbane 13–15 May 2009

Many thanks to the **ACT Cancer Council** who supported my participation at the Reach to Recovery International conference as a 'consumer' (I am much happier being described as a survivor) and to Kerrie Griffin (BCNA and Dragons Abreast). The conference aimed to give women affected by breast cancer the opportunity to build new support networks with other women from all over the world and take action to raise awareness of breast cancer in their local communities. The focus on the theme of *You are not alone* resonated with me as someone who is still dealing with side effects from treatment for breast cancer last year. It was comforting to hear about the amazing research and support networks happening around the world and to have complex research findings translated for the layperson in a relevant and succinct fashion.

For me **Day 1 Survivorship** was probably the most enriching and useful day although, like much of the conference, it was also very confronting. Like many others. I had thought that when the treatment was over (and I had hair again) I would go back to my 'normal' life. The conference helped me to realise that there is no going back and you have to develop a whole new 'normal' and move forward with that.

However, what really was most moving to me was the realisation of how lucky I was to be a woman with breast

cancer in 2008 in Australia (and in the ACT) rather than in one of many developing countries. In so much of the world there is a still a stigma and taboo on the subject as there once was in Australia where people thought that breast cancer was contagious. In many developing countries breast cancer is increasing but usually detected at a later stage as there is no organised country screening and the taboo on breast cancer keeps many women from acknowledging their health problems. HIV/AIDS, not breast cancer, is the major health concern that leads to conflicting priorities in many countries. Women are not decision makers in their culture, ethnicity and religion and breast cancer is often seen as being caused by witchcraft. A major fear for many women is that men will abandon them. Due to poverty, the healthcare system is often informal and traditional treatment is used.

However, over and over again, it was emphasised that peer support and education were ways in which we could all be involved in ensuring that women diagnosed with breast cancer and their families receive the very best information, treatment and care.

There were also many positive sessions and lots of opportunities for networking, an indication of a good conference. In particular, I enjoyed the many sessions which highlighted the benefits of exercise both during and after treatment. Research has found that exercise is empowering, and increases energy, improves body image and acts like an anti-depressant medicine.

However, one of the most moving experiences for me was when I was setting off for the airport to return home and met a nurse from Nauru who, although she mainly worked in cardiology, had been sent by the Nauru Government to try to find ways in which women with breast cancer could be supported on returning home to Nauru after receiving treatment in Australia. In a small population where there is still stigma and taboo about breast cancer there are few support services for such women. **Gano Mwareow** returned home with ideas, contacts and the knowledge that the world is full of people who want to help.

My wish is for all women to have access to the same treatment and support that I have had, and continue to have, in my breast cancer journey. And thank you to the ACT Cancer Council, Dragons Abreast, BCNA and Bosom Buddies for all being part of that support.

Bea Brickhill



Susan Pitt doing the toss at the pink AFL footy day 17 May 2009

Pink Footy Day

What a great initiative the Pink Footy day/weekend concept is. ACTAFL But money is not the main game.

AFL is big in Canberra and surrounds where there are a lot of fit young women who play the game, as well as officiating in all the competitions — on the field, boundary and in goals; as well as all the supporters. In this community, Pink Footy day raises community awareness of breast cancer, particularly in a hard to target group of young players (male and female), as well as team managers, club supporters, officials and spectators. It also raises awareness of BCNA, and the Pink Lady was prominent. Some of the clubs told me they are already planning for next year. Congratulations to ACTAFL for their support. The pink Sherrin is a huge hit with players, supporters, officials and sponsors. More pink footies please.

Eleanor Bates went to the ANU on Saturday and as a board member of ACTAFL, sponsor the Canberra Labor Club and a breast cancer survivor involved in ACT Cancer Voices Pink Links and Bosom Buddies was a very apt tosser.

Queanbeyan, Ainslie and Manuka – **Susan Pitt** dropped into three wearing my Pink Lady vest and with my Pink Lady advocate bag loaded up with BCNA, Bosom Buddies, Dragons Abreast and ACT BreastScreen materials (left over from Mothers Day Classic BCNA stall).

At Ainslie on Sunday the umpires lined up women from the crowd for the coin toss. Young umpires Dom and Gavin lined up a Marist organiser for the under 18s Ainslie V Marist. My daughter **Rose** was in goals for the under 18s and first grade and assured me the first grade umpires Michael, Grant and Shaun had things organised. **Susan Pitt**

[June 2009 e-Bulletin](http://www.bcna.org.au/content/view/888/1422)

[http://www.bcna.org.au/content/view/888/1422/](http://www.bcna.org.au/content/view/888/1422)

The Latest Lymphoedema Research


The benefits of exercise

Current research suggests that women with breast cancer could benefit from regular exercise. However, this recommendation has not been made for women subsequently diagnosed with Lymphoedema. Results suggest that exercise does not exacerbate the symptoms of Lymphoedema, and that engaging in exercise has many health benefits for women. For more information, [follow this link.](#)

Air travel and Lymphoedema

A research study conducted in Queensland has found that the pressure in aeroplane cabins may not worsen Lymphoedema in women with breast cancer. Previous studies have suggested that women who have Lymphoedema as a result of breast cancer treatment should avoid air travel. The study involved 63 women travelling from Canada and around Australia to Queensland for a Dragon Boat Regatta. Results showed only a small increase in symptoms for some women. While some women experienced worsened symptoms, for the majority the changes disappeared within two months. Further details on the research into air travel and Lymphoedema can be [found here.](#)

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

Month	Date(s)	Event	Location	Notes
October 	Saturday 10 4–6pm	Netherlands ice skating fundraiser for DAA , pea soup and croquettes	Philip Swimming and Ice skating Centre <i>See flyer below</i>	RSVP essential by 1 Sept. can-info@minbuza.nl \$14 adults, \$7 children
	Saturday 24	Dragons Abreast ACT Corporate Challenge Regatta	Lotus Bay, Lake Burley Griffin	canberra@dragonsabreast.com.au
	Saturday 24	BCNA Mini Field of Women at the Regatta	Canberra Yacht Club Lotus Bay	Volunteers needed for the BCNA stall! Kerrie.griffin@act.gov.au
	Monday 26 lunchtime	BCNA Mini Field of Women at Calvary Healthcare	Calvary Hospital, Bruce Speaker: tbc	Volunteers needed! robyn.chen@bigpond.com.au
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
	On hold for a year	YWCA Encore 8 week gentle exercise program		contact Gordana Morphet, 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 — September 2009

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

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

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



Mother's Day Classic, 10 May 2009



The Goanna Fans finale at the Dragon Muster, 19 June 2009



DA ACT, Lake Burley Griffin Image: Christine Farrell
<http://www.aquilahelicopters.com.au/>



DA ACT, Lake Burley Griffin Image: Christine Farrell
<http://www.aquilahelicopters.com.au/>

The Embassy of the Kingdom of the Netherlands and the Canberra Dutch Club invite all to

an afternoon of iceskating

at the Philip Swimming & Iceskating Centre.

Date: 10 October 2009

From 16.00 hours till 18.00 hours

Cost: \$14 per adult & \$7 per child (up to and including 16 yrs) & includes skatehire

Address: Irving Street, Philip.



The iceskating rink has a kiosk where, on top of the usual fare, we will be selling peasoup (erwtensoep) and croquettes (kroketten).

As the ice skating rink will be privately hired, you are kindly requested to send an e-mail to: can-info@minbuza.nl if you wish to participate in this afternoon. Please respond before 1 September. In return you will receive an e-mail with additional information.



All proceeds of this event will be donated to Dragons Abreast Australia, the dragon boat team for breast cancer survivors.



Come and see the corporate team of the Dutch Embassy and the European Commission compete in the 2009 Dragon Boat "Dragons Abreast" Challenge on Saturday 24 October 2009 at Lotus Bay Yarralumla!!



For more information please visit

http://www.dragonsabreast.com.au/ACT/2009_regatta/index.htm

or email ACTregatta@dragonsabreast.com.au

Dragons Abreast Australia is the registered charity which helps post-treatment breast cancer patients. Happily a large percentage of women survive breast cancer these days but their transition from patients back into a full and active life is often difficult. Our organisation is a highly effective element in the ongoing post-treatment management of breast cancer patients, delivering significant physical and psycho-social benefits. All breast cancer survivors, regardless of age, gender, sporting ability or fitness are welcome to join Dragons Abreast. There are Dragons Abreast groups all around the country – and a call to **1300 889 566** will find your nearest group. All donations \$2.00 and over to Dragons Abreast Australia are tax deductible.

DRAGONS ABREAST – keeping the spirit alive!