



# ABREAST of the NEWS

DRAGONS ABREAST CANBERRA under the umbrella of Breast Cancer Network Australia

PO Box 7191, Yarralumla ACT 2600 • DRAGONSABREAST.COM.AU • ISSUE 52 • NOVEMBER 2013



Volunteers, 12<sup>th</sup> Dragons Abreast Canberra Centennial Corporate Challenge, 20 October 2013, Weston Park  
Image: Chris Holly



12<sup>th</sup> Dragons Abreast Canberra Centennial Corporate Challenge, 20 October 2013, Weston Park  
Image: Chris Holly  
[Corporate and Community Regatta: official team photographs now available!](#)

## Coordinator's report

Thank you to everyone for a very busy October breast cancer awareness month! One activity seemed to roll into another and actually spilled into November. DA Canberra had difficulty fielding a team for the first two local regattas, but when we did complete we did it with flair and confidence. **Robyn Chen** gallantly swept in three races. Our timing was excellent and times were pretty good too. To cap it off we did not come last in two races!

### 12<sup>th</sup> Dragons Abreast Canberra Centennial Corporate Challenge, 20 October 2013, Weston Park

We decided that in keeping with the celebrations of Canberra's Centenary we would have as our theme, the *bush capital*. As usual, teams happily joined in with bush team names, bush tents, political satire, native animal décor and good Aussie costumes. The regatta was run differently this year with **Dragon Boat ACT** taking over total running of the regatta. Dragons Abreast was in charge of all other aspects. This was a trial run to see how it worked. Thanks to **Frances Heaney** who volunteered to be project manager despite never having been to a regatta! **Frances did a fantastic job in ensuring that the DA Canberra Corporate Regatta lives on!** Although we had a few less teams this year, the excitement, fun, competition and general atmosphere indicated that everyone was having a great time. The weather provided a perfect day for paddling as well. THANK YOU FRANCES!

All regatta images courtesy of Chris Holly (unless otherwise specified in the newsletter) Check Facebook for more:

[DA Corporate Centennial Regatta - Chris Holly Album 4](#)  
[DA Corporate Centennial Regatta - Chris Holly Album 6](#)  
[DA Corporate Centennial Regatta - Chris Holly Album 8](#)

It was an honour to have organisers, **Trish and Gordon Holdsworth** and son **Piers**, visit on their way their to the inaugural **BCNA Pink Ribbon Ride** starting at **Old Parliament House**. They were very impressed with our fabulous corporate regatta.

This year we conducted the moving DAA *Flowers on the Water* ceremony. Although there was a difficulty with the PA system, the silence was golden. We thank **Karen McKerrow**, her husband **Tim** and their two daughters, who sang the beautiful *Time in a bottle*.

It was also a pleasure to have **Andrew Barr, Deputy Chief Minister**, visit. We also thank **Brendyn Smyth, MLA**, and **Sem Fabrizi, Ambassador of the Delegation of the European Union to Australia** for presenting awards, prizes and drawing the raffle.

[http://eeas.europa.eu/delegations/australia/press\\_corner/focus/focus\\_items/ambassadors\\_corner\\_en.htm](http://eeas.europa.eu/delegations/australia/press_corner/focus/focus_items/ambassadors_corner_en.htm)



Frances Heaney, Clare Purcell, Cindy Young, Deputy Chief Minister Andrew Barr, Patsy Sheales and Maureen Wild, 12<sup>th</sup> Dragons Abreast Canberra Centennial Corporate Challenge, 20 October 2013, Weston Park  
Image: Kerrie Griffin



Sem Fabrizi, Ambassador of the Delegation of the European Union to Australia; Marion Blake, Becky Barney accepting the award for Team *Resilience* and Brendyn Smyth, MLA, 12<sup>th</sup> Dragons Abreast Canberra Centennial Corporate Challenge, 20 October 2013, Weston Park *Image: Chris Holly*

Dragons Abreast Canberra is thrilled to announce that we raised an amazing \$33,492 for local and national groups supporting women on their breast cancer journey. Funds were distributed at the **Regatta Wind Up** on Tuesday 12 November as follows:

- \$5650 [Dragons Abreast Australia](#), our national organisation supports 37 groups providing many opportunities for dragon boating following breast cancer treatment
- \$3000 [ACT Eden Monaro Cancer Support Group](#), provides practical support to women undergoing treatment in our region
- \$500 Otis Foundation to support a program where women can spend free R&R time at a lodge in Thredbo with family or friends while undergoing treatment [Otis Foundation | Breast Cancer Network Australia](#)
- \$3000 [Palliative Care in the ACT](#) for training volunteers. Currently, there are five women with breast cancer at the Hospice
- \$1000 Breast Cancer Network Australia our umbrella body providing [Advocacy](#) and the [My Journey Kit](#) to all newly diagnosed women [www.bcna.org.au](http://www.bcna.org.au)
- \$15,833 Dragons Abreast Canberra to support our local group and encourage and support breast cancer survivors to get on the water.

Congratulations to **Double DHA** who won the Highest Fundraiser Award, raising \$1845 over and above their registration, again just slightly ahead of **The Love Boat** with \$1350. We thank them so much for an amazing effort!



Patsy Sheales presented the Highest Fundraiser Award to Felicity, Double DHA and Frances Heaney, Regatta Wind Up, Tuesday 12 November *Image: Louise McMullen, Navmats*

Sincere thanks to the many groups and individuals who supported us with running this fabulous event including 250 volunteers. Thank you to our generous supporters: [Dragon Boat ACT](#), ACT Rowing Association, Cafe2U, Canberra Trophy Centre, Canberra Yacht Club, Chris Holly: Holimage (photography), Gema Group, Hire All, NutriMetics, Om Shanti Massage College of Tactile Therapies, Rotary Clubs of North Canberra and Gungahlin, Fyshwick Fruit and Vegetable Markets, Chris Durkin: Happy Faces Face Painting, Subway owners: Erika and Tony Prior. DA Canberra members, family and friends.

Thank you to our raffle contributors: Jane Brown Pearls, Typhoon, Forrest Hotel & Apartments, Curves, 3in1 Fun Family Pass, Events ACT (Canberra Brumbies and Canberra Raiders tickets), Jindi Eco Spa, Canberra Day Spa, Subway Canberra House.

[Dragons Abreast Canberra quilt raffle \(Helen's Garden\)](#) a quilt designed and hand stitched by Helen Brown, machine quilted by Helen Smith and finished and donated by the Thursday Friendship Group at Addicted to Fabric, Phillip. Value \$600

**Calvary breast care nurses** organised a small remembrance ceremony at the Chapel which several DA members attended on 28 October. This was a time of reflection with an opportunity to plant a BCNA pink lady in the garden and sprinkle some rose petals in a small pond. We sprinkled rose petals on the lake at the end of our beautiful Tuesday morning paddle.

**Bosom Buddies Australian Breast Cancer Day** dinner on 28 October was attended by **Theresa Kerby, Kerrie Griffin, Frances Heaney, Susan Pitt, Mary Lou Reid, Sylvia Corby and Patsy Sheales**. It's my experience that it is good to meet up with friends that I probably don't see very often except at this dinner. It is a chance to relax and enjoy after the regatta. Or course, it is also nice to win a raffle prize. I may not be so happy once I start my three personal training sessions!



Susan Pitt, Julie Kesby, Mim Forrest, Handmade Market, 6 October 2013, Weston Park *Image: Wes Forrest*

### Handmade Market

We are so fortunate to have the opportunity to promote breast cancer awareness and also collect donations for local charities. We thank **Julie Nichols** and her team and encourage members and friends to support the Handmade Market and [Shop Handmade Canberra](http://www.handmadecanberra.com.au). Congratulations to Julie's team on their recent awards:

<http://www.handmadecanberra.com.au/our-story.html>

Thank you to **Karen Visser** and DA members who collected \$855 in October. To volunteer for **8 December** contact: [Kaz.visser@hotmail.com](mailto:Kaz.visser@hotmail.com)

### Come and try

We enjoyed another terrific Come and Try on 2 November with four newbies plus the son and husband of a newbie. Many thanks to **Clare Purcell, Elly McGinness** and **Maureen Wild** for organising it and members for the morning tea. We had more than a full boat of paddlers! Next one is **18 January** so if you know anyone please invite and encourage them to come next time.

### Trivia night

Many thanks to a lovely young DA Supporter, **Erika Prior** who organised the DA fundraiser and most of the auction and raffle items. We enjoyed a fun evening on 16 November. Thanks to the Canberra Labor Club in Belconnen that donated the venue. <https://www.facebook.com/pages/Dragons-Abreast-Canberra/448649108487643?ref=hl>

### Sporting club of the month

A huge thank you to **Julie Kesby, Jan Skorich, Kerrie Griffin, Frances Heaney** and **Chris Holly** for preparing DA's entry in the Centenary Sporting Club of the Month. This was an enormous task just after the regatta. Unfortunately, we did not win but we are certainly proud of our nomination.

We are looking forward to attending Wagga Wagga's inaugural Corporate Regatta on Sunday 1 December! A very BIG THANKS to our Boat Captain **Di Bradshaw** who seeks out and provides the opportunities to go places to paddle. We plan to attend Jindabyne on 16 February for the first time as a DA team. Of course, the Ord River in June and the **International Breast Cancer Survivor Dragon Boat Festival in Florida, USA** beckons in October 2014!

### Christmas party

The Christmas party will be Thursday 12 December at Marion Blake's new home from 6pm. We will hold our usual pot luck dinner with lots of fun and laughter plus our famous and very noisy Kris Kringle exchange of presents. Partners are more than welcome to join in the fun. RSVP now.

Congratulations to:

**Frances Heaney** Regatta Project Manager  
**Robyn Chen** who passed the first part of her sweep's licence

**Wes Forrest** who completed the DB ACT Volunteer course and accepted the nomination to be our Safety Officer

**Gillian Styles and Frances Heaney** who attended the BCNA Forum in Sydney.

Get well wishes to **Anna Wellings Booth, Di Wright, Sue Drew, Mary-Lou Reid, Jan Skorich** and **Sandi Avis** who has a broken elbow! Paddles up!

### Patsy Sheales

**Coordinator, Dragons Abreast Canberra**  
[canberra@dragonsabreast.com.au](mailto:canberra@dragonsabreast.com.au)

### DAA website

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



Thai elephants dragon boating sculpture *Image: Viki Fox*

### Merchandise

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

### [Kellie from Fernwood is a winner!](#)

Good to know that they are recognised nationally for their fantastic support. Kellie sponsors ALL DA Canberra members for free membership, and very supportive in helping us achieve our fitness goals.



12<sup>th</sup> Dragons Abreast Canberra Centennial Corporate Challenge, 20 October 2013, Weston Park *Image: Chris Holly*



Les Williams, President DB ACT and starter, 12<sup>th</sup> Dragons Abreast Canberra Centennial Corporate Challenge, 20 October 2013, Weston Park *Image: Chris Holly*

### Fernwood thank you

Thank you for your kind recognition! We did win franchisee of the year! Belconnen was a finalist in Fernwood Club of the year. Link to my PhD project: <http://kellietoohy.wix.com/phdresearch>

**Kellie Toohey**

[Belconnen Gym](#) and [Gungahlin Gym](#)

### Coaches' corner

Hi, just wanted to say a few quick words about the gym. We all know the physical benefits that dragon boating can bring, particularly for those with potential or actual Lymphoedema. I am one who has experienced Lymphoedema, so I'm speaking from painful experience. One thing I would say, is much like your daily diet, there should not be just one type of food, there should be variety. It is the same with physical activity. You should endeavour to do many different things, so that all parts of your body keep moving, stretching, flexing and being used. So in addition to dragon boating, you should also try to do some aerobic activity (walking, running, cycling, swimming), as well as some resistance activities. This is where the gym really becomes your best friend. Using some weights to undertake strengthening and resistance training is highly beneficial to both burning fat, and toning muscles to help with health, and also to undertake everyday activities.

There are many gyms to choose from, but only one that is free to us in Dragons Abreast, and staffed by women who understand women's bodies and demands on our time, no matter your age and lifestyle. The team at **Fernwood** have tailored training programs for many of our team, and take into consideration how often you might be able to attend, to our variety of medical conditions and degree of comfort we feel at undertaking activities. I am really pleased with the support they have shown us, and amazed at the ongoing generosity, so give it a go, even if you are not sure, go and see what they can offer... it's free, why not!

**Narelle Powers**



12<sup>th</sup> Dragons Abreast Canberra Centennial Corporate Challenge, 20 October 2013, Weston Park *Image: Chris Holly*



Warm up exercises, 12<sup>th</sup> Dragons Abreast Canberra Centennial Corporate Challenge, 20 October 2013, Weston Park *Image: Chris Holly*

### Dragons Abreast Canberra Centennial Corporate Challenge, 20 October 2013, Weston Park

Wow, my first DA Challenge was a fabulous experience! Firstly, **thank you** to the dedicated **Regatta Committee (Patsy Sheales, Marion Blake, Anne Baynes, Judy Cluse, Di Bradshaw, Joy Tonkin, Julie Kesby, Katherine Kralikas)** and **Susan Pitt** who stepped in and up in August and September during my mum's hospitalisation and subsequent death. I was on shaky grounds and you wonderful ladies took control, thank you.

What a great day it turned out to be, perfect weather, **fantastic volunteers** all over Weston Park working as a team to create a fabulous atmosphere. **DA Canberra** members, family and friends, were hard working and efficient in all areas. We had many comments about what a great vibe and fantastic feedback.



DAA *Flowers on the water ceremony*, 12<sup>th</sup> Dragons Abreast Canberra Centennial Corporate Challenge, 20 October 2013, Weston Park *Image: Chris Holly*

The DAA ***Flowers on the Water ceremony*** was **very special** and seeing hundreds of people silent on the water's edge was incredible.

Due to current cutbacks and uncertainty in workplaces, we were down eight teams on last year; we were **thrilled** with the **33 teams** from government departments, private enterprise and medical organisations. We had a few new teams who are very excited about next year's event which will be a month earlier on **20 September 2014**. as we will be in Sarasota, Florida in October.



12<sup>th</sup> Dragons Abreast Canberra Centennial Corporate Challenge, 20 October 2013, Weston Park *Image: Chris Holly*

The **Canberra dragon boat community worked well together**, all clubs provided sweeps and training for the corporate teams during the lead up to the big day, with much of the training done in the afternoons. Sometimes the weather was so wild that we were contained in Lotus Bay where it was nothing to see 6-8 dragon boats going round and round and many wet people. However, this didn't deter them from showing up again and on the day.

This was the first DA Corporate Challenge that **DB ACT** ran for DA Canberra as part of their calendar regattas. This removed pressure from DA Canberra and made the teams' paperwork much easier. We held many meetings prior to this major event with DB ACT to ensure we were keeping with the 'dragon spirit'. **Thank you to all DB ACT members.**

The *Bush capital* theme celebrated our Centennial year. Teams went to great effort in setting up their tent sites and dressing up for the occasion. Prizes were awarded for best war cry, best dressed and best tent site — it certainly looked fantastic.

The **BCNA Mini Field of Women** was a fantastic forefront for each team's official photograph and many teams brought them online. Thanks to **Chris Holly** our volunteer professional photographer and great supporter over several regattas. [Corporate and Community Regatta: official team photographs now available!](#)

The **Grammar students** were **sensational** volunteers, thank you to **Jennie Holbrook** for such a well-oiled team. **Subway Canberra House** supplied lunch for all volunteers, which went down a treat. The students were happy with their DA caps, Canberra Centennial t-shirts, drinks, chips and Subway rolls. These kids were sometimes up to their necks in the lake ensuring competitors were safe getting in and out of the boats. What a great advertisement for the Canberra Grammar Schools.

The **coffee vans** from **Cafe2U** were a hit as usual, the **Rotary Canberra North BBQ** was sizzling and the **parking marshals** were fantastic keeping the hundreds of cars entering the park in order and without incident. The **Om Shanti** massage and **Nutrimetic** tents were kept busy. **The kids** had a great time getting **their faces painted** by our volunteers, **Lucy Arrowsmith** and **Jodie Biggin**, after instructions from **Chris Durkin** from **Happy Faces**. This was Chris' first time; he is looking forward to next year. We had so many **fantastic**



12<sup>th</sup> Dragons Abreast Canberra Centennial Corporate Challenge, 20 October 2013, Weston Park *Image: Chris Holly*

**raffle prizes** donated by the local Canberra community. A very big thankyou to **Michael Dwyer and RICOH Australia** who generously donated a coloured A4 printer, including maintenance and cartridge supplies. This printer was invaluable.

Again **thank you to everyone** for making my first such a fantastic day. We are already tossing ideas around for the **13<sup>th</sup> DA Corporate Challenge on 20 September 2014**. I'm looking forward to the challenge.

**Frances Heaney, Project Manager**

### **Helen's Garden**

A hand pieced and appliqued quilt by **Helen Brown**. Helen was a talented member of the Thursday Friendship Group at Addicted to Fabric in Canberra. Sadly, Helen died of secondary breast cancer just before she could to complete it, her quilting friends finished it and **Helen Smith** professionally custom quilted it. We called it Helen's Garden, as it is a gorgeous combination of purple (Helen's favourite colour) and pink flowers.

Helen would have been delighted that her quilt was to be raffled by Dragons Abreast to raise funds to support women on their journey with breast cancer.

### **Marion Blake**

*Thanks Marion, please give my regards to the ladies and thank them very much, our family were delighted to hear what they had all done.*

**Cathy Baker (Helen's sister in Melbourne)**

### **Team feedback**

Thanks Francis, and all our wonderful DA team, who worked so hard in the months of preparation as well as on the day. Thanks also to all our other volunteers and supporters. I heard such positive feedback from teams and spectators as I wandered around — a successful day all round. Go DA!

On 27 October I volunteered in Sydney for the national **DAA Festival Regatta** at Darling Harbour which was a great success and we had terrific support from numerous DA groups. The funds will support teams and new paddlers around Australia. **Marion Blake, DAA Board Member**

What a wonderful day! Great to be here really. Superb effort to all. Frances you are fabulous and so humble. The event did not 'run by itself', you guided and managed in a super fashion and thank you. Actually, we were all fabulous don't you agree? Goodness who could do without US!  
*Go Anna Go Anna Go Anna Gooooooo.*

**Katherine Kralikas**



12<sup>th</sup> Dragons Abreast Canberra Centennial Corporate Wind Up, 12 November 2013, Lotus Bay *Image:* Kerrie Griffin

### IMMI-ZING

You must be exhausted – but we wanted to pass on a very big thank you to all at DA for a fabulous regatta. We, the team of **IMMI-ZING** and all our friends and supporters, had a wonderful time. We were so impressed at the beautiful organisation, the incredibly friendly and helpful volunteers, and the support provided at every point. We are always inspired by the courage and the spirit of the wonderful people that we meet at this regatta. To be beaten by the teams who are already fighting a much bigger battle, leaves us in awe. Thank you Dragons Abreast. We will be back next year, and we wish you all the very best.

**Penelope Lee, for the IMMI-ZING team**

### 2013 Dragon Boat Challenge

The **KPMG team** had a great time paddling on Sunday. We managed to achieve our best result yet by making the B final. However, the winds were against us, forcing paddlers to really give it their all to get over the line. **Matt Grant**, our sweep, was great in keeping us in our lane to ensure there were no collisions this time round. We'd like to take this opportunity to thank those members of the firm, their family and friends (including their dogs for providing some of the entertainment between races), who gave their time fundraising, training, decorating the marquee and coming down to support us. In addition to the \$900 entry fee to Dragon's Abreast, we managed to raise an additional \$825 through our internal office fundraising activities. Thanks again for all your support and well done team! It was a great day!

**Colleen White and Mitchell Sandilands**

### [In the pink again, Dianne Bradshaw is an eager paddler in race against breast cancer](#)



'Live as though it won't come back' is cancer fighter Dianne Bradshaw's motto.

*The Canberra Times* 28 October 2013

Hey Di! What a lovely surprise to see your smiling face when I was having my cup of tea this morning. It's a great article in *The Canberra Times* and shows what we are all capable of and a lovely photo between the pink ladies. **Elly McGuinness**

I think this is an absolutely beautiful article and it really captures the joy and fun. LIFE! I was so proud of everyone — well done and what a team! Special thanks to dear Frances and her team for a really wonderful day. And not forgetting my wonderful coordinator **Vicki Fox** and dear **Mim Forrest** — what fun it is cleaning toilets!  
**Jude Smith**

Congratulations DA Canberra for putting on another terrific regatta — it was a fantastic day!  
**Elsbeth Humphries**



Team *Resilience*, secondary breast cancer team, inspired and coordinated by Kerryn Ernst, McGrath Foundation secondary breast care nurse, TCH, 12<sup>th</sup> Dragons Abreast Canberra Centennial Corporate Challenge, 20 October 2013, Weston Park *Image:* Chris Holly

### Sylvia Flaxman Perpetual Trophy

It was good to be back with the DA family at their Regatta and to enjoy all of what this organisation stands for. I left the regatta early and was so pleased to hear later that Team *Resilience* had won the **Sylvia Flaxman Perpetual Trophy**.

Sylvia was a close friend of mine and the fact that I was paddling with the team that won her award was particularly poignant. I am sure she would have been delighted that Team *Resilience* embodied the spirit of which the award was intended. This got me thinking about the *Dragon Spirit*.

D dragons by the lake  
R rising to the challenge  
A all of us together  
G growing stronger  
O out on the water  
N never giving up

S spirits lifted  
P paddling for our lives  
I inner strength is needed  
R resilience is required  
I in our boat together  
T team work never fails.

**Sue Drew**

### Team Resilience

Earlier this year, **Kerryn Ernst**, the McGrath Foundation secondary breast care nurse at the Canberra Hospital, thought it might be a nice idea to put together a team for the regatta in October,

made up of women with secondary breast cancer and their partners, husbands or kids.

This idea was embraced warmly by all involved, and then we had to set about finding a name for ourselves...

Kerryn asked for ideas from all. The name which I suggested was *RESILIENCE* as I felt it embodied and expressed exactly who we are. Strong, courageous women, who have faced many challenges and hurdles (both physical and emotional) over the years, however always bouncing back, overcoming adversity, adapting to difficult times, and embracing opportunities presented to us in life...

This was the name we adopted and we paddled our little hearts out! To be part of this team was such a wonderful experience, not only for the physical prowess, but the emotions which were felt by all involved.

No, we didn't come first in the timed events, but we came first and won for ourselves...

What an individual achievement...and what an inspiration...

I have been 'living' with breast cancer for 18 years, and find these type of events to be so significant and meaningful, as I'm sure the other team members also felt. Thank you again, Dragons Abreast Canberra.

**Becky Barney**

### **Dragons Abreast breathed smoke on the water**

Looking through the smoke haze on our lake on a warming Sunday, the planned moment of silence for a simple ceremony of *Flowers on the water* dispersed for friends, family, colleagues and loved ones who've died of breast cancer demonstrated the power of silence.

This was an important interlude in the Dragons Abreast's 12th annual regatta, where the intensity of a large group of people spread across the banks were lost in thought - perhaps wondering about the fires that caused our smoke haze on this day.

The reality of this Centennial Corporate Challenge, organised to the highest standard down to the last sprig of lavender in the portable loos was a noisy gathering of fit paddlers in wacky outfits competing in a steady run of elimination heats during the day culminating in the final winners. This year, it was The Planeteers from the Department of the Environment receiving the Pink Lady Shield.

The teams were a diverse lot from government, corporate and social circles who set up camp in the tent alley that was as busy as a south coast camping ground at Christmas.

There were masseurs easing sore muscles, fruit for paddlers, cupcakes to raise money and the wafting aromas of a snag sizzle.

Bea Brickhill, with her calf problem, was hobbling on with just an ice pack, as the regatta must go on despite this dragon's injuries and the limbering up exercises to avoid

that for teams were as enthusiastic as any Sunday morning effort to rid the body of Saturday night indulgences.

The music was current interspersed with a rallying call to team members and for someone to please collect the sambos delivered for the Centenary team. And any minute I expected Smoke on the Water from Deep Purple to blast through the speakers.

But no. This was serious stuff and the dragons as a team of exceptional organisers were determined that the grandest dragon of all who couldn't be there because of that smoke on the water and in the air would be very proud of their efforts. Anna they did you proud.

**Lyn Mills, The Canberra Times 24 October**

<http://www.canberratimes.com.au/lifestyle/dragons-abreast-breathed-smoke-on-the-water-20131024-2w338.html>:



DA Canberra paddlers and volunteer Wes Forrest, DA ACT regatta, Grevillia Park, 26 October 2013 *Image: Kerrie Griffin*

### **DB ACT regatta, 26 October**

I am going to ignore the first race because, as you know, there was a little hitch. The only thing I would say it was the first time, and most probably the last, we will ever beat the Ice Dragons by 5 seconds. **In the second race the winning time was 1:00.25, we come in 6<sup>th</sup> with a time of 1:02:31. The third race, the final, we actually came in 5<sup>th</sup> beating the Saints, in 1.04.41. I think the endurance training is certainly paying off big time.** So thank you to the three volunteers and all who paddled — it was a great day on the water.

**Di Bradshaw, Boat Captain**

These results are amazing — congratulations to all who participated in the regatta on Saturday!

In the words of **Mary Lou Reid:**

*'Watch out all you Icies ...'*

**Jan Skorich, DAA webmaster**

### **DB ACT regatta 8 November**

It has always been my aim when we go out on the water to have fun, improve and because we are always competing against sports teams, to be competitive. Also, because we usually won't be able to beat the sports I always feel our aim is to scare the other teams and can I say we succeeded brilliantly. As someone said to me there was no clear water between the boats. The final results won't be able to describe or do justice to how brilliant we were and how we shocked and amazed

the other teams (and scared-happy dance). It was such fun and if we keep up the endurance training we can only get better. I was proud to know you all. You are all amazing.

What made me even more proudly happy was the way you all stayed around to pack up at the end. That marshalling tent was down in super quick time and all the other equipment was dismantled and ready to be transported. You all turned up at the yacht club to get the boats out of the water and on the racks. That was fantastic teamwork. Thank you! Yours in pinkness!

**Di Bradshaw, Boat Captain**



DA Canberra visited Floriade and saw the Skywhale up close, 12 October 2013 *Image:* Kerrie Griffin



Sue Drew with Marion Blake multitasking, Floriade, 12 October 2013 *Image:* Kerrie Griffin

**Check out this training paddling link**

<http://www.dragonflyers.net.au/training/newbies.htm>



**Warm up and training times**

<b>6.15 for</b>	<b>6.30am</b>	<b>Tuesdays</b>
<b>5.30 for</b>	<b>5.45pm</b>	<b>Wednesday</b>
<b>8.00 for</b>	<b>8.30–9.30am</b>	<b>Saturdays</b>

**Contact:**  
[leea@millpost.com.au](mailto:leea@millpost.com.au)

**Lee Moyes**

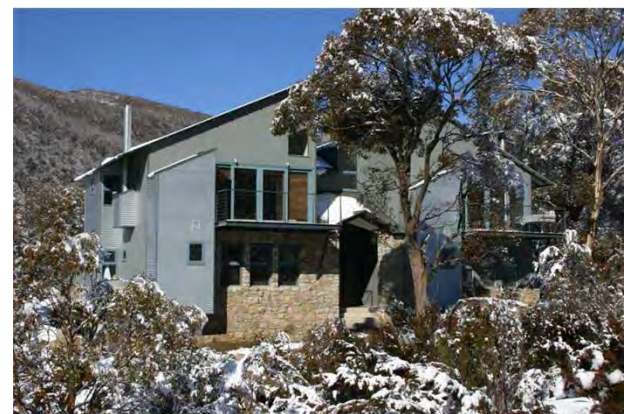
Some great paddling technique tips:  
[http://www.youtube.com/watch?v=j7IRbj3K8c4&feature=player\\_embedded](http://www.youtube.com/watch?v=j7IRbj3K8c4&feature=player_embedded)

Remember water, hat, sunscreen and sunglasses!

If you want to have a try at sweeping contact:  
**Narelle Powers** [narelle.powers1@defence.gov.au](mailto:narelle.powers1@defence.gov.au)  
or **Elsbeth Humphries** [humphries44@ozemail.com.au](mailto:humphries44@ozemail.com.au)

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

**Under the pink umbrella**



*Creekside, Thredbo, Otis Foundation welcomes women*

**Time out from treatment: give yourself a break!**  
Have you recently been in treatment for breast cancer? Do you need a break or perhaps a celebration of the end of treatment? The Otis Foundation provides short-term retreats for people living with breast cancer, at no accommodation charge. Otis was inspired by **Judy Burley** (1963-2000) whose vision was to deliver the peace she found in nature to others faced with a similar challenge. Her husband **Andrew Barling**, started with two purpose-built units in Bendigo. Now Otis has many more properties, whose owners give time for retreats, across Victoria, New South Wales and South Australia. For people living in the ACT, the Otis retreat at Thredbo is the most accessible. *Creekside* is a luxury chalet situated in the picturesque Thredbo Village. It can accommodate up to six people and is available for four



night stays from Monday to Friday from November to June. *Creekside* is available to people who are newly diagnosed or who have undergone active treatment for breast cancer in the 12 months prior to their stay. To enquire about a booking at *Creekside* or another retreat, or for more information please go to [www.otisfoundation.org.au](http://www.otisfoundation.org.au) or call 03 5444 1185  
**Elsbeth Humphries**



Elsbeth Humphries sweeping the DAA *Flowers on the water* ceremony, 12<sup>th</sup> Dragons Abreast Canberra Centennial Corporate Challenge, 20 October 2013, Weston Park *Image: Chris Holly*

**BCNA Mini Field of Women at the Dragons Abreast Canberra Corporate and Social Regatta at Weston Park on Sunday 20 October 2013**



BCNA Mini Field of Women, 12<sup>th</sup> Dragons Abreast Canberra Centennial Corporate Challenge, 20 October 2013, Weston Park *Image: Chris Holly*



Susan Pitt with Piers, Gordon and Trish Holdsworth, organisers of the inaugural BCNA Pink Ribbon Ride, Old Parliament House, visited the regatta early, 20 October 2013 *Image: Chris Holly*



150 motorcyclists participated in the inaugural BCNA Pink Ribbon Ride, Old Parliament House, 20 October 2013 *Image: Susan Pitt*

**BCNA Pink Ribbon Ride, Old Parliament House Sunday 20 October**

**Trish Holdsworth** enlisted 150 bikes for the inaugural Motor Riders Association of the ACT BCNA Pink Ribbon Ride. (They do a toy run and blanket run once a year and this was a new event). Trish arranged prizes for the best dressed bike, best dressed bikers so there were some good outfits on a perfect spring day. I spoke briefly about BCNA and the experience of breast cancer after being introduced by the MC who surprised me by saying his mother died from breast cancer. In those days you didn't speak about it and how depressed she was, ashamed and the impact of the surgery on her self image.

This took me by surprise but was a good lead for me to talk about how BCNA supports women, about **Raelene Boyle's** BCNA fact sheet on *Depression and breast cancer*, about dragon boating and the several hundred other member groups (I showed them my carbon fibre DA paddle and the MC made some jokes about S & M!). I also spoke about the many women involved in BCNA including **Anna Wellings Booth** (held up the ACT phone book cover), and the first BCNA Field of Women that Anna set up on the lawns of new Parliament House in 1998 representing 10,000 women and 100 men (now about 14,000 women and 150 men diagnosed annually). I mentioned the high survival rates with early diagnosis for women (plug for BreastScreen ACT) and the Dragons Abreast movement and the Field of Women Live (put my pink poncho on and off)!

A few men spoke to me before and after my talk about how hard it was for them and how there was nothing for men. I suggest sending Trish links to the BCNA resources for men and asking her to include the links in their next newsletter. Then they jumped on their bikes and headed off in a law abiding way to Bungendore. Offered a ride in a side car or motor bike but said must be getting back to the Regatta...

**Susan Pitt**  
**BCNA Consumer Representative**

*Susan you are a tonic! Thanks so much!*  
**Marita O'Keefe, Queeniex, Community, BCNA**

**New resource to help partners**

[News](#) - 6 November 2013

BCNA has produced a new booklet to help partners of women diagnosed with breast cancer within the last 12 months.



Gillian Styles sweeping, 12<sup>th</sup> Dragons Abreast Canberra Centennial Corporate Challenge, 20 October 2013, Weston Park  
Image: Chris Holly

### Breast Cancer Network Australia SUMMIT 2013 The theme was Support, Connect, Grow

I attended the 2013 BCNA summit in my role as a BCNA Community Liaison. Frances Heaney represented DA Canberra. There were over 200 delegates from across Australia from a variety of cancer support groups and from different health roles.

The conference was held in the Waterview Conference Centre in Olympic Park, Sydney on 8 and 9 August. A variety of associated cancer support groups had information stands including Dragons Abreast.

I left the summit stimulated by the information and sharing given by key note speakers and in breakout groups. I felt valued and warmed by the friendships made and renewed and excited by the commitment by so many pink ladies to continue to improve services for people challenged by breast cancer. All the key note speakers were wonderful and I have listed their topics. The papers are available on the BCNA website. See video presentations in the link below:

<http://www.bcna.org.au/events/bcna-national-summits/summit-presentations>

Dr Kerry Phelps: *Planning for Ultimate Wellness*  
Pro Fran Boyle: *What's on the Horizon? Breast care treatment and care*  
Dr Jane Fletcher: *Living with the effects of Breast Cancer*  
Assoc. Prof Jane Turner: *The Impact of breast cancer on families*  
Dr Craig Hassed: *Mindfulness for Life*  
Cathie Smith: *Building resilient and effective Community Leaders*  
Dr Laura Kristen: *Running vibrant and effective support groups*

The breakout sessions were very pertinent to the key messages of wellbeing, resilience, having knowledge for decision making and were focused on managing groups in leadership roles.

IN 2013 BCNA celebrates 15years. Did you know their online network has 8000 members? Australia has the third highest incidence rate in the world but the best treatment. We have an 89 per cent survival rate to five years after diagnosis.

**DRAGONS ABREAST – keeping the spirit alive!**

BCNA is developing a program for linguistically diverse groups. Information and support is being developed for Italian, Greek, Chinese, Vietnamese and Arabic women. BCNA is an amazing organisation, run in such a professional manner by women. I am pleased to be part of it.

**Gillian Styles**  
BCNA Community Liaison



Frances Heaney, Gillian Styles and Patsy Sheales, Calvary BCNA Mini Field of Women, 28 October 2013  
Image: Frances Heaney

### Calvary Mini Field of Women

**Patsy Sheales, Frances Heaney, Theresa Kirby and Gillian Styles** attended the Calvary Mini Field of Women on 28 October. There were about 40 people in the Calvary Chapel for the short service of commemoration including an order of service sheet with the words of selected songs and poems. A recent breast cancer patient, **Janice Blatt**, told her story. We were invited to sprinkle rose petals into a mini reflection pool. At the end attendees were invited to place a BCNA pink lady out on the lawns and we enjoyed afternoon tea.

The idea of the event as a time of reflection and commemoration was lovely and for me personally appropriate at this time after the loss of my sister.

**Gillian Styles**  
BCNA Community Liaison



Back: Kerrie Griffin, Geraldine Robertson, Eleanor Bates Bosom Buddies President, Patsy Sheales, DA Coordinator, Sylvia Corbey, Frances Heaney, front: Kerrie Basman, Pene Lee and Mary-Lou Reid, Bosom Buddies annual dinner, 28 October 2013  
Image: Kerrie Griffin

### Bosom Buddies

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



Gillian Styles, Jackie Boyes, Ryan, Jackie's son Liam and Susan Pitt after assembly, St Edmunds College. *Image:* Susan Pitt

### St Edmunds College thank you

**Gillian Styles** and **Susan Pitt** had a great time at St Edmunds Middle School Assembly (year 4-7). We were presented with a cheque for BCNA (\$500 and a \$100 note) which were the proceeds of a pizza day initiated by Liam and Ryan (year 7) to support BCNA. I totally want to be a student at the school! All the young boys were so supportive and very polite young gentlemen.

Given their age, I gave a brief show and tell: the pink poncho, the phone book and pink lady are useful props. Some stats aimed at the staff, a mention of how BCNA supports men whose partners have breast cancer. How in the future they may be supporting someone. Gillian followed with a pitch for dragon boating in recovery. Jackie was in the front row and very pleased with the assembly and will come to a Come and Try. Thanks for this opportunity to showcase our wonderful BCNA.

**Susan Pitt**

**BCNA Consumer Representative**

### NBCF community consultation

On 11 November several members including **Narelle Powers**, NBCF Ambassador, participated in community consultation by **Carol Renouf**, CEO NBCF, and colleague. They invited questions after they gave an interesting update on important ground breaking scientific research, helping many diseases as well as breast cancer, supported by community donations.

**Dr Helen Zorbas**, CEO Cancer Australia, at the BCNA Summit in Oct. 2012, showed statistical graphs of nine per cent and quoted that there has been NO INCREASE in women being diagnosed under 40 years over the past 20 years.

There is also an **online poll** on the website. Feel free to give NBCF as much input as you like.

<http://nbcf.limequery.com/index.php/753465/lang-en>

**Kerrie Griffin**

### Useful links

<http://www.bcna.org.au/events/mini-fields-women>

Associate members including Dragons Abreast  
<http://www.bcna.org.au/sharing-support/find-services-your-area/bcna-associate-member-groups>

Bosom Buddies is a member group

<http://www.bcna.org.au/membgroup/group/bosom-buddies-act-inc>

Read about how BCNA does advocacy

<http://www.bcna.org.au/advocacy>

Read about how BCNA nominates community liaisons

<http://www.bcna.org.au/about-bcna/advocacy/consumer-representatives#c/>

### ACT media coverage

*The Canberra Times* 4/11/2013

<http://www.canberratimes.com.au/act-news/painting-the-big-picture-in-cancer-care-20131103-2wv1d.html>

### [In the pink again, Dianne Bradshaw is an eager paddler in race against breast cancer](#)



'Live as though it won't come back' is cancer fighter **Dianne Bradshaw's** motto.

### Interesting article about secondary breast cancer

<http://www.smh.com.au/comment/one-colour-doesnt-always-fit-all-with-breast-cancer-20131017-2vpj9.html>

*One colour doesn't always fit all with breast cancer*

October 18, 2013 **Carole Renouf**, CEO NBCF

### [Angelina Jolie story boosts breast cancer testing in ACT](#)

*There has been a 400 per cent increase this year in the number of Canberra women seeking genetic testing for breast cancer genes.*

Emma Macdonald | Mon Nov 11 2013

### [Four women, a baby and the perfect wedding day](#)

*Three women in this photo have been dealt a cruel genetic blow - inheriting a predisposition to breast cancer.*

Emma Macdonald | Mon Nov 11 2013

### [Forum asked where to put cancer funds](#)

*Canberrans donate and raise millions of dollars for breast cancer, but do they have any influence on how the money is spent?*

Emma Macdonald | Fri Nov 08 2013

### [Painting the big picture in cancer care](#)



*Yanping Zhang is not a doctor. But her contribution to breast cancer research in the ACT has potentially helped save lives.*

Emma Macdonald | Mon Nov 04 2013

### [Women urged to be alert, no matter what their age](#)



*As Canberrans wore pink ribbons and ate pink cupcakes to signify National Breast Cancer Awareness Day, Michelle Williams stayed in her home and fought a private and very ugly battle with the disease.*

Emma Macdonald | Tue Oct 29 2013

### [One quick call means a load off the chest](#)



*One of the most commonly cited reasons women detest and defer regular mammograms is that it is painful.*

Emma Macdonald | Mon Oct 28 2013

### [Many fear test more than the disease](#)



*Fear of finding a cancer is what prevents many Canberra women from having a mammogram.*

Emma Macdonald | Mon Oct 28 2013

## IN THE SPOTLIGHT

■ Since actor Angelina Jolie, pictured, revealed her preventive double mastectomy in May there has been a **400 per cent** increase in Canberra women seeking genetic screening.



■ Women have a **1 in 500** chance of carrying the faulty BRCA 1 or 2 gene linked to breast and ovarian cancer.

■ Men can also carry the BRCA 1 and 2 gene which puts them at increased risk of breast, prostate and pancreatic cancer.

■ **5 per cent** of all breast cancers are diagnosed in BRCA 1 or 2 carriers.

■ **44** Canberra women have opted for preventative mastectomies over the past ten years – ten within the last three years.

■ **153** Canberra women are currently undergoing annual MRI scans to manage their BRCA 1 or 2 condition. Eight have gone on to develop cancer in the past five years.

*The Canberra Times* 11 November 2013

<http://www.abc.net.au/news/2013-11-18/angelina-jolie-receives-honorary-oscar-for-humanitarian-work/5098514>

### Angelina Jolie's surgery

14 May 2013

Actress Angelina Jolie shared publicly her decision to have a risk reducing double mastectomy.

- Angelina Jolie's full article on [The New York Times website](#)
- Read [BCNA's Breast cancer in the family page](#)
- Read [BCNA's Family History fact sheet](#)

### Screen for health and save your life

There is little reason why cancer-screening rates cannot be extensively improved.

*CT Editorial | The Canberra Times | Fri Oct 25 2013*

<http://www.canberratimes.com.au/comment/ct-editorial/screen-for-health-and-save-your-life-20131024-2w42h.html>

### The face of breast cancer in Canberra



**Marilyn Brookes, Bosom Buddies**, is, in many ways, the face of breast cancer in the ACT.

<http://www.canberratimes.com.au/act-news/the-face-of-breast-cancer-in-canberra-20131024-2w3j0.html>

[ACT screening at five-year high but breast cancer rate still most serious in the country](#)

<http://www.abc.net.au/news/2013-10-25/act-women-not-taking-advantage-of-free-breast-screening/5045458?section=act>

### Special offer for BCNA members



28 August 2013 For a limited time only, BCNA members can now purchase the new book: **Breast Cancer: Taking Control** online at a discount.

<http://www.bcna.org.au/news/2013-08/special-offer-bcna-members>

## BCNA latest news

### New video: Life after breast cancer

[News](#) - 12 November 2013

The latest in BCNA's series of short videos has been completed and focuses on life after breast cancer. In this video, Australian women and families share their experience following a diagnosis of breast cancer and how they adapted to the 'new normal' after treatment.

### Australia's Breast Cancer Day

[News](#) - 28 October 2013

Today, Monday 28 October, is Australia's Breast Cancer Day - an opportunity for us to reflect on the impact of breast cancer and show support for women, men and families personally affected by breast cancer.

### Memorable Tribute Field of Women



[News](#) - 15 October 2013

A stunning backdrop and magnificent weather contributed to a very memorable and moving Tribute Field of Women in Sydney on 11 and 12 October.

Breast Cancer Network Australia (BCNA) staff and volunteers planted 15,000 pink silhouettes, representing the women who will be diagnosed with breast cancer this year; 2700 white silhouettes in tribute to the incredible women who will lose their life to breast cancer this year; and 125 blue representing the men diagnosed with breast cancer.

Visitors were blown away by the silhouettes against the picturesque Sydney Opera House and the Harbour Bridge. When we explained the numbers, and the significance of the silhouettes, you could see they finally got the magnitude of this disease. Many international tourists said they have never seen anything so powerful. It is hard to believe it was 15 years ago that BCNA was launched with a *Field of Women* on the lawns of Parliament House by **Anna Wellings Booth**. In those 15 years we have sadly grown from 10,000 pink silhouettes to 15,000.

For us, the importance and impact of our Tribute Field of Women came from seeing our members with their families and friends stroll through the messages. There were moments of joy as members found messages from years ago and then plenty of reflection for the memorable women who we have lost.

The ceremony brought together support groups, members, family and friends in a very special tribute with great music and speeches from CEO Maxine Morand, Founder Lyn Swinburne and two-time survivor Megan James. Messages of hope and inspiration were added to new silhouettes. The shades of the pink show our past and our future.

- See photos [Tribute Field of Women in the image gallery](#).
- Visit the [History of Field of Women page](#) on the BCNA website.

## Get involved with BCNA

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

This issue focuses on **creating change** – issue 64, Spring 2013

- [Download issue 64 of The Beacon](#)
- Past issues of *The Beacon* [The Beacon archive](#).
- [Help with research](#) Join our Review & Survey Group
- <http://www.bcna.org.au/store/Merchandise>

## NBCF launch Register4

The concept is very similar to BCNA's Review & Survey Group.

## Ten years of tamoxifen may be better than five

Category: [News](#) - 6 December 2012 A new study has shown that tamoxifen for ten years may benefit women with ER+ breast cancer.

## BreastScreen ACT

BreastScreen ACT is part of a national population breast screening program that is aimed at reducing deaths from breast cancer through early detection.

### Phone BreastScreen ACT on 13 2050.

Please spread the word that BreastScreen ACT has lots of appointments available for the new digital mammography service in either **Civic** or **Woden**. The service screens women from 40 if higher risk, else the service target women from 50–69. Email [susan.pitt@netspeed.com.au](mailto:susan.pitt@netspeed.com.au) if you have queries about screening services in the ACT. Read more <http://health.act.gov.au/c/health?a=sp&did=10108867>

**Susan Pitt, BCNA consumer representative, BreastScreen ACT Advisory Committee**

## Westmead BCI brochure on Vitamin D levels

### [Vitamin D and Breast Cancer](#)

## Vitamin D Latitude Study

Women who live south of Coffs Harbour or below 30 degrees latitude in Australia have almost double the risk of breast cancer than those in the north, the Westmead Breast Cancer Institute study shows. <http://www.bci.org.au/>

## YWCA Encore

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

Helps women with the after-effects of breast cancer surgery and treatment, helping to restore strength, mobility, flexibility and confidence. 02 6175 9900 or [canberra@ywca-canberra.org.au](mailto:canberra@ywca-canberra.org.au)

## HeadsUp@Kippax

HeadsUp is a not-for-profit service established to help women who have lost their hair, either as a result of treatment such as chemotherapy or from permanent alopecia.

<http://headsup.net.au>

New venue: Kippax Shop 2, 12-16 Hardwick Crescent, Holt

Open: **Tuesday to Friday from 10am–4pm**

Phone: **02 6201 6579 or 041 6227 595**

Sue Owen 0416 227 5959

## Prosthesis recycling Contact Jan Murphy 0402 188 361

[janaliveandwell@hotmail.com.au](mailto: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](http://www.dragonsabreast.com.au/.../TeamTrainingReducedRecurrence.htm)

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

## Improve your brain health and performance

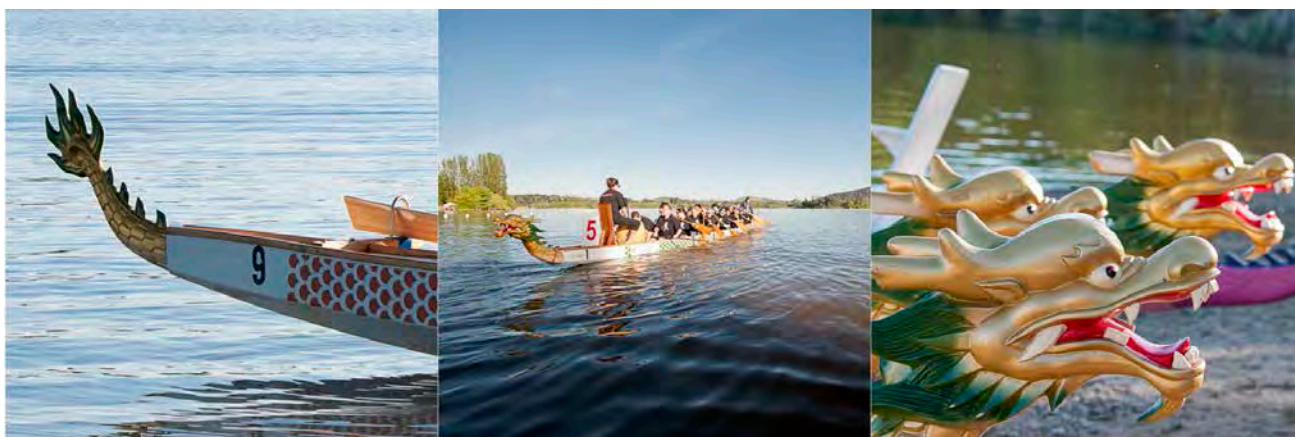
### Build your Personalised Training Program

[http://www.lumosity.com/landing\\_pages/188](http://www.lumosity.com/landing_pages/188)

## Kerrie Griffin

consumer representative

Seat at the Table (SATT) Program, BCNA



## Calendar of events

Dates and events may change – please check <http://www.dbact.net/> <http://www.dbact.com.au/docs/Calendar.pdf>

Month	Date(s)	Event	Location	Notes
November	Saturday 23	DB ACT regatta 500M	Grevillea Park, Lake Burley Griffin	<a href="mailto:canberra@dragonsabreast.com.au">canberra@dragonsabreast.com.au</a>
December	Sunday 1	Wagga Wagga inaugural regatta	Wagga Wagga	<a href="mailto:canberra@dragonsabreast.com.au">canberra@dragonsabreast.com.au</a>
	Saturday 7	DB ACT regatta 100M I heart paddle fundraiser	Grevillea Park, Lake Burley Griffin	<a href="mailto:canberra@dragonsabreast.com.au">canberra@dragonsabreast.com.au</a>

<b>December</b>	Thursday 12 6pm	<b>DA Canberra Christmas party</b>	Marion Blake's new home	<a href="mailto:canberra@dragonsabreast.com.au">canberra@dragonsabreast.com.au</a>
	Saturday 14	<b>DB ACT regatta 200M</b>	Grevillea Park, Lake Burley Griffin	<a href="mailto:canberra@dragonsabreast.com.au">canberra@dragonsabreast.com.au</a>
	Saturday 18	<b>DA Canberra Christmas carols</b>	Lotus Bay, Yarralumla	<a href="mailto:canberra@dragonsabreast.com.au">canberra@dragonsabreast.com.au</a>
<b>2014 January</b>	Saturday 11	<b>Paddling resumes</b>	Lotus Bay, Yarralumla	<a href="mailto:canberra@dragonsabreast.com.au">canberra@dragonsabreast.com.au</a>
	Saturday 18	<b>Come and Try session</b>	Lotus Bay, Yarralumla	<a href="mailto:canberra@dragonsabreast.com.au">canberra@dragonsabreast.com.au</a>
<b>February</b>	Saturday 1	<b>DB ACT regatta 500M</b>	Grevillea Park, Lake Burley Griffin	<a href="mailto:canberra@dragonsabreast.com.au">canberra@dragonsabreast.com.au</a>
	Sunday 9	<b>DA Chinese New Year regatta</b>	Darling Harbour, Sydney	<a href="mailto:canberra@dragonsabreast.com.au">canberra@dragonsabreast.com.au</a>
	Saturday 15	<b>DB ACT regatta 200M, 2KM</b>	Grevillea Park, Lake Burley Griffin	<a href="mailto:canberra@dragonsabreast.com.au">canberra@dragonsabreast.com.au</a>
	Sunday 16	<a href="#"><u>Flowing Festival - Lake Jindabyne.</u></a>	Jindabyne	<a href="mailto:canberra@dragonsabreast.com.au">canberra@dragonsabreast.com.au</a>
<b>March</b>	Saturday 1	<b>DB ACT regatta 500M</b>	Grevillea Park, Lake Burley Griffin	<a href="mailto:canberra@dragonsabreast.com.au">canberra@dragonsabreast.com.au</a>
	Saturday 15	<b>Come and Try session</b>	Lotus Bay, Yarralumla	<a href="mailto:canberra@dragonsabreast.com.au">canberra@dragonsabreast.com.au</a>
	Saturday 22	<b>ACT Club Champs 500M regatta</b>	Grevillea Park, Lake Burley Griffin	<a href="mailto:canberra@dragonsabreast.com.au">canberra@dragonsabreast.com.au</a>
	Sunday 23	<b>ACT Club Champs 200M, 2KM regatta</b>	Grevillea Park, Lake Burley Griffin	<a href="mailto:canberra@dragonsabreast.com.au">canberra@dragonsabreast.com.au</a>
<b>April</b>	Saturday 5	<b>DA Canberra 15<sup>th</sup> anniversary dinner</b>	Venue tbc	<a href="mailto:canberra@dragonsabreast.com.au">canberra@dragonsabreast.com.au</a>
	15-20	<b>Australian Championships</b>	Lake Kawana, Caloundra, Qld	<b>hosted by QDBF over Easter</b>
<b>June</b>	tbc	<b>Ord River regatta</b>	Ord River, WA	<a href="mailto:canberra@dragonsabreast.com.au">canberra@dragonsabreast.com.au</a>
<b>September</b>  	Saturday 20 8am–2pm	<b>Dragons Abreast Canberra Corporate Challenge Regatta</b>	Weston Park, Lake Burley Griffin	Volunteers needed <a href="mailto:ACTregatta2013@dragonsabreast.com.au">ACTregatta2013@dragonsabreast.com.au</a>
	Saturday 20 8am–2pm	<b>BCNA Mini Field of Women at the Regatta</b>	Weston Park, Lake Burley Griffin	Volunteers needed for the BCNA stall!
<b>October</b>	24–26	<b>International breast cancer survivor dragon boat regatta</b>	Sarasota, Florida, USA	<a href="http://www.ibcpc.com/2014Festival/IBCPC2014Festival.htm">http://www.ibcpc.com/2014Festival/IBCPC2014Festival.htm</a> <a href="http://www.sarasotabcs2014festival.org/">http://www.sarasotabcs2014festival.org/</a>

**Dragons Abreast Australia — Mission statement**

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

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

*Keeping the spirit alive!*

**Next issue of the DA Canberra newsletter — February 2014**

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

Please submit any news, items and images by 19 February 2014 to the newsletter coordinator

[Kerrie.griffin@act.gov.au](mailto:Kerrie.griffin@act.gov.au) or [taylorclan@inet.net.au](mailto:taylorclan@inet.net.au)



Claud Verkroost sweeping and Annette Dean drumming a corporate team  
**12<sup>th</sup> Dragons Abreast Canberra Corporate and Social Dragon Boat Challenge 20 October 2013**  
*All teams can download regatta images courtesy of Chris Holly Check Facebook for more*  
[Corporate and Community Regatta: official team photographs now available!](#)  
[DA Corporate Centennial Regatta - Chris Holly Album 4](#)  
[DA Corporate Centennial Regatta - Chris Holly Album 6](#)  
[DA Corporate Centennial Regatta - Chris Holly Album 8](#)



12<sup>th</sup> Dragons Abreast Canberra Centennial Corporate Challenge, 20 October 2013, Weston Park *Image: Kerrie Griffin*



12<sup>th</sup> Dragons Abreast Canberra Centennial Corporate Challenge, 20 October 2013, Weston Park *Image: Kerrie Griffin*



Mim Forrest comes through the paddle guard of honour after the DAA *Flowers on the water* ceremony, 12<sup>th</sup> Dragons Abreast Canberra Centennial Corporate Challenge, 20 October 2013, Weston Park *Image: Chris Holly*



12<sup>th</sup> Dragons Abreast Canberra Centennial Corporate Challenge, 20 October 2013, Weston Park *Image: Chris Holly*



12<sup>th</sup> Dragons Abreast Canberra Centennial Corporate Challenge, 20 October 2013, Weston Park *Image: Kerrie Griffin*



Silent auction decorated bra winners Susan Pitt and Katherine Kralikas, Dragons Abreast Trivia Night, 16 November 2013, *Images: Frances Heaney*



Marion Blake, 12<sup>th</sup> Dragons Abreast Canberra Centennial Corporate Challenge *Image: Tom Bungbrakearti, Euro Stars*



12<sup>th</sup> Dragons Abreast Canberra Centennial Corporate Challenge, 20 October 2013, Weston Park *Image: Chris Holly*



Sem Fabrizi Ambassador of the Delegation of the European Union to Australia congratulates Gillian Styles, Euro Stars team's sweep, 12<sup>th</sup> Dragons Abreast Canberra Centennial Corporate Challenge, 20 October 2013, Weston Park *Image: Tom Bungbrakearti*



Kangaroos visit the 12<sup>th</sup> Dragons Abreast Canberra Centennial Corporate Challenge, 20 October 2013, Weston Park *Image: Tom Bungbrakearti, Euro Stars*

***DRAGONS ABREAST – keeping the spirit alive!***