



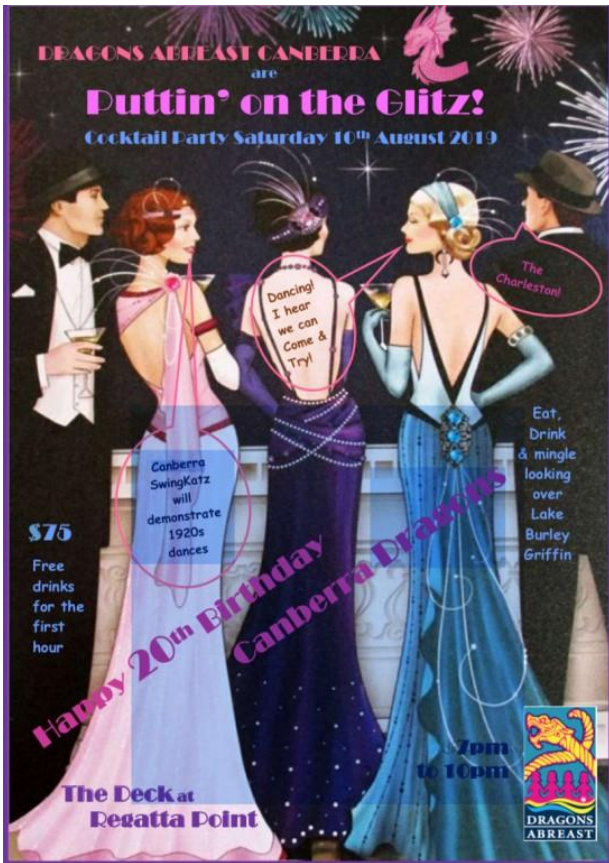
ABREAST of the NEWS

DRAGONS ABREAST CANBERRA

PO Box 7191, Yarralumla ACT 2600

DRAGONSABREAST.COM.AU

ISSUE 70 MAY 2019



Puttin' on the Glitz!

10 August DAC 20th birthday cocktail party

Sat 7-10 PM [The Deck, Regatta Point](#), Canberra
Cost - \$75 per head.

Guests are invited to wear 1920's attire. Staff will be roaming with food all evening. There will be free wine, beer and soft drinks for the first hour, after which guests can buy drinks from the bar. "SwingKatz" will demonstrate 1920's dancing, then invite everyone to join in.

Registration for event closes at Sat 27 Jul 2019 5pm.

[BUY TICKETS](#)



**DA Canberra Social and Corporate Regatta
9 November 2019 7am-2pm**

[Grevillea Park, Grevillea Park, Lake Burley Griffin
Social & Corporate Regatta Fundraiser](#)

Volunteers required!



DA Canberra, Kathy Hayes drumming and Susan Pitt sweeping, AusChamps 19 April 2019 *Image: Instant Photos Australia*

Coordinator's report

Our 20th birthday year is proving to be a cracker. We competed in the local regatta season including in the **ACT Championships** in cold, windy weather in all distances on 30-31 March.



DA Canberra celebrating Breast Cancer Survivor 200 m 10s racing, AusChamps 2019 *Image: Andy Gilmour*

[Australian Dragon Boat Championships \(AusChamps\)](#)

DB ACT hosted the AusDBF National Championships over Easter and Canberra turned on glorious weather. We had many people helping in the lead up and during this major event and it truly was a team effort – our club, the other Canberra clubs and the visiting clubs.

<https://www.ausdbf.com.au/events1/auschamps/>

On Wednesday 17 April we enjoyed several firsts. We were first to paddle in *GoAnna 2*, on training day at the Nationals. We trained wearing our new race shirts for the first time. And for most of the crew it was their first Nationals. I first saw a dragon boat at the 2011 Nationals – where I watched in



Back Row : Kerrie Griffin : Gabby Mullins : Lee Moyes : Sandi Aulis : Vikki Fox : Di Bradshaw : Judy Cluse : Joy Tonkin : Marion Leiba : Lenyss Snellen
 Middle Row : Nan Donaldson : Patti Pye : Carol Summerhayes : Di Wright : Elspeth Humphries : Marion Blake
 Front Row: Bea Brickhill : Andrea Twell : Mary-Lou Reid : Bev Sloan : Colleen White : Megan Dennis

Back: Kerrie Griffin, Anne Baynes, Di Bradshaw, Judy Cluse, Joy Tonkin, Marion Leiba, Lenyss Snellen
 Middle: Nan Donaldson, Patti Pye, Carol Summerhayes, Elspeth Humphries, Marion Blake
 Front: Bea Brickhill, Mary-Lou Reid, Bev Sloan, Colleen White, Megan Dennis
 Dragons Abreast ACT team, AusChamps 1 April 2011

awe as **Elsbeth Humphries** sweeping Dragons Abreast Canberra on Central Basin. **Carol Summerhayes** was the boat captain. There are several of the 2011 crew still training with our club, and most of them in the 2019 Nationals crew.



DA Canberra in new racing shirts with new outdoor banner, Day 1, AusChamps 18 April 2019 Image: Anita Godley

On 18 and 19 April, we competed in the Senior A Standard boats in the 500 metre and 200 metre events. Our team, with both survivors and supporters, held our own even though in 6th place.

We were more competitive in the Breast Cancer Survivor (BCS) category in the 10s boats, again at 500 metre and 200 metre distances. First time for us racing in these responsive boats which take some getting used to. Our highest placing was 3rd and we didn't lose our drummers (**Kathy Hayes** and **Wendy Ceravolo**), if we tip over, and mostly we were in the centre of our lane. **DA Sydney** took first place in the BCS category, followed by **DA Brisbane 1** and **DA Penrith**. (The winner is decided by combining the 3 heats times over the three distances.) Congratulations **DA Sydney** on winning the **Anna Wellings-Booth** trophy. See the [AusChamps 2019 live feed](#) still available on Facebook – scroll to the six-hour mark on the Thursday, Friday, Sunday and Monday to start looking for our races.
<https://www.facebook.com/ausdbf/posts/2734686533240014>



Yvette Berry, MLA Minister for Sport and Recreation, with DA Canberra, Opening Ceremony, AusChamps 17 April 2019 Image: Marion Blake



Congratulations to Penny Ovington, winner of the annual Narelle Powers Coaches Award presented by Lucy Cheetham and Donna Lennon, ACT Championships 31 March 2019 Image: Susan Pitt

Our coaching team of **Deb Whitfield**, **Lucy Cheetham** and **Donna Lennon** are working on plans for the next Nationals, in Penrith from **8–13 April 2020** inclusive. **Save the dates!**



DAA flag bear's boat, Opening Ceremony AusChamps, Weston Park 17 April 2019 Image: Susan Pitt

For me, the highlight was the Opening Ceremony with our **Kerrie Griffin** carrying the DAA Flag, in our **Gecko** 10s boat, crewed by BCS paddlers from several clubs. Those in the BCS races and some racing in sporting teams alone. **Gecko** led the fleet, swept by **Deb Whitfield**. **Lenyss Snellen** read the paddler's oath and **Gillian Styles** read the official's and volunteer's oath. See p 2
<https://mailchi.mp/dragonsabreast/in-the-loop-april19>
 Take the time to look through the **Souvenir Program 2019** including about **ACT Fire**, our Kerrie, our club and more. <https://s3-ap-southeast-2.amazonaws.com/piano.revolutionise.com.au/cups/ausdbf/files/mdn6vienvbs2lzzc.pdf>



Rodneys afternoon tea 28 April 2019 Image: Anita Godley

[AusChamps 2019 200 m Breast Cancer Survivor Racing Heat 2 video by Alison Kesby](https://www.facebook.com/DragonsAbreastCanberra/videos/414348809115242/)
[Flag Ceremony AusChamps 2019 video by Julie Kesby](https://www.facebook.com/DragonsAbreastCanberra/videos/2328310777425595/)
[GoAnna chant video](https://www.facebook.com/DragonsAbreastCanberra/videos/2430175967017231/)

A **GoAnna** chat for the day and the end of AusChamps 2019. Thanks for capturing **Andy Gilmour**.
[In the Loop - April 2019](#)

We secured an offer to compete at the next level, the **World Championship**, in the senior A Standard Boat. We will continue to train and reassess how we are going as this is a big deal. Now we are working on the endurance paddling for our second **Ord River 55km marathon**.



Marion Leiba talking about earthquakes, Old Canberra Inn 8 April 2019 Image: Marion Blake

Off the water, we enjoyed various social events with a speaker's series with **Marion Leiba** and **Jenny Green** kicking off the series. We enjoyed another, Rodney's nursery outing, another Chinese Gardens paddle and more events to come. Our active Social Committee is hosting the **Puttin on the Glitz cocktail party** on **10 August**, open to members, former members and family and friends.



Jenny Green talking about the Breast Cancer Treatment Group Quality Assurance Project, Old Canberra Inn 20 May 2019 Image: Marion Blake



Chinese Gardens paddle and morning tea, new teardrop banner 4 May 2019 Image: Kerrie Griffin



Rodneys afternoon tea 28 April 2019 Image: Anita Godley



DA Canberra and new banner at the opening ceremony, Cancer Council ACT Relay for Life, AIS 23 March 2019 Image: Kerrie Griffin

Thanks to our Regatta Team who is encouraging you to promote our **Corporate and Social Regatta** on **9 November 2019**.

Congratulations and thanks to the participants in the **Cancer Council ACT Relay for Life** (23 March), **Connect and Participate Expo (CAPS)** and **Come and Try** (both on 11 May). Kerrie and I represented BCNA and DA respectively at the **HeadsUp** fundraising dinner on 23 March.



Clare Purcell, Anita Godley and Kat Gilmour, CAPS 11 May 2019 Image: Anita Godley



DA Canberra, Deb Whitfield sweeping, Mother's Day Classic 12 May 2019 *Image: Paul Jurak Paul Jurak [Kayakcameraman](http://www.kayakcameraman.com)*



Gillian Styles, Bea Brickhill and Cathy Powell, BCNA Stall, Mother's Day Classic 12 May 2019 *Image: Gillian Styles*

Particular thanks to **Gillian Styles, Bea Brickhill** and **Cathy Powell** for organising the BCNA stall at the **Mother's Day Classic**. Also, to **Paul Jurak**, the Kayakcameraman, for some great images of our boat *GoAnna 1*. Dragons in the mist indeed.

Save the date for our **Annual General Meeting** on **17 August at 10am** at the Southern Cross Yacht Club. Our club is very fortunate to have so many people helping keep our club strong on and off our beautiful lake. Take a look through the images to see how fit our coaches have us and what fun we are having. Thank you all.

Dragons Abreast Australia needs our ongoing support to get back onto a better financial footing. Please consider making a tax deductible donation. 100% of your donation goes to DAA. <https://www.dragonsabreast.com.au/give>

DAA Welcomes Dr Kellie Toohey as National Ambassador
<https://www.dragonsabreast.com.au/news/314-daa-welcomes-dr-kellie-toohey-as-national-ambassador>

A big thank to **Frances Langi Designs** and **Kerrie Griffin** for our new racing shirts, outdoor banners, pull up banners and teardrop banner.
[#dragonabreastcanberra](https://www.facebook.com/dragonabreastcanberra) [#goAnna#strongbravewomen](https://www.facebook.com/goannastrongbravewomen) [#inspirati](https://www.facebook.com/inspirati)
[on #franceslangidesigns](https://www.facebook.com/franceslangidesigns) [#backonthewater](https://www.facebook.com/backonthewater)

Merchandise

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



Lenyss Snellen gave the Paddler's Oath, and Gillian Styles gave the Officials/Volunteers oath, Opening Ceremony AusChamps, Weston Park 17 April 2019 *Image: Julie Kesby*

Dragons Abreast clothing and equipment pool

If you would like to donate or recycle any dragon boating and/or Dragons Abreast items please contact: **Clare Purcell** purcell@grapevine.net.au

Finally, I encourage you to join DA Canberra on Facebook to keep abreast of our news.

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

Paddles up!

Susan Pitt

Coordinator, Dragons Abreast Canberra

0404 255 156

canberra@dragonsabreast.com.au

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

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

<http://www.ibcpc.com>

Dragons Abreast Australia

Celebrating 20 years of breast cancer recovery

Philosophy: *Awareness, Participation, Inclusiveness*
Connect. Move. Live.

DAA In the loop newsletter

<https://mailchi.mp/dragonsabreast/in-the-loop-april19>

Fernwood Belconnen Thank you for your support of DA Canberra.

Andy Gilmour Nationals Video and images

In the Loop - April 2019

<https://mailchi.mp/dragonsabreast/in-the-loop-april19>



DA Canberra stretching, Mother's Day Classic 12 May 2019 *Image: Paul Jurak Paul Jurak [Kayakcameraman](http://www.kayakcameraman.com)*



Congratulations to Lucy Cheetham and Donna Lennon who were presented with coaches awards presented by Julie Chynoweth and Susan Pitt ACT Championships 31 March 2019 *Image: Susan Pitt (Deb Whitfield awarded later)*

Coach's corner

First, congratulations to you all on DA Canberra's performance at [AusChamps](#) – whether you were in the boat or not, if you trained with the team, you were part of the huge effort that got us there on the day. So take a bow!

Some of us are now in the final stages of preparing for the Ord River. Long steady paddling is a great way to improve your endurance and lay a strong foundation for your overall fitness.

Training hints for winter: First dress appropriately - layers help you keep warm and enable you adjust during the session. PFDs are compulsory. Waterproof socks and gloves are a good investment. Warm-up is a must to get the circulation going. Hydrate as you will still perspire. Don't forget sunscreen and sunnies on Canberra's lovely sunny days. Bring a spare set of clothes so that you can get warm and dry quickly.

Winter is also a great time to focus on land-based training – pushups, planks and situps will all pay dividends come spring. Not sure about correct technique? Talk to Deb. Be sure to remember it is gradual personal improvement we are looking for, not who can do the most.

Feeling unwell? Back off the intensity. If you have a fever, chest cough or aches, taking a rest now as soon as symptoms become apparent is the quickest way to get back in the boat.

Watch here for future editions of the *Coach's corner*. <https://www.revolutionise.com.au/dacanberra/>
Lucy Cheetham, Donna Lennon and Deb Whitfield

*Congratulations to **Lucy and Donna** who completed Level 1 coaching accreditation.*



Come and try, GoAnna 2 11 May 2019 *Image: Kerrie Griffin*



Kat Gilmour with the new teardrop banner at the warm ups for the Come and try 11 May 2019 *Image: Kerrie Griffin*

Come and try thank you 11 May 2019

The come and try team would like to say a big thank you to everyone who supported us — **Susan Pitt**, sweep, **Lucy Cheetham**, coach, all the bakers, paddlers, mentors, everyone — so thank you!

We had five turn up, with some contacting us after the event to say that they enjoyed the session and that they felt very welcome.

The next come and try are **Saturday 12 October** and **Sunday 1 December 2019** — put it in your calendars! Please invite any potential paddlers and let us know if you can distribute flyers. A doodle will be sent out to nominate for baking, paddling and mentoring.

Anita Godley, Kat Gilmour and Helen Couper Logan



DA Canberra come and try participants 11 May 2019 *Image: Kerrie Griffin*

DA Canberra Social and Corporate Regatta 9 November 2019 7am-2pm

[Grevillea Park, Grevillea Park, Lake Burley Griffin](#)

Paddle on beautiful Lake Burley Griffin and *Party like its 1999* for our 20th birthday party Regatta. Dragon Boat ACT supports Dragons Abreast Canberra by conducting this special regatta where you can experience the thrill of dragon boat racing while supporting Dragons Abreast in Canberra and other Dragons Abreast Australia teams across the country.

A full crew consists of 20 paddlers. Don't have 20? No worries! Register yourself or a small group and we'll match you up with other fun-loving fundraisers.

An excellent opportunity for corporate team building or just a great day out with your mates! Bring the family! It's a birthday party! Get into the party spirit. Enjoy food, music, and games for young and old.



DA Canberra stretching 2019 Image: Marion Blake

On the theme - We're turning 20 years old! Think back to a time when we were planning for Y2K, Pokemon, Furby and Troll Dolls were on every kid's wish list, the Matrix franchise had just begun, *Star Wars Episode 1* took over the world, Lenny Kravitz invited us to 'Fly Away' and Lauryn Hill makes history at the Grammy Awards winning 5 Grammys. Dress up in your favourite 90's gear. Choose a theme for your crew or just pull out that 90s band t-shirt and cargo shorts and join in the fun.

<https://www.revolutionise.com.au/dacanberra/events/42036/>

Email: dragonsabreastregatta@gmail.com for more information

Jeannie Cotterell, Regatta Coordinator

Every cloud has a silver lining

This is a story of joy and regret. The joy of finding the enjoyable activity that is dragon boating, and such a group of wonderful people to do it with, and the regret of not doing it sooner. I was diagnosed with breast cancer out-of-the-blue in September 2014. Routine mammogram. No family history, no symptoms. I tell my close female friends that I took one for the team! But my shock at this manifested itself as anger and irritation – I treated it as a nuisance, and wanted to get all the treatment over with as soon as possible. I just wanted to keep working and kick it to the kerb. This included not wanting to be in any way defined by the disease, so not wanting to be associated with any 'pink' organisations. Silly me! However, as the years have gone by, and post-cancer has become the new normal, my thoughts and feelings about this have relaxed, and after getting some information and encouragement from **Kat Gilmour**, I decided to give dragon boating a go at the come and try day last November. I'm so glad I did. Now I'm hooked! Everyone is so friendly and welcoming (politicians everywhere could take note of how our group operates), and it is so uplifting to be out on our beautiful lake, even on the coldest mornings. There is also something deeply satisfying about doing things in unison and working as a real team. They say that every cloud has a silver lining – my lining is definitely pink! Thank you DA Canberra – I am very grateful and look forward to many happy paddling years.

Deborah Lopert, newbie



Deb Lopert, left, GoAnna 2 30 April 2019 Image: Julie Chynoweth



Lyndall Milward-Bason waving on her first Come and try, Marion Blake sweeping 2017 Image: Jenny Milward-Bason

Priceless

My first experience with Dragons Abreast Canberra was watching my sister Lyn at her Come and try. It was wonderful to see her grinning from ear-to-ear with a group of joyful women paddling around the lake. I saw Lyn paddling several times after that, sometimes with my granddaughter Hazel encouraging the team by singing 'row, row, row your boat' from the shoreline.

Lyn often spoke of her dragon boating during our bushwalks around Canberra with friends, so when she suggested I come out to the last Come and try for 2017, I did and found a group of wonderful women bound by shared experiences but not defined by them. I saw why Lyn loved to go out in the early hours of Saturday morning to paddle and joined the club in May 2017.

My expectations as a supporter member were to paddle with the club on Saturday training sessions and take on any role I could to support existing members, encourage new members and publicise Dragons Abreast messages on the importance of fitness, fun and sharing experiences for those with a breast cancer diagnosis. It has been all that and more.



Jenny and Lyndall Milward-Bason, Opening Ceremony, **IBCPC**, Florence 6 July 2018 Image: Jenny Milward-Bason

Being able to participate in regattas as a supporter has been amazing including the opportunity to join my sister in Florence. To watch the team paddle hard on the Arno River (to even paddle on the Arno myself), in DAA Festival, Sydney and at the AusChamps in Canberra. To qualify for a chance to participate internationally. Cheering with other supporters through thrilling races and tight finishes. To watch, and be moved by, the *Flowers on the water* ceremony at many events. To see the strength of the Dragons Abreast movement and that of the women and men survivors from all walks of life. And as a supporter to be able to join this powerful movement and to participate in this crazy, wonderful sport...Priceless!

Jenny Milward-Bason, DA Canberra Treasurer

DAA National News

Congratulations to **Kerrie Griffin** for representing DAA as our flag bearer at the recent AusChamps in Canberra.

Safe travels and happy paddling to those undertaking the **DAA Ord River Marathon** on 9 June. What a wonderful adventure joining up with DAA members from around Australia.

Thank you **DA Canberra** (and other member groups) for your generous donations assisting the important national work of DAA. Congratulations on your 20th Birthday DA Canberra. Have a great night **Putting on the glitz** at your celebration cocktail party.



Lyndall Milward-Bason trainee sweep 18 May 2019 Image: Deb Whitfield

Thank you for organising your **DA Canberra Social and Corporate Regatta** on 9 November, **partying like it's 1999** and fundraising for DAA locally and nationally.

We are thrilled to welcome **Dr Kellie Toohey** as our newest **DAA Ambassador**. Kellie is an Accredited Exercise Physiologist and Clinical Assistant Professor (Exercise Physiology) at the University of Canberra who has dedicated her research life to improve the quality of life of those diagnosed with cancer. Kellie's PhD research thesis was dedicated to Dragon's Abreast Australia.

Dr Toohey will join the remarkable **Robyn Moore** as a **DAA Ambassador** to promote the social, physical and emotional benefits of dragon boating after a breast cancer diagnosis.

Marion Blake, DAA Board Member



Dragons Abreast Canberra image for the Nationals AusChamps [Souvenir Program 2019](#) 16 March 2019 Image: Adrian Kelson

Our new GoAnna 2 has arrived!

Dragons Abreast Canberra are excited with the arrival of a new 20s Champion dragon boat *GoAnna 2* which forms part of the new 13 boat DB ACT fleet purchased and used for the recent AusChamps 2019 held at Weston Park, Canberra. **Jeannie Cotterell** first greeted *GoAnna 2* on 7 April 2019 at the storage site while other DAC team members trained before AusChamps.



Our new 20s boat *GoAnna 2* arrives in Canberra 7 April 2019
Image: Jeannie Cotterell



GoAnna 2 tail 7 April 2019 *Image:* Jeannie Cotterell

On 15 April, *GoAnna 2* was trucked and wrangled to the AusChamps site at Weston Park and met by members including: **Susan Pitt, Julie Chynoweth, Julie Kesby, Marion and Nadine Leiba, and Che Mortimer**



GoAnna 2, AusChamps site at Weston Park 15 April 2019
Image: Nadine Leiba



Pinkie aka *Goanna 2* is wrangled to the AusChamps site at Weston Park 15 April 2019 *Image:* Nadine Leiba

Dragon Boat ACT Pink Dragon boat delivery [video](https://youtu.be/qQAWRwTCDBk) 15 April 2019 by Susan Pitt <https://youtu.be/qQAWRwTCDBk>



GoAnna 2 is baptised a *Canberran* with Julie Chynoweth, Clare Purcell, Susan Pitt and Julie Kesby 16 April 2019 *Image:* Julie Kesby



Sangha Monks blessed and eye-dotted *GoAnna 2* and the DB ACT Fleet. *GoAnna 2* was ready for the next few days of racing Opening Ceremony 17 April 2019 *Image:* Julie Kesby



GoAnna 2 and the DB ACT Fleet. GoAnna 2 was ready for the next few days of racing, Opening Ceremony 17 April 2019
Image: Julie Kesby

GoAnna 2 was very easy spot on the water with her gorgeous pink head and tails and enjoyed her racing with the Seniors on Days 2 and 3. The Seniors B Women's *Flamin' Dragons* team warmed her up for our own Seniors A Women's team late on Day 3 for 200 m racing.



Dragons Abreast Canberra race in GoAnna 2 for the first time in the Seniors 200 m. Image: Alison Kesby

In the State vs State racing on Day 4 our own ACT Fire Juniors enjoyed her speed, as well as various NSW and Victorian teams. With a personality of her own, she even went on her own adventure... a float out at sunset after the day of racing. As DB ACT records...

We finished the day with the Dragons Abreast Canberra pink boat enjoying a float into the middle of the lake to enjoy the gorgeous sunset. A very big thank you to our rescuers from Navmat Dragon Boat Club - Louise, John, Alfred, Bernadette and Michael.

Our new pink GoAnna 2 features in this article... **Flamin' Dragons Port Macquarie win gold medal at Australian National Championships**

https://www.portnews.com.au/story/6113824/flamin-dragons-churn-waters-winning-gold-medal-club-of-the-year/?cs=258&fbclid=IwAR0keGg5OawpNqI0_HSm4pBSqzIVulHeNk01O31HWs7pGWS5W-0swtsv6cM



DA Canberra, National Museum of Australia 27 April 2019
Image: Kirsty Shepherd

Since AusChamps we have enjoyed paddling in GoAnna 2 for our paddling sessions. On 27 April, we had our first Saturday morning coffee paddle in GoAnna 2 to the National Museum of Australia. It was a great morning on the water to celebrate the autumn colours and our new boat.



GoAnna 2 paddled to the Chinese Gardens for our Pink paddle and morning tea 4 May 2019 Image: Kerrie Griffin

Video dragon boat delivery

<https://youtu.be/qQAWRwTCDBk>

Julie Kesby

Media

[Australian dragon boat championships return to original host city](#)

Source: Xinhua | 2019-04-17 20:21:06 | Editor: Shi Yinglun

Spot our shirts!

http://www.xinhuanet.com/english/asiapacific/2019-04/17/c_137985287_4.htm

Julie Kesby



The wonderful **Janet and Julie Kesby**, featured in our sponsor [Specialised Therapeutics](#) article for Mother's Day by Emma Power. Read their amazing story of love and family bonds [here](#).
<https://www.dragonsabreast.com.au/news/312-mother-and-daughter-members-feature-in-daa-sponsor-sta-article>



Che, Joan, Lucy, Kay, Marion L and Kellie Nissen, Mother's Day Classic 12 May 2019 *Image:* Deb Whitfield



Julie Chynoweth paddled on the Mersey river, Devonport, Tasmania, with DA Nipples on Ripples 11 May 2019 *Image:* Julie Chynoweth

Do you like going to the movies?

On Tuesdays, during school terms, DA members view a movie at Palace Cinema and enjoy a light lunch together where we discuss the movie and solve the problems of the world. Just come when you want to, every week, or just occasionally.

We email each week advising what the movie is for the following Tuesday. If you want to go just RSVP by 11am Friday. We meet at Palace Cinema at 10.45am and it is all over by 1.30-2.00pm. \$18.00 includes the movie and lunch.

If you want to receive a weekly email about the movie club, email Cindy Young who will put you on the distribution list.

cindyyoung000@icloud.com.



Warm up and training times

Saturday morning:
(Extra effort paddle): 7.15 – 8.00am tbc

Saturday morning: 8.00 – 09.30am

Tuesday morning: 6.00- 07.15am

Wednesday lunch: 12.30 – 2.00pm tbc

Contact:

Anita Godley anita.godley@gmail.com

Some great paddling technique tips:

http://www.youtube.com/watch?v=j7IRbj3K8c4&feature=player_embedded

Remember water, hat, sunscreen and sunglasses!

Weather watch

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

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

<http://www.eldersweather.com.au/act/act/canberra>



Raana Agar and Clare Purcell, CAPS 11 May 2019 *Image:* Anita Godley

Under the pink umbrella



Breast
Cancer
Network
Australia

www.bcna.org.au

BCNA

BCNA works to ensure that Australians affected by breast cancer receive the very best support, information, treatment and care appropriate to their individual needs. BCNA has forged many of the improvements in the past 20 years including Herceptin.



BCNA's top five issues for change

<http://beacon.bcna.org.au/2019/04/bcnas-top-five-issues-change/>

One of BCNA's main priorities is to work to ensure that all Australians have affordable access to the latest breast cancer treatment and care. We identified five key areas needing improvement from our consultations and research with our members, including through the 2018 *State of the Nation* project, the 2017 *Member Survey* and the *Financial Impact of Breast Cancer* report.

1. **Faster access to new and innovative breast cancer treatments and diagnostic tests**
2. **Reducing the financial burden of a breast cancer diagnosis**
3. **Improved access to breast reconstruction**
4. **Improved access to specialised breast cancer nurses or cancer care coordinators for people with metastatic disease**
5. **Better management of lymphoedema**

Use your voice for change

If you are affected by any of these issues, you may like to:

- Write to your local member of parliament
- Share your story with us by emailing policy@bcna.org.au

https://www.bcna.org.au/about-us/advocacy/?utm_medium=email&utm_campaign=Network%20News%20eDM%20for%20Members%20%20February%202019&utm_content=Network%20News%20eDM%20for%20Members%20%20February%202019+CID_e89c21afe818d6d6ba9e18fd18bb0c0f&utm_source=Email%20marketing%20software

Support comes in all shapes and sizes – 2019 Bakers Delight Pink Bun campaign

Facebook Breast Cancer ban backfired and created more support and awareness about BCNA and Bakers Delight. *Sunrise TV*:

<https://www.facebook.com/watch/?v=2705866779487446>



Who would have imagined being a cover girl now 😊. Gees no need for young n pretty but perhaps that's taken care of by Courtney. ❤️ 😊. Yes this is a REAL cover photo 😊 😊.

Natalie Evans-Sandell

https://citynews.com.au/2019/digital-edition-may-2-2/?fbclid=IwAR3xz_U9v2kx0xpw0z5CaPVLMMBr_O8zppFzD0DMAzdVd4nSGFSSF2Cpqc



Gillian Styles, BCNA Stall, Mother's Day Classic 12 May 2019
Image: Gillian Styles

Mother's Day Classic

BCNA coordinated the annual BCNA information stall at the Mother's Day Classic in Canberra on 12 May. We hosted information for BCNA, Bosom Buddies, Dragons Abreast, BreastScreen ACT, Heads Up, Otis Foundation, Colleens as well as Cervical Cancer. Many people came and chatted. One person expressed his anger that not enough publicity surrounds breast cancer in men. Both his father and mother had breast cancer.

It was a misty cold morning by Lake Burley Griffin but plenty of participants and activities brought the community together. Dragons Abreast paddled on the lake and I spoke on behalf of them and BCNA.

Bea Brickhill was interviewed by [WIN TV News](https://www.facebook.com/watch/?v=426590754585402)

Gillian Styles with Cathy Powell and Bea Brickhill



DA Canberra with Deb Whitfield sweeping, Mother's Day Classic 12 May 2019 *Image:* Gillian Styles
<https://www.facebook.com/kayakcameraman/photos/a.278316528940080/1925945110843872/?type=3&theater>

BCNA has provided information including a booklet called **Men get breast cancer too:**

https://www.bcna.org.au/media/6467/men-get-breast-cancer-too-booklet-web.pdf?_ga=2.217258576.777556713.1557796292-1564034818.1477887647

Breast cancer in men - Breast Cancer Network Australia
<https://www.bcna.org.au/understanding-breast-cancer/breast-cancer-in-men/>

Many people are surprised to learn that **men** can develop **breast cancer**.



Prof John Boyages with Kerrie Griffin, Gillian Styles, Geraldine Robertson and Jenny Green Breast Cancer Treatment Group (BCTG) Meeting, ANU 1 April 2019 *Image:* Angela Rezo

Professor John Boyages, multidisciplinary [Australian Lymphoedema Education, Research and Treatment \(ALERT\)](#) team, at Macquarie University Hospital is the leading team in Australia. See a fascinating 12 minute [video](#) of the 2018 Harvard Symposium: <https://www.youtube.com/watch?v=83ip78zh8lc>



Canberra Weekly article with Janet Olsen about the Mother's Day Classic and BreastScreen ACT on page 12. Brief account below in MDC Facebook:
<https://www.facebook.com/mdcwalkrun/photos/a.154912467114/10156065068067115/?type=3&theater>

Canberra woman **Janet Olsen** says she is 'lucky' that the cancer in her right breast was detected early on, and contained. Since her diagnosis and receiving the 'all-clear' from her doctors, Janet has retired and joined Dragons Abreast, a dragon boating group that encourages breast cancer survivors to transition back into active lives through dragon boating.

'We paddle about three times a week ... It's absolutely important, because not everybody has the family support that some of us are fortunate enough to have, to be able to just talk to somebody, to be able to just have someone to relate what you're going through.'

Janet and the Dragons Abreast team will be out on the lake on Mother's Day cheering on the participants at the Mother's Day Classic. If you'd like to support breast cancer research, bring your friends and family along to Rond Terrace tomorrow for the annual Mother's Day Classic.



BCNA members at BCNA's 20th anniversary Mini Field of Women at Parliament House, Canberra October 2018 featured in:

The Beacon April 2019

Around the network page 22

- **Issue 84**, April 2019 | [View online](#)

<http://beacon.bcna.org.au/issue/issue-84/>

<http://beacon.bcna.org.au/2019/04/around-the-network-3/>



Kerryn Ernst and Bethel Holley 21 May 2019 Image: Allison Turner

Congratulations to two amazing women who have made a difference — **Kerryn Ernst** McGrath Foundation secondary breast cancer nurse. And newly appointed **Bethel Holley** McGrath Foundation breast cancer nurse (formerly at BreastScreen ACT). Both are based at the Canberra and Region Cancer Centre, The Canberra Hospital.

Churchill Fellowship

Empowering nurses with world's best practice
 Congratulations to **Kerryn Ernst** on being awarded a Churchill Fellowship
<https://www.churchilltrust.com.au/news/empowering-nurses-worlds-best-practice/>
We're so proud of Kerryn. This incredible achievement is testament to her first-class service and role in the Canberra region as a McGrath Breast Care Nurse supporting patients with metastatic breast cancer and their families over the years,
 said Jane Mahony, Nursing Program Director at the McGrath Foundation.



SMART Armour copper cancer shield fabric brings teen scientist Macinley Butson YouTube fame

<https://www.abc.net.au/news/2019-05-22/youtube-profiles-teenage-scientist-macinley-butson/11134004?pfmredir=sm>

Health Check: [do we really need to take 10,000 steps a day?](http://theconversation.com/health-check-do-we-really-need-to-take-10-000-steps-a-day-109079)
<http://theconversation.com/health-check-do-we-really-need-to-take-10-000-steps-a-day-109079>

Research reports | Breast Cancer Network Australia

<https://www.bcna.org.au/about-us/advocacy/research-reports/...> **BCNA's Sexuality** After Breast Cancer Survey 2009; BCNA's Women's Survivorship Research Priorities Research Project 2009; BCNA's National Survivorship ...

Breaking taboos: talking about the sexual side effects of breast cancer ...

<https://www.sbs.com.au/topics/life/health/article/2018/02/26/breaking-taboos-talking-about-sexual-side-effects-breast-cancer-treatment> Feb 26, 2018 ... It was not through my oncologist that I learned what was going on with my vagina, it was talking online with the **BCNA** group. **Sexual** side effects ...

Mammographic density

<https://www.bcna.org.au/news/2017/09/mammographic-density/>

Get involved with BCNA

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

BCNA links

- [Latest news](#)
- [Online network](#)

Help breast cancer research move forward

Do you want to make a difference to breast cancer research? [Join our Review & Survey Group](#) to participate in the latest research projects and improve breast cancer treatment and care.

Donate through your medications

For Tax Benefits Medicines donates 50 per cent of its profits to BCNA.
<https://www.bcna.org.au/get-involved/donate-through-your-medications/>

Online network

The BCNA online network connects people affected by breast cancer and brings them together in real time. To join go to <http://www.bcna.org.au/user/register>

BCNA resources

If you would like to link up with our network across Australia and receive our free national magazines, *The Beacon* and *The Inside Story*, or contribute to them, you can subscribe either visit the website <http://www.bcna.org.au/news/beacon-magazine/subscribe-beacon> or 1800 500 258.

[My Journey online tool FREE](#)

BCNA is proud to announce that its flagship resource *My Journey Kit* is now an online tool which offers the same high quality, evidence-based information and insights from others diagnosed with breast cancer with the additional benefits of:

- Information and support tailored to your specific needs at all stages of your breast cancer journey including early breast cancer, DCIS, metastatic breast cancer and survivorship
- Bonus multimedia content including videos, webcasts and podcasts
- Immediate updates as new insights, research and clinical trials become available
- Easy access via your computer, tablet or smartphone.

<https://www.bcna.org.au/understanding-breast-cancer/resources/my-journey-online-tool/>



Casting for Recovery

[Casting for Recovery](#), a program run by the ACT Fly Fishing Club for women who have had breast cancer at any time in their lives. <http://www.castingforrecovery.org.au/>

[Otis Foundation](#)

Creekside is a luxury chalet situated in the picturesque Thredbo Village. *Creekside* is available to people who are newly diagnosed or who have undergone active treatment for breast cancer in the 12 months prior to their stay. To enquire about a booking at *Creekside* or another retreat, or for more information please go to www.otisfoundation.org.au or call 03 5444 1185
Elsbeth Humphries

[Breast Cancer Treatment Group - Newsletter 2018](#)

The Breast Cancer Treatment Project commenced in May 1997, and led to the development of an ongoing community based audit of breast cancer treatment based on clinical indicators agreed by the ACT & SE NSW Breast Cancer Treatment Group. The aim is to collect and examine data on treatment and outcomes for women with breast cancer.

BCTG Quality Assurance Project click the link below.
<https://www.health.act.gov.au/research/breast-cancer-treatment-project>

BreastScreen ACT is part of a national population breast screening program that is aimed at reducing deaths from breast cancer through early detection. The Program provides **free screening and follow up services to ACT resident women from the age of 40 years.**

Please spread the word that BreastScreen ACT has appointments available for the new digital mammography service in **Belconnen, Civic or Woden**. The service screens women from 40 if higher risk, else the service **target women from 50–74. Women more than 74 years of age are welcome too.**

Statistics show that only 57% of women aged 50-74 year old take up the free mammograms in the ACT.

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

Join **Register4** – an online initiative of NBCF where you can sign up to participate in breast cancer research.

Brain Tumour Alliance Australia Inc. www.btaa.org.au

[Rare Cancer Australia](#)

Rare Cancers Australia calls for equality with clear message: Cancer is Cancer.

[Evexia Care - Cancer Survivorship Care Plans](#)

Provides Cancer Survivorship Care Plans **Evexia Care** can enhance recovery from cancer treatment side effects such as fatigue, cognitive changes ...

Gillian Horton, Colleen's Lingerie and Swimwear

22 Garran Place, Garran. 2605 | T: 02 6285 1311 | E: info@colleens.com.au

Open: Mon.-Fri. 9.30am to 4.30pm and Sat. 9.30am-1.30pm.

Spread the word and that Gillian is also travelling to regional NSW: Young, Cowra, Wagga Wagga and Moruya. . <http://www.colleens.com.au/page/regional-visits-for-2019/>

HeadsUp@Kippax

HeadsUp accepts wigs and headgear for recycling.

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

Kippax Shop 2, 12-16 Hardwick Crescent, Holt

Open: Tuesday to Friday from 10am–4pm

Phone: 02 6201 6579 or 041 6227 595

Sue Owen 0416 227 5959



[Lymphedonna](#)

- Your choice of beautiful pattern
- Your size (or measurements) ie small, medium or large
- The compression class you require (Compression Class 1 (20-30mmHg) or Compression Class 2 (30-40mmHg))
- The length of your sleeve (short or regular)
- If you need a gauntlet, whether it should be a right or left hand

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

<http://www.lymphedonna.com.au/faqs/>

Contact: Sarah Thornton

lymphedonna@positivemotion.com.au

Positive Motion Physiotherapy

2/61 Dundas Court, Phillip ACT 2606 0414 809 994

[Bosom Buddies ACT networking and social activities](#)

A full list of dates for the gatherings can be found here:

<http://www.bosombuddies.org.au/>

Cancer Council ACT is now located at Unit 1 (The Annex), 173 Strickland Crescent DEAKIN ACT 2600
<http://www.actcancer.org/>

Kerrie Griffin



Consumer Representative

Seat at the Table (SATT) Program, BCNA



Calendar of events

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

Month	Date(s)	Event	Location	Notes
 June	Sunday 9	Ord River Challenge	Ord River	Closed
August	Saturday 10	DA Canberra's 20 th Birthday Bash Theme Roaring 20s	Venue tbc	Doodle RSVP
October-March	tbc	DA ACT Regatta season	tbc	Lyndall Milward-Bason, Boat Captain Doodle RSVP
	tbc	First Aid Course – Date and details to come via DB ACT	tbc	Doodle RSVP
 November	Saturday 9	DA Canberra's 20 th anniversary Social and Corporate Regatta BCNA Mini Field of Women	Grevillea Park	https://www.revolutionise.com.au/dac/anberra/events/42036/ Email: dragonsabreastregatta@gmail.com
2020				
February	7-9 February	Nipples on Ripples Lake Barrington	Staverton, Tasmania	Julie Chynoweth, Boat Captain
April	8-13	AusChamps, The Nationals	Penrith, Sydney	Tbc Boat Captain Coaches' pick Senior A 20s crews; BCS open
August	tbc	IDBF Regatta Venue and date to be confirmed by June	France	Di Bradshaw, Boat Captain Coaches' pick Senior A 20s crews; BCS open
October	tbc	DAA Festival	tbc	Tbc, Boat Captain
October-March 2021	tbc	DA ACT Regatta season As per DA ACT calendar	tbc	Lyndall Milward-Bason, Boat Captain Doodle RSVP

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 — August 2019

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

Please submit any news, items and images by **13 August 2019** to the newsletter coordinator

Kerrie.griffin22@gmail.com

[Previous newsletters](#)