



ABREAST of the NEWS

DRAGONS ABREAST CANBERRA

PO Box 7191, Yarralumla ACT 2600

DRAGONSABREAST.COM.AU

ISSUE 67 SEPTEMBER 2018



DA Canberra and supporters, *Flowers on the water* ceremony for Mary-Lou Reid 22 September 2018 Image: Susan Pitt



[Dragons Abreast Canberra Social and Corporate Regatta](#)

Saturday 10 November 2018 [Lake Burley Griffin, Canberra](#)

<https://www.revolutionise.com.au/dacanberra/events/21079/>

Volunteers needed! Please let **Julie Kesby** know if you are available to help before or on the day. Contact **Julie Kesby**, Regatta Coordinator daregatta17@gmail.com

Dragon boat tanka

Women heard laughing
Within the dragon's belly
As they fly away
Water yields to their power
All earthly wounds disappear

Phillip Snellen

We thank **Lenyss Snellen's** son Phillip who is a poet very much for this beautiful poem.

The Japanese tanka is a thirty-one-syllable poem, traditionally written in a single unbroken line.

Tanka translates as 'short song' and is better known in its five-line, 5/7/5/7/7 syllable count form.

Coordinator's report

Hello. Please find five quiet minutes to read this newsletter and save some dates in your diary. Your club needs your help.

Our Annual General Meeting on 8 September heard from outgoing coordinator **Julie Kesby** about the very busy and successful year we have enjoyed. Read her [report](#). Julie's new roles are as [DA Canberra Social and Corporate Regatta](#) Coordinator and Membership Officer. Thanks Julie.

The AGM agreed to a new [Constitution](#). It includes new *Aims and objectives*:

- Raise awareness of breast cancer in the Canberra region, primarily but, not exclusively, through the sport of dragon boat racing
- Encourage and promote dragon boating to breast cancer survivors as beneficial exercise and part of a healthy and adventurous lifestyle despite a diagnosis of breast cancer
- Maintain links with other breast cancer survivor dragon boat teams nationally and internationally
- Adhere to the rules for dragon boat racing in Australia as advised by the Dragon Boat ACT, DAA and the Australian Dragon Boat Federation
- Fundraising for the purposes of furthering the approved objectives of DAA.

The AGM elected the DAC Committee: **Susan Pitt** (coordinator), **Jenny Green** (secretary), **Jenny Milward-Bason** (treasurer), **Julie Chynoweth** (assistant coordinator), Joan White, **Janet Olsen**, **Lyndall Milward-Bason**, **Jeannie Cotterell** and **Deb Whitfield** (ordinary committee members). Our public officer **Joy Tonkin** bookarts@webone.com.au can answer any queries about our governance.

Deb Whitfield is head coach and **Donna Lennon** club captain and assistant coach. **Lucy Cheetham** is trainee sweep and assistant coach. There are many others with non-committee roles – both on and off the water.

My goals are to:

- Ensure our club maintains the fitness, strength and technique we have developed on the water
- Continue to support each other on and off the water
- Build stronger links in our local community
- Support developing DAA clubs nationally
- Maintain our strong financial footing.



Dragon Spirit Award Congratulations to **Julie Kesby** and **Donna Lennon**, joint winners of the 2018 Dragons Spirit Award 8 September 2018 *Image: Susan Pitt*

Save the dates for our Corporate and Social Regatta, **10 November 2018** and the **AusChamps** – the **Nationals over Easter, 17-22 April 2019**. The breast cancer survivor crews are expected to compete on the same days as Premiers/Juniors.

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>

<http://ibcpc.com/ibcpc-september-2018-newsletter/>

Dragons Abreast Australia

Celebrating 20 years of breast cancer recovery

Philosophy: *Awareness, Participation, Inclusiveness*

DAA In the loop newsletter

Fernwood Belconnen Thank you for your support of DA Canberra.

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



Wednesday training with Deb Whitfield 20 September 2018 *Image: Deb Whitfield*



Marion Leiba and Jodie Foster greet visitors at the Handmade Market 5 May 2018 *Image: Kerrie Griffin*

Handmade Market, EPIC 5-6 May 2018

It was very successful at the **Handmade Market** due to **Julie Nichols**, founder, **Debbie Power** and the Handmade Market team. Please volunteer a couple of hours to greet visitors and raise awareness about breast cancer and collect donations in 2019.

Kerrie Griffin

Mother's Day Classic 13 May 2018

DA Canberra paddled to the start line for the Mother's Day Classic walk or run for breast cancer research, and we did race starts to start off and encourage the participants of the two 5 km runs and the 5 km walk in a festival atmosphere. Thanks to **Gillian Styles**, coordinator, **Cathy Powell** and **Lan Crowley** who volunteered at the BCNA Stall to raise awareness. **Gillian** also spoke on stage before the event. Congratulations to the organisers on their 12th successful event. Next: 12 May 2019.

Message to Kerrie from Sue Field, MDC Coordinator:

It's such a pleasure having all the breast cancer networks represented at our event We love the fact that we can bring you all together to share in one common goal.

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](#)



Parliament House gardens walk 12 September 2018 *Image: Kerrie Griffin*



DA Canberra Italian dinner, La Cantina 6 July 2018 *Image:* Marion Blake

Italian Dinner at La Cantina 6 July 2018

This was very popular and enjoyed by a large group of members and partners, who toasted the success of members racing in Florence. Thanks to **Pene Lee** for organising it.



Life Member Award Congratulations to **Marion Leiba** who became a Life Member at the AGM. Presented by Joy Tonkin 12 August 2018 *Image:* Kerrie Griffin



GoAnna's Gathering with Venetian masks 24 August 2018 *Image:* Kerrie Griffin

GoAnna's Gathering 24 August 2018

Some Florence stories were shared at our *GoAnna's* Gathering held at Wesley Uniting Church. We celebrated with some great Italian food in red, green and white and our Venetian masks. It was such a good welcome home and celebration of our Florence/Italian adventures.



Robyn Chen sweeping and Deb Whitfield coaching the Come and try session 15 September 2018 *Image:* Clare Purcell

Come and try thank you 15 September 2018

Thank you to everyone who assisted with the come and try session — **Deb Whitfield** coach and **Robyn Chen** sweep, and all the paddlers who made the nine newbies feel welcome. Thanks to everyone who brought along morning tea. We already had feedback on how impressed they were with the positivity and friendliness of the team. Well done! Invite potential paddlers to the next session **Saturday 3 November**.

Elly McGinness, Maureen Wild and Clare Purcell

DAA Festival

Volunteers required!

If you or your supporters would like to volunteer on the day, we need helpers in a variety of roles, no paddling experience necessary! Please email volunteers@dragonsabreast.com.au

We look forward to the **DAA Festival and Gala dinner on 20 October 2018** which will also celebrate 20 years of Dragons Abreast Australia, A special, national not-for-profit registered charity that raises breast cancer awareness through the sport



Paula Gonzalez sweeping DA Canberra under Ponte Vecchio, River Arno, Florence, Italy 5 July 2018 *Image:* Danny O'Dea

of dragon boating and gives hope to those with a diagnosis of breast cancer, regardless of age, gender or sporting ability. Paddle or volunteer.

DAA receives no government funding and relies solely on donations. Festival funds benefit the programs of Dragons Abreast Australia. Join in the fun and friendly rivalry. See the Chinese Youth League Lion Dancers, the moving *Flowers on the water* ceremony and other fun activities besides the awesome dragon boat racing!

DAA's principles of participation, awareness and inclusiveness guide us well and are there to ensure whatever our mindset or ability on a particular day, we can come off the water feeling positive and a little stronger. Paddles up everyone and enjoy your time with DA.

Marion Blake

DA Canberra member and DAA Board



Ely McGinness and Julie Kesby, Casting for Recovery
15 September 2018 *Image: CFR*

Casting for Recovery

From 14 to 16 September **Julie Kesby** and I were lucky enough to spend time with [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. The entire weekend was one of relaxation, making new friends and most importantly trying fly fishing. The hard work of all the organisers was very much appreciated, as was the time volunteered by members of the ACT Fly Fishing Club, and the owner of Rainbow Springs Fly Fishing School, where the fishing occurred. Julie was interviewed by [WIN TV News](#). We encourage others to participate next year.

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

Ely McGinness

[Florence, Italy: International Breast Cancer Paddlers Commission \(IBCPC\), 3-8 July](#)

<http://www.florencebcs2018.org/gallery/>

[IBCPC summary video link:](#)

<https://www.facebook.com/FlorenceBCSfestival2018/videos/1061153924039599/UzpfSTc4MDEzODI3NToxMDE1NjU0NTg2ODI4MzI3Ng/>

[Dragon boat collection Florence](#)

https://www.facebook.com/pg/DragonsAbreastCanberra/photos/?tab=album&album_id=2017307428288462

Everything about Florence seems to be coloured with a mild violet, like diluted wine. Henry James, US writer



DA Canberra breast cancer survivor full crew 7 July 2018
Image: Danny O'Dea

Fabulous Florence paddling experience

I never thought I would ever paddle on the Arno River in Florence with approximately 4000 other strong women (and men) who were breast cancer survivors and their supporters in the IBCPC Participatory Dragon Boat Festival. After 18 months planning we arrived in Florence on 2 July 2018. With **Frances Heaney** as our coach, we were fit and trained hard to take on and paddle well with some 120 teams from around the globe. We paddlers were excited and so were our fantastic partners and supporters.

The week consisted of some wonderful sightseeing, visiting places such as Lucca and walking the cobblestones of Florence and also conquering all those steps — up and down hills in the hot weather. Florence, what a city, noted for its culture, Renaissance art and architecture and monuments. It is also full of people, markets and eating places.

Wednesday was the first and only training session for the survivors' boat. Frances advised the boat plan and **Ely McGinness** and I were the strokes. We had a good training session and saw other teams training. Wednesday night was our Team Dinner and our Ambassador Camilla attended. Saturday was race day and we boarded the bus from our hotel enthusiastically. Boat plan the same as our training and first race was 9.48am. It was not our best paddle but our next paddle was a huge improvement and we finished a strong second.

Sunday morning and we were back at the River Arno for our next two races. In our first race we were narrowly beaten into second. Our final race was heat 15 – there were 25 heats in total. As we headed to the start I was thinking how were we going to do this final 500m race as the body was feeling fatigued. **Susan Pitt** was the sweep and Frances the drummer. We paddled long and strong and yes, we won the race. Jubilation all round! Then we held the *Flowers on the water* ceremony which was such a lovely and emotional pink event. Finally, at the closing ceremony the participatory medals were handed out. I had the best time in Florence and look forward to paddling in the next [IBCPC Festival](#).

Julie Chynoweth



DA Canberra breast cancer survivor composite crew 7 July 2018 Image: IBCPC

Thanks to **Garry Chynoweth** for the video of DA Canberra breast cancer survivor (BCS) full crew winning Race 4: our final (no.15). **Frances Heaney** drumming and **Susan Pitt** sweeping.

https://www.facebook.com/garry.chynoweth/videos/vb.621721737/10156633927206738/?type=2&video_source=user_video_tab

Second win out of four races in our class! But only by a dragon's tongue according to **Jenny Milward-Bason**.

Lyndall Milward-Bason

Thanks to **Danny O'Dea** for two videos of DA Canberra BCS full crew:

Race 2: DAC in lane 1, watch lane 2 at 1min 37 mark, listen to the end. DAC in a photo finish with Lane 5

<https://www.youtube.com/watch?v=8Fq9xrTdz8>

Race 4: final race from the other bank to Garry.

Coach **Frances Heaney** drumming and **Susan Pitt** sweeping. Tight win from lane 5.

<https://www.youtube.com/watch?v=4fA73pvGy90&app=desktop>



Clare Purcell and Donna Lennon, *Flowers on the water* ceremony, Florence 8 July 2018 Image: Julie Kesby

Florence *Flowers on the water* ceremony on the last day. Four thousand participants in pink T-shirts were given pink flowers to throw into the water after a speech, song and a minute's silence for those not with us or who are still undergoing treatment.

Jenny Nicholls

Thanks to **Allan Nicholls** for four videos:

<https://www.facebook.com/jenny.nicholls.921/videos/pcb.10216732323119151/10216732303958672/?type=3&theater>

Three videos of our BCS composite crew:

Great practice run:

<https://www.facebook.com/jenny.nicholls.921/videos/vb.1194133956/10216732303998673/?type=3>

A second practice run.

<https://www.facebook.com/jenny.nicholls.921/videos/vb.1194133956/10216732308358782/?type=3>

And off we go with our fabulous coach **Deb Whitfield**

<https://www.facebook.com/jenny.nicholls.921/videos/vb.1194133956/10216732303958672/?type=3>



DA Canberra, Florence, Italy 7 July 2018 Image: Kerrie Griffin



Dean, our cheerleader, in action drilling the 'paddle long and strong' chant Florence 7 July 2018 Image: Kerrie Griffin

Rain Child paddles in Florence

What a great adventure to participate in the IBCPC Dragon Boat Festival, Florence for *Rain Child* and the 52 registered participants of the Dragons Abreast Canberra team. Florence was the first international meet for many of our DA Canberra paddlers and their supporters. Four years before the challenge was issued in Sarasota, Florida to take crews to the next IBCPC event.

On Tuesday evening (after a very busy team registration) we caught up with Australian and New Zealand friends at the combined dinner for teams hosted by Team Ambassadors and Embassy staff at the military building Piazza San Marco.

On Wednesday morning, our training took us to Cascine Park, Florence's largest public park. We paddled well, and were even refreshed with a gentle shower of rain (yes, *Rain Child* strikes again!). There was time to check the racing venue, and also some of the other crews training including our Mum's crew *Aussie Dragonflies*. How special again it was to paddle with family at another IBCPC event, and then interviewed on Sunday as mother and daughter for the IBCPC documentary.

After a very enjoyable team dinner on Wednesday evening organised by our Ambassador Camila, we experienced on Thursday morning the unforgettable paddling opportunity to paddle under the Ponte Vecchio. It was a very emotional time for *Rain Child* celebrating this paddle with the crew including Ali and Treen who had all provided much support on the journey towards Florence.



DA Canberra supporter crew 7 July 2018 Image: IBCPC

Friday morning was busy with composite and supporter training, and the IBCPC Congress. *Rain Child* with **Susan Pitt** met some of the 250 delegates at the IBCPC Congress in the impressive Palazzo Vecchio – Salone dei Cinquecento decorated with amazing and, at times, distracting sculptures and artworks. The address by **Professor Don McKenzie** again challenged and inspired the delegates. It was also great to experience the launch of the special philatelic authentication mark and stamps dedicated to women's health and to 2018 IBCPC Dragon Boat Festival.

On Friday afternoon, it was an honour for *Rain Child* and the team to march through the Florence streets from Piazza Pitti across the Ponte Vecchio to Piazza della Signoria for an inspiring Opening Ceremony. Dressed in our distinctively designed **Richie Allen's** parade shirts and loudly chanting Lucy's chant with Dean's cheerleading we delighted the Florence crowd. What a Pink Parade of Nations it was with the 4000 participants! Mum's team also looked splendid in their *Aussie Dragonfly* wings, and *Rain Child* quickly got glittered on every hug of her team.

Saturday was race day for our BCS full crew, BCS composite crew, and supporter crews at Cascine Park. All the crews took on the challenge in some very hot conditions. Sunday the BCS crews continued the racing until a short break due to a thunderstorm (*Rain Child...*) and then **Maureen Wild** was our DAC representative in the Sandy Smith Global race prior to the emotional *Flowers on the water* Ceremony.

At the Closing Ceremony, the event was recorded as the biggest women's sporting event in the world (despite two men participating in the BCS category, and many in the supporter racing). As of July 2018, the IBCPC membership comprised 213 teams across 23 countries. The Florence event had representatives from 130 teams and 18 countries.

Thanks to the whole team for all your support and cooperation in everything Florence related (even those last-minute passport requests!).

Special thanks to:

- **Frances Heaney** for your coaching, sweeping, drumming and team management for Florence

- **Deb Whitfield** for your coaching, sweeping, and team management for Florence
- **Susan Pitt** for your sweeping and your extra support (with Danny O'Dea) during the Florence week
- **Donna Lennon** for your coordination of the supporter team in Florence
- Our Ambassador (Friend in Florence) **Camila Cepeda**
- DA Canberra Committee members especially **Maureen Wild** as Treasurer
- **Di Bradshaw, Uniform Committee** and **One Sport** for our Racing shirt
- **Richie Allen family, Di Bradshaw,** and **Uniform Committee** for our Parade Shirt
- **Lucy Cheetham** for her chant which echoed across the Ponte Vecchio and through the streets of Florence during the Pink Parade of Nations
- **Dean**, our cheerleader, who delighted us every day with the 'paddle long and strong' message.

Julie Kesby alias *Rain Child*



Frances Heaney sweeping DA Canberra under Ponte Vecchio, River Arno, Florence, Italy 5 July 2018 Image: Danny O'Dea



Kerrie Griffin, Professor Don McKenzie and Kathy Bobyn (Canada, formerly DA Canberra), Florence, Italy 8 July 2018 Image: Steve Taylor



Warm up and training times

Saturday morning:
 (Extra effort paddle): 07.15 – 8.00am
 Saturday morning: 08.00 – 09.45am

Tuesday morning: 06.00- 07.30am

Wednesday evening: 05.30 – 7.00pm

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>

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 Karen Visser who will put you on the distribution list. Kaz.visser@hotmail.com.

Under the pink umbrella



In 2018, an estimated 18,235 Australians –18,087 women and 148 men – will be diagnosed with breast cancer.^[i] This means that approximately 50 Australians will be diagnosed with breast cancer each day. Breast cancer is the most common cancer diagnosed in women in Australia^[ii], and will account for approximately 28.4 percent of all new cancers in Australian women in 2018.^[iii]

BCNA planting of the Field of Women at Federation Mall near Old Parliament House on Tuesday and Wednesday 16 and 17 October. Volunteers required! Please email Lynne Williams williams@bcna.org.au

Anna Wellings Booth, founder Dragons Abreast Canberra and Bosom Buddies ACT, organised the planting of the first field of women here in 1998.

[BCNA Canberra Forums](#) at Old Parliament House and Mini Field of Women on Wednesday 17 October. Register now for early breast cancer forum or metastatic breast cancer forum <https://www.bcna.org.au/news-events/events/information-forums/forum-registration/> BCNA Founder **Lyn Swinburne** and Board member and former Olympian **Raelene Boyle** will be at the anniversary Field. <https://www.bcna.org.au/events/2018/canberra-information-forum/>



Gillian Styles, Lan Crowley, Kerrie Griffin and Bina Brown, MDC Media Manager, Mother's Day Classic thank you breakfast, The Deck 4 September 2018 Image: Kerrie Griffin

Mother's Day Classic: BCNA Stall 13 May Thanks to **Gillian Styles**, coordinator, **Cathy Powell** and **Lan Crowley** who volunteered at the BCNA Stall (including Dragons Abreast, Bosom Buddies, BreastScreen ACT and Otis) at Rond Terrace to raise awareness. Meanwhile, Dragons Abreast Canberra paddled and encouraged the walkers and runners. Congratulations to the organisers on their 12th successful event. BCNA and DA have been with MDC from the start. **Kerrie Griffin**



BCNA NEWS16 AUG 2018
[See all the Field of Women photos here](#) at the MCG 12 August 2018



Lyndall and Jenny Milward-Bason and Janet Olsen, BCNA Field of Women MCG, Melbourne 12 August 2018 *Image:* Lyndall Milward-Bason

Field of Women

On Sunday 12 August, the statistics of breast cancer were brought to life as thousands of women, men and children came together in the shape of the Pink Lady on the MCG in Melbourne. Field of Women was held before the Round 21 clash between Melbourne and the Sydney Swans. Thank you to everyone who played a part in bringing Field of Women to life. BCNA are grateful for the overwhelming assistance and support we received from many volunteers, individuals and companies. The feature photo from the 2018 Field of Women will be available for purchase soon.

[See all the Field of Women photos here](#)



Cathy Powell, Lan Crowley, Pene Lee, Gillian Styles, Denise Brown and Kerrie Griffin, BCNA Field of Women MCG, Melbourne 12 August 2018 *Image:* Steve Taylor

BCNA Pink Bun Campaign 3-23 May 2018

Thanks to everyone who supported their local bakery and especially to all the volunteers including **Lyndall** and **Jenny Milward-Bason** at Gungahlin (no images). Thanks for images of the other volunteers and bakeries. **Kerrie Griffin**



BCNA Pink Bun Campaign, Bakers Delight Queanbeyan staff Jeremy 19 May 2018 *Image:* Sue Drew and Sandi Avis



BCNA Pink Bun Campaign, Bakers Delight Jerrabomberra Gillian Styles 12 May 2018 *Image:* Kathy Hayes



BCNA Pink Bun Campaign, Bakers Delight Jamieson Julie Kesby and Cate Hale 12 May 2018 *Image:* Julie Kesby



BCNA Pink Bun Campaign, Bakers Delight Woden, Robyn Chen and Julie Chynoweth 12 May 2018 *Image:* Julie Chynoweth



BCNA Pink Bun Campaign, Bakers Delight Belconnen, Janet Olsen, Kay Eve, Amanda Ferris and Jeannie Cotterell 12 May 2018 *Image: Jeannie Cotterell*



BCNA Pink Bun Campaign, Bakers Delight Jerrabomberra Kathy Hayes 12 May 2018 *Image: Gillian Styles*



BCNA Pink Bun Campaign, Bakers Delight Weston, Elyl McGinness and Theresa Kerby 4 May 2018 *Image: Elyl McGinness*



BCNA Pink Bun Campaign, Bakers Delight Dickson, Jen Green, Susan Pitt and Gigi Lungu 12 May 2018 *Image: Susan Pitt*



BCNA Pink Bun Campaign, Bakers Delight Tuggeranong, Geraldine Robertson, Lan Crowley and Judy Cluse 12 May 2018 *Image: Lan Crowley*



BCNA Pink Bun Campaign, Bakers Delight Gungahlin, Marion Leiba and Katherine Kralikas 12 May 2018 *Image: Katherine Kralikas*



BCNA Pink Bun Campaign, Bakers Delight Civic, staff, Kerrie Griffin, Denise Brown and Pene Lee 3 May 2018 *Image: Kerrie Griffin*

Get involved with BCNA

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

BCNA links

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

[Young Women's Conference](#)

14 October 2018

Fenix Events, 680 Victoria St, Richmond, VIC, 3121

<https://www.bcna.org.au/events/2018/young-women-s-conference/> **Hear from experts about:**

- breast cancer during pregnancy
- fertility
- work and breast cancer
- body image
- breast reconstruction

<https://www.bcna.org.au/news-events/events/information-forums/forum-registration/>

<https://www.berlei.com.au/TheChrissy>

BCNA NEWS28 AUG 2018

[New capped access program for palbociclib](#)

BCNA NEWS01 AUG 2018

[Breast cancer apps for you](#)

[New bilingual resources for women with metastatic breast cancer](#)

[No Medicare rebate for Oncotype DX test](#)

[Financial toxicity a side effect of breast cancer, BCNA report shows](#)

One quarter of women with breast cancer pay more than \$17,200 in out-of-pocket costs in the five years after their diagnosis, according to a new report by BCNA. [Read more](#)
[The financial impact of breast cancer](#)

- [Read BCNA's The financial impact of breast cancer report \(PDF, 7.3 MB\)](#)
- [Read BCNA's tips for reducing the financial impact of breast cancer](#)
- [Read case studies of how breast cancer has impacted women financially](#)

<https://www.bcna.org.au/about-us/advocacy/research-reports/the-financial-impact-of-breast-cancer/>

Mammographic density

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

BCNA's website - policy and advocacy work

1. [BCNA's position statements](#)
2. [BCNA's submissions and reviews](#)
3. [BCNA's research project reports](#)
4. [BCNA's fact sheets and booklets](#)
5. [BCNA's latest news and media items](#)
6. [BCNA's research bulletins](#)

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.

[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
Elspeth Humphries

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.**

Why aren't women under 40 years screened?

The tissue of young women's breasts tends to be more dense than that of older women due to the influence of hormones. On a screening mammogram, dense breast tissue shows up as a white area. Breast cancers also usually appear white and are therefore more difficult to find on young women's screening mammograms.

Phone **BreastScreen ACT on 13 2050**

<http://www.health.act.gov.au/our-services/women-youth-and-children/breastscreen> Tell a friend it may save a life.

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.

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-2016/>

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>

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

[Brain Tumour Alliance Australia Inc.](#) www.btaa.org.au

[Rare Cancer Australia](#)

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

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

<http://www.bosombuddies.org.au/bb/wp-content/uploads/Bosom-Buddies-gathering-dates-2018-version-2.pdf>

Monday morning Little Garran Cafe 2/28 Garran Place, Garran 9.30am - 11am 8 October 12 November 10 December

Tuesday morning Country Heir Cafe 54 Monaro Street, Queanbeyan 9.30am - 11am 25 September 30 October 27 November

Wednesday evening Tilley's Devine Cafe Gallery 1/94 Wattle Street, Lyneham 5.30pm - 7pm 17 October 21 November 12 December

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
 October	Saturday 6	DBACT Regatta 1 200m, 2km (20s)	Grevillea Park	Doodle RSVP
	Wednesday 17	BCNA Forum and Field of Women	Old Parliament House	https://www.bcna.org.au/news-events/events/information-forums/forum-registration/ Planting the field williams@bcna.org.au
	Saturday 20	DAA Festival and DAA 20 th Gala dinner	Darling Harbour, Sydney	https://www.facebook.com/dragonsabreast
	Saturday 20	DBACT Regatta 2 500m (20s)	Grevillea Park	Doodle RSVP
November	Saturday 10	DA Canberra Social and Corporate Regatta and BCNA Mini Field of Women	Grevillea Park	Volunteers needed! Julie Kesby, Regatta Coordinator daregatta17@gmail.com
	Saturday 17	DBACT Regatta 3 200m, 2km (20s)	Grevillea Park	Doodle RSVP
	Sunday 18	Rodney's Plants Plus nursery visit and coffee	Pialligo	Doodle RSVP
	Date tbc	Bidgee Dragons Regatta 200m	Wagga Wagga	Doodle RSVP
December	Thursday 6	DA Canberra Christmas party	CIT Restaurant	Doodle RSVP
	Saturday 8	DBACT Regatta 4 500m (10s)	Grevillea Park	Doodle RSVP
	Saturday 8	Yarralumla does Christmas 2018 tbc	tbc	Doodle RSVP
2019 January	Saturday 19	DBACT Regatta 5 200m (10s), 2km (20s)	Grevillea Park	Doodle RSVP
February	Saturday 2	DBACT Regatta 6 500m (20s)	Grevillea Park	Doodle RSVP
	Date tbc	Flowing Festival Regatta	Jindabyne	Doodle RSVP
March	Saturday 9	DBACT Regatta 7 200m (20s), 2km	Grevillea Park	Doodle RSVP
	Saturday 30	ACT Championships 200m (10s and 20s), 2km (20s)	Grevillea Park	Doodle RSVP
	Sunday 31	ACT Championships 500m (10s and 20s)	Grevillea Park	Doodle RSVP
April	17-22 Easter	AusChamps, Yarralumla, Canberra The Nationals	Rowing course, Weston Park	https://www.ausdbf.com.au/auschamps/
June	Sunday, 9	Ord River Challenge	Ord River	Closed

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 — November 2018

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

Please submit any news, items and images by **16 November 2018** to the newsletter coordinator

Kerrie.griffin22@gmail.com

[Previous newsletters](#)



IBCPC Opening Ceremony parade to Piazza della Signoria for an. 6 July 2018 *Image:* IBCPC



IBCPC Opening Ceremony parade to Piazza della Signoria. Dressed in our distinctively designed **Richie Allen's** yellow Indigenous healing parade shirts 6 July 2018 *Image:* Janet Olsen



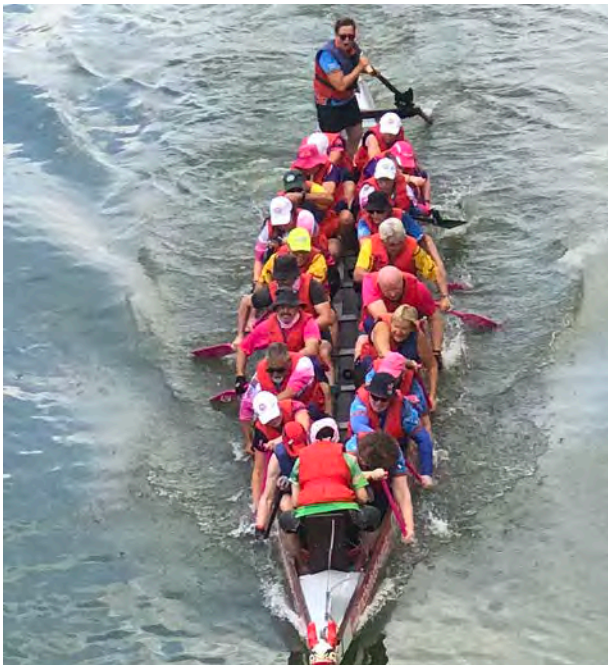
Jan Skorich sang the *Pink ladies love to paddle* song by Mary-Lou Reid, *Flowers on the water* ceremony for Mary-Lou Reid 22 September 2018 *Image:* Susan Pitt



Jodi Fraser and Natalie Evans-Sandell, Come and try session 15 September 2018 *Image:* Susan Pitt



Ely McGinness and Clare Purcell greet visitors at the Handmade Market 5 May 2018 *Image:* Kerrie Griffin



Deb Whitfield sweeping the DA Canberra supporter crew, River Arno, Florence 7 July 2018 *Image: Susan Pitt*



Julie Kesby and Mabel Samson, IBCPC Congress, Palazzo Vecchio 6 July 2018 *Image: Susan Pitt*



Frances Heaney and Deb Whitfield, Sweeps briefing 6 July 2018 *Image: Susan Pitt*



Angie O'Reilly and Frances Heaney, Australian Delegates, IBCPC Congress, Palazzo Vecchio 6 July 2018 *Image: Susan Pitt*



Frances Heaney and Patsy Sheales, Opening Ceremony 6 July 2018 *Image: Susan Pitt*



Hot start to the pink parade. Natalie Evans-Sandell and DA Canberra flagbearers, Opening Ceremony 6 July 2018 *Image: Susan Pitt*