



# 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 60 • MAY 2016



Donna Lennon receives from Frances Heaney the annual Kashgar Cup 16 April 2016 *Image:* Frances Heaney



Anne Baynes was presented by Frances Heaney with the inaugural Narelle Powers coach's choice award, 16 April 2016 *Image:* Frances Heaney

## Coordinator's report

There has been a lot of action both on and off the water so far this year. We have been training really well and are getting stronger and fitter as the year goes on, the numbers for Saturday' paddle have been fantastic, two boats going out each week.

Thanks to **Patsy Sheales** who has organised some great social off water activities with more coming up. Keep an eye out for the weekly update for the social activities coming up.

Our club is thriving. We welcome **Karen Bail, Katrina Gilmore, Katarina Heineback, Martina Landsmann** and **Pearl Lee** who all joined Dragons Abreast Canberra (DAC) after the very successful Come and try in February. Welcome to our newest members **Sue Willemsen-Bell** and **Lan Crowley**.



Dragons Abreast Canberra team, Albury Wodonga Regatta 28 February 2016 *Image:* Alison Kesby

Some 15 DAC paddlers took part in the **Albury-Wodonga Brave Hearts** regatta in February. We competed in the 200m and 500m races. It was a great weekend and a very well run regatta.

The **National Capital Dragon Boat Festival** was held at Grevillea Park on Saturday 12 March. We competed in the 2km and 200m racing. Some of our new paddlers who had just joined DAC took part in the 200m races and really enjoyed the excitement of the racing and the whole regatta day experience. It was a great day with some interstate teams and most DB ACT teams taking part. Thank you to **Di Bradshaw** (time keeper) and **Raana Rasgar's** daughter **Farah** (wrangler) for being our official volunteers for the day.

Unfortunately, we didn't have enough paddlers for the Sunday 500m racing, **Raana** and **Julie Kesby** and I volunteered on the day.



The 17<sup>th</sup> annual **DA Social and Corporate Regatta** will be held on **Saturday 8 October** with the theme — *Disney characters*. Volunteers required. [daregatta2014@gmail.com](mailto:daregatta2014@gmail.com)  
<https://www.dragonsabreast.com.au/dragons-abreast-canberra-annual-social-and-corporate-regatta/>

The next national Dragons Abreast Australia (DAA) Festival will be **29 October 2016** at Darling Harbour, Sydney.



Elly McGinness, Clare Purcell and Maureen Wild, the Cap Expo, Old Bus Depot markets 19 March 2016 *Image: Clare Purcell*

Thank you to our **Come and try** team **Elly McGinness, Clare Purcell** and **Maureen Wild** who attended the **Cap Expo** once again at the Old Bus Depot markets on 19 March, setting up a stall representing DAC. They are going bigger and better next year. Well done ladies.

Two boats paddled over to **Springbank Island** on 19 March for the annual **bulb planting** adventure, followed by morning tea on the island.



Springbank Island 19 March 2016 *Image: Frances Heaney*



DA Canberra, National Capital Dragonboat Festival 12 March 2016 *Image: Angela, Diamond Phoenix*



Narelle Powers received, a photo album, flowers and champagne from Frances Heaney and Patsy Sheales 9 April 2016 *Image: Frances Heaney*

In April our **esteemed coach Narelle Powers hung up her paddle after 13 years with DAC**, 10 of those as head coach. We held a morning tea with our Come and try session on 9 April. Narelle was presented with a few gifts, including a photograph album prepared by **Kerrie Griffin**, in appreciation for all her years of coaching and mentoring at DAC.

Narelle also gave a speech and spoke of a new award the **Narelle Powers coach's choice award**. This annual award (Narelle's first wooden paddle) will be selected by the current DAC coach. The paddle has a gold plaque bearing the name **Anne Baynes**, who unfortunately was unable to attend that day. Anne was presented with **Narelle Powers coach's award** paddle on 16 April as the inaugural winner, **congratulations Anne**.

We were also lucky one Saturday morning to have a few visitors from **Wales** join us. One lady, a breast cancer survivor, herself was very keen to have a look at what dragon boating was all about and had looked up DAC on Facebook.

So before they knew it all three Welsh visitors were signed up and on board for their first dragon boat experience, on a picture perfect Canberra day. They loved it and are now keen to start a breast cancer survivor team in Wales. They were actually in Canberra for the Masters International Hockey.



Welsh paddlers with Robyn Chen sweeping 2 April 2016 *Image: Frances Heaney*

A fun night was had by all who attended the first **Muster** of the year at the Raiders Club, Holt. **Patsy Sheales** was the MC and the theme was *Hats and masks* with the hat dance one of the highlights.

The **Kashgar Cup** is an annual award given to a DAC member who has made an extraordinary contribution to the work of DAC was presented to **Donna Lennon**. This award has been ongoing since 2006 when Judy Richmond, and dear departed Penny Birtles, were travelling the Silk Road together and saw this small pink jade teapot, embellished with silver dragons. This award has been given out yearly since then. Donna has been doing the **who's paddling coordinator** role for more than two years and receiving hundreds of emails! After some discussion to find a more streamline approach, Donna set up the **Doodle online system** which we are not only using for the paddling numbers but also for our social events. It has made life a whole lot easier for all.



Mother's Day Classic paddlers 10 May 2016 Image: Frances Heaney

The **Mother's Day Classic paddle (MDC)**, 8 May, was yet again another challenging event weatherwise this year. Last year was so windy, wet and cold we were unable to paddle the boats across to the start line at Rond Terrace, a different story this year. Some 30 members meet at Lotus Bay all dressed in our *PINK* wet weather gear. Both *GoAnna* and *Gecko* were dressed ready to take to the water. As we paddled over to Rond Terrace we could see hundreds of people getting ready to run and walk the 5km race; the 10 km was still in progress; a little rain wasn't going to stop us. Below are thank yous from the MDC organisers:

Thank you so much Frances and all the crew members who braved the rain for the MDC. It's one thing to run/walk in those conditions! It was so lovely to see you out on the lake! What troopers... Hope to see you soon  
**Bina Brown MDC Media**

Thank you so much for coming out yesterday. The good news is that you were very visible – looked fantastic out on the water, very bright! But, I'm sure you all got very wet.

We truly thank you for your support of the event. We had 4555 people registered and it was a great turnout despite the weather conditions. We look forward to seeing you out on the lake again next year.

**Paula MDC**



Annette Dean drumming *GoAnna* and Frances Heaney sweeping; Debbie Whitfield sweeping *Gecko*, Mother's Day Classic 8 May 2016 Image: Sam Ceravolo

More MDC images:

<https://www.facebook.com/media/set/?set=a.119823407352913.9.1073742069.448649108487643&type=3>



Albury Wodonga Regatta 28 February 2016 Image: Alison Kesby

Looks like we have 14 Dragons Abreast Canberra members heading to the Sunshine Coast, Qld, to take part in the second **DAA National Regatta**, 17 and 18 June on Kawana Waters, it is going to be a fantastic few days.

There are many off water activities over the next few months so please check the weekly updates for upcoming events with all the details. Please keep in mind those in our group who may be having a difficult time at the moment.

**Frances Heaney**

**Coordinator, Dragons Abreast Canberra**

[francesheaney.dacanberra@outlook.com](mailto:francesheaney.dacanberra@outlook.com)

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

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

<http://www.ibcpc.com/>

**Fernwood** Thank you for your DA Canberra sponsorship at: [Belconnen Gym](#) and [Gungahlin Gym](#).

**Fernwood partners with BCNA to support women diagnosed with breast cancer**

<https://revitalise.bcna.org.au/>

<http://www.fernwoodfitness.com.au/weight-loss---exercise/well-being/fernwood-partners-with-bcna-to-support-women-diagn/>

[Shop Handmade](#) closing down sale is on until 31 May at 20 Allara St, Civic. The **Local Larder** is opening near Glebe Park later in 2016. Volunteers required to collect donations for DA Canberra at the quarterly **Handmade Market** on **10 and 11 September** from 10am to 4pm at EPIC.

Support Dragons Abreast Canberra - Order your NEW 2016 | 2017 Entertainment™ Membership now from **Elly McGinness** or online: <https://www.entertainmentbook.com.au/orderbooks/25g046>  
**Elly McGinness**



Hat and mask muster Raiders Club, Holt April 2016 *Image:* Frances Heaney

### Social activities

**17-19 June** DAA Regatta, Lake Kawana, Qld

**Thursday 2 June** dinner at the Burns Club, Kambah

**Friday 22 July** Ten pin bowling at Tuggeranong \$20 (EXACT cash) two games and shoe hire.

**Sunday 21 August, 14:30-15:30:** Aqua aerobics Kings Pool, Deakin Laura Baynes (Anne's daughter will be taking the class)

**Saturday 10 Sunday 11 September** all day roster. Collecting donations at the doors of the Handmade Market, EPIC.

As Assistant Coordinator I'm organising social activities this year. Yes, we are all about paddling, but we also have a lot of fun in other ways. Some of the dates for activities are not set yet and some may need to change, but we all know about unexpected changes! I hope that you will be able to attend these activities when possible. Keep your eye on the weekly updates from Frances in regard to specifics and RSVP when needed. I am excited about a few of the new activities for us this year and hope you will be too. Our DA Musters will be explained better for new members closer to the date. If you have any questions or suggestions, please let me know.

**Patsy Sheales** [shealespatsyterry@hotmail.com](mailto:shealespatsyterry@hotmail.com)



Hat and mask muster, Raiders Club, Holt April 2016 *Image:* Frances Heaney



Annette Dean drumming *GoAnna* and Frances Heaney sweeping; Debbie Whitfield sweeping *Gecko*, Mother's Day Classic 8 May 2016 *Image:* Helen Lawrence

### Narelle Powers Coach's Award

It was a surprise and a joy to receive the Narelle Powers Coach's Award. As a coach, Narelle provided the right amount of skill training, instruction, and combined it all with humour. (And don't forget her random stroke numbers to ensure we all concentrated). I feel very privileged to have had her expert tuition in the boat, and thanks for the nomination Narelle.

### Anne Baynes

The **2016 DAA National Regatta** is shaping up to be a fabulous pink event with almost DAA 500 members from around the country registered for Caloundra. With a great program of racing, workshops as well as a gala dinner, it will be a perfect opportunity for our members to come together and share the sisterhood and camaraderie that DAA membership provides (as well as the fun of racing).

Registration for the **2016 Dragons Abreast Festival**, to be held on Darling Harbour, Sydney on 22 October, opens 1 June. This annual regatta is the major fundraiser for Dragons Abreast Australia and we encourage corporate, social and DAA teams to register to help support the work of our own national charity, whilst also having a great experience paddling in the heart of Sydney.  
**Marion Blake, DAA Board member**



Wendy Ceralovo, Marion Leiba, Elly McGinness, Clare Purcell, Anita Godley and Val Devlin, 24 hour Cancer Council Relay For Life 3 April 2016 *Image:* Clare Purcell

### Congratulations on an awesome effort!

We did it! 24 hour Cancer Council Relay For Life completed by a very small but determined group from Dragons Abreast. To remember those we have lost and those who are struggling with cancer. A huge amount of kilometres walked and sometimes staggered. Thanks to our supportive husbands daughters and friends who helped us out in so many ways. Now I'll attend to the blisters which they are big.

**Clare Purcell**



Karen Bail, Katrina Gilmore and Katarina Heineback 14 May 2016 *Image:* Kerrie Griffin

### Come and try

When **Elly McGinness** first announced the Come and try session, we had just finished a lovely stretchy yoga class given by **Pam Bleakly** ([pam@vitalyoga.com.au](mailto:pam@vitalyoga.com.au)) at Chifley YMCA. Yoga was the only exercise I felt up to at the time, so I am pretty sure I ignored Elly's announcement altogether :(

Not to be deterred, sometime later, Elly announced the next Come and try. This time it didn't seem so unattainable. In fact, the idea of being outside, on the lake, was very tempting indeed :)

After some procrastination I rang several friends, and to my surprise, **Katrina Gilmore** and **Katarina Heineback** agreed to come along too! We haven't looked back since!

So far, we've had perfect weather, windy weather, rainy weather, and even fog - and each time it has been wonderful! We've had boats full of paddlers, and boats half-full, been in big boats and small boats, and watched in amazement as our team simply paddles on and on...

We have experienced friendship and welcome, beyond expectations as well as instruction and support all the way. So thank you to everyone, and the biggest thank you is to my mentor Elly xxx.

See you at the next training...

**Karen Bail**



Joy Tonkin's 70<sup>th</sup> birthday cake courtesy of Patsy Sheales 14 May 2016 *Image:* Frances Heaney

### Connections

Theoretically the term 'newbie' doesn't really apply to me anymore, since I have been paddling with Dragons Abreast Canberra for nigh on a year, and hand on heart I can say that there is not one minute that I haven't enjoyed!

A few years ago, I was a spectator at an ACT Dragon Boat Regatta because a friend was competing. As I walked towards the lake, the spectacle of all the gazebos with the different coloured flags, bunting or ribbons of each club merrily flapping in the breeze, and the dozens of people milling around each one, not to mention the actual competitors, was dazzling. Standing out from all was the Dragons Abreast gazebo and the lovely ladies dressed primarily in pink. It is hard to describe the radiance which surrounded them. There they were chatting away, but simultaneously totally focused on the job at hand — paddling, and they exuded the quiet glow of solid camaraderie. When you first start paddling you worry that you won't live up to the (probably self-imposed) high expectations of team members and coaches, or even the possibility that you could seriously injure someone with your floundering. Any fears are put at ease by every paddle partner, by the coach, by the sweeps, by....well by everyone. There is an instant sense of warm welcome, positivity, support and encouragement. Dragons Abreast paddlers have an approach of inclusion and of diversity, a seemingly unwritten but a wholly accepted and practised attitude by all. This is echoed in the breast cancer research project I am lucky enough to work with.



Mim Forrest, Gigi Lungu, Ashley and Jenny Green, Bakers Delight Dickson 30 April 2016 *Image:* Jenny Green

The project is the very special and quite unique — the ACT & SE NSW Breast Cancer Quality Assurance Project. What makes it unique or special? Well, several things, some being:

- The fact that the project first began collecting breast cancer information in 1997! Yep, almost 20 years ago!
- The way that the surgeons, oncologists, medical receptionists, breast care nurses, radiologists, general practitioners and many more voluntarily participate
- The numbers of men and women diagnosed with breast cancer who continue to consent to their data being collected and used (anonymously) for breast cancer research
- Twenty years of initial and follow up data show significant survival improvement for breast cancer survivors in the region

You can find more information about this project on <http://www.health.act.gov.au/Research/breast-cancer-research>  
I am a very lucky and fortunate person. I love paddling and it is a privilege to be a member of DA Canberra.

**Jenny Green**



Mary-lou Reid casting, Casting for Recovery 2 April 2016  
Image: Sue Drew

### **CfR (Casting for Recovery) weekend**

We arrived at the Garden City Hotel Narrabundah at 4pm on 1 April 2016 and were welcomed by ACT Fly Fishers, we also met the ten other weekend participants. We settled in and, after dinner, we were introduced to Kylie Sargeant a fly fishing instructor, who spoke to us about the NZ CfR retreat.

On Saturday we travelled by mini bus to a casting/fishing location in Western Park, Yarralumla. This was the first lesson in putting together a rod and reel, leaders and tippet. Morning tea break followed and some warm up exercises and basic casting instruction. By lunchtime, we were ready to cast off at the casting and fishing session. We returned to the hotel for afternoon tea and pampering (feet and leg massage) along with some instruction on fly making and tying knots before dinner.

On Sunday we traveled to Peter Walsh's Rainbow Springs Fly Fishing School. After some instruction



Sue Drew and trout, Casting for Recovery 3 April 2016 Image: Sue Drew

from Peter and warm up exercises we were ready to try and catch our first trout. Peter has dams stocked with trout (they were jumping out of the water!). Lunch and more fishing followed with several participants catching and releasing trout, after a photo of course. The day finished with presentations and we departed and goodbyes.

We had the most incredible two days of tuition, pampering, accommodation, meals, laughter with some wonderful people. We highly recommend you try it.

**Susan Drew and Mary-lou Reid**

### **About CfR**

Casting for recovery (CfR) is a weekend retreat for breast cancer survivors in a location to socialise and use fly fishing to aid recovery.

**Mary-lou Reid** and **Sue Drew**, Dragons Abreast Canberra members, participated in Australia's first casting for recovery retreat 1-3 April 2016.

Existing retreats in the USA, U.K. Canada and New Zealand have been established for some time and numbers were growing. The ACT fly fishing club decided to negotiate with these existing retreats to start Australia's first retreat in April. The ACT club hopes to conduct two retreats a year.

Dr Benita Walton, a reconstructive surgeon, and Gwen Perkins Bogart, a fly fishing guide, founded CfR & retreat in the USA. They found the active movement of casting and fishing, combined with the social element of the sport, had an incredible physical and emotional impact on breast cancer survivors. Casting as an exercise was found to be a beneficial exercise, strengthening the upper body and helping break down scar tissue.

Further information about CfR can be found at [www.castingforrecovery.org.au](http://www.castingforrecovery.org.au) or email [info@castingforrecovery.org.au](mailto:info@castingforrecovery.org.au) or Facebook.

### **Merchandise**

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



Cindy Young, El Camino, Spain 5 May 2016

### El Camino thank you

Now that I'm on the Camino again I'd like to acknowledge the people who helped me get here: To those wonderful women at Fernwood Belconnen who have pushed me to become stronger. I make a special mention to the classes by Megan, Rose, Brooke, and Cathy.

To the people in Dragons Abreast and the Lake G walking group for providing other enjoyable ways to stay fit along with lovely camaraderie

To my friends who are so supportive and encouraging, and excited for me!

And especially to Danny Emma Zoe and Isabel. You know why.

I'm wearing the DA neck buff every day on the Camino. In fact I found that I had packed my second buff by mistake. I gave it to a woman from Perth who is also now wearing it on the camino! It's great for those chilly mornings.

**Cindy Young (28 April 2016)**

### Do you like going to the movies?

On Tuesdays DA members can see a movie at Palace cinema and enjoy a light lunch together afterwards where we discuss the movie and solve the problems of the world for only \$16.50 each.

There is no minimum or maximum times you have to attend - 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 Friday. We meet at Palace Cinema just before 11.00am and it's all over by 1.30-2.00pm. \$16.50 includes the movie and lunch.

**If you want to receive a weekly email about the movie club, email Cindy and she'll put you on the distribution list.** [Cindyyoung000@icloud.com](mailto:Cindyyoung000@icloud.com)



Maxine taking us through the belly dancing moves 16 May 2016  
Image: Katherine Kralikas



Bulb planting and morning tea on Springbank Island 19 March 2016 Image: Frances Heaney



### Warm up and training times

6.00 for	6.30am	Tuesdays
12.00 for	12.30pm	Wednesday
8.00 for	8.30-9.30am	Saturdays

**Contact:**  
[donnalennon0@gmail.com](mailto:donnalennon0@gmail.com)

**Donna Lennon**

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!

### Weather watch

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

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

### Under the pink umbrella



**One in eight Australian women will be diagnosed with breast cancer by the time they turn 85. It is estimated 15,500 women and 145 men will be diagnosed with the disease this year, according to Breast Cancer Network Australia.**

### BCNA pink lady luncheon

The luncheon will be 12.00pm for 12.15pm start until 2.30pm on 24 August 2016 at the Gandel Hall at the National Gallery of Australia (NGA).

Special Guest Speaker is **Ita Buttrose AO, OBE.**

A truly exceptional Australian: Media trailblazer, businesswoman, best-selling author, committed community and welfare contributor and 2013 Australian of the Year.

*Watch out for email invitation coming shortly.*



BreastScreen ACT Volunteer, Gillian Styles, Lan Crowley, Cathy Powell and Geraldine Robertson, BCNA Stall, Mother's Day Classic 8 May 2016 *Image: Gillian Styles*

**Mother's Day Classic**

Thank you to the MDC organisers for giving BCNA a stall for the 10th time. Thanks to all the volunteers on the MDC stall. It was pretty wet paddling on *GoAnna* and *Gecko* which had beautiful heads and tails for the event. Annette, our drummer, really threw herself into Ringo-style drumming. Thanks also to **Romy Collier** for promoting the MDC in *The Chronicle* on 3 May with her story. **Kerrie Griffin**

BCNA Stall MDC land crew had fun and a number of queries. We could have sold a hundred BCNA pink ponchos. We all wore them and made a statement. Very young women came to stall... I did an interview as a survivor. I hope DA paddlers did not freeze. **Gillian Styles**



Gillian Styles, Cathy Powell and Geraldine Robertson, BCNA Stall, Mother's Day Classic 8 May 2016 *Image: Gillian Styles*  
*The Canberra Times* pages 2-3, 9 May 2016 covers the MDC:  
<http://www.canberratimes.com.au/act-news/canberra-life/canberra-runners-brave-the-rain-for-mothers-day-classic-20160508-gop3w3.html>  
 Dragons Abreast Canberra, More DA pix from supporters:  
<https://www.facebook.com/media/set/?set=a.119823407352913.9.1073742069.448649108487643&type=3>



Anita Godley, staff, Denise Brown and Marion Leiba, Bakers Delight Woden 30 April 2016 *Image: Denise Brown*



Hollie, Wendy Ceravolo, Clare Purcell and Stacey, Bakers Delight Manuka 30 April 2016 *Image: Clare Purcell*

**Manuka Bakers Delight**

Thanks to Hollie and the staff for all their hard work making all those pink buns, decorating the shop and for making us so welcome each year. **Clare Purcell**

**Belconnen Bakers Delight**

It was great to have four ladies, three for the first time, to assist with this activity. Thanks to **Kat Gilmore**, **Martina Landsmann** and **Romy Collier**. We did have a good time and managed to sell about six trays of pink buns during our two hour roster. As usual, it is just basic good public relations to promote breast cancer awareness through the activity. **Patsy Sheales**



Marion Leiba, Karen Bail, Alison, Megan Dennis, Bakers Delight Belconnen 10 May 2016 *Image: Megan Dennis*

**Belconnen Bakers Delight**

Megan, Marion Leiba and Karen met lots of generous and supportive locals at Belconnen Mall, who were buying pretty pink buns and making spontaneous donations. It was lots of fun!! Many thanks to the Bakers Delight staff who made us very welcome, and particularly Alison pictured here with us! **Karen Bail**





Lesley Thomas, Susan Pitt and Denise Brown, Bakers Delight Civic 29 April 2016 *Image:* Susan Pitt

### BCNA Pink Bun Campaign thank you

Now that Pink Bun has swiftly wrapped up we wanted to send out a huge thank you to all of you that helped out with the campaign. So many of you have put in tremendous effort helping out at your local bakery, contributing through social media and encouraging others to 'sprinkle some change'. We know that there's nothing better than a simple thank you from a survivor to motivate a tired baker at the end of the day. So thank you for all your hard work and effort.

At last count, we have raised an incredible \$1,336,193 from bakery sales alone. The bakeries will now add up their tin donations and we are hopeful that with this addition, we will reach this year's goal of \$1.5 million. This is a truly incredible outcome and we could not have done this without your help.

### Help us ensure women aren't defined by their breast cancer [HOW YOU CAN HELP.](#)

It's easy to lose your sense of self to breast cancer. That's why we're here. Breast Cancer Network Australia supports anyone diagnosed with breast cancer because, first and foremost, you are still you. You are not cancer.

Our programs and services help everyone free of charge, whatever stage of their breast cancer journey. Since 1998, we have helped over 110,000 Australians understand they are so much more than their diagnosis.

### [I am not cancer I am me](#) [Create a supporter page](#)

- Add your story to our campaign by creating your own supporter page. You can set this up at no cost, then create your story and share your page so your friends and family can raise funds for our programs and services.

### [2016 Federal Election Submission](#)

Breast Cancer Network Australia (BCNA) and the National Breast Cancer Foundation (NBCF) have delivered a joint submission to the two major parties contesting the 2016 federal election, the Liberal/National Coalition and the ALP

Our submission uses breast cancer to demonstrate that, while good progress has been made to date, there is still much to be done. We have written the submission in terms Australians use to discuss their experiences of breast cancer:

- I need to know what I must do to reduce my chances of getting cancer
- If I have cancer, I want it detected early to give me the best chance of survival
- I have been recently diagnosed with breast cancer
- I am living beyond breast cancer
- I am living with secondary breast cancer
- I am hopeful of further research discoveries that will help me and my daughters - See more at:

<https://www.bcna.org.au/news/2016/05/2016-federal-election-submission/#sthash.6F0zXmfi.dpuf>



Susan Pitt Cancer Voices rep, Kerrie Griffin BCNA rep, Paul Jackson Cancer Australia and Joan Bartlett Cancer Council ACT, Rare Cancers launch, Parliament House 16 March 2016 *Image:* Kerrie Griffin

### Rare Cancers Update Report launch

*Just a Little More Time: Rare Cancers Update Report* - launch at Parliament House on 16 March 2016.

### Assistant Health and Aged Care Minister Ken Wyatt

launched the report with some appreciation of the complexities of PBS approval.

Trish, Daniel's mother (see report), spoke movingly of the challenges of accessing new treatments and the support of Rare Cancer and crowd funding to cover the high price of drugs.

Richard Vines did an excellent job of summarising the report.\*

The tragedy here is cancer specialists believe that many medicines available for common cancers are also beneficial for rare cancer patients but it is extremely difficult and in some cases all but impossible to get them approved for PBS funding.

\**Report PDF link:*

[https://engonetrca2.blob.core.windows.net/assets/uploads/files/JALMT%202016%20Update%20Report\\_electronic%20FINAL.pdf](https://engonetrca2.blob.core.windows.net/assets/uploads/files/JALMT%202016%20Update%20Report_electronic%20FINAL.pdf)

*Media release link:*

<http://www.rarecancers.org.au/news/3337/rare-cancers-kill-more-aussie-kids-than-any-other-disease-Rare-Cancers-Australia>

Thanks [ABC News](#) for raising awareness on the issues faced by rare cancer patients [#Rarecancers](#) [#JLMT2](#)

### [Research shows benefits of personalised exercise programs](#)

- Watch the Catalyst program '[Exercise and Cancer](#)' on ABC iview or read a transcript of the program.
- Download or order [BCNA's Breast Cancer and Exercise booklet](#) for information about the benefits of exercise during and after breast cancer treatment and practical tips from women about what worked for them.
- To sign up or find out more about Revitalise with BCNA, a six-week health and wellbeing program developed by BCNA in partnership with Fernwood Fitness, visit [revitalise.bcna.org.au](http://revitalise.bcna.org.au).
- Join the [BCNA Get Active and Keep Well](#) group on the online network.

**The McGrath Foundation** invites you to show your support for people touched by breast cancer by uploading your photo to the McGrath Foundation Mosaic and leaving a message of support. A selection of photos uploaded to the McGrath Foundation Mosaic website will form a mosaic-style image and will be projected onto the façade of the AMP 'Sydney Cove' Building during Vivid Sydney 2016. Vivid Sydney is the world's largest festival of light, music and ideas, and the McGrath Foundation Mosaic will create a shining message of support for Australians touched by breast cancer.

Please visit [www.mcgrathfoundation.com.au/mosaic](http://www.mcgrathfoundation.com.au/mosaic) to show your support.

[Have your say on the National External Breast Prostheses Reimbursement Programme!](#)

[Recruiting bilingual volunteers](#)

[New triple negative breast cancer research](#)



Today show host Lisa Wilkinson's photo of Canberra breast cancer survivor Marina McDonald with her daughter Sydney Dayal in 2014. *Image:* Lisa Wilkinson

Before her operation, Ms McDonald said she was confronted with clinical images when she Googled mastectomy photos. It made her eager to put a human story to the ordeal when approached to pose, and the response was overwhelming.

<http://www.canberratimes.com.au/act-news/canberra-life/canberra-breast-cancer-survivor-marina-mcdonald-photographs-lisa-wilkinson-20160511-gosg0a.html>

#### Media

['Buyer beware': Hidden dangers of vitamins and supplements](#)

Troubling questions are raised about the quality and safety of vitamins and dietary supplements after a joint investigation, with claims some products could be doing more harm than good.

#### Revitalise with BCNA now a rolling program

After a hugely successful first round we are thrilled to announce that women can now join [Revitalise with BCNA](#) anytime, anywhere – the new rolling registration allows women to join at a time that suits them.

Revitalise with BCNA is a six-week online health and wellbeing program designed specifically for women who have been diagnosed with breast cancer. The program launched in October in response to a need for reliable information and practical support to help women improve their health and wellbeing after a breast cancer diagnosis.

While exercise and healthy eating is important for everyone, these have added benefits for women with breast cancer. Maintaining an active lifestyle and balanced diet help to improve physical and emotional wellbeing, mood, sleep, and increase bone mineral density.

Developed in partnership with **Fernwood Fitness**, this innovative new program provides customised advice from breast cancer and exercise experts on healthy eating, exercise, mindfulness, meditation, goal setting and motivation.

- Designed for women who have completed (hospital based) active treatment
- Provides customised advice from breast cancer experts on nutrition, exercise, mindfulness, relaxation, and mindset
- Does not require a Fernwood membership to participate
- Medical clearance is recommended to participate in this program
- Can be joined at any time
- The \$87 cost of the program is donated to BCNA, and includes a free month's membership at a local Fernwood gym.

**More information** visit [revitalise.bcna.org.au](http://revitalise.bcna.org.au)

#### [Can.Recall app launched to help cancer patients deal with information overload](#)

Every year there are more than 42,000 diagnoses of rare and less common cancers and around 22,000 deaths in Australia with little available for patients in terms of support and treatments. The launch of [CAN.recall](#), a

new, innovative app, designed to support and improve early patient experiences has potential to be adapted to other cancers and diseases.

CANrecall is available and free for download. CAN.recall for Android via the Play Store, [click here](#) CAN.recall for iPhone via the App Store, [click here](#)



#### ACT Casting for recovery program



Casting for Recovery first retreat 3 April 2016 *Image:* Sue Drew

Apply now for the second retreat. Women who have received a breast cancer diagnosis, who either live in or received their treatment in the ACT are eligible to participate, subject to their doctor approving of their attendance. Women can register on line or complete a registration form obtained at [www.castingforrecovery.org.au](http://www.castingforrecovery.org.au) Queries to [info@castingforrecovery.org.au](mailto:info@castingforrecovery.org.au) or **0490256505**. Closer to the retreat, those registered will be required to fill out an application form.

#### [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](http://www.otisfoundation.org.au) or call 03 5444 1185

#### **Elsbeth Humphries**

#### **The Breast Cancer Treatment Quality Assurance Project 15 Year Report**

Outlines the findings of breast cancer treatment from diagnosis in the ACT and South East (SE) NSW region [http://health.act.gov.au/sites/default/files/BCTG%20Report%202015%20V2\\_0.pdf](http://health.act.gov.au/sites/default/files/BCTG%20Report%202015%20V2_0.pdf)

#### [ACT breast cancer mortality rates falling, new report reveals](#)

Better early detection and treatment options means ACT women with breast cancer are being diagnosed younger.

Report shows improved ACT breast cancer outcomes

The rate of breast cancer survival in Canberra is higher than average for Australia, an ACT Government report suggests.

#### [Breast cancer patients hold their breath, and get better results](#)

Treatment reduces radiation risk for breast cancer sufferers.

[The enduring 'Angelina effect' on breast cancer awareness and gene testing](#)

**Nicky's group 10.30am 1<sup>st</sup> Tuesday of the month**  
**Nicky's group** gives people with **secondary breast cancer in the ACT and region**, the opportunity to meet, share issues and ideas, learn more about secondary breast cancer and even have a laugh! Join us at at Rodney's Plants Plus at Pialligo, in 'Jungle Fever' a private room. Feel free to bring a friend or family member. There is also a great park for the kids. 'Nicky's Group' is supported by **Bosom Buddies**, for more information **0406 376 500** [Mon.-Thurs. 9am-3pm]

### Myriad Genetics High Court win

A two-time cancer-surviving grandmother from Brisbane won her 'David and Goliath' battle against a US biotech firm that wanted to patent the BRCA-1 cancer gene.  
<http://www.abc.net.au/news/2015-10-07/breast-cancer-gene-cant-be-patented-high-court-rules/6833232>

<http://www.aihw.gov.au/publication-detail/?id=60129553359>  
AIHW [media release](#)

Breast cancer in young women is the first national report presenting key data specific to breast cancer in women in their 20s and 30s. This report provides an overview of breast cancer, risk factors for young women, breast cancer detection and diagnosis methods, including incidence, hospitalisations, survival and mortality.

### 2015 BCNA Science and Advocacy Refresher Training

Please see links below to presentations.

- [BCNA's role in advocacy, policy and research](#) (Kathy Wells, BCNA)
- [Breast cancer treatment and care in the U.S.](#) (Prof Alastair Thompson, University of Texas MD Anderson Cancer Centre)
- [Survivorship research](#) (Amanda Piper, Australian Cancer Survivorship Centre, Peter MacCallum Cancer Centre)
- [Breast cancer treatment and care](#) (Prof Fran Boyle AM, Mater Hospital)
- [Challenges of being a Consumer Representative](#) (Lisa Morstyn, BCNA)

### BCNA's website - policy and advocacy work

As many of you would know, there is a lot of information on the BCNA website which may assist you in your various projects as consumer representatives.

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](#)

### NBCF news

Join [Register4](#) – an online initiative of NBCF where you can sign up to participate in breast cancer research.

[NBCF welcomes Patrons of research into young women with breast cancer](#)

January 2016

NBCF's newly launched initiative Circle of 10 has created passionate patrons of world-class research into breast cancer. Read... [MORE>](#)

[Breast cancer tumours may be influenced by daily sugar intake](#)

New research shows the sugar in fizzy drinks and junk food increases the risk of breast cancer and its spread to other organs.... [MORE>](#)

### BCNA NEWS

[Recruiting bilingual volunteers](#)

[New triple negative breast cancer research](#)

[Mandala Calendar and Colouring Pages](#)

[New clinical trials](#)

[Secondary breast cancer telephone support](#)

[Health Minister launches BCNA's secondary breast cancer survey report](#)

### 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.

### Research Bulletin

Our Research Bulletin provides subscribers with credible and interesting breast cancer information, including information about relevant events and conferences as well as research updates in four key areas of interest:

- Family history and hereditary breast cancer
- Young women and breast cancer
- Secondary breast cancer
- Women with breast cancer in rural and remote areas

To subscribe to our Research Bulletin, email us at [policy@bcna.org.au](mailto:policy@bcna.org.au) and request 'Subscription to email updates'. Please provide your name, email address you want the bulletin to go to, and your area of interest.

### Review & Survey Group

Participation will give you an opportunity to assist researchers to solve some of the puzzles around breast cancer, by contributing your own experience. All you need is an email address, and a willingness to be involved. When there is an important breast cancer survey being conducted, BCNA will email you with the details. It's then up to you to decide if you are interested in participating or not. The choice is entirely yours.

To register for the Review and Survey Group click on the following link <http://www.bcna.org.au/news/about-bcna/get-involved/speak-out>

### BCNA Forums Team

### 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)

### 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 20 50.

Please spread the word that BreastScreen ACT has lots of 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.**

<http://health.act.gov.au/c/health?a=sp&did=10108867>

### Support your partner through breast cancer

*I wish I could fix it:* Supporting your partner through breast cancer booklet is included in BCNA's *My Journey Kit*.

### 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#cl>  
 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 Living well after breast cancer – issue 73, Summer 2015](#)
- [I never thought I would](#) – Issue 72, Spring
- [Help with research](#) Join our Review & Survey Group
- <http://www.bcna.org.au/store/Merchandise>

### Gillian Horton, Colleen's Post Mastectomy

**Connection** Open: Tues-Fri 9.30am to 4.30pm  
 3/60 Dundas Court, Phillip | T: 02 6285 1311 | E:  
[bravellesw@gmail.com](mailto:bravellesw@gmail.com)  
 Spread the word and that Gillian is also travelling to regional NSW: Young, Cowra, Wagga Wagga and Moruya.

### 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)  
**Shelley Atkins**, President, [Bosom Buddies](#)

Jean Hailes Foundation <http://www.jeanhailes.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>  
 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](http://www.btaa.org.au)  
**Susan Pitt**, Secretary BTA

### 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
May	Saturday 21 9.45am	Joan's 70th birthday breakfast	Yacht Club	<a href="mailto:joanwhite22@yahoo.com.au">joanwhite22@yahoo.com.au</a>
June	Thursday 2 6.30pm	DA dinner	Burns Club, 8 Kett Street, Kambah	Doodle RSVP
	18-19	DAA Regatta Two day national regatta	Lake Kawana, Sunshine Coast QLD	<a href="https://www.dragonsabreast.com.au/events/events/event/11-dragons-abreast-national-regatta-2016">https://www.dragonsabreast.com.au/events/events/event/11-dragons-abreast-national-regatta-2016</a> <a href="#">CentrePoint Apartments</a>
July	Friday 22 July	Ten pin bowling \$20 (EXACT cash) two games and shoe hire.	Tuggeranong	Doodle RSVP
	Saturday 30	DB ACT Presentation and AGM afternoon	Venue tbc	
August	Saturday 6 10am	DA Canberra AGM	Yacht Club	<a href="mailto:francesheaney.dacanberra@outlook.com">francesheaney.dacanberra@outlook.com</a>
	Sunday 21 2.30-3.30pm	Aqua aerobics	Kings Pool, Deakin	Doodle RSVP
September	Date tbc	DA Muster	venue tbc	Doodle RSVP
	Saturday 10 Sunday 11	Handmade Market All day roster collecting donations at the doors	EPIC	Doodle RSVP
October	Saturday 8 7am-1pm	Dragons Abreast Canberra Corporate Regatta BCNA Mini Field of Women at the Regatta	Grevillea Park	<a href="mailto:francesheaney.dacanberra@outlook.com">francesheaney.dacanberra@outlook.com</a>

	Saturday 24	Dragons Abreast Festival National fundraiser regatta	Darling Harbour, Sydney	<a href="http://www.dragonsabreastfestival.com.au/">http://www.dragonsabreastfestival.com.au/</a> Volunteers needed
2017 April	19-24	Australian Dragon Boat Championships Watch this space.	Wodonga, Victoria	
	29-30	DAA Convention Hosted by DA Melbourne Dambusters	Melbourne	<a href="mailto:francesheaney.dacanberra@outlook.com">francesheaney.dacanberra@outlook.com</a>
2018	<b>Date tbc</b>	<a href="#">International Breast Cancer Paddlers Commission</a> breast cancer survivor regatta	Florence, Italy	<a href="mailto:francesheaney.dacanberra@outlook.com">francesheaney.dacanberra@outlook.com</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 — September 2016**

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

Please submit any news, items and images by 10 September 2016 to the newsletter coordinator

[Kerrie.griffin22@gmail.com](mailto:Kerrie.griffin22@gmail.com) or [taylorclan@inet.net.au](mailto:taylorclan@inet.net.au)



DA Canberra, Relay for Life, AIS Arena, 19 March 2016 *Image:* Clare Purcell



Joy's 70<sup>th</sup> birthday cake courtesy of Patsy Sheales 14 May 2016  
*Image:* Kerrie Griffin



Dragons Abreast Canberra team, Albury Wodonga Regatta 28 February 2016 *Image:* Frances Heaney



Eily McGinness and Clare Purcell with a few of the Star Wars characters, the Cap Expo, Old Bus Depot Markets 19 March 2016  
*Image:* Clare Purcell