



# ABREAST of the NEWS

DRAGONS ABREAST ACT & REGION under the umbrella of Breast Cancer Network Australia

PO Box 7191, Yarralumla ACT 2600 • DRAGONSABREAST.COM.AU • ISSUE 53 • MARCH 2014



DA ACT Regatta 7 December 2013 Image: Wes Forrest



Jindabyne Flowing Festival Regatta 16 February 2014 Image: Wes Forrest

## Coordinator's report

We are looking forward to the **15<sup>th</sup> Dragons Abreast Canberra Anniversary Dinner** on Friday 28 March at University House, ANU. We encourage all past and present members to attend and share memories and look to the future of Dragons Abreast Canberra. [canberra@dragonsabreast.com.au](mailto:canberra@dragonsabreast.com.au)

A huge thank you to **Frances Heaney** and **Julie Kesby** for their enthusiasm in keeping Facebook up to date almost instantly after an activity!

[Dragons Abreast Canberra](https://www.facebook.com/pages/Dragons-Abreast-Canberra/448649108487643)  
<https://www.facebook.com/pages/Dragons-Abreast-Canberra/448649108487643>

Nationally, our DAA head office moved from Darwin to Brisbane and it's a positive change. **Marion Blake**, DA Canberra, attended the opening of the new office as a member of the National DAA Board. Many of us know, and welcome, **Lee Massey**, the new DAA Office Administrator, Brisbane (formerly DA Wagga Wagga.)

We welcome **Elsa Priest**, **Christine Johnston** and **Alanna Grant** (DA Gippsland Waratahs) to DA Canberra. Congratulations go to many members. **Wes Forrest** our safety officer and head volunteer who is now a starter at the local regattas! Well done and many thanks Wes. **Narelle Powers**, **Gillian Styles** and **Deb Whitfield** completed the coaching course. **Robyn Chen**, **Elspeth Humphries**, **Frances Heaney**, **Narelle Powers** and **Deb Whitfield** completed the First Aid Course. **Robyn Chen** and **France Heaney** achieved Level 3 sweeping licenses! We thank you for ensuring we are safe and having a great time.

On 1 December, our team participated in **DA Wagga Wagga's inaugural regatta**. We had a fantastic time and hope to attend again next year. We had a great time paddling, meeting up with old friends and supporting our friends the Bidgee Dragons We placed third in the second race with our time under 1 minute! Thanks to our supporters who accompanied us on our road trip to Wagga!

The **Trivia Night** profit increased to almost \$2800! The Committee bought three paddle bags to store our new paddles. We'll order more paddles for our annual Regatta on 20 September. Thanks to members who raised \$1298.50 at **Handmade Market** on 8 December. Please volunteer for **8 March** to [kaz.visser@hotmail.com](mailto:kaz.visser@hotmail.com)



Karen Visser, Sylvia Corby and Elly McGuinness, Handmade Market, 8 December 2013 Image: Kerrie Griffin



Patsy Sheales, Gillian Styles, Julie, Narelle Powers and Lenyss Snellen, DA Canberra Christmas party 12 December 2013 Image: Wes Forrest

**BCNA Field of Women Live, MCG, Melbourne, Saturday 10 May 2014**

Please keep 10 May available for a fantastic experience and check out the website for updates:

<http://www.bcna.org.au/> History: **Field of Women**

- See [images from the Field of Women event](#) held in 2010.
- Watch *Field of Women* events unfold through YouTube [2007. Sydney's Telstra Stadium](#) Anna, Patsy, Susan, Kerrie and ACT group below her right armpit!
- [2010. Melbourne Cricket Ground](#) Patsy, Susan, Kerrie and ACT group on left below belly button!



Karen Visser, Di Wright, Sylvia Corby, Truus Ford and Frances Heaney, DA Canberra Christmas party 12 Dec 2013 *Image: Kerrie Griffin*



Mim Forrest, Annette Dean, Viki Fox, Julie Richardson with Susi Gross swimming, DA Canberra Christmas party 12 December 2013 *Image: Kerrie Griffin*

Thanks to **Marion** and **Michael Blake** for opening their beautiful new home (and swimming pool) for our fantastic Christmas party on 12 December which was extremely well attended. We shared delicious food and had some great laughs, especially during the frivolously funny gift exchange. Thank you so much Marion!



Patsy Sheales receives the Kasghar Cup from Di Bradshaw; Maureen Wild and Robyn Chen, DA Canberra Christmas party 12 December 2013 *Image: Kerrie Griffin*

A special thanks to the Committee for 'behind my back' awarding me the **Kashgar Cup**. I was humbled to receive this honoured award. A special thank you to **Di Bradshaw** for her kind words and also the very clever bits and pieces of hints about the recipient! I thank you for the award, but even more for your friendship, fun and support.



DA Canberra Christmas carols 18 December 2013 *Image: Wes Forrest*

An enthusiastic band of paddlers paddled around the lake singing **Christmas carols** and surprising innocent bystanders on the edge of Lake Burley Griffin for our annual Christmas paddle on 18 December. Then we shared drinks and nibbles.



Grill'd Restaurant presented \$100 to DA Canberra, Judy Cluse, Anne Baynes and Frances Heaney, 11 February 2014 *Image: Frances Heaney*

Thanks to the suggestion from **Anne Baynes**, we entered the **Grill'd Restaurant** competition and received \$100 donation plus lunches happily eaten by **Frances Heaney, Judy Cluse** and **Anne Baynes**. The money will go towards new paddles.

Our **Come and Try** sessions were enthusiastically organised by **Elly McGuinness, Maureen Wild** and **Clare Purcell**. The last one for the season is **Saturday 15 March** so invite any newbies. [Come & Try 18 January](#) images.

Local regattas have been in full swing and thanks to **Di Bradshaw's** relentless encouragement we had teams, including the 2km events! Keep up the good work everyone. [DBACT Regatta 1 March](#)



Jindabyne Flowing Festival Regatta 16 February 2014 Image: Wes Forrest

DA Canberra attended the **Jindabyne Flowing Festival** on 16 February for the first time and from what I hear we are all ready to go back next year, despite the less than perfect weather.



Deb Whitfield (yellow sweep), Jindabyne Flowing Festival Regatta 16 February 2014 Image: Wes Forrest

**Ord River** preparations are in full swing thanks to **Deb Whitfield** and team. The next endurance training is **15 March** [debbie.whitfield@bigpond.com.au](mailto:debbie.whitfield@bigpond.com.au)

Just to check out our swimming ability and have some fun, **Coach Narelle Powers** organised a swim morning at the Canberra Grammar School Pool. Despite this being far out of my comfort zone, I did survive and had a pleasant enough time. I think everyone found it an interesting experience and not as difficult as might have been expected. We even had a few laughs during the 15 minute 'dog paddling' session!



Joy Tonkin and Val Barger, DA Canberra Christmas party 12 December 2013 Image: Kerrie Griffin

We farewell **Val Barger** and wish her all the best in her new home. Val, remember to drop in for a paddle next time you are in Canberra! Again, I thank **Kerrie Griffin** who works tirelessly to ensure that we have this wonderful newsletter. It's such a thrill to read every issue.

I ask you to keep in mind those who may be having a difficult time and take care of yourselves as well. Get well wishes to **Anna Wellings Booth, Katherine Kralikas, Denise Brown, Sue Drew, Mary-Lou Reid** and **Sandi Avis**. Paddles up!

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

DAA website

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

DAA *Abreast in Australia* International Breast Cancer Survivor Dragon Boat Regatta, October 2007 [Flowers on the water ceremony](#)

**DA Corporate Challenge on 20 September**  
 We are tossing ideas around for the **13<sup>th</sup>** regatta. I'm looking forward to the challenge now I'm officially retired from the paid workforce!

**Frances Heaney, Project Manager**  
[DAregatta2014@gmail.com](mailto:DAregatta2014@gmail.com)



Anna Wellings Booth visited the DB ACT Regatta 22 February 2014 Image: Frances Heaney

**DA Canberra 15<sup>th</sup> anniversary dinner**

Occasionally, dragons' wings droop and it takes them a while to strengthen up but what is evident is that the other dragons are gently holding those wings up with their support and good wishes! Thank you to all who sent cards, delivered a meal, phoned and told me how well I looked (Mmm!).

**Katherine** the Great who is organising the 15<sup>th</sup> birthday celebration has also compromised her wings but assures us she'll be absolutely fine soon. She now has a double 'J' phobia — the Jinx of Jindabyne — this being the third one she missed.

However, she has organised a wonderful venue at University House, ANU for Friday 28 March and Katherine's dragon helpers are urged to encourage all members to join in the celebration and book (and pay!) early. **If you know any past members let them know that although not paddling they were integral in the growth of DA and we'd love them to come.** I understand **Jan Skorich, Party Pie** and **Megan Dennis** are doing a grand sleuthing job. The inaugural dragons, **Elsbeth Humphries, Jan Skorich** and **Anna Wellings Booth**, are making a potted history for the evening.

So you feisty, fabulous, dragons get ready to party on Friday 28 March and celebrate friendships.  
**Anna Wellings Booth** [annawbooth@gmail.com](mailto:annawbooth@gmail.com)



Robyn Chen sweeping, DB ACT Regatta 24 November 2013  
Image: Wes Forrest

### Too competitive?

An issue that often comes up with Dragons Abreast is 'Are we too competitive?' I have heard this off and on since I became involved with DA and it does bother me. Our Committee, try to provide options for everyone to have the opportunities to do what they want to within our group.

We will always have people who are more competitive than others within a group. Our local regattas provide regular opportunities to meet this competitive need to some degree. [Dragon Boat ACT](#) put a few more local regattas on this year. This season is special because Wagga Wagga held their inaugural regatta and we were delighted to support DA Wagga Wagga. When we did a survey more members wanted to go to Jindabyne than our usual Chinese New Year in Sydney so we chose Jindabyne which was very successful.



Marion Blake sweeping and Annette Dean drumming, Jindabyne Flowing Festival Regatta 16 February 2014  
Image: Wes Forrest

The **Ord River Marathon** only happens biannually and it's the June 2014 long weekend. When a show of interest went out to our membership there was enough interest to nominate for the marathon. We were fortunate enough to be asked to participate and are in training for the Ord as you know.

Every four years there is an international breast cancer survivors' event which will be the **International Breast Cancer Survivor Dragon Boat Festival** in **Sarasota, Florida, USA** 24-26 October 2014. So, as you can see, this year is a fuller year than usual for competition opportunities.



Elsbeth Humphries sweeping and Marion Leiba drumming, DB ACT Regatta 7 December 2013  
Image: Wes Forrest

We have tried to provide other simply fun paddling opportunities. The **Come and Try team** have done a wonderful job providing regular activities. Our normal paddling sessions are intended to meet different interests and needs for all. Currently, Tuesday mornings are long paddling sessions which anyone can attend but the Ord River paddlers are expected to attend if at all possible. (That is just 14 paddlers so there are still plenty of seats left.) Ord paddlers are to keep paddling without stopping for the hour, but others can pull their paddle in at any time. Anyone can attend...you just have to get up early! Sunrise is beautiful!

Wednesday afternoons and Saturday mornings do not have a specific emphasis, but we try to have some 'start' practicing at every session to ensure in regattas we will be prepared from regular training. All sessions include warm ups and cool downs with a variety of exercises and paddling experiences depending on the sweep and coaches on the day. When we have enough paddlers for two boats we can meet different needs, i.e. a leisurely paddle group and a more competitive boatload.

Tuesday and Saturday mornings we go to coffee which is often the highlight! Over the years, DA has 'lost' many members, who want to be more competitive, to other clubs, which is a shame. Several of these paddlers stay with DA for DA only regattas and the social opportunities we provide.

There is always the question, 'Are we too competitive?' At any time, there are always those within our group who would like to be more competitive and train harder AND we always have paddlers who are not at all interested in being competitive. If we had a larger group perhaps we could have two groups for paddling purposes yet still have our great DA social activities and fun.

Please remember everyone is always welcome to any session and we would never want members to not come because they felt the group is too competitive. The Committee is happy to listen to your comments and suggestions regarding this matter. I hope I may have cleared up some issues or explained our current situation.

**Patsy Sheales**



Elspeth Humphries sweeping and Annette Dean drumming, DB ACT Regatta 7 December 2013 *Image:* Wes Forrest

[DA Canberra at the Flowing Festival Jindabyne](#) (40 photos)  
A great weekend in Jindabyne — at [Lake Jindabyne](#).

Thanks to **Di Bradshaw** for getting us to Jindabyne. Thanks to our sweeps **Narelle Powers**, **Frances Heaney** and **Marion Blake** for some fun races. It was a relaxed, well organised regatta and great to spend time with you all.



Gigi Lungu, Elly McGuinness, Mim Forrest, Claire Purcell and Elspeth Humphries, *Creekside*, Thredbo 15 February 2014  
*Image:* Wes Forrest

Thanks to **Elspeth Humphries** who hosted eight of us at *Creekside*, Thredbo. For a number of years, Elspeth and her husband Graham, very generously make the house, Graham designed and built, available at no charge to the [Otis Foundation](#) for women to take a free break after breast cancer treatment with up to five family/friends for a few days midweek. It is part of a network of properties.

We had fun making up gift packs for the women who will stay at *Creekside* — as a gift to the women who come from Victoria, NSW and the ACT from Dragons Abreast Canberra. We packed tea, coffee, hot chocolate, soaps etc. and a DA brochure and notes of support. It was great to see how some of the money from our annual corporate regatta is used and to read the thank you notes in the guest book.

I know some of you who would really benefit from an Otis Retreat. Please have a look at the link and photographs and think about booking some time through the [Otis Foundation](#) to recharge.

**Susan Pitt**



Gigi Lungu, Cindy Young, Elspeth Humphries and Wes Forrest, *Creekside*, Thredbo, 16 February 2014 *Image:* Susan Pitt

Thanks Susan and I was thinking of those of you at *Creekside*. What a fantastic place? That dining room table is to covet! It was really good you made up the welcome packs and I'm sure some of the guests' comments brought a tear or two. It's good to see firsthand where some of our annual regatta funds go.

**Anna Wellings Booth**

I would like to echo Susan's comments, her thanks to everyone and her sentiments. It really was a wonderful (though wet) weekend with great people, both on and off the water. Yes Anna, although it was hard to leave *Creekside*, we did do some power paddling — especially the 2km on Saturday 15 February. Time: 11.52 minutes for 2km which was better than 25 March 2013 14.44 minutes or 22 February 2014 13:34:19 minutes. Good memories.

<https://www.facebook.com/pages/Dragons-Abreast-Canberra/448649108487643?ref=hl>

**Elly McGuinness**



Julie Kesby, Robyn Chen, Jude Smith and Donna Lennon, Jindabyne Flowing Festival Regatta 16 February 2014 *Image:* Wes Forrest

**Rain Child**

Oh what a delight it was for Rain Child to paddle with Mother Dragon and the DA Flamin' Dragons crew; the local wildlife (including dolphins, pelicans, and oyster catchers); and the early morning paddle boarders and fisherman during the January break. The dolphins put on a fantastic show on every lap of the river.

It was so great to be welcomed by the crews on each of the three paddles and catch up with some of the survivors who were paddlers in the *Aussie Dragonflies* crew for the Canada 2010 regatta and are now in training for the upcoming Sarasota USA regatta.

My niece also paddled in January with Grandmother Dragon and experienced the early morning wildlife too. She is now looking forward to joining and paddling with the Danebank School crew.

**Julie Kesby**

### Essential Jindabyne packing checklist

- Great supporter crew (checked — thanks to All DA support team, and other Canberra crews!)
- Sense of adventure and team spirit (checked — well done team!)
- The latest pink accessories for your cabin or accommodation to create the great homely environment (special thanks to Denise!)
- Extra clothes in case you get rained on (extra, extra in case they get wet on day one! More pink ones too!)
- Snow clothes (good time to try out the new jackets — thanks Frances for organising earlier in the year)
- Covered shoes (approved by our Safety Officer Wes)
- Paddle
- Gloves
- Hat
- Rain jacket
- Sunscreen
- Water bottle
- Yummy snacks
- 2K bra ('no not the \$2000 one! — the endurance racer 2km one)
- Night out bra
- Sprint bra (for the 200m racing)
- PS: Tags (Should have listed as item no. 1— sorry Di!)

**Julie Kesby**



Anne Baynes drumming, DB ACT Regatta 1 February 2014  
Image: Wes Forrest



Frances Heaney, aka Father Christmas, Viki Fox and Kerrie Griffin Christmas carols 18 December 2013 Image: Wes Forrest

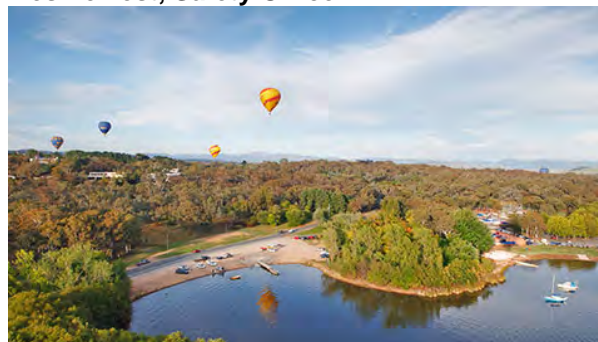
### Starting out 22 February 2014

I wish to share with you all my eventful first day as a starter. Unexpectedly, on arrival I was informed that I would have my big opportunity to fire the gun and get excited on the megaphone. As I fumbled in the Starter's Box, alas there were no caps for the gun and the megaphone was out of action.

Time to implement Plan B; Flags, Semaphore, Morse Code or even Drop the Hankie were contemplated. A White Flag, a Loud Voice and a considerable dose of Optimism saw us pull through until new equipment arrived later in the morning. In the meantime, a serious collision saw a Sweep tossed like a Rag Doll into the murky lake. The Safety Boat was on the scene within seconds, pulling a very shocked and shaking young girl from the water. This was truly a frightening occurrence; the possibility of a serious injury or worse was self evident.

As your Safety Officer, may I respectfully suggest you all consider wearing PDFs (life jackets) at all times on the water. As I drove home I thought WOW what a challenging and action packed day. I can't wait for next Saturday. Well paddled girls — timing wonderful. Cheers

**Wes Forrest, Safety Officer**



Lotus Bay, Yarralumla, Canberra Balloon Spectacular March 2013, Weston Park Image: Paul Chapman

## [Anne Baynes runs the City2Surf](#)

Posted 20 November 2013 and also in a glossy magazine  
<http://www.fernwoodfitness.com.au/Weight-Loss---Exercise/Success-Stories/Members-who-motivate--Anne-Baynes/>



Anne Baynes and daughter Laura running in Canberra

I am in my mid-50s and I've never been a runner, but over the last few years I have tried to keep moderately active with walking, cycling and dragon boating. At the beginning of this year a work colleague suggested we get a team together to walk the City2Surf, so I signed up.

At about the same time I was fortunate enough to start at [Fernwood Belconnen](#) through a generous sponsorship for breast cancer survivors. On my first visit to the club **Kellie Toohey**, the club owner, asked me what my goals were, and I surprised even myself by saying I wanted to run the 14-kilometre distance in the City to Surf.

Kellie didn't start laughing, instead saying she'd design a training plan for me, and assured me there was plenty of time to work up to it. The goal was to start slowly, with three running sessions a week (with some weight and [Body Balance](#) classes well) and build up from there.

I started by alternating between running for one minute and walking for one minute, and over an eight-week period I gradually built this up to running for 20 minutes.

Up until this stage, I was still unsure if I'd be able to complete the full City2Surf distance at a run, so I didn't advertise my goal. But when I hit the five-kilometre running mark at the end of my eight-week plan I started to believe maybe I could go for the full 14 kilometres.

I asked Kellie for my next eight-week running plan, and began to tell friends and colleagues that I was hoping to run the 14 kilometres. I began to get lots of support. I continued with my runs three times a week, building up to running for 50 minutes without a break. I found that running outside, changing my routes, listening to music and an encouraging email

from Kellie all motivated me to run. Two weeks before the race I ran 14 kilometres with my daughter and realised that yes, I could run the City2Surf.

The day of the 2013 City2Surf was perfect, and about 75,000 people ran on the day. The weather was a sunny 22 degrees, the route around the bays and down to Bondi was beautiful and the streets were full of spectators playing music, providing food and hose showers for us all to cool off. I had a running buddy, and we managed to talk much of the way (which perhaps means we weren't running hard enough!), distracting from the difficulty of the race.

It was hard going. I had expected 'Heartbreak Hill', which is about six kilometres in, so just put my head down and kept going, but I found the last two or three kilometres were also rolling hills, which I hadn't expected! But I made it, running the whole way. The feeling of crossing the finish line is hard to explain, except that it taught me that I'm capable of so much more than I thought I could achieve.

My advice? Have a goal, because you can achieve it. Seek some professional help to develop a running plan (I'd suggest Kellie at Fernwood Belconnen, but I don't want her to get over-worked!), don't beat yourself up if you miss a couple of sessions, and tell your friends and family. They'll get behind you and maybe even join you for a run too!

**Anne Baynes, Secretary DA Canberra**

## **Dragons Abreast**

Fernwood Belconnen has been supporting Dragons Abreast, an organisation through which breast cancer survivors participate in dragon boating, in Canberra for 10 years, providing discounted memberships to participants and those going through cancer treatment.

'It's a very difficult time, but positive outcomes come from participating in exercise while going through this journey,' says club owner **Kellie Toohey**. 'We encourage our members to come into the gym, even if they don't exercise they still get great emotional benefits from attending the club.'

Anne is full of praise for the work the club does with Dragons Abreast members. The club has been incredibly generous and kind in its support for Dragons Abreast Canberra members.

'We have access to their classes and the gym, and each member has an initial visit with Kellie, who oversees a program and tailors it to each individual's needs, depending on what stage they're at in their recovery. Then there's ongoing monitoring and support by Fernwood staff of each individual's goals and progress. This has been extremely beneficial to Dragons Abreast members and we feel privileged,' says Anne Baynes.

### Fernwood thank you

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

**Kellie Toohey**

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

Congratulations Anne — it was a real joy reading your story. **Anna Wellings Booth**

Wow wow WOW! Wow Anne, I thought when you said you were going to compete in the City2surf you were going to walk the 14 km. like the rest of us mere mortals (not that I have ever tried, driving up heartbreak Hill exhausts me.) I did not realise you are a lean, mean running machine — an athlete. Fantastic job, I am proud to know you.

**Dianne Bradshaw**

### Check out this training paddling link

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



### Warm up and training times

6.00 for	6.30am	Tuesdays
5.15 for	5.45pm	Wednesday
8.00 for	8.30–9.30am	Saturdays

### Contact:

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

**Lee Moyes**

Some great paddling technique tips:

[http://www.youtube.com/watch?v=j7lRbj3K8c4&feature=player\\_embedded](http://www.youtube.com/watch?v=j7lRbj3K8c4&feature=player_embedded)

Remember water, hat, sunscreen and sunglasses!

If you want to have a try at sweeping contact:

**Narelle Powers** [narelle.powers1@defence.gov.au](mailto:narelle.powers1@defence.gov.au)  
or **Elsbeth Humphries** [humphries44@ozemail.com.au](mailto:humphries44@ozemail.com.au)

### Weather watch

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

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



Solomon Islands women at craft classes *Image: Karen Visser*

### Handmade Market

**Sunday 10am-4pm 9 March** at the **Canberra Convention Centre from**. Come along and enjoy the markets and collect donations for DA.

**Click on:** <http://doodle.com/2pfis2n82f3b8rnp> and write your name and tick the times you can come:

- See where we have lots/not many people if you are flexible about the time (3 per hour seems ideal)
- Change your times later.

If the link doesn't work, email [kaz.visser@hotmail.com](mailto:kaz.visser@hotmail.com)

**For those who are new:** It's very low key as we don't ask for money or sell anything. We just look pretty and hold the buckets and the gold coins come flooding in! If anyone asks about breast cancer, DA or dragon boating we have pamphlets and info. Thanks to everyone who volunteered. In December we raised \$1298.50 for paddles.

We thank **Julie Nichols** and encourage members and friends to support the Handmade Market and **Shop Handmade Canberra**.

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

**Karen Visser**

### Merchandise

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

### Solomon Islands

The women of Kilasekwelo village, Solomon Islands, were so excited to receive the bras and donations when I visited in late 2013. I taught Year 12 Economics and took items for an AusAID friend who was living in the village. She realised that many women did not own a bra and it sure was a red letter day when we organised for each woman to get one bra and the craft classes started.



Karen Visser demonstrates breast self-examination to women in Solomon Islands *Image: Karen Visser*

The women had never heard of breast self-examination and, sadly, some village women had died of breast cancer. We also visited the hospital in Honiara, the capital, and donated the breast prosthesis. The head nurse had never seen one before. They will keep them all and use them to make breast shapes of the correct weight.

**Karen Visser**



## Under the pink umbrella



Breast  
Cancer  
Network  
Australia

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

### The Pink Bun Campaign 24 April until 14 May

Please contact **Kerrie Griffin 0432 980 061** if you would like to visit a local bakery and support BCNA.

### BCNA Field of Women Live, MCG, Melbourne, Saturday 10 May 2014

Please keep 10 May available for a fantastic experience and check out the website for updates: <http://www.bcna.org.au/> History: [Field of Women](#)

- See [images from the Field of Women event](#) held in 2010.
- Watch *Field of Women* events unfold through YouTube [2007, Sydney's Telstra Stadium](#) Anna, Patsy, Susan, Kerrie and ACT group below her right armpit!
- [2010, Melbourne Cricket Ground](#) Patsy, Susan, Kerrie and ACT group on left below belly button!

The concept for a *Field of Women* came to BCNA's founding CEO **Lyn Swinburne** as she flew out of Canberra and envisaged planting thousands of Pink Lady silhouettes on the lawns of Parliament House. Each silhouette would represent a woman diagnosed with breast cancer. In 1998, Lyn's vision became a reality with the first *Field of Women* held in Canberra at Parliament House (organised by **Anna Wellings Booth**).

Since then, this event has become a powerful, visual symbol for women and men affected by breast cancer and their supporters. *Fields of Women* have been planted all over Australia and communities host *Mini-Fields of Women* to pay tribute to those affected by breast cancer.

**All of these events feature the Pink Lady which has become the symbol of BCNA, representing our focus on the women, rather than the disease.**

### News

#### [Cereform breast implants recalled in France](#)

26 Feb 2014

Australia's response to French authorities recall of unused Cereform silicone gel-filled breast implants.

#### [PBAC Submission](#)

26 Feb 2014

BCNA lodged submissions in support of PBS-listing of two new drugs used to treat HER2-positive secondary breast cancer.

#### [New BRCA clinical guidelines](#)

24 Feb 2014

Cancer Australia released new clinical guidelines for the management of early breast cancer in women with a BRCA gene mutation.

#### [Screening mammograms save lives](#)

14 February 2014

BCNA comments on a Canadian research study on the benefits of breast screening.

#### [New bone health and breast cancer fact sheet](#)

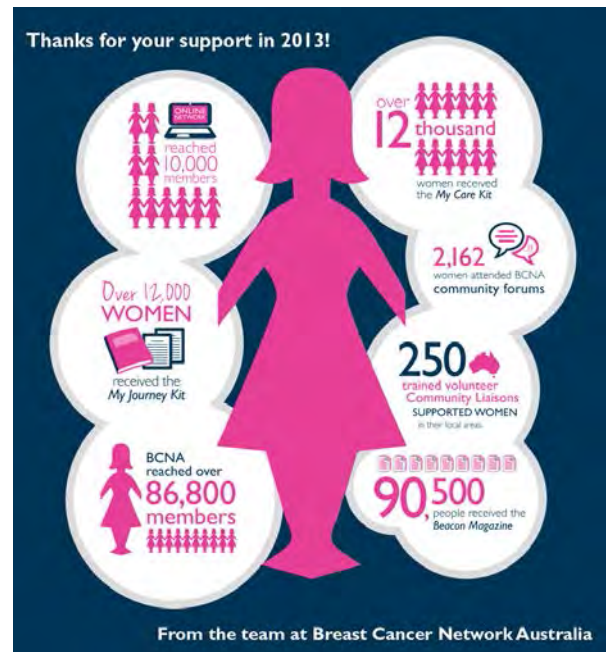
10 February 2014

BCNA produced a new fact sheet on how to maintain bone health after a diagnosis of breast cancer. It explains the impact treatments can have on bone health and provides some tips to help you maintain or improve your bone health during and after your treatment.

#### [BCNA's Member Survey 2013: Information and Support Report](#)

3 February 2014

BCNA was delighted with the response from our members to our recent survey about the information and support that BCNA provides.



### World Cancer Day Roundtable in Melbourne

4 February 2014

BCNA CEO Maxine Morand joined more than 50 health leaders from around the world for a cancer control roundtable held in Melbourne to mark World Cancer Day.

#### [MD Road Warrior runs to raise funds for BCNA](#)

24 January 2014

In May, Geelong personal trainer Matt Daniels will embark on his life's biggest physical challenge to raise funds and awareness for BCNA.

#### [Support your partner through breast cancer](#)

21 January 2014

From January 2014, a copy of *I wish I could fix it: Supporting your partner through breast cancer* booklet will be included in BCNA's *My Journey Kit*.

#### [Sherrin produces pink range for BCNA!](#)

16 January 2014

Sherrin, the official football manufacturer for the AFL, with BCNA to produce a special pink football.

#### [Exclusive BCNA running gear!](#)

16 January 2014

Sportswear designers Jaggad - 'life athletic', have partnered with BCNA to create an exclusive BCNA running gear, featuring our iconic Pink Lady logo.

#### [Special offer for BCNA members](#)



BCNA members can purchase *Breast Cancer: Taking Control* book online at a discount.

#### [Unique support for women with secondary breast cancer](#)

1 December 2013

Around 70 women each month receive a copy of *Hope & Hurdles*, a free, comprehensive information resource for women diagnosed with secondary breast cancer, distributed by Breast Cancer Network Australia (BCNA).

#### [Breast cancer support only a click away this Christmas](#)

11 December 2013

BCNA's online network is an active online community where people affected by breast cancer can connect and share their stories, experiences and tips on how they cope.

#### [Special offer: One piece of advice](#)

#### [A Current Affair discusses access to Oncotype DX test](#)

6 December 2013

On Thursday 5 December, Channel 9's *A Current Affair* ran a story about Oncotype DX, a gene expression profiling test suitable for some women with breast cancer.

#### [Ten years of tamoxifen may be better than five](#)

News - 6 December 2012

A new study has shown that tamoxifen for ten years may benefit women with ER+ breast cancer.

## 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>

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

## Get involved with BCNA

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

This issue focuses on **rural and remote issues** – issue 65, Summer 2013

- [Download issue 65 of The Beacon](#)
- Past issues of *The Beacon* [The Beacon archive](#).
- [Help with research](#) Join our Review & Survey Group
- <http://www.bcna.org.au/store/Merchandise>
- **BCNA updates to share their work with ACT members in case you are interested in being more involved:**
- **The BCNA Networker** [Download your electronic version](#)
- [Connecting BCNA Member Groups online group](#)
- [BCNA Community Liaison online group](#)
- **Seat at the Table 2013 Year in Review**  
2013 was another busy year for our Consumer Representatives and the BCNA team. To highlight your work and reflect on the year, we have put together a [2013 Seat at the Table Year in Review](#). The Year in Review outlines many of your key achievements and a summary of the work the BCNA Policy team has achieved that may inform your own work in the future.
- **Consumer Representative opportunities in 2014**  
*Are you interested in breast cancer research?*  
If you'd like to be involved, please contact Lisa Morstyn [lmorstyn@bcna.org.au](mailto:lmorstyn@bcna.org.au)  
**BCNA updates to share their work with ACT members in case you are interested in being more involved:**
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- **Let's talk about cancer: New Consumer Engagement resources** available *Involving consumers leads to better cancer care (courtesy Geraldine Robertson)*

On 4 February, Cancer Australia released resources to encourage meaningful conversations between people affected by cancer and providers of cancer care.

These [promotional resources](#) aim to foster discussion on how to engage consumers and strengthen consumer involvement by health professionals, managers and researchers.

[www.consumerinvolvement.canceraustralia.gov.au](http://www.consumerinvolvement.canceraustralia.gov.au)

## [NBCF launch Register4](#)

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

[Westmead BCI brochure on Vitamin D levels](#) [Vitamin D and Breast Cancer](#)

## [Vitamin D Latitude Study](#)

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

## ACT media coverage

*The Canberra Times* 4/11/2013

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



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

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

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

## BreastScreen ACT

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

### Phone BreastScreen ACT on 13 2050.

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

### Susan Pitt, BCNA Consumer Representative, BreastScreen ACT Advisory Committee

### Time out from treatment: give yourself a break!

Have you recently been in treatment for breast cancer? Do you need a break or perhaps a celebration of the end of treatment? The Otis Foundation provides short-term retreats for people living with breast cancer, at no accommodation charge. For people living in the ACT, the Otis retreat at Thredbo is the most accessible. *Creekside* is a luxury chalet situated in the picturesque Thredbo Village. It can accommodate up to six people and is available for four night stays from Monday to Friday from November to June. *Creekside* is available to people who are newly diagnosed or who have undergone active treatment for breast cancer in the 12 months prior to their stay. To enquire about a booking at *Creekside* or another retreat, or for more information please go to [www.otisfoundation.org.au](http://www.otisfoundation.org.au) or call 03 5444 1185

Eispeth Humphries

## 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)  
[2014 BB Gathering Dates \(1\)](#)

Marisa Gerussi, President, [Bosom Buddies](#)

## [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)

## Gillian Horton, new owner of 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

Prosthesis recycling Contact Jan Murphy 0402 188 361

[janaliveandwell@hotmail.com.au](mailto:janaliveandwell@hotmail.com.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

### [Team training as a predictor of reduced recurrence among breast ...](#)

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

Terry Mitchell, PhD, Director of the Centre of Community Research Learning and Action and Associate Professor, department of Psychology, Wilfrid Laurier ...

[www.dragonsabreast.com.au/.../TeamTrainingReducedRecurrence.htm](http://www.dragonsabreast.com.au/.../TeamTrainingReducedRecurrence.htm)

Improve your brain health and performance

Build your Personalised Training Program

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

**Kerrie Griffin**

**Consumer Representative**

**Seat at the Table (SATT) Program, BCNA**



### Calendar of events

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

Month	Date(s)	Event	Location	Notes
March	Saturday 15	<b>Come and Try session</b>	Lotus Bay, Yarralumla	<a href="mailto:canberra@dragonsabreast.com.au">canberra@dragonsabreast.com.au</a>
	Saturday 22	<b>ACT Club Champs 500M regatta</b>	Grevillea Park, Lake Burley Griffin	<a href="mailto:canberra@dragonsabreast.com.au">canberra@dragonsabreast.com.au</a>
	Sunday 23	<b>ACT Club Champs 200M, 2KM regatta</b>	Grevillea Park, Lake Burley Griffin	<a href="mailto:canberra@dragonsabreast.com.au">canberra@dragonsabreast.com.au</a>
	Friday 28 March	<b>15<sup>th</sup> DA Canberra anniversary dinner</b>	University House, ANU	RSVP <a href="mailto:canberra@dragonsabreast.com.au">canberra@dragonsabreast.com.au</a>
April	24 April until 14 May	<b><u><a href="#">The Pink Bun Campaign</a></u></b> BCNA annual fundraiser	8 Bakers Delight ACT shops plus Queanbeyan	Please contact <b>Kerrie Griffin 0432 980 061</b>
	15-20	<b>Australian Championships</b>	Lake Kawana, Caloundra, Qld	hosted by QDBF over Easter
May	Saturday 10	<b>BCNA Field of Women Live!</b>	MCG, Melbourne	<a href="http://www.bcna.org.au">www.bcna.org.au</a>
	Sunday 11	<b>Mothers Day Classic</b>	Lake Burley Griffin	<a href="mailto:canberra@dragonsabreast.com.au">canberra@dragonsabreast.com.au</a> Please contact <b>Kerrie Griffin 0432 980 061</b> to volunteer on BCNA stall, Rond Terrace
June	tbc	<b>Ord River regatta</b>	Ord River, WA	<a href="mailto:canberra@dragonsabreast.com.au">canberra@dragonsabreast.com.au</a>
September	Saturday 20 8am–2pm	<b>Dragons Abreast Canberra Corporate Challenge Regatta</b>	Weston Park, Lake Burley Griffin	Volunteers needed <a href="mailto:ACTregatta2013@dragonsabreast.com.au">ACTregatta2013@dragonsabreast.com.au</a>
	Saturday 20 8am–2pm	<b>BCNA Mini Field of Women at the Regatta</b>	Weston Park, Lake Burley Griffin	Volunteers needed for the BCNA stall!



<b>October</b>	24–26	<b>International breast cancer survivor dragon boat regatta</b>	Sarasota, Florida, USA	<a href="http://www.ibcpc.com/2014Festival/IBCPC2014Festival.htm">http://www.ibcpc.com/2014Festival/IBCPC2014Festival.htm</a> <a href="http://www.sarasotabcs2014festival.org/">http://www.sarasotabcs2014festival.org/</a>
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**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 —April 2014**

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

Please submit any news, items and images by 10 April 2014 to the newsletter coordinator

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

All teams can download Dragons Abreast Canberra Social and Corporate Regatta 2013 images courtesy of Chris Holly Check Facebook for more

[Corporate and Community Regatta: official team photographs now available!](#) [DA Corporate Centennial Regatta - Chris Holly Album 4](#)

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

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



Lotus Bay, Yarralumla, Canberra Balloon Spectacular March 2013, Weston Park *Image:* Paul Chapman



The ever happy Dragons Abreast ladies certainly added a huge splash of colour to a dull Canberra morning and there were plenty of other people out on the water enjoying the calm conditions as well. It was nice to catch up and have a chat again, you all looked fantastic out there and thanks for brightening up my morning. 21 January 2014 *Image:* Paul Jurak [kayakcameraman](#)



DA Canberra Christmas party 12 December 2013 *Image:* Kerrie Griffin



DA ACT Regatta 1 February 2014 *Image:* Wes Forrest



DA Canberra Christmas party sunset 12 December 2013 *Image:* Kerrie Griffin



Patsy Sheales with the Kashgar Cup annual award, DA Canberra Christmas party 12 December 2013 *Image: Kerrie Griffin*



Marion Blake and dragon, DA Canberra Christmas party 12 December 2013 *Image: Kerrie Griffin*



Gigi Lungu and Louise Muir, DA Canberra Christmas party 12 Dec 2013 *Image: Wes Forrest*



Kerrie Griffin, Viki Fox, Gillian Styles and Truus Ford, DA Canberra Christmas party 12 December 2013 *Image: Kerrie Griffin*



Elspeth Humphries, Marion Blake, Narelle Powers and Lenyss Snellen, DA Canberra Christmas party 12 December 2013 *Image: Kerrie Griffin*



Lenyss Snellen, Susan Pitt, Kerrie Griffin, Denise Brown and Sue Drew, DA Canberra Christmas party 12 December 2013 *Image: Kerrie Griffin*