



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 49 • MAY 2013



C100 Canberra's 100th birthday Centenary regatta, 11 March 2013 Image: Andrew Lennon

Coordinator's report

Congratulations to our members and dual members who participated at the Australian Championships in Penrith in April. Well done to **Bea Brickhill**, **Cathy Powell**, **Colleen White**, **Deb Whitfield**, **Di Bradshaw**, **Elly McGinness**, **Gillian Styles**, **Jan Skorich** and **Robyne Kellett**. Congratulations to **Di Bradshaw** who was selected to be the National DAA flagbearer. Di arrived on a Harley Davidson — a dream come true!

Dragons Abreast Canberra participated in the **Canberra's 100th birthday Centenary regatta** on 11 March 2013 with great gusto. Thanks to all members, especially **Therese Kerby** and **Robyn Chen**, for the successful **DA Muster** on 13 March.

Centennial regatta ACT Championships

DA Canberra held a cake stall on 23 March at the corporate regatta for the national Auroras squad. On 24 March DA Canberra participated in our first 2km regatta race. We had tremendous support and encouragement from family, friends and all teams with a guard of honour at the end. Thanks to coach **Narelle Powers** and team captain **Di Bradshaw**.

DA Canberra is confirmed to participate at the **International Breast Cancer Survivor Dragon Boat Festival in Florida, USA in October 2014**. Teams are limited but thanks to our **Di Bradshaw** we are one of the first teams. Di also booked our accommodation so all we have to do is keep training. Di applied for the team to be accepted in the **Ord River Paddle in June 2014**. This biannual event is highly sought after.

DA cover girls

Most of us probably only dreamed of being cover girls, but sometimes dreams do come true and this year DA Canberra starred as 'cover girls' on *Contact Directory* and the *Telstra Canberra telephone book*!



Di Bradshaw, [Dragons Abreast Australia](#) DAA national flagbearer, Australian Championships, Penrith, 15 April 2013

DA Canberra Challenge Corporate Regatta

Project Manager **Frances Heaney** is busy planning for another successful day on **Sunday 20 October** at a new venue **Grevillea Park**. Please volunteer to share part of the action before or on the day. I have organised some paddles for the regatta which is generously being run by **CDBA** this year.

On 2 April we farewelled **Carol Summerhayes** who has now made a seachange to the south coast. We do expect visits from her from time to time. It was wonderful to catch up with so many new and older members.



Sisters Carol Summerhayes and Judy Richards, 2 April 2013
Image: Susan Pitt



Graham Freudenberg, glamorous Carol Summerhayes and Gough Whitlam, Melbourne Airport, 1969



Mim Forrest, Jenny Nicholls, Julie Kesby, Anne Baynes, Bear, Annette Dean, Claire Purcell, Cindy Young, front row: Kerrie, Viki Fox, Denise Brown, Maureen Wild and Robyn Chen, bulb planting, Springbank island, 13 April 2013 Image: Kerrie Griffin

Bulb planting

We held our bulb planting on 13 April on Springbank Island followed by morning tea. Thanks to **Deb Whitfield** who organised sweeps for us — **Chicki** and **Bear**, Ice Dragons. From what I have heard and seen on their website, they thoroughly enjoyed their morning with DA!

Come and Try

We also thank **Margaret Ritchie**, Diamond Phoenix, who was sweep on 21 April. Many thanks to **Mim Forrest** for organising the Come and Try session and delicious morning tea. The next Come and Try is 2 June.



Narelle Powers and Patsy Sheales at Carol Summerhayes' farewell, Southern Cross Yacht Club, 2 April 2013 Image: Susan Pitt

Our new Dragons Abreast Canberra Flag was generously sponsored by **Edmund Kralikas Financial Planning** and **Fernwood Fitness Belconnen** and **Gungahlin** and launched at the DAA Convention.



Come and Try on 21 April 2013 Image: Frances Heaney



Anna Wellings Booth, Carol Summerhayes, Kerrie Griffin and Susan Pitt at Carol Summerhayes' farewell, Southern Cross Yacht Club, 2 April 2013 Image: Kerrie Griffin



Boerge Alexander, sweep, DA Canberra emerge from the fog at the Mothers Day Classic, 12 May 2013 Image: Steve Taylor

Mother's Day Classic, Sunday 12 May
 Congratulations to **Cate Wood** and her team for another successful day raising funds for breast cancer research. Thank you to our members **Gillian Styles**, who was the BCNA Stall coordinator and spoke with media prior to the event, and to **Susan Pitt** who helps the on stall each year to raise awareness about breast cancer and local groups. DA Canberra enjoyed a foggy paddle around the lake.



DA Canberra, Mothers Day Classic, 12 May 2013 Image: Steve Taylor

Handmade Markets 9 June

It is a fantastic opportunity to promote breast cancer awareness and also collect donations. We thank **Julie Nichols** and her team and encourage members and friends to support the Handmade Markets and [Shop Handmade Canberra](http://www.shop-handmade-canberra.com.au). Thank you to **Karen Visser** and DA members who collected \$1500 at **Handmade Markets** on 10 March. Next collection date is **Sunday 9 June** when along with the fantastic Handmade Markets including 150+ handmade stalls there will be a World Wide Knit in Public Day (WKIP). www.handmademarket.com.au..

BCNA Pink Bun Campaign 2–22 May

Thanks to our many members who continue to help Baker's Delight raise funds for BCNA programs including the free [My Journey Kit](#) and [Hope & Hurdles pack](#) which have helped many of our team as well. See images in back of newsletter.

Thanks to **Anne Baynes** who is researching for a park bench in memory of **June McMahon** somewhere near the lake Thanks also to. **Sylvia Corby** who has meticulously gone through the PFDs and members cleaned them for the winter.

Many thanks to **Frances Heaney** and **Donna Lennon** braved the fog on 26 May to represent DA Canberra at the CDBA clean up the shed day.

The very successful national **DAA Convention** held in Canberra 17–19 May will be the focus of the June newsletter. The Committee definitely planned a fantastic program and we enjoyed hosting DAA members from across the nation. We thank our patron **Senator Kate Lundy** for hosting the welcome function at Parliament House. There was a standing ovation for **Michael Milton** at the Australian War Memorial dinner and for **Marion Blake** and DA Canberra at the final session. <http://www.canberratimes.com.au/entertainment/about-town/dragons-abreast-may-23-20130522-2k0do.html>

Recently, all DA coordinators around Australia had a teleconference with **Brett Mason** our new DAA CEO. After my talk I am certainly looking forward to positive changes and a great future for DAA.

Thank you to **Di Bradshaw** and **Anne Baynes** who are sharing the coordinator role while I'm overseas. All DAA information is to go to Di. **Di Bradshaw** is also the merchandise person while Cindy is away.



Joy Tonkin, Carol Summerhayes, Judy Richards, Gigi Lungu, Viki Fox and Val Barger at Carol Summerhayes' farewell, Southern Cross Yacht Club, 2 April 2013 Image: Kerrie Griffin

We wish **Lenyss Snellen**, **Katherine Kralikas** and **Val Barger** a speedy recovery. Congratulations to **Megan Dennis** and **Bea Brickhill** reaching new milestones as grandmothers. Continue to paddle strong through winter.

Patsy Sheales

Coordinator Dragons Abreast Canberra

canberra@dragonsabreast.com.au

DAA website

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

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

Fernwood Thank you for your sponsorship at:

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

Merchandise

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

Help at Handmade

Come along and help us 'rattle the pink buckets' for donations at Handmade on Sunday 9 June at the Convention Centre. Just an hour or two would be great. If you haven't been to the Handmade markets, they are well worth a trip!

<http://www.handmademarket.com.au/home.html>

Buckets up!

Karen Visser Kaz.visser@hotmail.com



Marion Blake, Di Bradshaw Gillian Styles and Patti Pye at Carol Summerhayes' farewell, Southern Cross Yacht Club, 2 April 2013 *Image:* Kerrie Griffin

AusDBF Risk Management Policy

The policy may be officially released at the next AusDBF meeting. **Genevieve Carruthers** presented an excellent session at the Convention about the policy's impact on clubs and paddlers. She used layperson's terms and it made sense.

The responsibility lies with all of us, from the individual who must consider their place on the boat (the impact of illness/wellness, medication, fitness on their ability to participate in the activity) to the sweep who must be aware of everyone's situation as well as the weather, the state of the equipment etc. to the club which must ensure all members have information about appropriate warm ups, cool downs and any possible hazards.

I recommend members read the *Safety Manual* and this policy on the website: www.ausdbf.org.au

Gillian Styles

<http://www.dragonsabreast.com.au/other-documents/>



Debbie Whitefield, Patsy Sheales, Boerge Alexander and Mary-Lou Reid, drummer, Lotus Bay, November 2012 *Image:* Telstra

Hairless

I've been on the roller coaster
And the ride felt never ending
Some of the turns were scary
Some of the dips were larey

I lost my hair to chemo
My eyebrows disappeared
And one day in the shower
I looked down — not a hair!

The girls at work were marvellous
And helped me all the way
And Kathleen said, don't worry
I'll draw your eyebrows every day

I've been cut, poisoned and burnt
And came at out the other end
All's well that ends well
At least I have my hair

Mary-Lou Reid

March 2013

Centenary regatta 11 March 2013

[Happy Birthday Canberra!](#)

IDs shine in Canberra's 100th birthday celebrations!

A brave crew represented the Canberra Ice Dragons at the 100 Birthday celebrations on Monday afternoon in front of a crowd estimated at over 150,000 people. The crew were accompanied by two **Navmat** crews and a pink **Dragons Abreast** crew, with the intention of showcasing dragon boating as a sport in the ACT. The four crews competed in multiple 200m races at various locations around the lake, much to the delight of the huge crowds of onlookers.



Centenary regatta 11 March 2013 *Image:* Frances Heaney

After completing the initial demonstration races in Central Basin, the crews paddled back to the yacht club for a quick drink break and to reconfigure the boats before heading out for another four back-to-back 200m races. Wearing life jackets in the mid-afternoon heat was beginning to take its toll! Not appreciating having the biggest strokes in Ice Dragon history, the Ice Dragons volunteered **Dave and Mick** to paddle with the Pink Ladies. This turned out to be an interesting move as Dave and Mick fired up the Pink Ladies to put in their fastest performances ever... beating the Ice Dragon crew off the mark on at least one race and finishing a very close second on several other races. Ice Dragons naturally claimed they 'were not ready' at the start line, but Mick and Dave know the real score.

At the end of the day everyone involved felt they had put in a good performance in front of the huge crowds, and were proud to participate in an opportunity to showcase our sport.

Bear, Ice Dragons



Elspeth Humphries, sweeping DA Canberra, Centenary regatta 11 March 2013 *Image:* Andrew Lennon

Our girls really shone yesterday – and it was great to have a fierce engine room of four men. We kept up really well through two sets of four races all around the central basin. Looking good!

Elspeth Humphries 12 March 2013

Centennial regatta ACT Championships 2km

I hope you all enjoyed the Centenary regatta. One of my favourite parts was the Ice dragon men paddling us into Yarralumla Bay. I would like to adopt them.



Bea Brickhill and Di Bradshaw, DA Canberra, 2km guard of honour, ACT Championships Centenary regatta 24 March 2013 *Image:* Mavis Fowler



Debbie Whitfield, Karen Visser, Di Bradshaw, Jenny Nicholls, Denise Brown and Elspeth Humphries, DA cake stall, ACT Championships regatta 23 March 2013 *Image:* Kerrie Griffin



Cindy Young and Bea Brickhill, DA cake stall, ACT Championships regatta 23 March 2013 *Image:* Kerrie Griffin

DA Canberra ran a splendid cake stall at the corporate regatta on 23 March at the ACT Championships to raise funds for the Auroras (Australian Dragon Boat team) to go to Hungary for the world championships.

On 24 March DA Canberra competed in our first 2km race regatta. The brave souls included: Bea, Kerrie, Julie, Sylvia, Carol, Patsy, Donna, Robyn Chen, Narelle, Elspeth, Denise, Mim, Megan, Marion Leiba, Anne, Gigi, Katherine, Joy, Frances, Susan, Annette and Therese. We had the most amazing support from family, friends and all the other teams who cheered us on and made a guard of honour at the end!

Many of our team volunteered the entire weekend including Gillian Styles, Boerge Alexander, Debbie Whitfield, Colleen White and Di Bradshaw.

Di Bradshaw



Di Bradshaw, Elspeth Humphries, Denise Brown Frances Heaney and Mim Forrest, DA cake stall, ACT Championships Centenary regatta 23 March 2013 Image: Kerrie Griffin



Jenny Nicholls and Annette Dean, , bulb planting, Springbank island, 13 April 2013 Image: Kerrie Griffin



Bear, Viki Fox and Julie Kesby, bulb planting, Springbank island, 13 April 2013 Image: Kerrie Griffin

Komodo salute the women who make pink an inspiration

Amidst the final preparations for the 2013 Nationals, two lucky members of Komodo were blessed to join the pink ladies of Canberra's Dragon's Abreast on their annual pilgrimage to plant bulbs on Springbank Island on 13 April.

Lake Burley Griffin turned on the magic as Coach Chicken joined the engine room of the Pink Express with Bear as the sweep. In a very non-traditional expedition, the boat was loaded with pink ladies, a vast array of bulbs and supplies for a morning tea that appeared enough for 3-4 boats. The gardening gear was broken out in earnest as we tilled the soil and planted what we all hope will be a blooming flowers come spring. Work completed, the serious work of enjoying the beautiful day, coffee and scones got under way.

Our lesson in perspective

A morning with the pink ladies was one of the most enjoyable and moving dragon boat experiences we have been fortunate enough to experience. The competition we face on the water pales in comparison to the challenges the Dragons Abreast women across the world face every year. It does not take bravery or courage for us to train and race dragon boats at Nationals, it's our choice. The proud women of Dragons Abreast don't choose their challenge, but they face it head on in a sea of pink, a smile, and an appreciation of every day on the lake and in the company of friends and family. It was the most incredible honour for us to join these beautiful women on the annual trip. Thank you for letting us be a part of your family for the morning. Good luck on your plans for trips to the Ord and Florida. You inspire us all.

Chicki and Bear, Komodo

<http://www.komodopaddleclub.com/komodo-salute-the-women-who-make-pink-an-inspiration/>



Image: Telstra phone book 2013
Media Release 2 May 2013

Health hero Anna Wellings Booth OAM recognised on Canberra White and yellow pages cover

O'Connor breast cancer survivor and Dragons Abreast founder **Anna Wellings Booth** was selected to be on the cover of this year's telephone book with the theme *Keeping Our Communities Healthy*.

Anna reflect the theme which recognises 'the selfless Australians who go above and beyond to improve the quality of life for locals in their area'.

Diagnosed with breast cancer in 1987, Anna has dedicated years to supporting other women diagnosed with the disease. She has played key roles in many local and national breast cancer organisations, serving as a foundation member and board member of Breast Cancer Network Australia, a founding member of Bosom Buddies ACT and past board member of the ACT Cancer Council.

One of her greatest achievements was in 1999, when she founded the ACT branch of Dragons Abreast, a dragon boat team crewed by women diagnosed with breast cancer.

The 60-strong group can regularly be seen paddling on Lake Burley Griffin, training for local, national and international regattas.

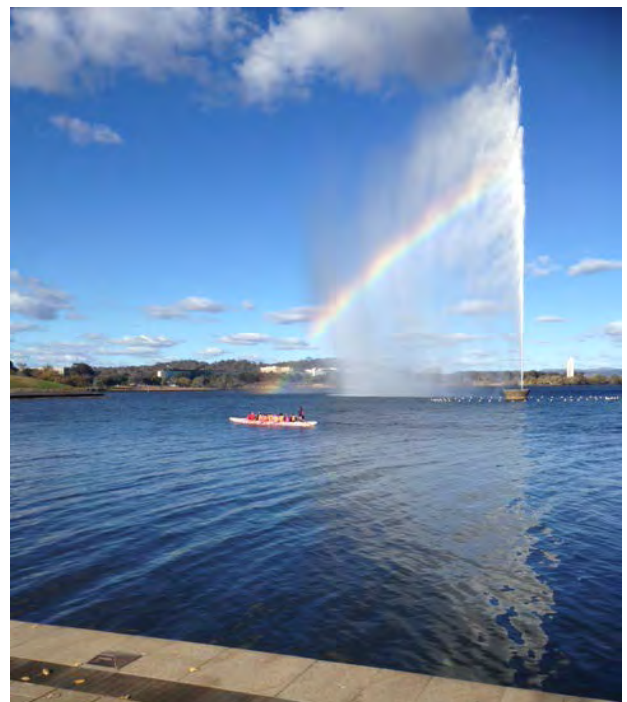
In 2002, Anna established the first Dragons Abreast Dragon Boat Challenge, an initiative to raise funds for the group and further support people fighting cancer. Each year the challenge attracts many participants with more than 40 teams competing in 2012.

'I am really honoured to have been selected for the cover of the phone book. When women pick it up and see our inspiring dragon boaters on the cover with me, I hope they will be motivated to be proactive about their health,' Anna said.

We are delighted to recognise Anna's efforts in keeping her community healthy. She is someone who is making a positive impact on health and wellbeing in Canberra', said Sarah Simpson, Telstra.

[Dragons Abreast Australia](#)

There are now 778 photos of the 2013 Canberra Convention available for preview and download via the Dragons Abreast website using the link below. All of the presentations shown at the conference will also be accessible shortly via the same link. https://www.facebook.com/dragonsabreast/photos_stream



What's at the end of the rainbow, why us of course! Boerge Alexander 19 May 2013 Image: Manuela



Skywhale over the National Museum of Australia, 11 My 2013 Image: Susan Pitt



Theresa Kirby and Robyn Chen, Dragon Muster organisers
image: Kerrie Griffin



David and Milo Brickhill image: Bea Brickhill, grandmother



Warm up and training times

6.15 for	6.30am	Tuesdays
12.15 for	12.30pm	Wednesday
8.00 for	8.30–9.30am	Saturdays

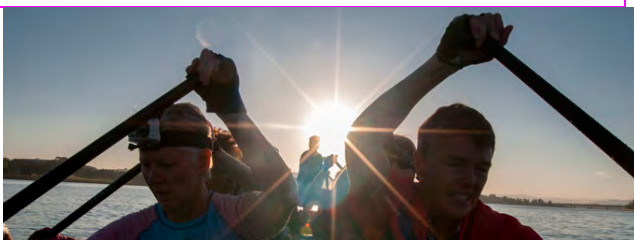
Contact: Lee Moyes
leea@millpost.com.au

Some great paddling technique tips:
<http://www.dragonsabreast.com.au/Admin/training.htm>

Remember water, hat, sunscreen and sunglasses!

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

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



[Dragons Abreast Canberra Dawn Paddle](#) (62 photos)
Images to entice everyone to Tuesday morning paddling:
Narelle sweeping, Frances and Sylvia stroking, 22 January 2013
images: Chris Holly

ehospice

<http://www.ehospice.com/australia/ArticlesList/Brotherlylove040313042024/tabid/5833/ArticleId/3920/language/en-GB/Brotherlylove.aspx>

You may remember that we have been asked to take Samuel Johnson for a paddle with us when he arrives in Canberra after completing his unicycle riding adventure around Australia-to raise awareness of breast cancer. This article about both Samuel and Connie is very interesting.



[Brotherly love](#)

Australia - 03 April 2013
After being diagnosed with terminal breast cancer at the age of 33, Connie Johnson and her brother Samuel have launched the ‘...

Dianne Bradshaw

Under the pink umbrella



BCNA Mini Field of Women at the Dragons Abreast Canberra Corporate and Social Regatta 20 October 2012



Cate Wood, Women in Super and MDC Chair, and Gillian Styles BCNA Stall coordinator, Mothers Day Classic, 12 May 2013
Image: Susan Pitt



Eleanor Bates President Bosom Buddies ACT, Gillian Styles, Larissa Sinclair and Susan Pitt, BCNA Stall, Mothers Day Classic, 12 May 2013
Image: Susan Pitt

Mothers Days Classic BCNA stall, Rond Terrace, Sunday 12 May

[Thousands making a difference - Canberra Times](#)

Thanks to **Gillian Styles**, BCNA Stall coordinator, **Susan Pitt**, **Eleanor Bates** and **Larisa Sinclair**, who looked after the BCNA Stall. It is an opportunity to raise

awareness about breast cancer and our local groups including Bosom Buddies ACT, Dragons Abreast Cancer, Encore and BreastScreen ACT as well as BCNA.

MDC and Women in Super chair organiser **Cate Wood** said attendance was up nearly 40 per cent on 2012 and ACT participants raised well over \$100,000 for research into breast cancer.

'It was fabulous morning, a terrific crowd, unbelievable atmosphere and lots of enjoyment, and lots of tragic stories as well,' she said.

When Cate helped to start the event, in the late 1990s, Women in Super were told no one would want to do a fun run on Mother's Day, but it had since become a tradition for many families.

The foggy start did not deter runners, she said, with plenty of people signing up on the day. 'Lots of people are touched by breast cancer; nearly everyone has friends or family who have it,' Cate Wood said.

Kerrie Griffin



Bakers Delight Woden staff, Matt, Manager and Frances Heaney, BCNA pink bun campaign, 11 May 2013
Image: Frances Heaney

BCNA pink bun campaign

Thank you to the volunteers who gave their time and good humour to this annual fun event:

Bosom Buddies ACT: **Eleanor Bates, Larissa Sinclair, Leonie Heffernan and Sharon Onyett.**

DA Canberra: **Patsy Sheales, Gillian Styles, Judy Cluse, Julie Kesby, Debbie Whitfield, Mim and Wes Forrest, Donna Lennon, Susan Pitt, Denise Brown, Anna Wellings Booth, Claire Purcell, Maureen Wild, Elly McGinness, Theresa Kerby, Jill Evans, Frances Heaney, Louise Muir Sandi Avis and Kerrie Griffin.** Frances Heaney has brought her own style to the BCNA pink bun campaign and is so amazing.

<http://www.bcna.org.au/events/key-fundraising-events/pink-bun-campaign>

Kerrie Griffin

Woden, ACT final stats from Frances Heaney

I had wonderful support from my work colleagues from the Department of Health & Ageing. With their help I sold 32 dozen pink buns and with some very generous donations I was able to raise \$887 for BCNA. I would also like to thank Matt, Laura and all their fabulous staff at the **Westfield Woden Bakers Delight** for all their help during this three week period. This was my first year selling the buns so will look forward to doing it all again next year.

Frances Heaney

UNBELIEVABLE Frances — you are a star!

Marita (Queen of Pink Bun) pinkbun@bcna.org.au

DRAGONS ABREAST – keeping the spirit alive!

BCNA Summit

Frances Heaney representing DA Canberra and **Gillian Styles** as a Community Liaison Representative were selected as ACT participants at the BCNA Summit in Sydney on 8-9 August. The BCNA National Summit is a fantastic opportunity for participants to network, share knowledge and experiences, and develop skills to support members in their role. We are so fortunate to have representatives from our DA team. Well done, ladies! <http://www.bcna.org.au/events/bcna-national-summits>
Patsy Sheales



Patsy Sheales, Debbie Whitfield and Julie Kesby, Bakers Delight Belconnen, BCNA pink bun campaign, 11 May 2013
Image: Debbie Whitfield



Denise Brown, Bakers Delight Dickson, BCNA pink bun campaign, 11 May 2013 *Image: Susan Pitt*



Bakers Delight Dickson staff and Anna Wellings Booth, BCNA pink bun campaign, 11 May 2013 *Image: Susan Pitt*



Bakers Delight Dickson Claire Purcell and Maureen Wild, BCNA pink bun campaign, 11 May 2013 *Image: Claire Purcell*



Bakers Delight Civic staff, Eleanor Bates and Kerrie Griffin, BCNA pink bun campaign, 11 May 2013 *Image: Kerrie Griffin*

<http://www.canberratimes.com.au/entertainment/about-town/dragons-abreast-may-23-20130522-2k0do.html>



Bea Brickhill, Lyn Mills, Dot Barclay and Anna Wellings Booth, 23 May 2013 *Image: Kerrie Griffin*

Biggest Morning Tea

Dot Barclay and team at the Forrest Hotel and Apartments hosted their 11th annual Cancer Council ACT's World's Biggest Morning Tea on 23 May. **Lauren Montagnese**, 24 years, spoke movingly about inheriting the BRCA 2 gene like Angelina Jolie.

BCNA news

[Field of Women postponed](#)



21 May 2013

Breast Cancer Network Australia (BCNA) regretfully advises that, due to unforeseen costs and logistical and timing obstacles, the *Field of Women* 2013 in Sydney on 10 August at ANZ Stadium will not go ahead as planned. We are of course very disappointed but we are committed to running quality events and we did not want to compromise the experience for our members and supporters.

The good news is we will work with the AFL to find another date next year.

BCNA sincerely apologises for any inconvenience caused and looks forward to standing together on the *Field* next year with the many Australians affected by breast cancer.

If you have already booked flights and accommodation to the event, please visit the [Field of Women page](#) on our website for more information.

[Crawf to hit the road again for BCNA](#)

17 May 2013

BCNA Ambassador and AFL legend **Shane Crawford** has set himself another personal challenge and will ride from Melbourne to Perth in support of BCNA.

[BCNA responds to 2013 Federal Budget](#)

15 May 2013

Breast Cancer Network Australia CEO Maxine Morand said today there is good and bad news in the federal budget for women with breast cancer.

"There are a number of initiatives in the budget that will help to improve cancer services, including for women with breast cancer," Maxine said.

"In particular, we welcome the provision of **\$55.7 million over four years to extend the target age range of women invited to participate in the BreastScreen Australia program**. The decision to extend the age range to include women from **50 years through to 74 years**

will ensure more women receive regular mammograms and will improve early detection rates."

BCNA also welcomes funding for **Cancer Australia to collect national data relating to the stage of cancer diagnosis, treatment and frequency of cancer recurrence after treatment**. This data is not currently routinely collected and will help in the planning and delivery of cancer care services. BCNA has long advocated for the collection of this data.

"We are also pleased to note that funding has been provided to increase chemotherapy dispensing fees for pharmacists from 1 July 2013 to 31 December 2013 while the Government undertakes a review of chemotherapy funding arrangements," Maxine said. However, some changes will increase health care costs for women with breast cancer.

"A diagnosis of breast cancer can have a significant financial impact, even for women having treatment through the public hospital system," Maxine said. "Any increase in costs puts additional pressure on women and families."

Maxine said the decision to increase the Extended Medicare Safety Net threshold from \$1221.90 to \$2000 from 1 January 2015 will put pressure on some families. BCNA is also concerned about the decision to delay increasing Medicare rebates until July 2014.

"This may result in an increase in out-of-pocket costs, as fees for doctors' appointments and tests rise but Medicare rebates remain at current levels."

[Angelina Jolie's surgery](#)

14 May 2013

Actress Angelina Jolie has today shared publicly her decision to have a risk reducing double mastectomy. More information

- You can read Angelina Jolie's full article on [The New York Times website](#)
- Read [BCNA's Breast cancer in the family page](#)
- Read [BCNA's Family History fact sheet](#)
- Visit Cancer Australia's website to read [Your risk and breast cancer page](#), which includes a risk calculator to help you determine your risk

<http://www.bcna.org.au/news/2013-05/perfect-reason-shop>

14 May 2013

Sussan is a proud supporter of Breast Cancer Network Australia (BCNA) and raised more than \$1million to go directly into our programs.

Keep an eye out for the Affirmation cards, designed by artist Meredith Gaston, the words of love, courage and hope have all been inspired by breast cancer survivors in our Network. \$10.00 from the sale of every box is donated back to BCNA.

Get involved with BCNA

- [Community fundraising](#)
- [Join our online network](#)
- [Advocacy](#)
- [Speak out](#)
- [Find services & support near you](#)
- [The Beacon](#)
- Download the latest issue, or subscribe to BCNA's free magazine. This issue focuses on **Strength to Strength** – issue 62, Autumn 2013
- [Download issue 62 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>



Strengthen your recovery: A Pilates program following breast cancer surgery

Fiona Eakin, former Canberra Pilates instructor and breast cancer survivor, devised the graduated program and Estee Lauder is the generous sponsor. To order phone freecall **1800 500 258**, if you have recently had breast cancer surgery and would like more information.

<http://www.bcna.org.au/new-diagnosis/treatment/surgery/staying-mobile-after-surgery>

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**. They are at last fully staffed and screen women from 40 if higher risk, else the service target women from 50-69. Email susan.pitt@netspeed.com.au if you have queries about screening services in the ACT. Read more <http://health.act.gov.au/c/health?a=sp&did=10108867>

Susan Pitt, BCNA consumer representative, BreastScreen ACT Advisory Committee

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

Vitamin D Latitude Study

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

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

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

Report to the nation – breast cancer 2012

For an up-to-date summary of information about the incidence, mortality and survival for breast cancer in Australia, using the latest available, see Cancer Australia's *Report to the nation-breast cancer 2012* at <http://canceraustralia.gov.au/about-us/news/report-nation-breast-cancer-2012-released>

[NBCF launch Register4](#)

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

Otis Foundation retreats

We are very privileged that Elspeth Humphries' family allows visitors to *Creekside* during summer.

<http://www.otisfoundation.org.au/OTISSanctuaries.asp?SanctuaryID=6>

Bosom Buddies

Come to a social event and let us know you would like to take part. bosombuddies@shout.org.au

Eleanor Bates, President, [Bosom Buddies](#)

[YWCA Encore](#)

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

HeadsUp@Bruce

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>

Open: **10am to 3pm Wednesdays and Thursdays**

<http://web.me.com/sueowen1/HeadsUp/Welcome.html>

Sue Owen 0416 227 5959

Prosthesis recycling Contact Jan Murphy 0402 188 361

janaliveandwell@hotmail.com.au

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

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

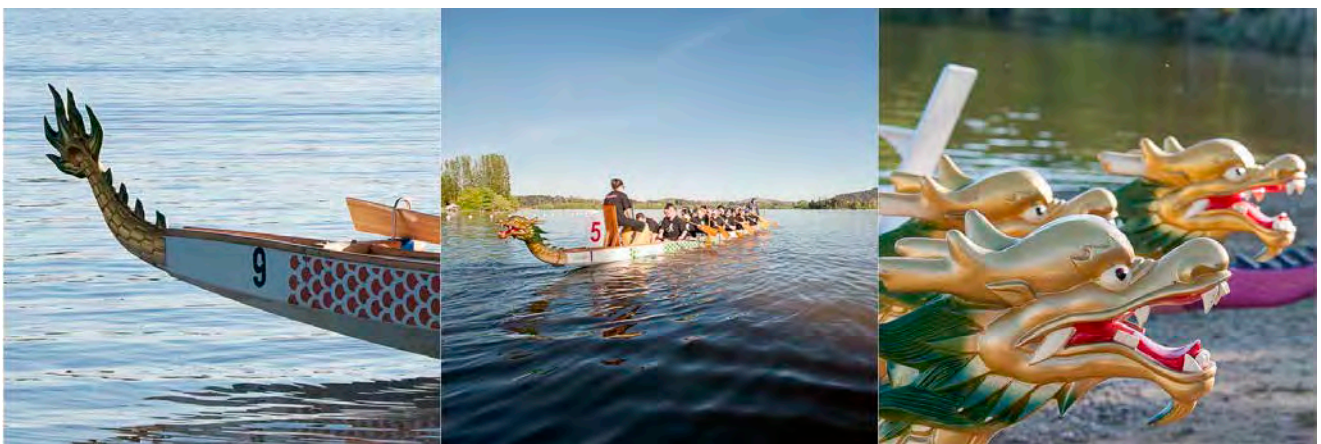
www.dragonsabreast.com.au/.../TeamTrainingReducedRecurrence.htm

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

Kerrie Griffin

consumer representative

Seat at the Table (SATT) Program, BCNA

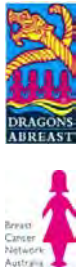


11th Dragons Abreast Canberra Corporate and Social Dragon Boat Challenge 20 October 2012

All teams can download regatta images courtesy of Chris Holly Check Facebook for more: <http://on.fb.me/VhVm0u>
<http://www.facebook.com/dragonsabreast>

Calendar of events

Dates and events may change – please check [CDBA Canberra / Facebook](#) or www.cdba.com.au/

Month	Date(s)	Event	Location	Notes
June	Sunday 2	Come and Try session	Lotus Bay, Yarralumla	mimwesforrest@gmail.com
July	Monday 29	CDBA Annual General Meeting	Lotus Bay, Yarralumla	Canberra@dragonsabreast.com.au
August	Friday 2	11th World Dragon Boat Racing Championships	Szegred, Hungary	Canberra@dragonsabreast.com.au
	Saturday 24	Dragon Muster	tbc	Canberra@dragonsabreast.com.au
 Dragons Abreast Australia	Sunday 20	Dragons Abreast Canberra Corporate Challenge Regatta	Weston Park, Lake Burley Griffin	canberra@dragonsabreast.com.au Volunteers needed moulin419@hotmail.com
	Sunday 20 8am–2pm	BCNA Mini Field of Women at the Regatta	Grevillea Park, Lake Burley Griffin	Volunteers needed for the BCNA stall!
	Monday 21 Time tbc	BCNA Mini Field of Women at Calvary Healthcare	Calvary Hospital, Bruce Speakers tbc	Volunteers needed for the BCNA mini field and stall!
	Monday 21	Bosom Buddies Australian Breast Cancer Day dinner	Southern Cross Club, Woden tbc	RSVP bosombuddies@shout.org.au
December	Sunday 1	Wagga Wagga inaugural regatta	Wagga Wagga	canberra@dragonsabreast.com.au
2014				
February	15	Flowing Festival - Lake Jindabyne.	Jindabyne	canberra@dragonsabreast.com.au
	tbc	DA Chinese New Year regatta	Docklands, Melbourne	canberra@dragonsabreast.com.au
June	tbc	Ord River regatta	Ord River, WA	canberra@dragonsabreast.com.au
October	24–26	International breast cancer survivor dragon boat regatta	Sarasota, Florida, USA	http://www.ibcpc.com/2014Festival/IBCPC2014Festival.htm http://www.sarasotabcs2014festival.org/

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 — June 2013

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

Please submit any news, items and images by 11 June 2013 to the newsletter coordinator

Kerrie.griffin@act.gov.au or taylorclan@inet.net.au



Patsy Sheales, Di Wright, Lee Moyes, Gigi Lungu, Denise Brown, Mim Forrest, Jan Skorich and Boerge Alexander at Carol Summerhayes' farewell, Southern Cross Yacht Club, 2 April 2013
Image: Kerrie Griffin



Tuesday morning, April 2013 Image: Paul Jurak the kayak man



Mothers Day Classic, 12 May 2013 Image: Steve Taylor