



# 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 48 - MARCH 2013



[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

## Coordinator's report



Patsy Sheales presented the Kashgar Cup to Di Bradshaw at the Christmas party, 15 December 2012 *Image: Kerrie Griffin*

I wish everyone a happy 2013 in Canberra's Centenary year! DA's Christmas Party was well attended with more than 35 guests. We enjoyed delicious food, plenty to drink, exciting presents to exchange and a lot of chatter. The **Kashgar Cup** was presented to **Di Bradshaw**, a most deserving recipient for all that she has done for DA! Regular paddling has been very good and we took out two boats a couple of times and on Tuesday morning we had 16 paddlers! A very big thanks to the following members who have taken on new roles:

- Lee Moyes** Who's paddling?
- Sylvia Corby** Equipment officer
- Therese Kerby** and **Robyn Chen** Dragon Muster
- Karen Visser** Handmade Market
- Mim Forrest** Come and Try sessions
- Frances Heaney** Corporate Regatta Project Manager

Spreading the load of responsibilities enables us to involve more people and continue to be successful.

*DRAGONS ABREAST – keeping the spirit alive!*



Marion Blake sweeping and Annette Dean drumming, DA Canberra, First race, Chinese New Year Regatta, Darling Harbour Sydney, 24 February 2013 *image: Terry Sheales*



DA Canberra, Chinese New Year Regatta, Darling Harbour Sydney, 24 February 2013 *image: Terry Sheales*

Congratulations to our DA members who have been selected for the **ACT teams: Bea Brickhill, Colleen White, Deb Whitfield, Di Bradshaw, Eily McGinness, Gillian Styles, Jan Skorich and Robyne Kellett.**

Soon to be unveiled is our new Dragons Abreast Canberra Flag generously sponsored by **Edmund Kralikas FinancialPlanning** and **Fernwood Fitness Belconnen** and **Gungahlin.**



Anna Wellings Booth, Elspeth Humphries, Narelle Powers, Marion Blake, Colleen White and Wes Forrest, DA Canberra Christmas party at Patsy and Terry Sheales' home, 15 December 2012 *Image: Kerrie Griffin*



Colleen White and Patsy Sheales warming up, Chinese New Year Regatta, Darling Harbour Sydney, 24 February 2013  
image: Wes Forrest

Many thanks to **Bea Brickhill** for all her work on various committees and activities. Due to health reasons, not cancer, Bea is reducing her volunteering activities. Bea is still paddling.

We are pleased to announce that **Marion Blake** is a temporary **DAA Board member**, (**Dragons Abreast Australia**.) Marion took part in her first DAA Board Meeting recently and is excited to be involved in this great organisation at a national level. The DAA Board has five members: **Sue Bowen**, (Chair, Brisbane), **Anne Stowe** (Ballarat), **Jo Parry** (Brisbane), **Genevieve Carruthers** (Byron, NSW) and Marion.

*In the loop DAA newsletter*. Message from the Chair; meet our new Board members, Marion Blake and Genevieve Carruthers:

[http://issuu.com/dragonsabreast/docs/in\\_the\\_loop\\_february\\_2013\\_email?mode=window](http://issuu.com/dragonsabreast/docs/in_the_loop_february_2013_email?mode=window)

### DA Canberra Corporate Regatta

**Frances Heaney** volunteered to be the Project Manager for our Dragons Abreast Corporate Regatta. She is already busy getting to know the ropes and making plans for another successful day. The date is **Sunday 20 October** at a new venue **Grevillea Park**. Please volunteer to share part of the action when Frances asks for assistance. DA Canberra participated in all of the local regattas except the one when we participated in the Chinese New Year in Sydney. **Di Bradshaw** is extremely pleased with the response for paddlers and volunteers. Keep up the good work ladies!

Our **Come and Try** session on Sunday 10 February had five newbies. A very big thanks to **Mim Forrest** for organising it. The morning tea was beautifully presented and delicious to eat! We welcome one new member, **Clare Purcell**, and a couple of serious prospects who have paddled since then. We also welcome **Donna Lennon** from DA Wagga Wagga who has paddled with us for some time now. Next Come and Try is 21 April.

We have been rather busy since the new year. A small but mighty group represented DA at the media launch for the **Mother's Day Classic** on Tuesday 12 February.



DA Canberra members Di Bradshaw, Bea Brickhill, Frances Heaney and Anne Baynes, joined Diamond Phoenix, Jindabyne Flowing Festival, 17 February 2013  
Image:

Four of our members, **Di Bradshaw**, **France Heaney**, **Anne Baynes**, and **Bea Brickhill** joined the **Diamond Phoenix** team and participated in the **Flowing Festival - Lake Jindabyne**. They even came back with **GOLD!** Recently, we enjoyed morning tea at the newly opened **National Arboretum Canberra: Home** after paddling on Saturday. If you have not been there, it is worth a visit. Thanks to our **Viki Fox**, who is also a National Arboretum volunteer, for giving us a briefing.



Marion Blake sweeping and Annette Dean drumming, DA Canberra, First race, Chinese New Year Regatta, Darling Harbour Sydney, 24 February 2013  
image: Wes Forrest

It was terrific to have a full crew for **Chinese New Year (CNY)** in Sydney on 24 February: **Boerge Alexander**, **Marion Blake**, **Di Bradshaw**, **Bea Brickhill**, **Denise Brown**, **Annette Dean**, **Megan Dennis**, **Jill Evans**, **Mim Forrest**, **Kerrie Griffin**, **Susie Gross**, **Frances Heaney**, **Julie Kesby**, **Tee Kirby**, **Katherine Kralikas**, **Marion Leiba**, **Gigi Lungu**, **Elly McGuinness**, **Patsy Sheales**, **Colleen White**, **Karen Visser** and **Deb Whitfield**.



Colleen White, Boerge Alexander, Denise Brown and DA Canberra team, after the last race, Chinese New Year Regatta, Darling Harbour Sydney, 24 February 2013  
image: Wes Forrest



Chinese New Year Regatta, Darling Harbour Sydney, 24 February 2013 image: Wes Forrest

Our times were fairly close for all three races and we won the minor final. We decided we needed to 'pink up' with lipstick and pearls for more power for the last race. Congratulations and well done! Many thanks to our coach **Narelle Powers** as well as team captain **Di Bradshaw** for organising our team registration, group accommodation and the Marigold restaurant dinner. For those of us who had been before, the CNY activities were not quite the same, especially missing *the Flowers on the water* ceremony, but it was still most enjoyable.

Many thanks to **Deb Whitfield** for organising and assisting with the transport of our boats to the boat cover maker and back. The new covers look fantastic and we need to follow care instructions.

Thank you to **Karen Visser** and the team who collected \$1500 at **Handmade Markets** on Sunday 10 March [Handmade Market Canberra](http://www.handmademarket.com.au) [www.handmademarket.com.au](http://www.handmademarket.com.au). The **Canberra Centenary Paddle** on Monday 11 March was a success and the **DA Muster** 13 March. Our **DAA Convention** is 17–19 May. We look forward to a big turnout at our Muster and will be asking for your assistance with the National DAA Convention. It is not too late to register if you would like to attend as a delegate or attend the dinner only. **Michael Milton** will be a wonderful speaker at the dinner at the Australian War Memorial. Our committee is busy planning to ensure the Convention is one to remember. You don't want to miss out, so volunteer or register as a delegate. [www.dragonsabreast.com.au/national-convention-2013/](http://www.dragonsabreast.com.au/national-convention-2013/)

I am currently handing out a few new IDs. Thanks again to our fantastic Kerrie who puts this newsletter together and helps us to remember the great times we have with each other! See you on the lake.

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



[Dragons Abreast Canberra Dawn Paddle](#) (62 photos)  
 Narelle sweeping, Frances and Sylvia stroking, 22 January 2013  
 images: Chris Holly

**DAA Convention update 17-19 May 2013**  
[National Convention 2013 - Dragons Abreast Australia](#) [The Brassey of Canberra](#)

At the close of early bird bookings we had 70 registrations representing 22 DAA groups around the country which is a great response. So far we have delegates coming from Illawarra, Penrith, Canberra, Brisbane, Port Lincoln, Byron Bay, Central coast, Clarence Valley, Coffs Coast, Newcastle, Orange, Wagga Wagga, Bribie Island, Gold Coast, Mackay, Sunshine Coast, Townsville, NW Tasmania, Hobart, Adelaide, Ballarat and Peninsula.

DA Canberra is hosting the event, organising the venues, welcoming the delegates and working closely with and supported by the DAA national office, Board and DAA members nationally. We will be seeking volunteer assistance from our members at the Dragon Muster on 13 March with a variety of tasks including meeting and greeting delegates, setting up venues, helping with the pre convention paddle and a variety of other jobs that will share the load and make it a special event for our visitors.

Draft program  
[www.dragonsabreast.com.au/national-convention-2013/](http://www.dragonsabreast.com.au/national-convention-2013/)  
 This will be a great way to promote and showcase DAA and Canberra in our Centenary year.  
[canberra100.com.au](http://canberra100.com.au)

**Marion Blake**  
[convention2013@dragonsabreast.com.au](mailto:convention2013@dragonsabreast.com.au)



Frances Heaney, Narelle Powers, Megan Dennis and Patsy Sheales at the Christmas party, 15 December 2012 Image: Kerrie Griffin

### DAA representation on AusDBF committees

DAA invited me to be the DAA representative on the Steering Committee for the Restructure of the Australian Championships. As DAA is represented on the AusDBF Board and has voting rights at general meetings of the federation it was considered important to be involved. DAA does not participate in racing at the championships but my experience was thought to be useful for these discussions. The meetings focused on the growth of the sport and the issues of providing appropriate challenge for those that seek it with all states and clubs being given equal opportunities. The recommendations of this committee have been forwarded to the AusDBF Board.

I also found myself attending the meetings which were reviewing the AusDBF Risk Management Plan. These have been very long and with much debate between stakeholders across the states. The focus on risk assessment by any crew intending to go on the water is considered essential to the safety of the participants and the reputation of dragon boating.

We worked with people from national companies who review risk management plans from the biggest companies down and this highlighted government policies and insurance complications. This area is of risk is important to all of us and each group needs to look at how they manage risk.

We, in Dragons Abreast Canberra, developed a comprehensive plan for the Annual Challenge Regatta. We will need to consider how it sits within the proposed final *AusDBF Risk Management Plan* when it is finalised. Related to the risk management plan is the *AusDBF Safety Manual*. I recommend each person look at it when it is on the AusDBF website. Ultimately, we each take responsibility for ourselves when we join dragonboating but we need to understand the collective responsibility in a crew.

### Gillian Styles



Frances Heaney sweeping, 12 February 2013 Image: Kerrie Griffin

### Come and Try newbie

I came to the Come and Try on 25 November 2012. I was greeted by a very friendly bunch of pink ladies. I was hooked after my first go and joined up as a DA Canberra member within the first week.

At that time, I had only seen dragon boating at the national DAA Regatta in Sydney in October post the [National Conference 2012 | Breast Cancer Network Australia](#) and thought I would like to have a go as the person standing at the back. It looked pretty easy, just stand there and hold onto the big wooden pole.

I was only 6 months post-surgery at that stage and was thinking I could never do the arm movements for paddling. Little did I know what was involved in being a sweep but thanks to **Marion, Narelle, Elspeth** and **Jill**. I now know what an important person the sweep is and how hard it is. I am keen to do the beginners course and would like to thank everyone who gave me a go at sweep and the crew on board for their patience.

Now a bit about me, before I became a Dragon! I worked as an enrolled nurse fulltime for 26 years after training at the old Canberra Hospital and working there for 13 years. I moved to Calvary Private Hospital when it opened in 1987, where I nursed up until joining the Department of Health and Ageing in 2002.

I looked after many women with breast cancer and worked with the lovely **Dr John Buckingham**. I had a bit to do with the setting up of the **breast care nurses' program**, never thinking a few years

down the track my name would appear on the register. I now work in the Tobacco Control Taskforce and will retire in February 2014.

I have travelled extensively overseas with several trips through Europe, the UK, Scandinavia, Greek Islands, Canada, Alaska, USA, China, Thailand, NZ, a few trips to Vietnam and Indochina. I have a shared timeshare in Candidasa, Bali, which is my cheap and cheerful yearly holiday destination with some very good friends. It's too hard to pick a favourite place, everywhere I have travelled was fantastic. I intend to do a volunteer program in Vietnam in 2014 initially on a three month contract working with children. I did note on Luke Nguyen's *Vietnam* series there is dragon boating on the Mekong, so my paddle will be the first thing I pack.

My other love, other than dragon boating, is my beloved Canberra Raiders. I have been a member since the day dot and have been the volunteers' coordinator on game days for the last two years, hoping to continue with this role in 2013. The Raiders Club were awesome during my diagnosis and treatment last year. Go the Raiders!

As I have said to my friends this breast cancer hasn't been all bad, look at me dragon boating — who would have thought. Of course, I would have rather joined up without the two lots of surgery and 6 ½ weeks of radiation but as I look around me and hear some of the things other ladies have gone through I am one of the lucky ones. Thank you all for making me feel so welcome.

**Frances Heaney**



Frances Heaney helped organise taking boats to the CBDA Regatta at 6am, Saturday 2 February 2013 *image: Frances Heaney*



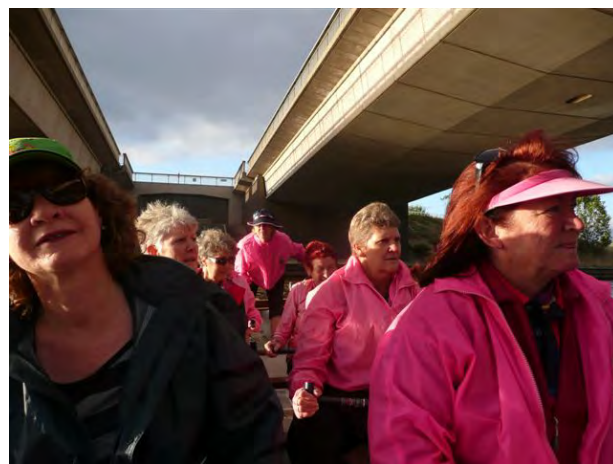
**11<sup>th</sup> Dragons Abreast Canberra Corporate and Social Dragon Boat Challenge 20 October 2012**

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

## Tuesday 11 December paddling

This lovely summer morning **Marion Blake** took us out on a muddy warm lake in *Gecko*. Two big black swans warned the nine pink Dragons not to come too close. **Sylvia Corby** had a turn at stroking in a week for firsts. She is strong and keen. **Frances Heaney** had a turn at sweeping the other day and is keen to do more. We paddled to the bridge and along Marion's favourite course – a race from south to north bank under the bridge. Then we did some endurance paddling back via the [National Museum of Australia - Home](#) and to the willowed cove just downstream from the Yacht Club. And more race starts. Then back to the bay and off to the coffee shop. We are very lucky to be able to paddle in Canberra – 99 years young.

**Susan Pitt**



Donna Lennon, Frances Heaney, Jan Skorich, Marion Blake, Marion Leiba, Judy Cluse and Denise Brown, Tuesday 11 December 2012 *Frances Heaney image: Susan Pitt*

## Chinese New Year Sydney 2013

### ***When the 'Rain Child' becomes a dragon/GoAnna and challenges her mother with North Coast Courage***

The 'Rain Child' a newbie to the DA Canberra *GoAnna* crew in 2012, sent out a challenge to her mother with *North Coast Courage* to compete in the cancer survivor dragon boat races at Chinese New Year (CNY) Sydney 2013.

The 'Rain Child' needed to learn more about the world of the mother dragon (*Flamin' Dragons* DA Port Macquarie /*North Coast Courage* paddler). She had seen her in action with some of her *Aussie Dragonflies* crew in Canada in 2010 but needed to catch up with the latest inside knowledge and tips. So during January 2013 the 'Rain Child' (dragon/*GoAnna* in training) attended an intense training session with the *Flamin' Dragons* team paddling alongside her mother (with much *North Coast Courage*). She also participated in a maintenance day for the team learning how to repair and maintain the training paddles, as well as observing the techniques involved in varnishing and maintaining the dragon boat craft.



DA Canberra with Jill Evans, sweep, and Marion Leiba wearing her pearl necklace, Chinese New Year, Darling Harbour, Sydney, Sunday 24 February 2013 image: Alison Kesby

The 'Rain Child'. had noted that 'dragon boat racing has a rich history of ceremonial tradition, with dragons traditionally believed to be the rulers of rivers, lake and seas, dominating the clouds, mists and rains from heaven' (SMH 23 Feb. 2013). As a 'Rain Child' she had past experiences of returning to the North Coast coincidentally (?) coinciding with flood events - thus the nickname of the 'Rain Child'. This time, however, as the 'Rain Child' was becoming a dragon/GoAnna had her powers grown somewhat? A major flood event had occurred without her full return to the North Coast. She had only mentioned the challenge to *North Coast Courage*; made reference to *Water Rats* (Kempsey); and the new Kempsey bridge (snake like). Well it was the [Year of the Snake](#). Oh dear, had the dragon/GoAnna overdone it! Would the *North Coast Courage* challenge proceed?

Back in Canberra on Lake Burley Griffin, the dragon/GoAnna was always encouraged and supported in her journey by all her GoAnna crew during training, regattas and social events before the Chinese New Year paddle. AT CNY in Sydney this continued with advice from her mentor **Kerrie Griffin**, as one of her CNY paddling buddies, and also support from **Theresa Kerby** another CNY newbie and paddling buddy for the minor final. There was always excitement emanating from other fellow CNY newbie paddlers **Denise, Frances, Karen and Mim** and our expert photographer **Wes Forrest**. A big thanks to captain courageous **Di Bradshaw** who made sure we were all organised, exercised, ready for action and had all signed the shark waiver! Coincidentally, Dragon/GoAnna's preparation in Canberra had included some time with fish and sharks (courtesy of a new shower curtain for the home bathroom!); and a morning tea with her Chinese students who had presented her with a lucky charm to take to the races.

On race day in Sydney dragon/GoAnna learnt more about her GoAnna crew and their own special courage and determination; heard stories of their Karaoke skills; and admired **Marion Leiba's** winning pearls. Both the DA Canberra GoAnna

crew and *North Coast Courage* crew participated in their respective heats with *North Coast Courage* proceeding to the major final and DA Canberra GoAnna winning the minor final. The supportive family and friends cheer squad for the crews had grown during the day. Wow, what a special day for everyone – and amazingly no rain during the paddling events! Now the challenge will continue to the 2014 CNY in Sydney – GoAnna!

All the family had a fantastic day. It was so great that my Mum and Dad had all their four kids at one event!

**Julie Kesby** (alias 'Rain Child', 'dragon/GoAnna')



Sweeps Marion Blake and Jill Evans, Chinese New Year Regatta, Darling Harbour Sydney, 24 February 2013 image: Wes Forrest

### Chinese New Year Regatta, 24 February 2013

Thanks DA ladies for making me feel very much a part of the team at CNY. It was certainly a different situation to sweep than I'm used to, with a few added elements to make it a more interesting experience. Even though I might have 'butterflies' inside and worry about how things will go, I still take on challenges when it comes to sweeping, and I always benefit from each new event and location.

Also, thanks to **Marion Blake** for having no qualms about letting me take the 'helm' and resulted in steering you all to a win in the minor final – well done girls! I couldn't have done it without you. This was another fun and interesting jaunt for me with the DA ladies, and I hope to continue supporting you in future regattas.

**Jill Evans**



Julie Kesby, Di Wright, Susan Pit and Kerrie Griffin at the Christmas party, 15 December 2012 Image: Kerrie Griffin

**DRAGONS ABREAST – keeping the spirit alive!**



Lyn Langer (former DA Regatta coordinator) and Annie McNeill, Nationals 2005, Nagambie Lakes, Victoria *image: Jan Skorich*

**Vale Anne McNeill** (26 December 2012, aged 60)

Annie joined Dragons Abreast Canberra in our formative years and her daughter **Bronwen**, the middle sibling of 5 paddled with her and became a member. Annie was soon a committee member and succeeded **June McMahon** as Treasurer. She provided valuable help when seeking government grants and possessed the driest sense of humour, turning any situation in to one of uproarious laughter when she spoke from her spot in the back of the boat. We lost touch with Annie when she left to pursue her love of running. She moved to Queensland where she died on Boxing Day leaving 5 children and 4 grandchildren — she was just 60.

Early on a Tuesday morning in February Dragons Abreast Canberra honoured Annie by scattering flowers on the water as Elspeth read the two following poems that were in Annie's farewell eulogy. The tribute by her children was very moving and affirmed our memories of a great women. The last paragraph reads:

Always efficient and organised, Anne left this world as she had planned: At home, in peace, surrounded by loved ones and with dignity. When the time finally came, she was majestically beautiful.

It is worth noting that news of her death came to me by another past-member, Rosemary Parker via Amelia Thiedeman. This is the strength of Dragons Abreast - passing on sad, or happy, news. Many current members did not know Annie but she was an integral link in the Club you are now carrying

***DRAGONS ABREAST – keeping the spirit alive!***

forward. When we heard about Annie there were emails from Robyne Kellett, Elspeth Humphries, Kerrie Griffin (who saw her running on Mt Taylor), Michelle Moroney, Alf Pawlicki, Marion Lieba. Some of the comments were that Annie only responded to two commands – Go and Stop. She was tiny and was either in the back seat or in the front as stroke.

### **Anna Wellings Booth**



Annie McNeill's Flowers on the water ceremony with DA Canberra, 12 February 2013, Canberra *image: Kerrie Griffin*

### **Break, break, break**

#### ALFRED, LORD TENNYSON

Break, break, break,  
On thy cold gray stones, O Sea!  
And I would that my tongue could utter  
The thoughts that arise in me.

O, well for the fisherman's boy,  
That he shouts with his sister at play!  
O, well for the sailor lad,  
That he sings in his boat on the bay!

And the stately ships go on  
But O for the touch of a vanish'd hand,  
And the sound of a voice that is still!

Break, break, break  
But the tender grace of a day that is dead  
Will never come back to me.

### **I think continually**

*Stephen Spender*

What is precious is never to forget  
The essential delight of the blood drawn from  
ageless springs  
Breaking through rocks in worlds before our earth.  
Never to deny its pleasure in the morning simple  
light  
Nor its grave evening demand for love.  
Never to allow gradually the traffic to smother  
With noise and fog the flowering of the spirit.

Near the snow, near the sun, in the highest fields  
 See how these names are feted by the waving  
 grass  
 And by the streamers of white cloud  
 And whispers of wind in the listening sky.  
 The names of those who in their lives fought for life  
 Who wore at their hearts the fire's centre.  
 Born of the sun they travelled a short while towards  
 the sun,  
 And left the vivid air signed with their honour.



Annie McNeill with DA Canberra, ACT Masters team, Australian Masters Games, November 2003, Canberra. Several members are still paddling in 2013 image: Jan Skorich



Annie McNeill (right back bench) with Robyn Kellett sweeping DA Canberra, ACT Masters team, Australian Masters Games, November 2003, Canberra image: Jan Skorich

### Vale Penny Birtles (3 March 2013, aged 65)

Penny was a member of DA ACT 2002-07 when she moved to Sydney and joined DA Sydney. She gave much to the local DA group. Trained as a social worker, Penny was a bright, vivacious, caring woman who was very interested in people and inquisitive about the world around her. ACT Dragons enjoyed Penny's company, wit and enthusiasm for life. She loved paddling on what she described as 'the sylvan waters of Lake Burley Griffin'. We enjoyed Penny's company on and off the water, and her wonderful hospitality at DA



Penny Birtles exploring the Silk Road, 2006 Image: Judy Richmond

Christmas parties at her Yarralumla home will be warmly remembered by many. She will be sorely missed.

### Judy Richmond

Penny's pride in her children, Will and Annabelle, was wonderful to share, her elegance, intelligence, generosity in providing her home for many memorable DA gatherings, her sense of fun and hilarious accounts of many travels including the 'finding' of the **Kashgar Cup** with **Judy Richmond** somewhere along the Silk Road are wonderful memories of a great woman. I think of her as Penny and her Persimmon tree! She had a wonderful tree in her courtyard which was bottom lit and stunning with bare branches and the orange fruit. So, love in the moment girls!

### Anna Wellings Booth



Penny Birtles exploring the Silk Road, 2006 Image: Judy Richmond



Penny went with us to the Pacific breast cancer regatta in Auckland. After the regatta, six of us brave souls traversed Tongariro volcano!

### Marion Leiba

Penny was a constant source of amusement for me as she had a fantastic sense of fun and it was always delivered in her wonderful speaking voice. My memories include being at regattas and in between races rushing up to the yacht club to have a coffee each in a proper cup and saucer. Blimey were we well charged after the day was over. But we sure did paddle with gusto as the day progressed. Goodbye Penny I will never forget you and all the fun we had.

### Patti Pye

As the current custodian of the **Kashgar Cup** I am now going to think of Penny whenever I look at it. As a social work colleague, Penny was always one who I would go to if I had a difficult problem and know that she would be more than willing to help and always so insightful.

### Di Bradshaw

#### A little history of the first DAA 2000 metre race

It was 2002 and the call went out from **Michelle Hanton** for a composite Australian/Canadian team to race at the World Crew championships in Rome - what an amazing opportunity! Our crew was from Queensland, NT, NSW and Vic., and Adelaide sent a whole crew. The Australian ambassador had a reception for the Australian pink paddler; his wife also had breast cancer. We unexpectedly acquired an Italian drummer, the irrepressible **Orlanda**, who was with a sports team and defected to Dragons Abreast. She went on to start *Butterfly Rosa* the first breast cancer team in Italy. I was proud to sweep for them in Vancouver at the 10<sup>th</sup> anniversary of Abreast in a Boat in 2005.

But what about the 2000 metre race (or was it 1000...!)? Perhaps we were too inexperienced to know better, but we were stoked and thought, why not? The race course was on an artificial lake, first designed for the 1960 Olympics in Rome. The lanes were fairly close with pontoon starts and for the 2000 the corners were tight. As the sweep, I was really nervous about the corners, racing up with all the sports boats overtaking on either side. But I soon realised that by the first corner we would be in last place and there would be no problem! A rousing cheer went up when we finished. This was followed by a very moving *Flowers on the water* ceremony with the three breast cancer crews. I also met **Andrew Barling** there who started [The Otis Foundation | Breast Cancer Network Australia](#) but that is another story.

### Elspeth Humphries

### 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>

### Avocado dip

*Denise made this delicious dip to the Christmas party:*

3 tomatoes, chopped  
1 onion, finely chopped  
Salt and pepper  
2-3 avocados, mashed with lemon juice  
1 carton sour cream  
1 packet taco seasoning mix  
Small packet processed cheese, grated

Mix tomatoes, onion, salt and pepper.....drain  
Spread into a low serving dish  
Spread avocado mix on top  
Mix sour cream with 3/4 taco seasoning mix and spread over next  
Top off with the grated cheese  
Sprinkle with the remainder taco seasoning mix  
Serve with corn chips

### Denise Brown



#### Warm up and training times

6.15 for	6.30am	Tuesdays
5.30 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.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](mailto:narelle.powers1@defence.gov.au)  
or **Elspeth Humphries** [humphries44@ozemail.com.au](mailto:humphries44@ozemail.com.au)

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

### Merchandise

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

## Under the pink umbrella



Breast  
Cancer  
Network  
Australia

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



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

### Who can prescribe medicines?

It may surprise you to know that there are a few health professionals, other than doctors, who can prescribe medicines. Dentists would seem pretty obvious prescribers but nurse practitioners, optometrists, midwives and podiatrists may, at times, prescribe — though are restricted to medicines needed by their patients.

Prescribing by health professionals other than doctors is an emerging trend that, if implemented with appropriate safeguards, could support safe and timely access to healthcare. **Health Workforce Australia** is a new agency, set up by Kevin Rudd, to make the health workforce 'smarter'. Their project **Health Professionals Prescribing Pathway (HPPA)** aims to widen the 'list' of prescribers.

Their development of a nationally consistent framework through which health professionals can undertake prescribing of medicines, within their scope of practice, is an important step towards consumer access to medicines prescribed by non-medical health professionals in a safe, accessible and efficient manner.

### Geraldine Robertson, BCNA consumer representative, HPPA Committee



DA Canberra at the Mothers Day Classic launch, 12 February 2013 Kerrie, Elly, Theresa, Lana Bruton Fernwood Tgong rep, Frances, Jessica Paterson, Anna and Gillian *Image: Kerrie Griffin*



DA Canberra at the Mothers Day Classic launch, 12 February 2013, Frances, Bea representing Fernwood Belconnen and Gungahlin, Cate Wood, Women in Super and MDC Chair, Gillian, Elly, Anna, Theresa, Di, Kerrie and Maureen Ashford, Bosom Buddies Manager *Image: Kerrie Griffin*

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

Please let Kerrie know if you would like to volunteer on the BCNA stall instead of paddling, walking or running. Bosom Buddies, Dragons Abreast Canberra and Encore will be represented as they are all BCNA member groups.

[Kerrie.griffin@act.gov.au](mailto:Kerrie.griffin@act.gov.au) or call 0432 980 061.

**BCNA stall coordinator** [gillian.styles@bigpond.com](mailto:gillian.styles@bigpond.com)

### Mothers Day Classic (MDC): Sunday 12 May

Celebrate Canberra's 100th birthday by fundraising \$100.

Women in Super is celebrating Canberra's 100th birthday at this year's event by recognising 100 fundraisers who have been touched by breast cancer. To be part of the [MDC Canberra 100](#) all you have to do is be one of the first 100 to register and fundraise \$100 or more. Men and women can be part of the program. **Fernwood Fitness** is offering a tailored fitness program including a weekly outdoor training session starting 16 and 17 March. All female participants will receive a free 3 month gym membership – males can pass this on to a family member. Participants will also enjoy VIP status and be eligible to win prizes.

- Start fund raising now and help raise the awareness of breast cancer and funds for research. [Find out more.](#)
- **Jessica Paterson** (in the image above) at the MDC Canberra launch spoke movingly about her mother, and aunt (who was undergoing treatment last year) as her inspiration to raise \$250 – in fact, Jessica raised \$3500.
- This year, **Jessica** hopes to raise \$10,000. Links below if you would like to support this inspiring young woman:

[www.facebook.com/JessicaPatersonMothersDayClassicFundraising](http://www.facebook.com/JessicaPatersonMothersDayClassicFundraising)

direct link to donate to fundraising:

<https://register.eventarc.com/sponsor/view/171439/jess-paterson>

## BCNA news

### [PBAC Submissions](#)

07 Mar 2013

BCNA has lodged submissions in support of PBS-listing for three drugs used to treat secondary breast cancer.

### **BCNA statement on Federal Court decision** [Federal Court decision](#)

BCNA will continue to advocate to ensure important diagnostic technology is accessible and affordable for those who need it.

<http://www.bcna.org.au/news/2013-02/bcna-statement-federal-court-decision>

News | 15 February 2013

Breast Cancer Network Australia is concerned about the Federal Court's decision today in the case between Cancer Voices Australia and Yvonne D'Arcy, and Myriad Genetics and Genetic Technologies.

US company Myriad Genetics owns the patent over the BRCA1 and BRCA2 genes, which are linked to breast and ovarian cancer. Genetic Technologies owns the licence to the patents in Australia.

Cancer Voices Australia and breast cancer survivor Yvonne D'Arcy took the two companies to court seeking a ruling that would disallow them from owning patents over the genes. However the court found that, in identifying the two genes, Myriad Genetics had invented them and so they could be patented.

BCNA is concerned that this outcome creates some uncertainty for Australians with a strong family history of breast or ovarian cancer who may require access to affordable, locally based genetic testing through Australian familial cancer centres.

Currently, families with a strong family history of cancer can access genetic testing free of charge through familial cancer centres. We are concerned that this may change should Genetic Technologies decide to enforce its licence.

Australians with a strong family history of breast cancer and a possible gene mutation such as BRCA1 face significant challenges and decisions. Additional hurdles such as the cost and accessibility of genetic testing need to be minimized as much as possible.

We will continue to advocate on behalf of our women and support efforts that aim to ensure important diagnostic technology is accessible and affordable for those who need it.

The issue of gene patents is complex and global in nature. Breast Cancer Network Australia will closely monitor the impact of today's decision on Australian women with breast cancer and their families.

[Read an article from The Australian newspaper online](#)

[Read a statement from Cancer Council Australia](#)

[Read the full judgement at the Federal Court of Australia website](#)



Sydney Convention & Exhibition Centre, Darling Harbour

[BCNA National Conference 2012](#)

### **Speaker presentations**

Both days were filled with presentations by world-leading international and Australian breast cancer experts. Below is a link to a summary of the speaker's presentations to download <http://www.bcna.org.au/events/bcna-conferences#downloads>

## Downloads

- [2012: Summary of presentations from Strength to Strength: BCNA National Conference.pdf](#) (PDF, 1.27 MB)
- [2004: Conference report from 2nd National Conference.pdf](#) (PDF, 556.78 KB)
- [2004: Summary of recommendations from 2nd National Conference.pdf](#) (PDF, 353.21 KB)
- [1998: Conference report from Making a Difference Conference.pdf](#) (PDF, 439.84 KB)

## Report

- [1998 Conference Report 'Making a difference' New resources!](#)



BCNA introduced three new resources to help support women diagnosed with breast cancer. The new resources include booklets on Exercise, Menopause and Hormone therapy.

<http://www.bcna.org.au/store/Information%20Brochure>

## 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 **Keeping Active** – issue 61, Summer 2012
- [Download issue 61 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](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**

## 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.

## Australia Day Awards 26 Jan 2013 BCNA

congratulates members who were recognised on Australia Day for their contributions to BCNA and women with breast cancer.

**Professor Helen Zorbas AO**, CEO of Cancer Australia and previously CEO of National Breast and Ovarian Cancer Centre (NBOCC)

**Professor Sally Redman AO**, CEO of the Sax Institute, a national leader in promoting the use of research evidence in health policy, and formerly the inaugural Director of the National Breast Cancer Centre (NBCC)

**Heather Thorne OAM**, Coordinator of the Kathleen Cuninghame Foundation Consortium for research into Familial Breast Cancer (kConFab).

## New videos: About the breast cancer journey

Category: [News](#) - 1 February 2013  
BCNA member share their experience following a diagnosis of breast cancer through video. These women open up about the shock, the fear, the support, treatment and what helped them through following their diagnosis.

## Maxine shares her story

Category: [News](#) - 20 November 2012  
November 2012 marks twelve months since Maxine Morand joined BCNA as CEO and to celebrate, we have filmed a short video of her breast cancer journey.

## BCNA makes two new submissions

Category: [News](#) - 16 November 2012  
BCNA recently wrote two new submissions to the Australian Government about access to treatments for breast cancer. In one submission, BCNA supported a Medicare rebate for bone mineral density test for women who are taking aromatase inhibitors, and recommended that a rebate also be considered for women who are considering taking them.

## Benefits of screening outweigh any harm

Category: [News](#) - 7 November 2012  
Reports have been made in the media recently about possible 'over-diagnosis' of breast cancer as a result of screening programs such as the one provided by BreastScreen Australia. <http://www.bcna.org.au/news/2012-11/benefits-screening-outweigh-any-harm>

## Love and Inspiration

Sussan and BCNA members developed beautiful Love and Inspiration cards on sale now in Sussan stores. Look out for the BCNA recipe book available now. <http://www.bcna.org.au/news/2012-11/bcna-sponsors-october>

## 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>

## Vitamins can harm cancer patients: scientist

LATE-stage cancer patients could be thwarting their own treatment by taking multi-vitamin pills containing antioxidants, the Nobel Prize-winning scientist James Watson has warned.

*Health, National | Madeleine Heffernan, Julia Medew | Thu Jan 10 03:00:00 EST 2013*

<http://www.canberratimes.com.au/national/health/vitamins-can-harm-cancer-patients-scientist-20130109-2cgrc.html>

## 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](mailto:bosombuddies@shout.org.au)

Eleanor Bates, 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)

## HeadsUp Australia fashion fundraiser, 5-8pm, 22 March, Blue Illusion, Westfield Belconnen

**Please RSVP to Maria 6251 6753 and invite your friends.** This is a fun free night with 20% of all proceeds to support Headsup Australia. See the new collection and enjoy drinks and nibbles.

We are continuing fundraise so HeadsUp Australia Inc can assist other communities around Australia to open their own HeadsUp shop and service. **We will seed fund the initial cost for stock (as Bosom Buddies did for us,) plus train their volunteers as well as ongoing support.** President - HeadsUp Australia.

[sueowen@headsup.net.au](mailto:sueowen@headsup.net.au) [www.headsup.net.au](http://www.headsup.net.au)  
W: 6201 6579 (W-Th, 10-3) M: 041 6227 595

## 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](mailto: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](http://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



Dragons Abreast Canberra Corporate and Social Regatta 20 October 2012 Image: Chris Holly

### Calendar of events

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

Month	Date(s)	Event	Location	Notes
March	Saturday 23	Centennial regatta ACT Championships 200m	Grevillea Park	<a href="mailto:Canberra@dragonsabreast.com.au">Canberra@dragonsabreast.com.au</a>
	Sunday 24	Centennial regatta ACT Championships 500m	Grevillea Park	<a href="mailto:Canberra@dragonsabreast.com.au">Canberra@dragonsabreast.com.au</a>
 April	Saturday 13	Bulb planting and morning tea	Springbank Island	<a href="mailto:Canberra@dragonsabreast.com.au">Canberra@dragonsabreast.com.au</a>
	Monday–Friday 15–20	Australian Championships	Docklands, Melbourne	<a href="mailto:Canberra@dragonsabreast.com.au">Canberra@dragonsabreast.com.au</a>
	Sunday 21	Come and Try session	Lotus Bay, Yarralumla	<a href="mailto:mimwesforrest@gmail.com">mimwesforrest@gmail.com</a>
May	Sunday 12	Mothers Day Classic	Lotus Bay, Yarralumla	<a href="mailto:Canberra@dragonsabreast.com.au">Canberra@dragonsabreast.com.au</a> Paddle, walk or volunteer BCNA Stall: volunteer to <a href="mailto:gillian.styles@bigpond.com">gillian.styles@bigpond.com</a>
	17–19	DAA Canberra Centenary Dragon Muster	The Brassey, Belmore Gardens, Canberra	<a href="mailto:Convention2013@dragonsabreast.com.au">Convention2013@dragonsabreast.com.au</a> \$300 registration; dinner only \$90
	25–26	Florence Dragon Boat Pink Meeting	Florence, Italy	<a href="http://www.florence-dragonlady.it">www.florence-dragonlady.it</a> ( <a href="https://www.facebook.com/groups/157071110988403/">https://www.facebook.com/groups/157071110988403/</a> ).
June	20–23	Ottawa Dragonboat Festival	Ottawa, Ontario, Canada	2013 <a href="http://dragonboat.net/">http://dragonboat.net/</a> <a href="http://www.facebook.com/ottawadrdragonboat">http://www.facebook.com/ottawadrdragonboat</a>
July	Monday 29	CDBA Annual General Meeting	Lotus Bay, Yarralumla	<a href="mailto:Canberra@dragonsabreast.com.au">Canberra@dragonsabreast.com.au</a>
August	Friday 2	11th World Dragon Boat Racing Championships	Szegred, Hungary	<a href="mailto:Canberra@dragonsabreast.com.au">Canberra@dragonsabreast.com.au</a>
  October	Sunday 20	Dragons Abreast Canberra Corporate Challenge Regatta	Weston Park, Lake Burley Griffin	<a href="mailto:canberra@dragonsabreast.com.au">canberra@dragonsabreast.com.au</a> Volunteers needed <a href="mailto:moulin419@hotmail.com">moulin419@hotmail.com</a>
	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 <a href="mailto:bosombuddies@shout.org.au">bosombuddies@shout.org.au</a>
2114 October	24–26	International breast cancer	Sarasota, Florida, USA	<a href="http://www.ibcpc.com/2014Festival/IBCPC2014Festival.htm">http://www.ibcpc.com/2014Festival/IBCPC2014Festival.htm</a>

	survivor dragon boat regatta	<a href="http://www.sarasotabcs2014festival.org/">http://www.sarasotabcs2014festival.org/</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.

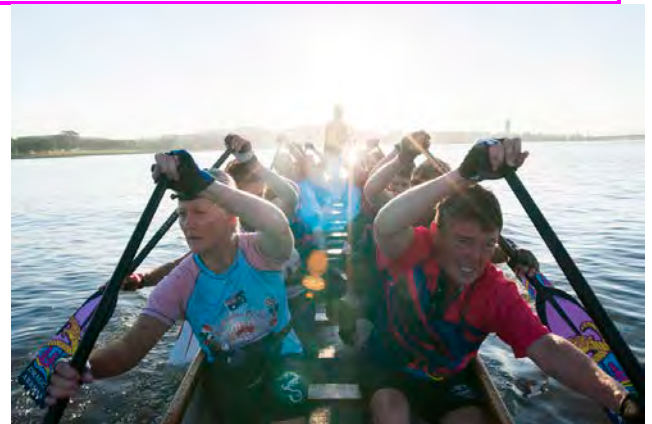
*Keeping the spirit alive!*

**Next issue of the DA Canberra newsletter — May 2013**

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

Please submit any news, items and images by 26 April 2013 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)



[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



Wes Forrest was presented a certificate for volunteering for regattas by Narelle Powers, Coach and sweep, at the Christmas party, 15 December 2012 *Image:* Kerrie Griffin