



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 41 • SEPTEMBER 2011



DA ACT AGM, 27 August 2011 *Image:* Kerrie Griffin

DA ACT Corporate and Social Dragon Boat Challenge 22 October 2011

Please contact **Boerge Alexander**, organiser, to volunteer for our only annual fundraising event. It's lots of fun! Thank you to members who have already committed to helping before or on the day. actregatta.dragonsabreast@gmail.com

Coordinator's report

At the AGM I was delighted to pass the baton on to **Patsy Sheales**. Patsy has been a popular member of DA ACT for five years and a committee member for four years and will do a fantastic job as our new DA ACT Coordinator. She will be ably assisted by Assistant Coordinator **Boerge Alexander**, Treasurer **Judy Cluse**, Secretary **Colleen White** and Ordinary Members **Di Bradshaw**, **Bea Brickhill** and **Louise Muir**. Congratulations to you all. I will remain on the committee for this year as immediate Past Coordinator.

I have thoroughly enjoyed my 3½ years as Coordinator. The job is fulfilling, challenging and a lot of fun. It enabled me to meet many wonderful people and be part of some amazing events and learn many new skills. I have been fortunate to have great support from you the membership, our committees and the three past coordinators **Anna Wellings Booth**, **Jan Skorich** and **Judy Richmond**. I was thrilled to be presented with the absolutely beautiful photo album at the AGM; what a wonderful record of being a DA ACT member for five years.

Congratulations to Judy Cluse, the 2011 recipient of the Dragon Spirit Award

Judy is one of the quiet achievers of our team. She is a solid performer, an excellent mentor and a credit to our organisation. Judy was recently elected as treasurer for her second term, having previously been treasurer in 2007–08. Judy selflessly contributes with the running of many club

activities, from volunteering as fruit person at DA Challenges to helping out with Dragon Musters and the Zumba party. Judy always welcomes new members into the club, and is a mentor. She makes new members feel like part of our team, something that is important in any organisation. Her calm good sense and no nonsense approach make her invaluable to DA ACT and Region and *Tickled Pink*. One member described Judy as their personal island of calm when things get a bit fraught. For a few members Judy is their inspiration. Judy the golfer has become a very strong paddler. She took her very first overseas trip with us, competing on the *Tickled Pink* team at Peterborough, Canada in 2010. Judy has kept paddling and contributing while working fulltime and dealing with number of family issues. She is one of our most regular paddlers at training sessions and usually participates in regattas. She trained with us for Canada and Caloundra. Well done Judy!



Judy Cluse, Dragon Spirit Award 2011, *Image:* Kerrie Griffin

Past winners of the Dragon Spirit Award

- 2005 Sylvia Flaxman
- 2006 Anna Wellings Booth and Robyne Kellett
- 2007 Jan Skorich
- 2008 Kerrie Griffin
- 2009 Narelle Powers and Marion Blake
- 2010 Elspeth Humphries and Mary-Lou Reid

2011 Dragons Abreast National Paddle Day

Dragons Abreast members all over Australia will be participating in a great paddling event to promote us as a national organisation on **Sunday 2 October 2011**. As it's so close to our regatta, we will keep it simple, with a come and try session from 8am–10am at Lotus Bay.

Some plans for this season

- Enter a DA ACT team in the National DAA regatta in Caloundra in September 2011
- Participate in the inaugural Dragons Abreast Australia National Paddle Day on 2 October
- Stage the 2011 Dragon Boat Challenge on 22 October, raising breast cancer awareness and funds for national and local groups supporting women travelling the breast cancer journey. Major recipient this year is Dragons Abreast Australia, with other beneficiaries being ACT Palliative Care, Breast Cancer Network Australia (BCNA), Otis Foundation and the ACT Eden Monaro Cancer Support Group and DA ACT
- Morning tea with the Governor General on 12 November at her residence
- Attract and welcome new members to share the fun and fitness of dragon boating
- Continue to develop and meet the needs of current members and maintain our fitness
- Continue to train more sweeps, coaches and officials.

Membership 2011

Members	Full		Dual		Associates		Friends	
Year	10	11	10	11	10	11	10	11
BC survivor	47	49	3	3	6	3	N/A	N/A
Supporter	8	6	3	3	N/A	N/A	6	3
Total	55	55	6	6	6	3	6	3

DAA National Convention Ballarat

Boerge Alexander, Jan Skorich and Marion Blake represented DA ACT at the inaugural DAA convention in July. It was a wonderful opportunity to meet other DA members from across Australia and participate in workshops looking at the sustainability of DAA. Ballarat was most welcoming and we enjoyed a reception with the Mayor as well as many other enjoyable activities.



Bev Sloan's farewell at the Pide House, Yarralumla after paddling 11 June. L-R: Anne Baynes, Carol Summerhayes, Narelle Powers, Marion Blake, Viki Fox, Anna Wellings Booth, Bev Sloan, Colleen White, Boerge Alexander, Maggie Perkins, Bea Brickhill and Kerrie Griffin *Image: Susan Pitt*

BCNA National Summit

I was fortunate to represent DA ACT at the biannual Summit in Melbourne in August, attended by around 300 women from around Australia. Delegates were treated to many interesting and positive speakers and a variety of excellent workshops. The Summit was motivational,



Jan Skorich, Patsy Sheales, Marion Blake with DA ACT photographic album, Kerrie Griffin and Anna Wellings Booth, 27 August 2011 *Image: Susan Pitt*

nurturing and educational and another fantastic networking opportunity.

Congratulations to all the Aussie participants in the recent World Championships in Tampa, Florida, US; especially the awe inspiring women's **Grand Masters** team including **Robyne Kellett** who won four silver medals.

Please check and note the dates in the calendar at the end of the newsletter for forthcoming regattas.



Mary-Lou Reid, Val Barger, Sue Drew and Judy Cluse, sunrise Chinese New Year 2010, Darling Harbour *Image: Kerrie Griffin*

Our well wishes to **Sandi Avis** (recovering from foot surgery), **Sue Drew** and **Anna Wellings Booth**. They are in our thoughts.

Paddles up!
Marion Blake

New accredited sweep

Thank you for your support on 16 June. I very much appreciated it and was overwhelmed with the number who showed up. In the rough weather you all worked very hard and for you lovely new ladies, who were out in the waves for the first time, you did fabulously. **Robyne Kellett** gave me excellent advice after the exam.

Boerge Alexander

Paddling technique

<http://www.dragonsabreast.com.au/Admin/training.htm>

Check out this link to a quick video that very clearly and simply explains the dragon boating paddle technique. I think it is brilliant. I strongly recommend you watch it! Any questions — please don't hesitate to ask me.

Narelle Powers.

Don: Getting your questions answer

<http://www.ibcpc.com/documents/augustnewsletterfinal.pdf>

Dr. Don McKenzie, founder and coach of the first breast cancer dragon boat team *Abreast in a boat* British Columbia, Canada (1996). Dr Don continues his research into the benefits of exercise both during and after treatment, Send your questions to: www.ibcpc.com newsletter.

Q1. It is fifteen years since you started the breast cancer dragon boat paddling. How concerned are you now about lymphoedema developing in breast cancer paddlers?

When we began this adventure in 1996, the prevailing opinion within the medical and allied-medical professions was that upper-body exercise was absolutely contraindicated in breast cancer patients. The experience of the first year visibly demonstrated that, with proper preparation, strenuous upper-body exercise would not result in lymphoedema. It was necessary to defy that myth and we all need to give thanks to the original 24 women who served as pioneers in that first year.

We now know a great deal more about lymphoedema than we did in 1996. This condition is finally receiving some research funding (although not enough) and there are several centres in the world producing some very important results. Based on our experience in Vancouver and the lessons gained from this research, I am not particularly worried about women developing lymphoedema. However, the risk is not zero and proper attention to exercise and training remains very important.

Q2. What advice would you give someone starting to paddle in dragon boats? Would that advice be any different from what you gave those first paddlers of Abreast in a boat and if so, how would it be different?

The advice would not change much; that was a high risk time in the evolution of breast cancer dragon boat paddling and we did very much to chance. I would still emphasise the need to prepare for this activity; it is unique and requires physical preparation and patience in learning the proper technique. I am not convinced that everyone does enough in the gym prior to the start of the paddling season. I would also emphasise that paddling is simply a vehicle to better health. It should be a lot of fun and the mental and physical benefits are more important than winning a race. That's not to say that race day is not important but it needs to be in perspective. You will remember my bumper sticker 'Paddle for fun, race to win'.

Japanese paddlers welcome

On 15 June, we had some special guests on our Wednesday lunchtime paddle. They were three Japanese women: all friends of Judy Richmond through her English tutoring. Two are her English students and the third is the mother of two high school English students of Judy. They approached the paddling day with a delightful mixture of hilarity

and trepidation and came armed with suitable layered clothing and rather huge-looking pink and yellow washing up gloves. The day was cool and grey but luckily the rain held off. After warming up and some instruction, we set off in Gecko with Marion as sweep, for a few turns in Lotus Bay. These new paddlers were amazing, with excellent timing, great commitment and we all had good fun, as shown by their comments.



Gillian Styles, Sonoko Kawano, Noriko Izawa, Yuki Ito, Jan Skorich and Boerge Alexander 14 June 2011 *Image: Judy Richmond*

Today's paddle boat was awesome! It was a really good experience. That was my first time seeing Canberra from Lake Burley Griffin, what a great day! **Yuki**

Thank you very much everyone for making my day! It was quite nice to see Canberra from the water and to have lunch beside the lake. I knew about Dragons Abreast and dragon boating from a newspaper article Judy gave me as my English homework. At the time, I didn't imagine that I could ever paddle with you. I really enjoyed it. Thank you again. **Sonoko**

Paddling was very exciting! The view around the lake was so beautiful and I could relax. I'm happy to have a precious experience in Canberra. **Noriko**

Judy Richmond

Dragons Abreast Australia National Convention

Dragons Abreast Australia held its national convention in Ballarat, Victoria from 21 to 24 July. The theme for the convention was sustainability and those who attended got into some serious discussions about the future of Dragons Abreast. As an organisation Dragons Abreast has grown quickly and thanks to the hard work of a dedicated group of volunteers, breast cancer survivors in capital cities and many regional centres around the country have the opportunity to paddle. However,

the success comes at a cost and volunteer burn out is a serious concern. **Michelle Hanton**, the founder, board and executive member of Dragons Abreast re-affirmed she would be stepping down from her leadership role in November. To ensure that the organisation continues to grow, indeed to survive, changes need to be made, more permanent funding sought and the increasing workload shared by not only volunteers but by paid staff.

Many of the convention attendees are passionate believers in Dragons Abreast and feel that to go forward we need to highlight the survivorship benefits of the organisation. The survey, conducted before the convention, based on the work done by Marion Blake, revealed that most of our members want to paddle to maintain their fitness, strength and stamina. To ensure we continue to reap the benefits of paddling and enjoy the fellowship and camaraderie of the sport we need to ensure that we survive as an organisation. Perhaps the first step to doing this is to get involved and promote communication at all levels within Dragons Abreast.

Boerge Alexander



Bev Sloan's farewell at the Pide House, Yarralumla after paddling 11 June. L-R: Anna Wellings Booth, Narelle Powers, Marion Blake, Bev Sloan, Robyn Chen, Anne Baynes and Maggie Perkins. Image: Kerrie Griffin

2011 BCNA Summit

ACT was well represented at the recent BCNA Summit in Melbourne by our indefatigable BCNACTION coordinator **Kerrie Griffin** together with consumer representatives and dragon boat members including **Gabby Mullins, Jan Skorich, Geraldine Robertson, Marion Leiba, Marion Blake** and **Denice Bassanelli**.

A sign of becoming older is when one is invited to say a few words about the 'early' days and I was delighted to do that on the occasion of Lyn Swinburne's final summit. It reinforced the meaning of the word 'network' as I caught up with women I have known and grown with over 12 years plus and remembered those strong and inspirational women who have left us.

The theme of the summit was *Heart of the network* and I was reflecting on when that heart comes to life and believe it is 'kick-started' by a leader who has passion, commitment and vision if it is to become successful. If that heart is nurtured it really doesn't matter that there is a change of leadership as that heart will go on beating. This is similar to Dragons Abreast Australia whose heart began to beat following the launch of BCNA in Canberra in 1998. Both organisations have worked solely to



Anna Wellings Booth, Lyn Swinburne, Mary Crick and Stephanie Dowrick, Lyn's farewell and BCNA Summit party Image: Jeremy Heffernan

make things better for the women of Australia and those hearts will only stop beating when a cure is found for breast cancer.

Anna Wellings Booth

Book review

The emperor of all maladies: A biography of cancer [Siddhartha Mukherjee](#)

This easy to read, fascinating and enlightening book covers the history of cancer, and its treatments, from the ancient Persian Queen Atossa to the year 2010. The author is a physician, researcher, science writer and historian, and writes of the history of the disease humans have lived (and died) with for more than 5000 years. The story of cancer is a story of human ingenuity, resilience and perseverance, but also of hubris, arrogance, and misperception, all leveraged against a disease that just 30 years ago, was thought to be easily vanquished in an all out 'war against cancer'. Mukherjee recounts centuries of discoveries, setbacks, victories and deaths, told through the eyes of predecessors, and peers, training their wits against an infinitely resourceful adversary.

Mukerjee realised, when doing his research, to make it a biography, as he saw the body of cancer with a human perspective. Cancer in its environment, (the human body) has the same characteristics as the human ie, it is continually moving, reshaping, adapting, regrowing and learning to live and in some cases killing its living environment. This book although I thought with a slightly American flavour, is a riveting read providing a fascinating glimpse into the future of cancer treatments and a brilliant new perspective on the way doctors, scientists, philosophers and lay people have observed and understood the human body.

I enjoyed it as it is well written, and doesn't dwell on the negative. It was reviewed in *The Canberra Times* and was 'book of the week' in *The Week* magazine. Paperchain has it, However, I would be very happy to lend it to anyone who would like to read it.

Louise Muir

Darling Harbour, Chinese New Year*

I know it's rather odd timing. Chinese New Year has been and gone. Nevertheless, I will always remember how I ran in the Year of the Rabbit. It probably ranks as one of my top ten most special experiences that I've had in Australia. Outside of Asia, Sydney hosts the largest celebration of the Chinese New Year in the world. The festivities last over two weeks and the number and scope of events is truly remarkable. One of the most popular events of the annual festival is the Chinese New Year Dragon Boat Festival, held in Darling Harbour. Over 3000 paddlers take part in two days of racing, and the event attracts 200,000 spectators, all lining the shores of Cockle Bay. It is the largest dragon boat festival in the Southern Hemisphere.

Once again, the stars had aligned for me as it took place 12-13 February in Sydney and I had moved to Adelaide. I was thrilled to be reunited with DA ACT. Upon their arrival, we headed over to Darling Harbour to take in the Saturday race heats for sports teams. While it was overcast and a bit drizzly, it certainly didn't dampen the atmosphere. Darling Harbour was packed with people and the cheering was deafening. While the Dragons Abreast breast cancer teams were scheduled to race on Sunday, Carol, our team captain, was racing on the Saturday with a sports team that she also paddles with, so several of us found a second floor restaurant that offered an excellent view of the race course, and from there we sat, sipped, and cheered Carol on in her heats.

Saturday evening, we sat down to a team buffet dinner at Marigold in Chinatown, and as always, shared some serious laughter. Walking back to our hotel, there was yet another gelato parlour standing in our way, so we had to indulge. Special friends and team mates, Sandy and Kerrie, were my new roommates.

Sunday we were all up and about early and eager to get to the race site. Joy, Judy and Vicki were there before the sun came up, securing a good spot where our team and supporters could park ourselves for the day. It gave us a perfect view of the course and harbour. And what a view it was! The colour, predominantly pink, and the excitement in the air, were overwhelming. Here I was, in Darling Harbour, Sydney, Australia, in a dragon boat race. Given the fact that I find paddling in the Carleton Place Festival exciting, try to imagine which cloud I was on here! (But bear in mind, I was born in Carleton Place, Canada, so it is pretty special to me).

Paddling to the start (not my team, but it gives you an interesting perspective on the venue). The start line was beneath the beautiful, historic Pyrmont Bridge (now a footbridge, but is the world's oldest surviving electrically operated swing bridge).* Paddling out to the start line for the first race is always thrilling, but the reality of the situation didn't completely sink in until that first stroke of our race. As the start gun went off and our paddles speared through the surface of the water on that ever

important first stroke, I ended up with a small mouthful of salt water. I had never paddled in salt water before, so it came as a bit of a shock and it was then that I thought to myself, 'Holy Comoly, (sort of), I'm in Darling Harbour, Sydney, Australia!' However, with that thought going through my mind, I clearly wasn't focused on our race plan, so I had to refocus and save my celebrations until our race was finished.



Flowers on the Water Ceremony. Our boat is the end one on the left, Darling Harbour, Sydney, 13 February 2011

We had some good race times which is always encouraging as we are always trying to improve, but the most important part of a Breast Cancer dragon boat festival is the flower ceremony.

Flowers on the water, as it is known, is a ceremony to remember our team mates who have lost their lives to breast cancer, to honour their courage and strength and to reflect upon our good fortune of having walked alongside them. The ceremony typically involves one or more dragon boats of survivors paddling silently into position, and often a poem, song or tribute is read aloud for the benefit of both the paddlers and the spectators on shore. This is followed by a minute of silence and then pink flowers or petals are tossed on the water by the paddlers. It is always a moving and emotional observance for both paddlers and spectators. The ceremony in Sydney was no exception. Twelve boats of survivors paddled out and linked together alongside one another. The silence of the 200,000 spectators in the harbour was even more overwhelming than the noise throughout the day of racing. In my thoughts throughout the ceremony were four special women from my Ottawa team, *Busting Out*, all of whom had passed away in the last year; Nancy, Chris, Mary and Alice. (And sadly, we just recently lost yet another friend, Joanne). Cockle Bay was covered in pink rose petals.

Following the ceremony, we paddled around the bay once again before returning to shore, where we then passed through one of the longest guard of honour I have ever witnessed. A guard of honour is when we line up as we get back on shore, two lines facing each other with our paddles raised in an arch, and as each paddler disembarks their boat and walks through the arch, they join the end of the line until all of the paddlers are through. Personally

I find the guard of honour uplifting, particularly following an emotional flower ceremony. It reminds me how lucky I am to be part of such a large, supportive group, and that being diagnosed with breast cancer was not an end but a new beginning, an important message to send out to all women in that situation.

It was great to be paddling and visiting with my Canberra friends again, and I was absolutely over the moon to be participating in the Chinese New Year Festival in Sydney. Without a doubt, a top ten experience and memory. Paddles up!

<http://kathybobyn.wordpress.com/2011/05/10/chinese-new-year>

Kathy Bobyn

We enjoyed catching up with Kathy in Caloundra when she was the Captain of Inspiration (a composite team from SA and elsewhere in Oz).

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](#)



New DA ACT greeting card

We have some great new greeting cards printed with Steve Taylor's Mothers Day Classic 2008 image and these will be available for sale with merchandise at **Cindy's** car boot sales.



Warm up and training times

6.15 for 6.30am **Tuesdays**
 8.00 for 8.30-9.30am **Saturdays**
 12.30 for 1.25pm **Wednesday**
Contact: **Carol Summerhayes**
carol.summerhayes@bigpond.com

Some great new 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.powers@defence.gov.au
 or **Elsbeth Humphries** humphries44@ozemail.com.au
Weather watch

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

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

Under the pink umbrella



Gabby Mullins represented the ACT at the opening of the national BCNA Summit, 18 August 2011 *Image: Kerrie Griffin*

BCNA 4th National Summit

The BCNA 4th National Summit was held in Melbourne at the St Kilda Hotel from Thursday 18 until Saturday 20 August, 2011. The theme of the summit was *the heart of our network*. The 300 or so participants were representatives of support groups from around the country. The program was stimulating, with plenary sessions from many distinguished speakers, interactive workshops and participants who were willing to share their story. These women were awe inspiring as they had taken their breast cancer experience and turned it round to: write books, identify a need in their area and then establish new support groups to address this need, establish foundations to help at various points of the journey.

One of the great strengths of the summit was to meet other women who have had breast cancer, to feel the power and commitment of these women and to return home inspired with confidence to make a difference. The pink party was a fitting tribute to Lyn Swinburne, as she is retiring as the CEO of BCNA. It was an honour and a privilege to participate in this summit. The pink sisterhood is alive and well!

Gabby Mullins Bosom Buddies BCNA Liaison officer



Marita O'Keefe, Anna Wellings Booth, Lyn Swinburne, Kerrie Griffin and Amanda Winiata, national BCNA Summit, 18 August 2011



Kate O'Hara and Susan Pitt, BCNA Stall, Mothers Day Classic, 8 May 2011



Sally Saunders, Kate Darcy, Marisa Gerussi and Suzanne Vidler, Bosom Buddies stall at the Handmade Markets, National Convention Centre, 11 June 2011 *Image:* Kerrie Griffin



Kerrie Griffin, Denice Bassanelli and Geraldine Robertson, national BCNA Summit dinner and farewell for Lyn Swinburne, Powerhouse, Albert Park, 19 August 2011



Denice Bassanelli (pink hat) and friends, national BCNA Summit dinner and farewell for Lyn Swinburne, Powerhouse, Albert Park, 19 August 2011 *Image:* Kerrie Griffin



Marion Leiba (3rd), Vivienne Gregg, Pam Bell, Amanda Winiata and other advocates, national BCNA Summit, 18 August 2011

BCNA summit: *The heart of our network*

The BCNA national Summit for member groups was held 18-20 August in Melbourne and included a farewell dinner for **Lyn Swinburne**, BCNA CEO and founder, who is she is retiring in November. **Anna Wellings Booth** gave a great speech painting a picture of the first BCNA *Field of Women* in 1998 in Canberra on the lawns of Federation Mall. The summit included very high calibre speakers and aimed to strengthen ties among members, give latest updates about breast cancer and treatments and assist groups to support women as well as provide an excellent networking opportunity. I thoroughly enjoyed meeting lots of new people as well as renewing friendships.

There are 1071 BCNA members in the ACT and nationally more than 50,000 individual members and 263 member groups (DA ACT and Bosom Buddies are member groups). At the end of 2010, there were 140,000 women living in Australia who have had breast cancer. Complacency is not an option as 38 women are diagnosed each day in Australia and we need to keep breast cancer on the agenda as great improvements have occurred since 1998 but there is still a lot of work to be done. **Lyn Swinburne** will remain on the Cancer Australia Advisory Board. Below is a brief summary of just one of the many pertinent workshops.

Sexual wellbeing workshop 19 August 2011

Professor Kate White, Cancer Nursing Sydney University
Kate quoted Jung who said that sex is like food and water. The brain is the most important sex organ. Resources are available including information in the BCNA *My Journey Kit* and on the website.

There is a taboo on sex and cancer and the expected focus is on survival. Sexuality and intimacy are affected by cancer and 67 per cent of women with breast cancer experience some problems; 56 per cent after five years still have difficulty with reduced libido, arousal, orgasm and/or pain. Issues include early menopause and fertility in younger women is compromised by 10 years. Kate suggested finding time for intimacy (not just sex) and making a regular date with our partner. Some practical suggestions included silicone-based lubrication such as Pjur or Astroglide as well as Sylk (kiwifruit). She recommended pelvic floor exercises to increase the blood flow to vaginal tissue which naturally ages and thins in all women. It was a feel good workshop and she recommended [Passionfruit - The Sensuality Shop](#) in Melbourne which isn't seedy but an open, creative and humorous outlet that celebrates sex and sensuality in all its forms. There are new guidelines to managing hot flushes. Fantasy is recommended, especially in chronic illness. More research is needed in all areas.

Kerrie Griffin

Latest BCNA news

New CEO to lead Breast Cancer Network Australia

: [Media release](#) - 8 September 2011

Breast Cancer Network Australia (BCNA) is pleased to announce the appointment of **Maxine Morand** as its new CEO, effective from 28 November 2011.

Congratulations to **Kirsten Pilatti**, Marketing Manager BCNA, on the safe arrival of Oscar in July and we wish her well. She is enjoying six months maternity leave and looks fabulous.

Suggest or find services in your area

<http://www.bcna.org.au/sharing-support/find-services-your-area>

The Local Services Directory is designed to help you find breast cancer-related support and services by:

- **Location** -- through a geographic-based search using distance from your postcode
- **Type** -- using categories or key-words
- That are **only online**, and do not have a physical address (eg. amazon.com).

To find a local service, start at [the Directory search page](#).

Gene patents update

Category: [News](#) - 5 September 2011

Read about the latest developments in gene patents laws in the USA and Australia.

BCNA annual report link

<http://www.bcna.org.au/sites/default/files/bcnaannualreview2010.pdf>

Get involved with BCNA

- [Community fundraising](#)
- [Join our online network](#)
- [Advocacy](#)
- [Speak out](#)

NBOCC merges with Cancer Australia

On 1 July 2011, the National Breast and Ovarian Cancer Centre was amalgamated with Cancer Australia to form one new organisation, Cancer Australia. **Dr Helen Zorbas**, Chief Executive Officer of NBOCC, has been appointed CEO of the new Cancer Australia, based in Sydney. BCNA will continue to collaborate with, and monitor the work of Cancer Australia and keep our members informed about any further developments in their breast cancer work.

<http://canceraustralia.nbocc.org.au/breast-cancer/home/home>

Breast Prostheses Reimbursement Program

Health Minister Nicola Roxon has released the findings of an evaluation of the government's National External Breast Prostheses Reimbursement Program.

Results of Prostheses Reimbursement Program evaluation released

Changes to PBS listings of taxanes help women with secondary breast cancer

The Beacon Magazine

This issue focuses on 'The dollars and sense of breast cancer' – issue 56, Spring 2011.

- [Download *The Beacon*](#)
- [Download the resource sheet - Government programs](#)
- [Download the resource sheet - Financial and practical support](#)

NBCF launch Register4

Please join Register4 an online community where people can register their interest in participating in research into breast cancer related issues. The register is an initiative of the National Breast Cancer Foundation (NBCF). It is open to all Australian women and men, whether or not they have had a breast cancer diagnosis. Those who register may, from time to time, receive opportunities from NBCF to participate in research being conducted by Australian researchers.

The concept is very similar to BCNA's Review & Survey Group, which has been running for 3 years and now has more than 800 members. For more information about the Review & Survey Group, or to join, visit the [BCNA website](#).

[Register4 website](#).

<http://www.bcna.org.au/news/2010-10/nbcf-launch-register4>

After the treatment website

www.cancer counselling.org.uk/northsouth/extra4.nsf/WebResHarvey?OpenView&ExpandAll&Count=500

Courtesy of Marilyn Brookes and Sarah Holmes

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://heads up.net.au>

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

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

Sue Owen 0416 227 5959

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>

Prosthesis recycling Contact Jan Murphy 0402 188 361

janaliveandwell@hotmail.com

Tattooing

Experienced practitioner will create natural looking areola and nipple, using blends of skin-like colours.

Contact: **Fiona MacKenzie Gloss Beauty 6230 9851** or gloss.beauty@hotmail.com

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

Australian website for bras – includes mastectomy bras.

<http://www.notjustbras.com.au/basic>

http://www.notjustbras.com.au/keywords/page_id/45/headings/Breast%20care%20items

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

Kerrie Griffin, Consumer Representative, Seat at the Table (SATT) Program, BCNA



BCNA Mini Field of Women at the 9th Dragons Abreast ACT Dragon Boat Challenge, 23 October 2010 *Image:* Chris Holly

Calendar of events

Dates and events may change – please check www.cdba.com.au/

Month	Date(s)	Event	Location	Notes
September	Friday 9 and Saturday 10	National Regatta 2011 Dragons Abreast Australia survivor regatta	Lake Kawana, Caloundra, Sunshine Coast, Qld	nationalregatta@dragonsabreast.com.au
	Saturday 24	CBDA Regatta 1 200m 10s and 20s	Lotus Bay, Yarralumla	Canberra@dragonsabreast.com.au
October	Sunday 2	Dragons Abreast Australia National paddle day	Lotus Bay, Yarralumla	Canberra@dragonsabreast.com.au
	Saturday 15	CBDA Regatta 2 200m Disher Cup, Masters and Skins	Lotus Bay, Yarralumla	Canberra@dragonsabreast.com.au
	Saturday 22	Dragons Abreast ACT Corporate Challenge Regatta	Weston Park, Lake Burley Griffin	canberra@dragonsabreast.com.au
	Saturday 22 8am–3pm	BCNA Mini Field of Women at the Regatta	Weston Park, Lake Burley Griffin	Volunteers needed for the BCNA stall!
	Monday 24 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 24	Bosom Buddies Australian Breast Cancer Day dinner	Southern Cross Club, Woden	\$60 pp. RSVP by 19 October 6290 1984 bosombuddies@shout.org.au
	Sunday 30	Dragons Abreast Festival	Darling Harbour, Sydney	www.dragonsabreastfestival.com.au 1300 889 566
November	Saturday 5	CBDA Regatta 3 500m	Lotus Bay, Yarralumla	Canberra@dragonsabreast.com.au
	Saturday 12	Morning tea with the Governor General	Lotus Bay, Yarralumla to Government House	Canberra@dragonsabreast.com.au
	Saturday 26	CBDA Regatta 4 500m/2000m	Lotus Bay, Yarralumla	Canberra@dragonsabreast.com.au
December	Saturday 10	CBDA Regatta 5 2000m	Lotus Bay, Yarralumla	Canberra@dragonsabreast.com.au
	tbc	DA ACT Christmas Party	Bring a plate	RSVP
	tbc	Christmas carols on the lake	Canberra Yacht Club Lotus Bay	Canberra@dragonsabreast.com.au
January	Thursday 26	Australia Day celebrations	Lotus Bay, Yarralumla	Canberra@dragonsabreast.com.au
February	Friday 3	CBDA Twilight Regatta 200m tbc	Lotus Bay, Yarralumla	Canberra@dragonsabreast.com.au
	Saturday 11	CBDA Regatta 6 200m Chinese New Year	Lotus Bay, Yarralumla	Canberra@dragonsabreast.com.au
	5 February tbc	DAA Chinese New Year	Darling Harbour, Sydney	www.cityofsydney.nsw.gov.au/CNY/Events/Default.asp#DragonBoat
	Sunday 19	Jindabyne Flowing Festival	Lake Jindabyne	Canberra@dragonsabreast.com.au
	Saturday 25	CBDA Regatta 7 500m /2000m	Lotus Bay, Yarralumla	Canberra@dragonsabreast.com.au
March	Saturday 17	ACT Championships 500m	Lotus Bay, Yarralumla	Canberra@dragonsabreast.com.au
	Sunday 18	ACT Championships 200m	Lotus Bay, Yarralumla	Canberra@dragonsabreast.com.au
April	Sunday–Thursday 1–5	Australian Championships	Docklands, Melbourne	Canberra@dragonsabreast.com.au
May	Saturday 12	CDBA Presentation night	tbc	Canberra@dragonsabreast.com.au

July	Wed.–Sunday 4–8	World Club Crew Championships	Hong Kong	Canberra@dragonsabreast.com.au
	Monday 30	CDBA Annual General Meeting	Lotus Bay, Yarralumla	Canberra@dragonsabreast.com.au

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 ACT newsletter — November 2011

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

Please submit any news, items and images by 1 November 2011 to the newsletter coordinator

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

Seven steps for your images to appear on the website

- Snap your photos and download to your computer
- Email digital photos to dragonsabreastaustralia.dragon@picasaweb.com
- In the subject line of the email, include a description, for example "*Tit Tit Boom team at the ACTDragons Abreast Corporate Challenge 2011*"
- If possible, also name the individual photos – "Mary paddling", Jo sweeping" etc. *NB: this step is not essential*
- Email webmaster@dragonsabreast.com.au to inform that photos have been sent to the above address.
- Webmaster will then create an album of these photographs
- This album will be placed on the ACT regatta 2011 page, and on the 'Gallery' page <http://www.dragonsabreast.com.au/Gallery.htm>