



ABREAST of the NEWS

DRAGONS ABREAST CANBERRA

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DRAGONSABREAST.COM.AU

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DA Canberra, Canberra Balloon Spectacular 7 March 2020

Image: [Paul Jurak](https://www.facebook.com/kayakcameraman/) <https://www.facebook.com/kayakcameraman/>



DA Canberra Forth Falls, Lake Barrington, Tasmania 9 February 2020 Image: DA Hobart



Robyn Moore, DAA Ambassador with DA Canberra, Nipples on Ripples Regatta, Lake Barrington, Tasmania 8 February 2020 Image: Mark Olsen

Images; <https://www.facebook.com/DragonsAbreastCanberra/>



Lyndall Milward-Bason, Donna Lennon, Jeannie Cotterell, Lucy Cheetham and Julie Chynoweth celebrate Level 3 sweep accreditation, DB ACT Regatta 5 22 February 2020 Image: Kerrie Griffin

Coordinator's report

It's been a very different summer, what with bushfires, poor air quality, heavy rain, hailstorms and COVID-19. The weather put a dampener on many sports, activities and general summer fun. We have survived and are now back paddling well as our coaching team take us to the last ACT regatta — the ACT Championships. TBC.

Daylight savings ends Sunday, 5 April which means Wednesday lunchtime paddles resume and PFDs must be worn at all sessions on the water.

We've celebrated some major achievements. Congratulations to **Jeannie Cotterell** and **Lucy Cheetham** who gained their Level 3 sweep accreditation. **Lyndall Milward-Bason** is well on her way to become a Level 2 sweep. Many thanks to **Marion Blake** for supervising Lyndall. Our coaches are looking for two trainee sweeps.



Julie Chynoweth, DAA Guard of Honour, Nipples on Ripples Regatta, Lake Barrington, Tasmania 9 February 2020 *Image:* Donna Lennon

Nipples on Ripples Regatta 8-9 February

Some 23 paddlers, as well as supporters, travelled overseas to Tasmania to compete on Lake Barrington, Sheffield. It was a superb weekend with lots of paddling, great weather (clear skies) and good company. Thank you to **Gillian Styles** for volunteering as well as paddling with us. Thank also to **Janet Olsen** for arranging accommodation. Several paddlers travelled throughout Tassie enjoying the natural wonderland.

Many thanks to **Kathy Hayes, Clare Purcell** and **Amanda Ferris** for organising the very popular additional DA Canberra uniform items.

Editor: Sincere thanks to **Julie Chynoweth**, boat captain, who organised our fantastic trip.



DA Canberra, Nipples on Ripples Regatta, Lake Barrington, Tasmania 9 February 2020 *Image:* Susan Pitt



Marion Blake, Denise Brown, Sue Drew and Joan White, DA Canberra, World Cancer Day Display, Canberra and Region Cancer Centre 4 February 2020 *Image:* Marion Blake

World Cancer Day 4 February

DA Canberra was represented at the Canberra Region Cancer Centre. Thanks to **Marion Blake, Denise Brown, Joan White** and **Sue Drew**.



DA Canberra, DB ACT regatta 4 18 January 2020 *Image:* Kerrie Griffin

DB ACT Regatta 4 18 January 2020

Many thanks and well done to the paddlers who participated. Despite weather cancelling our training, we managed to perform well and participate in the 2km (only three women's teams).

Some highlights:

- Special thanks to **Susan Pitt** for coming back from Sydney early to sweep the 2km and in *GoAnna*
- Well done **Jeannie Cotterell** for sweeping *Gecko*
- First Regatta for **Deb Lopert**
- First 2km for **Nadine Leiba, Che Mortimer, Deb Lopert** and **Katherine Chinn**
- Thank you to volunteers **Pene Lee, Denise Brown** and **Sonja Gray**
- **Deb Lopert** and **Che Mortimer** were presented with their 2019 **Rookie Award** trophies.



DA Canberra, DB ACT Regatta 5 22 February 2020 *Image:* Kerrie Griffin

DB ACT Regatta 5 22 February

A day of firsts. First regatta for **Cheryl**; first 5 x 500m racing in women's and open categories; first time qualified for Level 3 sweeping for both **Jeannie Cotterell** and **Lucy Cheetham**; first regatta this season without bushfires or smoke.

Come and Try 7 and 11 March

We held successful Come and Try sessions and morning tea with five participating. Thank you to the sweeps, coach and bakers.

Dragon Boats @ Canberra Day 9 March

Thank you to **Marion Blake** and **Che Mortimer** for joining me to promote dragon boating. Marion handed out flyers and Che and I paddled with members from all Canberra clubs. See WIN TV News [footage](#).

Pan Pacific Masters Games TBC

A team of paddlers are heading to the Gold Coast to compete in the **Pan Pacific Masters Games**. Dragon boating will be held 13-15 November TBC. There are still some bench spaces left if you wish to join us. Thanks to **Lyndall** and **Anita Godley** for putting their hand up to be boat captains. There are open and cancer survivor races. Doodle: <https://doodle.com/poll/s6v7m2zfck6vp6vb>
<https://mastersgames.com.au/ppmg/sports/dragon-boat/>

The **IBCPC Participatory Dragon Boat Festival** is being held at Lake Karapiro, Cambridge, New Zealand from 28 March to 3 April 2022. My first IBCPC experience was Florence and it was just wonderful. Lots of hard paddling (we trained), good fun and camaraderie. A [Doodle](#) was circulated asking for your interest in attending by 16 March. This will ensure we have the opportunity to get the early bird registration fee for one or two boats. Doodle link <https://doodle.com/poll/hc55iskfzv73gffi>

[Mother's Day Classic](#) 10 May

It may be a virtual event due to COVID-19. <https://www.mothersdayclassic.com.au/events/event-map/canberra/>



Anne Baynes, DAA Guard of Honour, Nipples on Ripples Regatta, Lake Barrington, Tasmania 9 February 2020 *Image:* Donna Lennon

Unfortunately, the **DAA Convention** and **Relay for Life** are cancelled due to the COVID-19.

Julie Chynoweth, Coordinator Dragons Abreast Canberra

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coordinator.dac@gmail.com

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

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

<http://www.ibcpc.com>

[Dragons Abreast Australia](#)

Celebrating 20 years of breast cancer recovery

Philosophy: *Awareness, Participation, Inclusiveness
Connect. Move. Live.*

[DAA In the loop newsletter](#)

[Fernwood Belconnen](#) Thank you for your support of DA Canberra.

[News from International Breast Cancer Paddlers' Commission Edition 10 / February 2020](#)



Gigi Lungu, DA Canberra, Hot Air Balloon Spectacular 7 March 2020 *Image:* Kerrie Griffin



Marion Blake and therapy alpacas, World Cancer Day Display, Canberra and Region Cancer Centre 4 February 2020 *Image:* Marion Blake

[DAA thank you](#)

Marion Blake, Board Director, from Canberra, retired from the Board effective 1 December 2019. We are sad to see Marion leave us but she isn't going far as she will join the **DAA Advisory Panel**. Marion was elected to the Board of DAA in February 2013. Prior to joining the Board, Marion was **Coordinator** at **DA Canberra**. Marion continues to paddle with Canberra when she is not globetrotting! Marion has managed many projects for DAA nationally, including the very successful **Canberra Convention** and the **Annual Darling Harbour Festival**.

We wish Marion all the best and thank her for her significant contribution to Dragons Abreast Australia. We will miss you so much!

Mabel Sansom, Chair, **National Board**
Dragons Abreast Australia

Merchandise

New merchandise was very popular with regatta patrons. If you would like to purchase any merchandise, please contact: **Kathy Hayes** hayes.spain@gmail.com Please pay online.

Dragons Abreast clothing and equipment pool

If you would like to donate or recycle any dragon boating and/or Dragons Abreast items please contact: **Clare Purcell** purcell@grapevine.net.au



Che Mortimer and Julie Chynoweth paddled with DB ACT clubs, Canberra Day display, Commonwealth Place 9 March 2020

Image: Marion Blake

<https://www.facebook.com/WINNewsCanberra/videos/851760805298595/?v=851760805298595>

[Breast cancer and dragon boat racing: The story behind a movement](#)

'I had a number of people question this project and say, 'Are you sure you want to do this?'

Dr Don McKenzie

<https://www.wbur.org/onlvaqgame/2018/11/30/sandy-smith-mckenzie-harris-frost?fbclid=IwAR0ZAx7PYWUI8xqPT9DI2UHVPIUHPCVWUR8GvPTDzRUJDTZQeMEzssNVg>

Nipples on Ripples thank you

Nipples on Ripples are very happy you all made the journey to our 10th regatta. We loved having you with us and your photos here are beautiful. Lake Barrington is a rather special place and we try not to take it for granted. I'm glad you had a fabulous time & we hope to see you back again.

Jenny Moore

President, Nipples on Ripples

Coaches' corner

Lucy, Donna and **Debbie**, are delighted that paddlers are back on the water after challenging weather.

Tasmania

From all reports a good time was had by all with a good role up of all paddlers.

Pan Pacs Masters

The Coaches request members commit on Doodle as we still need a few more by end of March. TBC
Sweeps

Congratulations to **Jeanie Cotterell** and **Lucy Cheetham** who are now L3 sweeps. We are working toward **Lyndall** becoming a L2 sweep.

Coaches will be now looking for two more paddlers to train as sweeps

Training session

We will start each session with some basic techniques and use the speed coach and cox vox at all sessions were possible. It is good to see so many coming to training. On Saturdays, coaches will have two boats: one for our new/returning/injured paddlers. We ask all paddlers to remember if you have an injury to please let us know so we can help you return to paddling without injuries.

New Zealand 2022

The coaches' suggestion for NZ is that all registered paddlers' names will go in a hat if we have more than one full boat. Names will be drawn out alternating between boats as it is a participatory event and we are one team.

PFDs in summer (from the DB ACT Policy Document)
*In the ACT, PFDs must be worn from 1 May until 1 September unless the weather and water remains cold, when a longer mandatory period may be advised by DB ACT.**

*PFDs should also be worn from the **advertised sunset to sunrise times** (AusDBF Safety Manual), which are available from official Australian Government agency websites. If your paddling session will start or may finish inside these official times, then PFDs must be worn for that session. All paddlers who have not performed their 50m swim test confidently are required to wear PFDs at all times.*

(*Dragons Abreast also defer to the discretionary decision of sweeps to mandate PFDs if conditions deem it necessary.)

Warm ups reminder

As you are aware, warm ups are an important preparation for physical exertion, especially for endurance runs, so please arrive on time.

Warm down stretches reminder

Also, warm downs/stretching are important after physical exertion, especially after a hard session, so please stay unless you need to go to work. Coaches and sweeps do their best to ensure that on Tuesdays the boat returns to shore by 7.15am. It is important that we, as a club, clean the boats and put covers on but as coaches it is also important for us to make sure as many as possible warm down. Thank you for all your support.

Watch here for future editions of the *Coaches' corner*. <https://www.revolutionise.com.au/dacanberra/>

Lucy Cheetham, Donna Lennon and Deb Whitfield



Denise Brown and Pene Lee volunteers, DB ACT regatta 4
18 January 2020 *Image: Kerrie Griffin*

Regatta feedback

I loved the DB ACT regatta on 18 January 2020. What I loved most is that, despite losing every race (really losing by a long shot), every Dragons Abreast person I asked about the day said how fantastic it was. How they really enjoyed it and that the team paddled really well. But you all know that!

Pene Lee, volunteer



Julie Chynoweth, Deb Lopert and Che Mortimer with the Rookie Awards, and Anita Godley, DA Canberra, DB ACT regatta 4
18 January 2020 *Image: Kerrie Griffin*

Rookie of the year

Unfortunately, I missed the Christmas party on 1 December 2019 courtesy of the 'volcano' cruise but was honoured to be named **co-Rookie* for 2019** with **Deb Lopert**. Thank you to the coaches and committee, I appreciated being considered to be one who upholds the values of such a fabulous

organisation and lovely ladies and really enjoy the paddling! It is a little (or lot) addictive and having a young one at home I must say I love getting in the boat for some 'me' time with the team. I can improve my skills and, at the same time, experience how the teamwork enables us to move beautifully on the water, an amazing feeling.

It was great to travel with the team for the first time and I thought I would take it one step further and bring my gorgeous, with a generous side of challenging, toddler to the **Nipples on Ripple Regatta** at Lake Barrington Tassie! The travel I recommend, it was so much fun! Paddling all day on the stunning lake with my teammates was amazing, with the weather gods giving us favourable (aka sensational) conditions. I know I wasn't the only one who commented on having paddled more in the two days than we had in the previous two months! I worked out I did 5500 metres paddling with half of that racing followed by about 12 kms the next day! Fatigued describes how I was feeling at the end of each day, pretty sure others felt the same! The facilities, atmosphere, team spirit and comradeship were fabulous. The **Nipples on Ripples** team put on a great event, with the evening functions sporting healthy, marvellous food and even some royalty with wine (or gin in my case) in good supply. This experience was so positive for me, can't wait for the next trip (bring on the **Pan Pacs Masters**), but might leave the threenager at home!

Che Mortimer

*The **Rookie Awards** (two trophies, one a dragon statuette donated by **Robyn Chen** and a wooden paddle donated by **Megan Dennis**). These are presented to paddlers who joined DA Canberra in the preceding paddling season and have:

- Adhered to the principles and philosophies of DAA
- Strived to learn the required skills to be an effective paddler
- Showed improvement in paddling skills over the year
- Strived to improve personal fitness
- Showed persistence in attending as many training sessions and regattas as personal circumstances permit
- Participated and volunteered in team events, both on and off the water.



Che Mortimer in pink, Hot Air Balloon Spectacular 7 March 2020
Image: Janet Olsen

Nipples on Ripples Regatta

Dragons Abreast Canberra have paddled at some great places around the world but perhaps none as spectacular as Lake Barrington International Rowing Course for the Nipples on Ripples regatta. Lake Barrington is approximately 45kms south of Devonport and is in a wilderness setting. Our Tasmanian hosts went above and beyond to make us feel welcome. We had the option of purchasing beautiful meals which made life easy.

Friday evening, we enjoyed a social and welcome barbeque at the paddling venue. It was up early on Saturday for the regatta, and it was a full-on racing day. We started with a group warm up to music, which we all participated in most enthusiastically. Maybe this is something we should adopt?

Our first race was 250m. Despite a big effort, we did not make the finals. Next was the 250m 10's races. This really tested our mettle as we paddled in heavy wooden boats. When we asked the wrangler he said 'oh yeah, this one is a fishing boat'. By the end, we felt like we were paddling through concrete and maybe even going backwards. Our two teams came within a second of each other.

During our catered lunch break we were entertained by the Taiko drummers. The breast cancer survivors race followed and we came a very respectable second. The DAA *Flowers on the Water* ceremony was next and for me this was by far the most touching and emotional *Flowers on the Water* that I have ever participated in. Maybe it was the beautiful setting or maybe it was the culmination of a big 12 months. Who knows! The 500m races followed and then the Devils Gate Enduro 1km race (It was really two kms as we had to paddle 1km to the start line). But, we were up for



DAA Flowers on the water ceremony, Nipples on Ripples Regatta, Lake Barrington, Tasmania 9 February 2020 *Image:* Donna Lennon

it. After racing, some swam in Lake Barrington. We all gathered for a presentation dinner at the venue and were entertained by the dynamic and inspirational speaker, **Robyn Moore**, DAA Ambassador. As usual she left us feeling inspired, challenged and 'LIFEFULL'. Thanks Robyn.

Sunday was a day for a relaxed paddle. If there is any place to do an 12km paddle, I guess Lake Barrington is it. A leisurely paddle up to Forth Falls was a perfect way to end a perfect weekend.

Thanks to **Julie Chynoweth**, boat captain and our Tassie local who arranged the trip.

Clare Purcell



Taiko drummers, Nipples on Ripples Regatta, Lake Barrington, Tasmania 8 February 2020 *Image:* Kerrie Griffin



Deb Lopert, Hot Air Balloon Spectacular 7 March 2020 *Image:* Kerrie Griffin



Come and try session, 11 March 2020 *Image:* Katherine Chinn



Deb Whitfield, Chief Marshall and Deb Lopert Marshall, DB ACT Regatta 4 22 February 2020 *Image:* Kerrie Griffin

Holler for a Marshall

If any of you can remember back to last century you'll remember the famous ad where when your car broke down, you could 'holler for a marshall' and everything would be fixed. Well, on the occasion of my first regatta volunteering experiencing I was a marshall doing the hollering. In my case, I hollered for the Chief Marshall, the wonderful **Deb Whitfield**, who rescued me and my fellow marshalls from stuffing things up. Then, when I knew what I was doing, I was hollering for my teams. In fact, once we all worked out what was what, things went remarkably smoothly, especially considering this regatta was working on shorter turnaround times than usual. This makes the many people who jumped out of their boat and ran to the marshalling area to straight away saddle up for the next race even more impressive!

A few observations — while some teams were a bit harder to wrangle than others, the school groups were very cooperative and polite, but gosh they breed them tall these days! I sometimes felt like a Lilliputian pushing Gulliver around. A slightly embarrassing confession — wearing a jacket with MARSHALL written on it in big white letters does give you a slight feeling of power. And you get a free coffee!

As a still relative newbie, I also wanted to take this opportunity to say how surprised and honoured I was to receive the joint **Rookie of the Year Award** at the Christmas party, and to express my thanks again. I'm forever grateful to **Kat Gilmour**, who enticed me into trying dragon boating, and so happy to have rekindled my friendship with **Helen Couper-Logan**, who I hadn't seen for years. You are a wonderful group of women doing wonderful things, and it's really all of you who deserve awards! Paddles up!

Deborah Lopert



Clea, Lyndall Milward-Bason and Katherine Chinn, 14 December 2019 *Image: Kerrie Griffin*

In the deep end

After reading an email at work last year, a work colleague and friend, **Jennifer Salkeld** convinced me to attend a couple of dragon boat training sessions with her for the Dragons Abreast Social and Corporate Regatta on 9 November 2019. I wasn't sure if it was for me as I hadn't known anyone who had done dragon boat paddling before. Jenny is much braver than I am and she assured me it would be fun. As an added bonus, funds were to be raised for breast cancer and we both had close family members diagnosed with breast cancer, so I decided to give it a go.

In my case, it was my daughter **Emily** who was diagnosed at the age of 25. Emily has had a tough time over the last few years with lots of various treatments and surgeries. She is now feeling well and she told me recently that she is finally beginning to feel as though her life is getting back to a new normal. Her mum, however is still grappling with her diagnosis and treatment, even now after four years, especially after my mother was diagnosed in 1981 and sadly lost her struggle with breast cancer in 1993. Thankfully, treatment has improved a great deal since the 1980s.

Our family is very grateful for all the care and support Emily has received from the Canberra health professionals.

So back to dragon boat paddling and my nerves about trying something new... We, or should I say, I faced my fears, I did my three training sessions with various Canberra dragon boat clubs and after the thrill of the Corporate Regatta I was hooked! I decided I wanted to join Dragons Abreast and I'm hopeful our daughter will eventually join us. At this stage, Emily has understandably decided to have a break from all things cancer-related after being an ambassador for the **Mother's Day Classic**, for **BCNA** and spoken at numerous media events. We are so very proud of how courageous she has been during this journey.

Joining the club has been so much more to me than I expected, from the lovely welcoming faces to the renewed love of Lake Burley Griffin. We are truly blessed to live in such a beautiful city.

I really thought it was going to be all about me as an individual and whether I was fit enough, or not, as the case may be, and where I could get the right gear! But, it is so much more than that, it's about being in sync/time with each other, supporting each other and listening to the instructions of the sweeps (especially when we are out on the water), although I do love to chat when I'm not supposed to!

I've thrown myself into the deep end, faced my fears and attended most of the training sessions and regattas and am having a lot of fun. I truly am in awe of everyone's strength and stamina. Thank you to everyone for being so kind and generous in making my transition into the club a memorable one and please be patient with me while I learn everyone's names. I've now joined the Come and Try team with **Anita Godley** and **Helen Couper Logan**.

Katherine Chinn, newbie



Helen Couper-Logan, Karen Adams, Katherine Chinn and Deb Lopert, Come and Try session, Lotus Bay 7 March 2020 *Image: Anita Godley*

Do you like going to the movies?

On Tuesdays, during school terms, DA members view a movie at Palace Cinema and enjoy a light lunch together where we discuss the movie and solve the problems of the world. Just come when you want to, every week, or just occasionally.

We email each week advising what the movie is for the following Tuesday. If you want to go just RSVP by 11am Friday. We meet at Palace Cinema at 10.45am and it is all over by 1.30-2.00pm. \$18.00 includes the movie and lunch.

If you want to receive a weekly email about the movie club, email Cindy Young who will put you on the distribution list.

cindyyoung000@icloud.com.



Warm up and training times

Saturday morning:

(Extra effort paddle): 7.15 – 8.00am

Saturday morning: 8.00 – 09.30am

Tuesday morning: 6.00 – 07.15am

Wednesday lunch: 12.15 – 2.00pm TBC

Contact:

Louise Walmsley plwalmsley@bigpond.com

Some great paddling technique tips:

http://www.youtube.com/watch?v=j7IRbj3K8c4&feature=player_embedded

Remember water, hat, sunscreen and sunglasses!

Weather watch

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

<http://www.eldersweather.com.au/act/act/canberra>



Sussex Inlet River Dragons farewell cake by Tricia Taylor for their coach Lesley 29 February 2020 *Image: Kerrie Griffin*
<https://www.lego.com/en-au/product/dragon-boat-race-80103>

Under the pink umbrella



Breast
Cancer
Network
Australia

www.bcna.org.au



Susan Pitt, Janice Batt, Julie Kesby, Helen Couper-Logan, Lyndall Milward-Bason, Kathy Hayes and Janet Olsen, BCNA 20th Anniversary Field of Women, Federation Mall 17 October 2018 *Image: Susan Pitt*

Vale Janice Batt

We received some sad news that a DA Canberra member **Janice Batt**, passed away on 12 February after a very long struggle with breast cancer and secondaries. Janice enjoyed our Palace Film Club — even if it was a struggle for her to attend. She also paddled with Dragons Abreast on Wednesday.

Susan Pitt said that: *Every possible therapy and trial gave her time to see her young primary school son grow to a handsome young man in Year 11.*

Janice was first diagnosed more than seven years ago, and sadly already had metastatic breast cancer in her liver. Our thoughts go to her husband Richard and son Lincoln.

<http://www.annagrev.online/Lincoln's%20Words.pdf>

*Ring the bells that still can ring
Forget your perfect offering
There is a crack, a crack in everything
That's how the light gets in.*

Anthem by Leonard Cohen

Breast cancer patients not told about fertility options

The survey was conducted by BCNA, which released a series of videos aimed at raising awareness of fertility preservation. The videos feature young Australian women telling their stories of the fertility decisions they made on their breast cancer journey.

BCNA CEO Kirsten Pilatti said women aged 20-39 account for around 5 per cent of all breast cancer diagnoses in Australia. Two young women are diagnosed daily.

<https://www.youtube.com/watch?v=absVMICcjPw&feature=youtu.be>



Gillian Horton, Colleen's Lingerie and Swimwear, keynote speaker IWD lunch 11 March 2020 *Image:* Jodi, [Hot Shots Photography](#)

International Women's Day lunch 11 March

Gillian Horton of Colleen's Lingerie and Swimwear was the keynote speaker providing us with a fun insight into *Looking after the girls* - a slightly comedic double entendre about breast care, and her journey into helping underprivileged communities access better support and resources for health and wellbeing. **#eachforequal** is about how those of us lucky enough to have good standards of living, can support women in rural, remote and international* areas without proper healthcare. Gillian was a Telstra business woman's finalist.

Julie Kesby, Joan White, Denise Brown, Sue Willemsen-Bell and Kerrie Griffin enjoyed the lunch and seeing Gillian who is a great support for women in the region.

Kerrie Griffin
BCNA Consumer Representative

Gillian Horton, Colleen's Lingerie and Swimwear

22 Garran Place, Garran. 2605 | T: 02 6285 1311 | E: info@colleens.com.au

Open: Mon.-Fri. 9.30am to 4.30pm and Sat. 9.30am-1.30pm. Spread the word and that Gillian is also travelling to regional NSW: Cowra, Crookwell, Moruya, Goulburn, Mudgee, Wagga Wagga and Young,

<http://www.colleens.com.au/page/regional-visits-for-2020/>

***Mastectomy pocketed bras and breast forms for Fiji - drop off point.**



Jane Hiatt, Elaine Barbeler, Pam Todd, Denise Brown, Sue Willemsen-Bell, Julie Kesby, Joan White and Kerrie Griffin, International Women's Day lunch, 11 March 2020 *Image:* Kerrie Griffin



Joan White, Julie Kesby, Gillian Horton, Colleen's, Kerrie Griffin and Julie Nichols, Founder Handmade Market, International Women's Day lunch, 11 March 2020 *Image:* Kerrie Griffin

All aboard the dragon boat

It's good to look back to see how far Dragons Abreast Australia (DAA) has come! DAA found this article in one of the earliest [Breast Cancer Network Australia's](#) *The Beacon* newsletters (autumn 1999). **Michelle Hanton**, founder of Dragons Abreast Australia, wrote it.

[#breastcancer](#) [#dragonboating](#) [#paddlingforrecovery](#)

All aboard the (dragon) boat

At the inaugural National Breast Cancer Conference for Women in October 1998, Sharon Batt said the Canadian ladies had a dragon boat team.

This caught our imaginations and resulted in NT Breast Cancer Voice entering a team in the Dragon Boat Open Day on December 6 at Lake Alexander in Darwin.

We entered for two reasons:

1. It sounded like fun!

2. We saw it as a positive, public promotion for breast cancer.

The ladies' response was fantastic. We

easily filled the boat with 20 paddlers!

It was wonderful to see so many breast cancer survivors and their families participate. It also showed the public that breast cancer has many faces, as we were such a diverse age group, with families (who were all present) ranging from as young as four years through to teenagers and adult daughters.

We had T-shirts printed and looked like a professional team - even though most of us had little or no prior practice. We even managed to win our race!

As for publicity, it was extremely successful for our group. SBS Television

sent a crew up from Sydney to film and interview us for the program, "Tutti", which goes to air on Thursday nights.

We were pleased with the coverage NT Breast Cancer Voice received when the program was shown in January. We have since had positive feedback from the local community in general.

Some Victorian women are also starting a dragon boat racing team. Perhaps the Victorians will be able to take on the Northern Territory at their own game. How about a national championship one day?



Why dragon boat racing? Because it sounds like fun and a positive promotion for breast cancer, according to the women from NT Breast Cancer Voice.

The Beacon autumn 1999 *Image:* BCNA

[The Beacon October 2019 Issue 85](#) | [View online](#)

Lymphoedema Awareness Day 6 March

Lymphoedema is a swelling that occurs when lymph fluid builds up in the tissue under the skin. It may develop after surgery or radiotherapy to the lymph nodes under the arm and surrounding area. Most people who have had breast cancer do not develop lymphoedema. However, it's important to know the symptoms and your risks and what to do before and after surgery. <http://bit.ly/38gZbtK> Watch **Professor John Boyages**, breast cancer specialist and radiation oncologist dispel the common myths around Lymphoedema.

<http://bit.ly/2vydugi>

[#BCNAPinkLady](#) @ALALymphoedema [#breastcancerawareness](#) [#lymphoedema](#)

[ACT Lymphoedema Support Group](#)

[ACT meeting schedule](#)



[Marie Pandeloglou](#) Image: BCNA

BCNA plays an important role in improving the quality of life for women and men living with metastatic breast cancer. BCNA has signed up to **Global Alliance's 10 actions for change. 10 for 10:** Ten goals over the next decade to drive improvements in metastatic care. Watch the [video](#). BCNA provides information and services, including our online tool - www.myjourney.org.au - and free one-on-one counselling phone sessions which can be booked through our Helpline - 1800 500 258.

<http://bit.ly/2IEfvdU> #BCNAPinkLady #MetastaticBreastCancer

[What is a breast cancer clinical trial?](#)

<https://www.facebook.com/BreastCancerTrials/posts/2352097248244753>

[Why participate in a breast cancer clinical trial?](#)

This is the second animation Breast Cancer Trials has created to help inform patients about why they should consider participating in a breast cancer clinical trial. It would be great to share.

<https://www.facebook.com/BreastCancerTrials/posts/2352096051578206>

[BCT newsletter 42](#)

<http://www.breastcancertrials.org.au/current-clinical-trials>

<https://www.breastcancertrials.org.au/research-blog>

[Anastrozole Maintains Breast Cancer Prevention Effect for Postmenopausal Women](#)

BCNA NEWS 05 MAR 2020

[Breast Cancer 2020: the Cutting Edge](#)

[Nutrition myths busted in latest BCNA podcast](#)

Misinformation surrounding nutrition and breast cancer are discussed in a two-part series of podcasts released by BCNA. In **episode 18, Upfront** is joined by **Lauren Atkins**, an accredited and practising dietitian and nutritionist, to debunk numerous myths and provide expert advice on how to stay on top of the latest rumours and research.

They are the latest addition to the BCNA podcast library, offering a range of in-depth discussions, hints and tips from a variety of experts including health professionals and BCNA staff as well as women and men affected by breast cancer.

Recent podcasts featured young women discussing their experiences with [stage 3 breast cancer](#) and [triple negative breast cancer](#).

The podcasts are hosted by writer and former Nine News reporter **Kellie Curtain** and made possible thanks to funding from **Cancer Australia, Dry July** and **Sussan**. They are available on [Apple Podcasts](#), [Spotify](#) and the [BCNA website](#).



<https://www.breastcancertrials.org.au/breast-cancer-statistics>

BCNA NEWS 25 FEB 2020

[Oncotype DX again rejected for Medicare subsidy](#) Oncotype DX was rejected for a Government subsidy on 20 February, even though the test could result in thousands of women being able to safely avoid harrowing cancer treatment including chemo.

BCNA is disappointed, urging the companies supplying these tumour profiling tests to get together with the Australian Government to find a way forward. 'If we can identify those people who will do just as well without chemotherapy, it is essential that we save them from that over treatment,' said **BCNA CEO, Kirsten Pilatti**. For more information on Oncotype DX visit the *My Journey* online tool article on genomic testing (tumour profiling) at <https://www.myjourney.org.au/article/2181>

BCNA NEWS 11 FEB 2020

[Nerlynx access program now open](#)

BCNA NEWS 07 FEB 2020

[Welcome to 2020](#)

[BCNA hosts complementary therapies webcast](#)

[Updated BCNA resources back in stock](#)

[Young women podcast series](#)

BCNA NEWS 22 JAN 2020

[Clinical trials reveal breast cancer breakthrough](#)

BCNA NEWS 16 JAN 2020

[Abemaciclib listed for first-line treatment on PBS](#)

BCNA NEWS 17 DEC 2019

[BCNA to offer Consumer Representative training](#)

BCNA is looking for people diagnosed with breast cancer interested in becoming a Consumer Representative and assist our work helping all people affected by breast cancer.

BCNA NEWS 01 NOV 2019

[Medicare updates MRI, PET scan rebates](#)

BCNA welcomed two Australian Government initiatives which came into effect 1 November to ease the financial burden for Australians affected by breast cancer. Women with or suspected of having breast cancer will be able to claim Medicare benefits for breast MRI scans. New rebates are also available for some PET scan services.

BCNA NEWS 20 OCT 2019

[Men urged to be aware of breast cancer risks](#)

Mammographic density

<https://www.bcna.org.au/news/2017/09/mammographic-density/>

Get involved with BCNA

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

[Help breast cancer research move forward](#)

Do you want to make a difference to breast cancer research? [Join our Review & Survey Group](#) to participate in the latest research projects and improve breast cancer treatment and care.

[Donate through your medications](#)

For Tax Benefits Medicines donates 50 per cent of its profits to BCNA.

<https://www.bcna.org.au/get-involved/donate-through-your-medications/>

Online network

The BCNA online network connects people affected by breast cancer and brings them together in real time. To join go to <http://www.bcna.org.au/user/register>

BCNA resources

If you would like to link up with our network across Australia and receive our free national magazines, *The Beacon* and *The Inside Story*, or contribute to them, you can subscribe either visit the website <http://www.bcna.org.au/news/beaton-magazine/subscribe-beacon> or 1800 500 258.



[Casting for Recovery](#), a program run by the ACT Fly Fishing Club for women who have had breast cancer at any time in their lives.

<http://www.castingforrecovery.org.au/>

The Breast Cancer Treatment Project commenced in May 1997, and led to the development of an ongoing community based audit of breast cancer treatment based on clinical indicators agreed by the ACT & SE NSW Breast Cancer Treatment Group. The aim is to collect and examine data on treatment and outcomes for women with breast cancer. BCTG link below.

<https://www.health.act.gov.au/research/breast-cancer-treatment-project>

BreastScreen ACT is part of a national population breast screening program aimed at reducing deaths from

breast cancer through early detection. The Program provides **free screening and follow up services to ACT resident women from the age of 40 years.**

Please spread the word that BreastScreen ACT has appointments available for the new digital mammography service in **Belconnen, Civic or Woden**. The service screens women from 40 if higher risk, else the service **target women from 50–74. Women more than 74 years of age are welcome too.**

Statistics show that **only 57% of women, aged 50-74 year old**, take up the free mammograms in the ACT.

Cancer Council ACT Unit 1 (The Annex), 173 Strickland Crescent DEAKIN ACT 2600 <http://www.actcancer.org/>

HeadsUp@Kippax

HeadsUp accepts wigs and headgear for recycling.

HeadsUp is a not-for-profit service established to help women who have lost their hair, either as a result of treatment such as chemotherapy or from permanent alopecia. <http://headsup.net.au>

Kippax Shop 2, 12-16 Hardwick Crescent, Holt

Open: Tuesday to Friday from 10am–4pm

Phone: 02 6201 6579 or 041 6227 595

Sue Owen 0416 227 5959

[Bosom Buddies ACT networking and social activities](#)

A full list of dates for the gatherings can be found here: <http://www.bosombuddies.org.au/>

[Otis Foundation](#)

Creekside is a luxury chalet situated in the picturesque Thredbo Village. *Creekside* is available to people who are newly diagnosed or who have undergone active treatment for breast cancer in the 12 months prior to their stay. To enquire about a booking at *Creekside* or another retreat, or for more information please go to www.otisfoundation.org.au or call 03 5444 1185

Elspeth Humphries

[Lymphedonna](#)

<http://www.lymphedonna.com.au/faqs/>

lymphedonna@positivemotion.com.au

Positive Motion Physiotherapy

2/61 Dundas Court, Phillip ACT 2606 0414 809 994

[Rare Cancer Australia](#)

Rare Cancers Australia calls for equality with clear message: Cancer is Cancer.

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

Brain Tumour Alliance Australia Inc. www.btaa.org.au

Kerrie Griffin

Consumer Representative

Seat at the Table (SATT) Program, BCNA



Calendar of events

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

Month	Date(s)	Event	Location	Notes
 MARCH	Saturday 21-	ACT Championships 2km 200m TBC	Grevillea Park	Doodle RSVP
	Sunday 22	ACT Championships 500m TBC	Grevillea Park	Doodle RSVP
May	Sunday 10	Mother's Day Classic TBC - virtual	Rond Terrace	Kerrie.griffin22@gmail.com
October	TBC	DA Canberra Social and Corporate Regatta	tbc	tbc
October-March 2021	TBC	DB ACT Regatta season As per DB ACT calendar http://www.dbact.com.au/events	tbc	Lyndall Milward-Bason, Boat Captain Doodle RSVP
November	13-15	Pan Pacific Masters Games TBC https://mastersgames.com.au/ppmg/sports/dragon-boat/	Broadbeach, Gold Coast, Qld	Doodle RSVP https://doodle.com/poll/s6v7m2zfc6vp6vb
2021 April	15-19	AusChamps, the Nationals Champion Lakes Regatta Centre,	Perth, WA	Doodle RSVP
2022 March-April	28 March to 3 April 2022 http://ibcpc.com/	IBCPC International Breast Cancer Paddlers Commission Festival https://www.facebook.com/IBCPC/photos/pcb.2375509595873169/2375507462540049/?type=3&theater	Lake Karapiro, Cambridge, Waikato, New Zealand	Doodle RSVP https://doodle.com/poll/hc55iskfzv73gffi https://mailchi.mp/0a1e5eec98f4/news-from-international-breast-cancer-paddlers-commission

Dragons Abreast Australia — Mission statement

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

Encourage wellness, fitness, fun and camaraderie for breast cancer survivors through the sport of dragon boating and promote breast cancer awareness throughout our community.

Keeping the spirit alive!

Next issue of the DA Canberra newsletter — June 2020

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

Please submit any news, items and images by **5 June 2020** to the newsletter coordinator

Kerrie.griffin22@gmail.com

[Previous newsletters](#)



Sisters Jenny and Lyndall Milward-Bason, DA Canberra, Nipples on Ripples Regatta, Lake Barrington, Tasmania 8 February 2020
Image: Kerrie Griffin



Joy Tonkin, Sue Drew and Judy Cluse, DA Canberra, Nipples on Ripples Regatta, Lake Barrington, Tasmania 8 February 2020
Image: Kerrie Griffin



Kerrie Griffin, Susan Pitt, Lyndall Milward-Bason, Natalie Evans-Sandell, Di Bradshaw and Jenny Milward-Bason, Spirit of Tasmania 6 February 2020
Image: Kerrie Griffin



DA Canberra, Nipples on Ripples Regatta, Lake Barrington, Tasmania 8 February 2020
Image: Kerrie Griffin



DA Canberra, Hot Air Balloon Spectacular 7 March 2020 *Image:* Kerrie Griffin



Gigi Lungu, Janet Olsen, Sandi, Clare Purcell and Lyndall Milward-Bason, Hot Air Balloon Spectacular 7 March 2020 *Image:* Kerrie Griffin



DA Canberra, marshalling, Nipples on Ripples Regatta, Lake Barrington, Tasmania 8 February 2020 *Image:* Kerrie Griffin



Jeannie Cotterell, Amanda Ferris, Marion Leiba and Sue Drew, Lake Burley Griffin 26 February 2020 *Image:* Marion Blake