



ABREAST of the NEWS

DRAGONS ABREAST CANBERRA

PO Box 7191, Yarralumla ACT 2600

DRAGONSABREAST.COM.AU

ISSUE 68

NOVEMBER 2018



DA Canberra, DAA Festival, Darling Harbour 20 October 2018
Image: James Kearney



Wendy Ceravolo drumming DA Canberra Social and Corporate Regatta, 10 November 2018 Image: [Michael Daniel](#)



Masquerade (Third Age Matters), DA Canberra Social and Corporate Regatta, 10 November 2018 Image: Chris Holly - Holimage



Flowers on the water ceremony, DA Canberra Social and Corporate Regatta, 10 November 2018 Image: Chris Holly - Holimage

Thanks to our photographers: Chris Holly - Holimage, Akka Ballenger Constantin and [Michael Daniel](#).
https://www.facebook.com/pg/DragonsAbreastCanberra/photos/?tab=album&album_id=2207323182620218

Coordinator's report

It is mid paddling season and we are going well against all my goals: fitness, team support, community links and strong governance. We are enjoying our training on and off the water, our regattas and our community and social activities.

Thanks to our coach **Deb Whitfield** and fitness advisers **Kellie Toohey** and **Lisi Bromley** for developing some targeted training for our members. In this issue, you will see images of some of our members enjoying training together with Kellie at [Change Yoga Studio](#) and with Lisi at her home fitness studio. I really need to work on my planking. Try it – 30 seconds at a time, for three efforts to start. Deb coached our paddlers and trainee sweep **Lucy Cheetham** for our first Ord River training session on 4 November.



Wendy Ceravolo balancing, Lisi Bromley training session 13 November 2018 Image: Susan Pitt



DA Canberra, [Change Yoga Studio](#) 3 November 2018 *Image:* Kellie Toohey



DA Canberra, DAA 20th Anniversary Gala Dinner, Pullman Sydney Hyde Park 20 October 2018 *Image:* Kerrie Griffin

Our fitness and on water skills were evidenced by third place overall at the DAA Festival 20th Anniversary Regatta on 20 October. Images from the day show a very chuffed team.

The DAA 20th Anniversary dinner started with a bang – a huge electrical storm. A great night with due recognition given to our founder, the late **Anna Wellings Booth**, for her role in getting our sport on its feet. Save the date — 19 October 2019 for DAA's 21st birthday regatta and dinner. Well done DAA Board member **Marion Blake**. We really had a great weekend on and off the water.



DA Canberra, DAA 20th Anniversary, Darling Harbour 20 October 2018 *Image:* Kerrie Griffin



Flowers on the water ceremony, DAA Festival 20th Anniversary, Darling Harbour 20 October 2018 *Image:* Tom Bungbrakearti

Anna Wellings Booth was also a founder of [BCNA](#), the national breast cancer support and advocacy group, which celebrated its 20th Anniversary with a heart-shaped tribute Field of Women at Parliament House on 17 October. **Kerrie Griffin** led our pink community, aided by many Dragons past and present. We helped set up and take down the heart-shaped field. We provided many faces of the disease at the official opening. We were also well represented at the two forums help in association with the event. At the end of the day we had more storms move over Canberra. Our endurance and resilience and Dragon Spirit ensured the 7,000 silhouettes were packed up.



BCNA 20th Anniversary Field of Women, Federation Mall 17 October 2018 *Image:* Kerrie Griffin

Our 19th Dragons Abreast Corporate and Social Regatta on 10 November went well with no storms at all. **Julie Kesby, Di Bradshaw** and **Jeannie Cotterell** led the organisation of the event supported by our coach **Debbie Whitfield**. Thanks to several sweeps from other clubs who trained the 13 corporate crews who registered and swept the 12 who made it to the start line on the day. While we are still working out how much money we raised, under our MOU with DBACT the entry fees go to DBACT who deduct their costs and make a donation to our club. We will then donate some of the funds to DAA.

We will be pegging down a date soon for our 20th DA Canberra Anniversary Regatta, early in November 2019. Several of our paddlers are helping DB ACT organise the [AusChamps](#) – the [Nationals](#) here in Canberra over Easter, 17 to 22 April 2019. Thanks to **Deb Whitfield, Lucy Cheetham, Lyndall and Jenny Milward-Bason**. The breast cancer survivor crews are expected to compete on the same days as Premiers/Juniors.



Finance team - our winners of the Pink Lady Shield presented by Yvette Berry MLA, Deputy Chief Minister, DA Canberra Social and Corporate Regatta, 10 November 2018 *Image:* Chris Holly - Holimage



DA Canberra come and try participants 3 November 2018 *Image:* Susan Pitt

We held a successful Come and Try session on 3 November led by our new team and have had a couple of new paddlers join us. Welcome **Deb** and **Nadine**.

Thanks to **Elly McGinness** and **Kat Gilmore** who attended the Bosom Buddies information night on cancer and exercise on 13 November.



Some of the DA Canberra members, Rodney's Plants Plus nursery 18 November 2018 *Image:* Jen Green

Our Social Committee organised an outing to **Rodney's Plants Plus** nursery on Sunday 18 November as well as our **Christmas function** on Thursday 6 December at the CIT Restaurant, Reid.

We need more sweeps. My partner Danny's work has taken him out of Canberra for a while (after 34 years) and our dog and I will be commuting back and forward. You will cope. I will try to be at all the regattas until the Nationals and hope to do the Ord as well. **Lucy Cheetham** will be a level 2 sweep soon and qualified to sweep you for training. Navmats gave her some lessons in all weather and all gender sweeping. Our coach Deb is identifying 2-3 new sweep trainees to make sure our growing club can have all of our paddlers out on the water. Sweeping is enormous fun and it's a skill you develop with practice. Ask Lucy.

Finally, I encourage you to join DA Canberra on Facebook to keep abreast of our news.

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

Paddles up!

Susan Pitt

Coordinator, Dragons Abreast Canberra

0404 255 156

canberra@dragonsabreast.com.au

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

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

<http://www.ibcpc.com>

<http://ibcpc.com/ibcpc-september-2018-newsletter/>

Dragons Abreast Australia

Celebrating 20 years of breast cancer recovery

Philosophy: *Awareness, Participation, Inclusiveness*

DAA In the loop newsletter

Fernwood Belconnen Thank you for your support of DA Canberra.

Merchandise

Look out for the DA shop on Saturdays from **Kathy Hayes'** car boot including Canberra DA pins.

Please bring cash to pay. [ACT merchandise price list](#)

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



Mighty Dragons Abreast Canberra team with Paul Jurak the [Kayakcameraman](#). DBACT regatta 17 November 2018 *Image:* Susan Pitt

We are Ms June in the 2019 calendar.

<https://www.facebook.com/search/top/?q=kayakcameraman%20calendar>



Prosperous Lion Dancers, DA Canberra Social and Corporate Regatta, 10 November 2018 Image: Akka Ballenger Constantin

Dragons Abreast Canberra Social and Corporate Regatta, Saturday 10 November 2018

Our DA Canberra Social and Corporate Regatta is conducted annually to raise awareness of breast cancer in the Canberra region through the sport of dragon boat racing. Funds raised from the event allow Dragons Abreast Canberra, and Dragons Abreast Australia (DAA) to continue their work in promoting dragon boating to breast cancer survivors as a beneficial exercise. The event also celebrates wellness, fitness, fun and camaraderie for all regatta participants, breast cancer survivors and their supporters.

Thanks to all 12 teams for embracing the *Masquerade* theme: *The two Girl Guides teams "Christines" and "The Phantoms"; the two KPMG teams "Juliet" and "Romeo"; The Third Age Matters team "MasquerAGE", "Project Fit Mum and Co."; The US Embassy team "Breast Friendz"; "Eurostars"; "Finance"; "Grammar Gremlins"; "Hotel Realm"; and "The Canberra Hospital (TCH) Oncology".*

We were grateful for the terrific weather for the regatta and celebrated our 18th regatta in our 19th year of Dragons Abreast Canberra in a festive atmosphere: with face painting thanks to Chris Durkin volunteer (Alisha) from *Happy Faces*; Lion dancing from the *Prosperous Mountain Lion Dance Group*; cupcakes, muffins and slices and pink merchandise from *DA Canberra Cake and Merchandise stalls*; BBQ services from *Diamond Phoenix*, Coffee services from *Cafe2U*; fruit for our paddlers and volunteers from *Fyshwick Fruit Markets (Ziggys)*; catering for 40 of our volunteers from *Hotel Realm*; professional photography from *Chris Holly, Holimage, Akka Ballenger Constantin, and Michael Daniel*; and the wonderfully planted Breast Cancer Network Australia (BCNA) Pink Field of Women.

Regatta results

Maggie Sharp perpetual trophy for the Fastest Female Team - Fastest all female team time of the day was won by *Project Fit Mum and Co.* with a time of 1.0168



Deb Whitfield sweeping, DA Canberra Social and Corporate Regatta, 10 November 2018 Image: [Michael Daniel](#)

Sylvia Flaxman Perpetual Dragon Spirit Award

Team most in keeping with the ethos of Dragons Abreast Australia was presented to *Phantoms (Girl Guides)*

The Health Heroes/Anna Wellings-Booth

perpetual memorial trophy for the Fastest Medical Team was won by *The Canberra Hospital Oncology*

Pink Lady Shield & Gold Cup

Winner of the Grand Final — Perpetual Shield donated by Brendan Smythe won by *Finance*

Highest Fundraiser Shield The team that raises the highest amount over and above the \$900 registration fee — presented to *Finance* for hosting a fundraising morning tea.



Project Fit Mum and Co., DA Canberra Social and Corporate Regatta, 10 November 2018 Image: Chris Holly - Holimage



Girl Guides, DA Canberra Social and Corporate Regatta, 10 November 2018 *Image: Chris Holly – Holimage*



Cathy Powell, Gillian Styles and volunteers, DA Canberra Social and Corporate Regatta, 10 November 2018 *Image: Chris Holly - Holimage*

A FINAL (Mixed Teams)

- 1st Finance 52.832
- 2nd KPMG (Romeo) 52.896
- 3rd Grammar Gremlins 53.389

B FINAL (Women's Teams)

- 1st Project Fit Mum and Co.
- 2nd KPMG (Juliet)
- 3rd MasquerAGE (Third Age Matters)

D FINAL (Mad Mask 100 m Relay)

- 1st Finance
- 2nd Grammar Gremlins
- 3rd Breast Friendz

A regatta event relies on a team of volunteers, officials and supporters. I thank all who contributed prior to the event, or at the event.

Thanks to our official guests **Yvette Berry MLA, Sandra Turner and Mabel Sansom** for support of our event and presenting our trophies.

Special thanks to **Chris Gracik**, *Director Fortitude HP Gym* in Queanbeyan for a generous donation to support the regatta, and Cancer Council ACT, Knitted Knockers, and Casting for Recovery for providing volunteers and information stalls.

Special thanks to the support from DBACT including: **Vice-President Kirsty Sheppard**, recently appointed **Events Officer, Michael Jones, Treasurer Nick Sifniotis and Equipment Jacki Luby**.

Great work by all our Regatta Officials including: **Gillian Styles**, as Chief Official, ably assisted by **Betsy Dixon**, our Ground Announcer; **Bea Brickhill**, our Chief Timekeeper; **Louise McMullen**, our Chief Marshall; **Deb Whitfield**, our Chief Starter and Water Umpire; **John Corcoran** our Safety Officer; **Heather Walsh** Race Secretariat and **Jacki Luby**, our Chief Wrangler. Thanks to all DB ACT volunteers across the venue.

To the staff and students from both Grammar Schools – to **Harry Lai** and the students from Canberra Grammar School, and to **Jennie Hunter** and students from Canberra Girls Grammar School, we thank you for supporting our regatta as sweeps, drummers and wranglers. We really value your contributions to this regatta and hope you enjoyed your day.

Thanks to all the DBACT coaches, sweeps and drummers from the various clubs who worked with teams prior to the regatta and took the teams safely down the course today. I would like to give special thanks to **Deb Whitfield** who organised our training sessions for teams, swept and coached teams during the training sessions, liaised with sweeps and drummers, and worked on the regatta draw.

From Dragons Abreast Canberra — I thank all the Dragons Abreast Canberra Regatta Committee including **Deb Whitfield, Jeannie Cottrell, Di Bradshaw** and **Coordinator Susan Pitt**. You have all supported me in the planning and organisation of the regatta in your various roles. I would also like to thank the 2018-19 Dragons Abreast Canberra Committee - **Susan Pitt, Deb Whitfield, Julie Chynoweth, Jenny Milward-Bason, Jenny Green, Jeannie Cottrell, Janet Olsen, Joan White** and **Lyndall Milward-Bason** for your support of the event.

Thanks to all the **Dragons Abreast Canberra members** who have embraced the *Masquerade* theme and volunteered in the various roles across the venue whether it be in administration, marshalling, parking, lavender and toilet supply, fruit distribution, baking for the cake stall, cake stall and merchandise sales, organising catering for volunteers, in the pink central information booth. You all contributed to our day.

Thanks also to paddlers from various clubs including DA Canberra who agreed to join and paddle with teams.

I have enjoyed being part of the DA Canberra Regatta Organising Committee for the past five



Karen McKinnon BCN, Sandra Turner CEO Cancer Council ACT, Yvette Berry MLA Deputy Chief Minister, DA Canberra Social and Corporate Regatta, 10 November 2018 *Image:* Chris Holly – Holimage

years, and the Regatta Coordinator for the past two regattas but I will be passing on the baton to a new team for our 19th regatta in our 20th year of Dragons Abreast Canberra. We have many teams who have already indicated they wish to come back to paddle for this big year of celebrations. Dragons Abreast Canberra looks forward to hosting teams for our 2019 Dragons Abreast Social and Corporate Regatta.

Julie Kesby, Regatta Coordinator



Prosperous Lion Dancers, DA Canberra Social and Corporate Regatta, 10 November 2018 *Image:* Akka Ballenger Constantin

Dragons Abreast you rock!

Thank you very much, Dragons Abreast Canberra, for inviting us to your fantastic event and cause! We always love working with you and hope we can meet up again soon! Congratulations on your wonderful event today!

David W, Prosperous Lion Dancers



European Union, DA Canberra Social and Corporate Regatta, 10 November 2018 *Image:* Chris Holly - Holimage



Brenda Allchin, Marion Blake and Angie O'Reilly, Festival Project Manager, DAA Festival, Darling Harbour 20 October 2018 *Image:* Tom Bungbrakearti

DAA Festival

This year, Dragons Abreast Australia celebrated 20 years of paddling for breast cancer recovery at the annual **DAA Festival**, Darling Harbour, followed by a **Gala Evening** at Pullman Sydney Hyde Park on 20 October.

At the Festival, 39 corporate, DAA, hospital and community teams racing for fun and glory to support Dragons Abreast Australia. We were fortunate to have sunshine and perfect water conditions. **Park How Kung Foo International Lion Dancers** were vibrant and entertained the crowd and the general atmosphere made for an exciting and memorable event. DA Canberra did really well, taking out third place in the breast cancer survivor category.

The Gala Evening had a theme of *Flourish and grow* as this is what our members do after breast cancer treatment is over and what a fabulous night it was! An evening of celebration, fun and friendship with 180 members from around the country attending. Highlights were reminiscing with an animated photo presentation, listening to some wonderful stories about DAA past and present from a panel of guests (including founder **Michelle Hanton**) and being entertained by comedian and DAA Ambassador **Robyn Moore**. The venue looked beautiful, generously decorated with amazing handmade paper flowers, the food was lovely, the silent auction fun and we even took home a packet of seeds to grow at home.

Marion Blake

DA Canberra member and DAA Board



Lucy Cheetham sweeping, Sullivans Creek 23 October 2018 *Image:* Susan Pitt



Lucy Cheetham, David and Cody, DAA Festival, Darling Harbour 20 October 2018 *Image: Kerrie Griffin*

The view from up the back

If you had told me even a year ago that I'd be learning to sweep, you'd probably have been met with a raised eyebrow. I was perfectly comfortable paddling, confident in the knowledge that someone far more experienced had everything under control 'back there'. But then the chance to have a go came up. That first go didn't feel too promising — I was pretty certain that the ability to execute a perfect circle (in one direction only) wasn't going to fulfil the role.

A few months later I had the opportunity to register for training. By then, I had had time to think things through. I was looking to challenge myself physically and mentally with learning a new skill. I was in a position to prioritise training and I also knew that if sweeping didn't turn out to be right for me there would be no issue in stepping back. DB ACT is really fortunate to have well-structured and formal training requirements. The expectations are clear, but as a trainee no-one is going to ask you to do something before you are ready. I feel so lucky to have the opportunity to learn a new skill in the encouraging environment that is DA and to contribute in just one of the many ways that enable our club to thrive.

The rewards are huge — balance, strength, coordination, confidence, self-knowledge and the thrill of see the dragon fly when the whole team lifts for that final push to the line.

Lucy Cheetham

Check out the [video](#) of 13 November with **Lucy Cheetham** sweeping DA out of Lotus Bay. https://m.youtube.com/watch?v=ljn_ZZSskDA



Thanks to Gillian Horton (far right) for the [Colleen's Lingerie and Swimwear](#) sale for donations to DA. Kerrie Griffin, Sue Drew, Susan Roraff and Elly McGinness 31 October 2018 *Image: Kerrie Griffin*

Musings from a newcomer

When struggling with ongoing lymphoedema, I was surprised to see a brochure at my physio's rooms encouraging breast cancer survivors to try dragon boating. I immediately thought 'That can't be right! It can't possibly be good for women who have been through all that to get out and exert themselves in that way!' How wrong I was.

In March, I decided to give it a go. This was pretty remarkable given that yours truly is the least sporty person known to science. Knowing this, my family were positively gobsmacked when I signed up, parading around in all my pink gear. Dragon boating has opened my eyes to what should have been obvious — team sport is not only good exercise; it is fun and extremely social too! But the icing on the cake is that the women are all so supportive of each other. There are no princesses here — just real women determined to get out and enjoy life. Everyone is incredibly patient and there are plenty of 'old hands' to help me out with my lapses in technique.

Volunteer sessions are an eye-opener too. The BCNA Pink Bun Campaign, and the morning at Colleen's shop at Garran, revealed insights into the way the public perceive us. Some women hurry past as if you might be contagious (seriously, that's how it seemed to me!), while others stop to chat, promise to do their self-checks and are grateful for the reminder. Many want to share their own journey or that of a loved one, and that is gratifying too because at least you can empathise. Breast cancer should be considered a gift. Despite becoming one of a 'club' of fellow survivors that you would never have voluntarily joined, you wouldn't have it any other way. Paddles up!

Kay Eve



[Colleen's Lingerie and Swimwear](#) sale, Julie Chynoweth, Kay Eve and Sue Drew, 31 October 2018 *Image: Julie Chynoweth*



Warm up and training times

Saturday morning:

(Extra effort paddle): 07.15 – 8.00am

Saturday morning: 08.00 – 09.45am

Tuesday morning: 06.00- 07.30am

Wednesday evening: 05.30 – 7.00pm

Contact:

Anita Godley anita.godley@gmail.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.canberrayachtclub.com.au/webcam/cam>

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

Come and try thank you 3 November 2018

The come and try team would like to say a big thank you to everyone who supported us with staging our first event; all the bakers, paddlers, coaches, sweeps, mentors, everyone – so thank you!

We had five ladies turn up, with some contacting us after the event to say that they enjoyed the session and that they felt very welcome. For example, one text received said ‘thank you for putting on this morning’s try out. I felt very welcomed by a lovely group...’ Credit to you all!

The next come and try is scheduled for **Saturday 9 February 2019** – put it in your calendars! Please invite any potential paddlers and let us know if you are able to assist with distributing flyers. A doodle will be sent out in the weeks prior to the day for people to nominate for baking, paddling and mentoring.

Anita Godley, Kat Gilmour and Helen Couper Logan



Floriade 26 September 2018 Image: Kerrie Griffin

Nature is pleased with simplicity. And nature is no dummy. **Isaac Newton**

The pink ladies

The pink ladies love to paddle
Out on the lake
Lake Burley Griffin
The pink ladies love to paddle
Together as a team

Look out all you Flyers
You better watch out
We’re coming up behind you
Look out all you Flyers
We’re training up quick and fast

The pink ladies love to paddle
Out on the lake
Lake Burley Griffin
The pink ladies love to paddle
Together as a team

Some of us have a few
Bits missing
But we don’t care, we just want to paddle
Some of have a few
Bits missing
Our chests are re-arranged

The pink ladies love to paddle
Out on the lake
Lake Burley Griffin
The pink ladies love to paddle
Together as a team

Watch out all you Icies
We’re toning up our bods
Our fitness is improving
Look out all you Icies
One day you’ll be shocked

The pink ladies are a ‘coming
Out on the lake
Lake Burley Griffin
The pink ladies are a ‘coming
To one day whip your arse!
Mary-Lou Reid

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.

Under the pink umbrella



Breast
Cancer
Network
Australia

www.bcna.org.au



BCNA 20th Anniversary Field of Women, Federation Mall
17 October 2018 *Image: Kerrie Griffin*

BCNA Canberra Forum

On 17 October 2018, I attended my first BCNA conference and Mini Field of Women, after helping out the day before with the planting of the heart-shaped field between new and old Parliament Houses. The field comprised pink, blue and white silhouettes representing females and males who have been diagnosed with breast cancer and those who have sadly succumbed. This year's event was part of BCNA's 20th anniversary, making it very special, with many of those present 20 years ago attending. The event opened with a wonderfully down to earth Welcome to Country by Ngunnawal Elder, **Matilda House**. Matilda's contribution was followed by those of various politicians supporting BCNA's work (including the Government and shadow Ministers for Health), as well as breast cancer survivor, **Raelene Boyle**.

We then retired to Old Parliament House to hear from various experts, including **Dr Nicholas Zdenkowski**, who compared old and new diagnostic tools and treatment options; **Dr Carrie Lethborg**, who spoke about the psychological side of a breast cancer diagnosis; and Raelene Boyle, who took us through her personal story of diagnosis and treatment. Colleen's, BCNA, Bosom Buddies ACT and Dragon's Abreast Canberra also set up stalls at the event to provide information and assistance to attendees, and we were all treated to a simple but delicious lunch. The event closed with BCNA CEO **Kirsten Pilatti**, recognising where the organisation started, its pathway to the present, and ambitions for the future.

Before we went home, we snuck in a magical photo op with **Raelene Boyle**, before we battled with the rain to pack up the field. All in all, a wonderful, informative and moving day.

Lyndall Milward-Bason



Raelene Boyle with DA Canberra, BCNA 20th Anniversary Forum, Old Parliament House 17 October 2018 *Image: Kerrie Griffin*



Kirsten Pilatti CEO BCNA, Susan Pitt, Lyn Swinburne Founder BCNA, Raelene Boyle, Kerrie Griffin and Marita O'Keefe, BCNA 20th Anniversary Field of Women, Federation Mall 17 October 2018 *Image: Steve Taylor*

Thank you: Tribute Field of Women - Federation Mall

Volunteers: Marion Blake, Marion Leiba, Susan Pitt, Gillian Styles, Jill Evans, Jan Skorich, Elly McGinness, Julie Chynoweth, Julie Kesby, Kathy Hayes, Janet Olsen, Lyndall Milward-Bason, Joan White, Clare Smyth, Elspeth Humphries, Jodi and Kim Fraser, Helen Couper Logan and Sue Drew

Thank you to everyone who helped plant and pack up the 20th anniversary BCNA Mini Field at Federation Mall at Old Parliament House 16 and 17 October.

It was great to see BCNA Founder **Lyn Swinburne**, Board member and former Olympian **Raelene Boyle** as well as former senator **Margaret Reid** who allowed the 1998 event to proceed. It was a very touching Welcome to country by **Matilda House** in many different ways. A beautiful tribute by **Kirsten Pilatti**, CEO BCNA, to our **Anna Wellings Booth** who was truly inspirational in setting up BCNA, DAA, DA Canberra and Bosom Buddies in the ACT.

Thanks to **Julie Chynoweth** and **Joan White** who looked after the Dragons Abreast stall. Who knew that



Lyndall Milward-Bason, Kerrie Griffin, Elly McGinness, Elspeth Humphries, Gillian Styles and Janet Olsen planting the BCNA 20th Anniversary Field of Women, Federation Mall 16 October 2018 *Image: Kerrie Griffin*

Jodi's sister, Kim, while visiting from Queensland, would be unplugging and unstaking the pink lady silhouettes in the rain in Canberra? Apologies if I missed anyone. Wow, what a fantastic team. Thanks to **Kirsten Pilatti, Marita O'Keefe, Lynne and Peter Williams, Jane** and the **BCNA staff** who helped as well as delivered two BCNA information forums for local people on early breast cancer and metastatic breast cancer.

BCNA works to ensure that Australians affected by breast cancer receive the very best support, information, treatment and care appropriate to their individual needs. BCNA has forged many of the improvements in the past 20 years including Herceptin.

Kerrie Griffin
BCNA Consumer Representative
Cancer Australia Consumer Representative



Volunteers planting the BCNA 20th Anniversary Field of Women, Federation Mall 16 October 2018 *Image: Kerrie Griffin*



Natalie Evans-Sandell's NBCF breakfast, Weston Park 13 October 2018 *Image: Kerrie Griffin*

NBCF Breakfast Weston Park

It sure was fun! Glad I did a couple of games. You girls sure know your 🍷

Natalie Evans-Sandell



Works of art, Natalie Evans-Sandell's NBCF breakfast, Weston Park 13 October 2018 *Image: Kerrie Griffin*



Clare Purcell aced it in the 'know your lemons' game, Natalie Evans-Sandell's NBCF breakfast, Weston Park 13 October 2018 *Image: Kerrie Griffin*



Lymphedonna

Liz Charlton busted myths about Lymphoedema at the BCNA Forum. Liz also sells Lymphedonna:

- your choice of beautiful pattern
- your size (or measurements) ie small, medium or large
- the compression class you require (Compression Class 1 (20-30mmHg) or Compression Class 2 (30-40mmHg)
- the length of your sleeve (short or regular)
- and if you need a gauntlet, whether it should be a right or left hand

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

Contact: Sarah Thornton

lymphedonna@positivemotion.com.au

Positive Motion Physiotherapy

2/61 Dundas Court, Phillip ACT 2606

0414 809 994



Debbie Thomsen, Casting for Recovery, DA Canberra Social and Corporate Regatta, 10 November 2018 *Image: Akka Ballenger Constantin*

Casting for Recovery

[Casting for Recovery](http://www.castingforrecovery.org.au/), 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/>

[New standard for patient financial consent to improve transparency and reduce 'bill shock'](#)

Breast Cancer Network Australia (BCNA) welcomes the new draft voluntary Standard for Informed Financial Consent introduced by Cancer Council Australia

The new document will give healthcare providers clear guidelines to help reduce 'financial toxicity' for all Australians receiving cancer care.

Recommendations in the new guidelines include:

- Full financial disclosure to patients
- Accurate fee estimates
- Not charging higher fees for a service that isn't supported by published evidence.
- Engaging patients in decisions about their treatment options.
- Providing public system options to private health patients.
- The new standard is open for public consultation until 15 February 2019.
- A copy of the standard and details on how to provide feedback can be found [here](#).
- To view our *financial Impact of breast cancer report* [click here](#).

Get involved with BCNA

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

BCNA links

- [Latest news](#)
- [Online network](#)

[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.

In 2015, [BCNA was proud to announce a new funding initiative with For Benefit Medicines \(FBM\)](#). FBM is Australia's first not-for-profit pharmaceutical company and are providing generic drugs for breast cancer treatment.

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

[My Journey online tool FREE](#)

BCNA is proud to announce that its flagship resource *My Journey Kit* is now an online tool which offers the same high quality, evidence-based information and insights from others diagnosed with breast cancer with the additional benefits of:

- Information and support tailored to your specific needs at all stages of your breast cancer journey including early breast cancer, DCIS, metastatic breast cancer and survivorship
- Bonus multimedia content including videos, webcasts and podcasts
- Immediate updates as new insights, research and clinical trials become available
- Easy access via your computer, tablet or smartphone.

<https://www.bcna.org.au/understanding-breast-cancer/resources/my-journey-online-tool/>

[Work and breast cancer](#)

The following resources are available to download:

- BCNA's [Managing work, finances and breast cancer](#) fact sheet for more information about work and finances following a diagnosis of breast cancer.
- BCNA's [Work rights and responsibilities for employees](#) fact sheet for information about workplace rights and responsibilities following a diagnosis of breast cancer.
- BCNA's [Legal rights and responsibilities for employers](#) fact sheet for information about employer obligations following a diagnosis of breast cancer.
- BCNA's [Tips for managers of people with breast cancer](#) fact sheet.

[Mammographic density](#)

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

[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/beacon-magazine/subscribe-beacon> or 1800 500 258.

[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 **Elsbeth Humphries**

BreastScreen ACT is part of a national population breast screening program that is 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.**

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

Join Register4 – an online initiative of NBCF where you can sign up to participate in breast cancer research.

[Evexia Care - Cancer Survivorship Care Plans](#)

Provides Cancer Survivorship Care Plans **Evexia Care** can enhance recovery from cancer treatment side effects such as fatigue, cognitive changes ...

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: Young, Cowra, Wagga Wagga and Moruya.
<http://www.colleens.com.au/page/regional-visits-for-2016/>

HeadsUp@Kippax

HeadsUp is a not-for-profit service established to help women who have lost their hair, either as a result of treatment such as chemotherapy or from permanent alopecia. <http://headsup.net.au>
 Kippax Shop 2, 12-16 Hardwick Crescent, Holt
 Open: Tuesday to Friday from 10am-4pm
 Phone: 02 6201 6579 or 041 6227 595
Sue Owen 0416 227 5959

[Brain Tumour Alliance Australia Inc. www.btaa.org.au](http://www.btaa.org.au)

Rare Cancer Australia

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

Bosom Buddies ACT networking and social activities

A full list of dates for the gatherings can be found here: [2018 Bosom Buddies Gathering Dates](#)

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


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 |
|--|----------------------------|--|----------------------------------|---|
| December | Thursday 6 7pm | DA Canberra Christmas party | CIT Restaurant | Doodle RSVP |
| | Saturday 8 | DBACT Regatta 4 500m (10s) | Grevillea Park | Doodle RSVP |
| | Saturday 8 | Yarralumla does Christmas 2018 tbc | tbc | Doodle RSVP |
| 2019 January | Saturday 19 | DBACT Regatta 5 200m (10s), 2km (20s) | Grevillea Park | Doodle RSVP |
| February | Saturday 2 | DBACT Regatta 6 500m (20s) | Grevillea Park | Doodle RSVP |
| | Saturday 9 | Come and try session and morning tea | Lotus Bay | Doodle RSVP |
| | Saturday 15- Sunday 16 | Flowing Festival Regatta | Jindabyne | Doodle RSVP |
| March  | Saturday 9 | DBACT Regatta 7 200m (20s), 2km | Grevillea Park | Doodle RSVP |
| | Saturday 23 – Sunday 24 | Cancer Council ACT Relay for Life | AIS | Doodle RSVP Elly McGinness |
| | Saturday 30 | ACT Championships 200m (10s and 20s), 2km (20s) | Grevillea Park | Doodle RSVP |
| | Sunday 31 | ACT Championships 500m (10s and 20s) | Grevillea Park | Doodle RSVP |
| April | 16-22 Easter | AusChamps, Yarralumla, Canberra The Nationals | Rowing course, Weston Park | https://www.ausdbf.com.au/auschamps/ |
| June | Sunday 9 | Ord River Challenge | Ord River | Closed |

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 — February 2019

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

Please submit any news, items and images by **18 February 2019** to the newsletter coordinator

Kerrie.griffin22@gmail.com

[Previous newsletters](#)



DA Canberra, DAA Festival, Darling Harbour 20 October 2018
 Image: James Kearney



DA Canberra Social and Corporate Regatta, 10 November 2018
 Image: Chris Holly - Holimage



Tina Wong, BCF Paddlers in the Pink Singapore, paddles with DA Canberra, holding a travelling pink paddle strap for 22 paddles made by Tina's team 24 November 2018
 Image: [Kerrie Griffin](#)
 Tina and Raymond's [video link](#)
<https://www.facebook.com/timroy/posts/10156473886494504>



Kellie Toohey's class, [Change Yoga Studio](#) 3 November 2018
 Image: Kerrie Griffin



Flowers on the water ceremony, DA Canberra Social and Corporate Regatta, 10 November 2018
 Image: Chris Holly - Holimage



Mabel Sansom DAA Chair and the guard of honour after the Flowers on the water ceremony, DA Canberra Social and Corporate Regatta, 10 November 2018
 Image: Chris Holly - Holimage



Sylvia Flaxman Perpetual Dragon Spirit Award Team most in keeping with the ethos of Dragons Abreast Australia was presented to *Phantoms (Girl Guides)*
 DA Canberra Social and Corporate Regatta, 10 November 2018
 Image: Akka Ballenger Constantin



Flowers on the water ceremony, DA Canberra Social and Corporate Regatta, 10 November 2018
 Image: Chris Holly - Holimage