



# 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 54 • JUNE 2014



Jan Skorich, Elspeth Humphries, Anna Wellings Booth, Patsy Sheales and Judy Richmond, DA Canberra 15<sup>th</sup> anniversary dinner, University House, ANU *Image:* Frances Heaney



Dragons Abreast Canberra paddling the Ord River Marathon, Western Australia, 8 June 2014 *Image:* Frances Heaney

## Coordinator's report

We celebrated our Dragons Abreast Canberra 15<sup>th</sup> anniversary with a dinner on Friday 28 March. We enjoyed the DA Dancing Darlings, the history of DA with previous coordinators and founding members providing the 'facts', the setting beautifully decorated, the games and prizes through to the cutting of the 15<sup>th</sup> anniversary cake! It was so good to meet several former members who had such an influence during the early years and who made the effort to attend, some even from interstate. A very big thank you to **Katherine Kralikas, Anna Wellings Booth, Joy Tonkin, Judy Cluse** and the social committee for putting it all together. It was a night to enjoy and remember. Now on to the 20<sup>th</sup>!

Some of us paddled early the next morning and then participated in the **Relay for Life**. This is a moving experience to walk the opening *Survivors' and carers' lap*, even for those of us who have done it before. Many thanks to **Elly McGinness** who organised us. DA had 16 participants and a very keen interest to enter a team next year.

Congratulations to the 18 Dragons Abreast Canberra members who participated in the spectacular **Ord River Marathon** on 8 June. We trained hard and enthusiastically relished this event. I would like to thank **Kellie Toohey, Fernwood Belconnen** and **Gungahlin**, for her generous continued sponsorship of DA. The additional fitness training assisted us in our Ord River preparations. A big congratulations and thank you to **Deb Whitfield** (coach) and **Di Bradshaw** (boat captain) who were also interviewed about our Ord adventure on 666ABC radio. Di also had a follow up interview on 12 June. Well done!

With the end of the local competitive racing season we settled into a slower pace to some degree. I do realise that many of us are in training for the international breast cancer survivor regatta in Sarasota, USA in October.

Regular training sessions were well attended and we have often taken out two boats which is great. Don't let the cooler weather stop you. Use another thin warm under layer, a warm hat that stays on (maybe even a wide headband to cover the ears — pink of course!) and some washing up gloves to wear over thin cotton ones (again pink of course!) Now you are set to paddle right through winter! Please remember to let our Who's Paddling coordinator, [Donna Lennon](mailto:donnalennon@dodo.com.au), [donnalennon@dodo.com.au](mailto:donnalennon@dodo.com.au) know when you plan to paddle each week and if your plans change, pass that on to whoever is noted, often it will be [Frances Heaney](#).



DA Canberra, Cancer Council ACT Relay for Life, AIS, 29 March 2014 *Image:* Frances Heaney



DA Canberra, 500m race silver trophy DB ACT Regatta, Frances Heaney, Sylvia Corby, Mim Forrest and Anne Baynes, 23 March 2014 *Image: Frances Heaney*

We are now the proud owners of a trailer! This allowed some of us to have more space in a garage or spare room. A very big thank you to **Frances Heaney** for getting us moving with the acquisition of the trailer and to **Sylvia Corby** for allowing us to park our trailer at her home. Another thank you to **Julie Kesby** for pursuing the Green Shed donation. We were fortunate to receive \$500 toward design and purchase of T-shirts to sell at our regatta in September. Well done Julie!

It was a pleasure to take **Kathy Wells**, BCNA Policy Manager, out early on 20 March for her first dragon boat paddling session. Several of us who have BCNA training joined her for a working breakfast. Stay tuned for local BCNA activities in the future as a result.

Our Come and Try team, **Elly McGinness, Clare Purcell and Maureen Wild**, continue to amaze me with their enthusiasm and success. We had large turn outs for the sessions, which is a real boost. Not everyone was a breast cancer survivor which means they are probably not eligible to join, but if they have a good time and pass that on to others, we are still promoting awareness, fun and fitness! I have the pleasure in welcoming **Raana Asgar** as a new member. **Clare Purcell** was interviewed twice on the radio which is fantastic public relations and many local publications promoted the come and try sessions. Congratulations and thanks! Next session is 27 September. Congratulations to **Debbie Whitfield** who was nominated as the ACT flagbearer, Australian Championships, 15-20 April at Lake Kawana, Caloundra, Qld.



DA Wagga and DA Canberra, DB ACT Regatta, 23 March 2014 *Image: Kerrie Griffin*



DA Canberra celebrating June McMahon's bench, 5 April 2014 *Image: Frances Heaney*

We celebrated **June McMahon's bench** party after paddling on 5 April under cover due to rain at the Southern Cross Yacht Club. Thanks to **Anna Baynes** who organised **June's bench**, in Lennox Gardens opposite Lotus Bay. Unfortunately, our annual bulb planting and morning tea on Springbank Island was cancelled due to poor weather.

Thank you to the many DA members who assisted in the annual **BCNA Pink Bun campaign** at Bakers Delight bakeries held 2 to 14 May. It was terrific to have **Katherine Kralikas, Denise Brown** and **Susan Pitt** at the **BCNA Field of Women Live** at the MCG in Melbourne on 10 May. Susan's daughter **Rose O'Dea**, was a BCNA Ambassador and AFL goal umpire (one of only two women AFL umpires).



MaryLou Reid drummer, DA Canberra, Mothers Day Classic, 11 May 2014 *Image: Kerrie Griffin*

We took **GoAnna** on an outing for the **Mother's Day Classic** on 11 May and actually participated in two racing starts along with the walkers! It's always a great atmosphere. Thank you to **Gillian Styles, Sandi Avis, Patti Pye, Cathy Powell** and **Bosom Buddies** members who helped at the **BCNA Stall** and talked with the walkers and runners.

Thanks to **Karen Visser, Clare Purcell and Mim Forrest** and those who volunteered at the **Handmade Market**. On 8 June they raised \$1050. We thank **Julie Nichols** and encourage members and friends to support the Handmade Market and **Shop Handmade Canberra**.  
<http://www.handmadecanberra.com.au/our-story.html>

A huge thank you to **Frances Heaney** for updating Facebook almost instantly after an activity!  
<https://www.facebook.com/pages/Dragons-Abreast-Canberra/448649108487643>



Kellie Toohey, Narelle Powers and Bea Brickhill, DA Canberra 15<sup>th</sup> anniversary dinner, University House, ANU *Image: Wes Forrest*

It was a special pleasure to have **Les Williams, President DB ACT**, join us for morning tea on 31 May, along with Anna. Les was recipient of the **Anna Wellings Booth Award** at the recent DB ACT awards night. Anna personally 're-awarded' the trophy to Les as she was unable to attend the evening. We appreciate all the help that Les has given DA through the years and are very pleased that he received this award.

DA Canberra joined with **BreastScreen ACT** in celebrating their 21<sup>st</sup> birthday on 9 May at morning tea at BreastScreen ACT, lunch at the CIT and we provided a cake at the Mother's Day Classic on 11 May.

All welcome to the **Dragon Muster** at 6.30pm on 9 July at the Griffith Community Centre. Continuing with DA Canberra's 15<sup>th</sup> anniversary, the muster's theme is *Celebrations*. Come dressed to celebrate! There will be fun and games plus yummy soup, bread and cakes/slices. Please come to our **AGM** at 10am on 16 August after paddling.

**DA Corporate Challenge** on 20 September  
The theme is celebrations for the 13<sup>th</sup> regatta. Volunteers welcome! Contact **Frances Heaney, Project Manager** [daregatta2014@gmail.com](mailto:daregatta2014@gmail.com)

Congratulations **Frances Heaney** for volunteering to be a Team Liaison Officer for the national **Dragons Abreast Festival** on 11 October at the Sydney International Regatta Centre Penrith, Sydney! Check out the website link.

Please remember those in our group who may be having a difficult time at the moment. We especially offer our sympathy to Mark and Megan Dennis at the loss of Megan's father and Steve Taylor and Kerrie Griffin at the loss of Steve's mother, Jess. **Christine Johnston, Julie Kesby and Jan Skorich** are recovering well from their recent treatment. Be good to yourself and those around you. Until the next issue...take care and see you on the water.

**Patsy Sheales**  
Coordinator, Dragons Abreast Canberra  
[canberra@dragonsabreast.com.au](mailto:canberra@dragonsabreast.com.au)

### Messages for Dragons Abreast Canberra's 15<sup>th</sup> anniversary

Congratulations on an amazing achievement. Fifteen years ago a meeting at the CYC with Anna was my first introduction to DA ACT. The profile of DA (pink ladies) has developed into one of the best known sporting/charity organisations in the country. You're famous in our sport and deserve your title as media (tarts). You're like the river cutting through rock, you're living proof that vision combined with hard work and perseverance can overcome life's greatest challenges. The words brave and courage suit you all. I'm proud to be involved with DA and to know you all as friends. You continue to inspire us all. Have a great day and a special hug for Anna Wellings Booth.

**Les Williams, President DB ACT (and initial coach and mentor in 1999)**

Happy 15<sup>th</sup> Birthday Dragons Abreast Canberra! I am imagining that I am there with you celebrating this significant milestone. Know that I am with you this evening in spirit, when in actuality I am buried beneath head high snow drifts lamenting for warmer temperatures, a beautiful lake which never freezes over, and a welcoming group of gutsy women who paddle in any season! I hope to one day be paddling with you again on Lake Burley Griffin. Paddles up, mates. I'll be seeking you out in Sarasota, just as I sought you out in Peterborough.

**Kathy Bobyn, Canada**

My dear Tickled Pink sisters. I have missed you all so very much since returning home — paddling with you in Canberra was the highlight of my time in Australia. I am also very excited to be paddling with you in Sarasota! And, hopefully you will all come visit me while you are in the States — any time, any year. My home and heart are open to you! You are an amazing bunch of women. Happy birthday to one and all!

**Cheryl Brower, USA**



Patsy Sheales congratulates Katherine Kralikas, DA Canberra 15<sup>th</sup> anniversary dinner, University House, ANU *Image: Wes Forrest*

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



DA Canberra 15<sup>th</sup> anniversary dinner, University House, ANU  
Image: Frances Heaney

### What a marvellous party!

I think it was Noel Coward who said 'I've been to a marvellous party'. Well I went to a marvellous party on 28 March at University Hall ANU to celebrate 15 years of Dragons Abreast in Canberra.

Congratulations to **Katherine Kralikas** for the great table decorations, choice of food and to the social committee who helped her set up. The fantastic Anonymous 8 entertained us with a very clever and hilarious dance routine to set the mood for the evening. **Annette Dean** provided a continuous slideshow of activities.

Special thanks to **Martine** for travelling from Newcastle and other out-of-towners **Carol Summerhayes** and **Val Barger** and many former members who celebrated with us.

The club's history was presented by **Anna, Elspeth Humphries** and **Jan Skorich** for the early years. They didn't exactly burst into song as they donned the blue tops of the originals, but Gilbert & Sullivan would have been quite bemused by their delivery of *Three Little Maids from School!* **Judy Richmond** and **Patsy Sheales** continued with highlights and also those of **Marion Blake's** who, unfortunately, was in New Zealand.

*(It would be good if everyone read these highlights on the back of the placemat and let us know if we have missed anything or any incorrect dates.)*

Everyone enjoyed the **Kathy Bobyn** 'moments' and hopefully everyone received some fun token. Kathy was with us in spirit as was **Cheryl Brower** who sourced the fans for us. Our very own Lois Lane (aka **Kerrie Griffin**) received a special bauble – no less than a Skywhale pendant. Our honorary Dragon, **Lyn Mills**, and second Lois Lane, was thrilled with her dragon brooch, as was **Annette Dean** with her very own mascot.

So I've been to a marvellous party — thanks one and all!

**GoAnna aka Anna Wellings Booth**



Nan Donaldson, Marg Quodling, Patti Pye and Megan Dennis, DA Canberra 15<sup>th</sup> anniversary Image: Kerrie Griffin

### Dragons Abreast Canberra 15<sup>th</sup> anniversary

*Judy Richmond's abbreviated speech*

Great to see so many here, especially some old timers. My time as Coordinator falls about half way through our history. My task was made easier by the wonderful teamwork of committee members. I started on the happy night of the launch of *GoAnna* on 27 November 2006 and handed the reins to **Marion Blake** on 20 February 2008.

After seven years, **Anna Wellings Booth, Jan Skorich** and **Elspeth Humphries** retired from their DA ACT committee and became key members of the DAA planning committee for Australia hosting the international breast cancer regatta *Abreast in Australia* held at Caloundra, Queensland, in September 2007 with 2000 paddlers! A great event!

### The Kashgar Cup story

In 2006, dear departed **Penny Birtles** and I travelled the Silk Road of far north-western China. At a market stall in remote Kashgar, we saw this small pink jade teapot, embellished with silver dragons. We thought it would be great to bring it back to DA ACT with real Chinese dragons. With the committee's approval, this cup was awarded annually to the DA ACT member who has made an extraordinary contribution to of DA ACT, Initially awarded to Lyn Langer in late 2006 for her sterling work in managing the 2006 DA ACT Challenge regatta while doing a wonderful job as Treasurer.



DA Dancing Darlings, DA Canberra 15<sup>th</sup> anniversary dinner, University House, ANU Image: Wes Forrest



Judy Cluse and Val Barger, DA Canberra 15<sup>th</sup> anniversary dinner, University House, ANU *Image: Wes Forrest*

### DA ACT Memorial seat on the Lake

After many months of work, in November 2007 we dedicated the DA ACT Memorial bench on the Lake shore opposite Lennox Gardens, adjacent to the regatta 200 metre start line. Family and friends of **Sylvia Flaxman** and **Maggie Sharp** joined our members in celebrating. It was a real pleasure to work with Anna during 2007 on Anna and Sylvia's long cherished dream to achieve reality.



Gecko launch, DA Canberra, 2008 *Image: Kerrie Griffin*

### Baby boat Gecko

During 2007, the committee wanted to obtain another boat for training and taking out smaller crews. In November 2007 **Robyne Kellett's** assessment team tried out one of the German made BUK baby boats in Sydney. The members (**Gillian, June, Mavis, Megan, Marion B, Lenyss, Deb, Nan, Di Wright** and **Patti Pye**) gave a very enthusiastic report, and, as they say, the rest is history. *Gecko* has more than met all the aims. The boat was named *Gecko* by the assessment team at the end of their trial in Sydney, many months before it arrived in Canberra in 2008. In fact, they were so taken with the boat that they said they'd have bought it back to Lotus Bay that night, if it had fitted in the car boot!

As many of you know, **Joy Tonkin** is a quiet achiever who was very closely involved in the *Gecko* story. Joy made extraordinary efforts in 2007–08 in writing successful grant submissions for the baby boat and subsequently, for a trailer to move the boat to and from the water at Lotus Bay. Joy also managed all the logistics involved in ordering and getting the boat from the factory in

Germany, through containerisation, freight handlers and Customs to its home in Lotus Bay. In 2008 the Kashgar Cup was awarded to **Joy Tonkin** for this outstanding effort.

I'm sure the regatta and training highlights of DA ACT have been covered elsewhere, but tonight I'd like to make special mention of some members and their training with the **TITANS** club in 2008.

**Robyne, Jan, Julie, Nan, Amelia, Patti, Cathy** and **Gillian** started training in early 2008 and after six months, this ACT team competed in Penang and were placed 5<sup>th</sup> in the world. This was a fantastic achievement and heralded a time when DA ACT members began to train and paddle with sporting clubs; to compete at high levels nationally and internationally. In closing, I'd like to repeat the words from our founder and wise dragon, Anna, when she spoke at the launch of *GoAnna* on 27 November, 2006:

*To the women of Dragons Abreast, I urge you all to continue living your dream, to embrace the uncertainty of life and appreciate the miracle of being alive. We have all fought the dragon of fear and uncertainty, and have risen above it.*

These are certainly powerful words reflecting Anna's strong commitment to the world of Dragons Abreast, and to our club, and good words for us to live and work by.

**Judy Richmond**



Denise Brown and Julie Kesby, DA Canberra 15<sup>th</sup> anniversary dinner, University House, ANU *Image: Wes Forrest*



Carol Summerhayes, Susan Pitt, Frances Heaney and Narelle Powers, DA Canberra 15<sup>th</sup> anniversary dinner, University House, ANU *Image: Wes Forrest*



Di Wright, June McMahon, Gillian Styles, Robyne Kellett and Mavis Fowler, volunteers, World Championships, Sydney 2007

### Remembering June

When I joined DA in 2004 **June McMahon** was a voice on the boat who insisted the stretching routine be done properly. June, I discovered, was straight spoken and perhaps that put people off side. But I met a woman who got on with life and was one of my kind. She was practical, always willingly putting up tents, helping set up the boat, caring for equipment, officiating if needed. At the end of any regatta, particularly the DA regattas, June was there to the end cleaning up.

June and I got on well. At Aus championships in Nagambie in 2006 the DA boat competed in the racing and a number of us marshalled on the days we did not compete. I think June was given the honour of participating in blessing the boats at this event as one of the original competitors for DA. We had a great learning experience and great fun. So **June, Di Wright, Robyne Kellett, Mavis Fowler** and I decided that for the World Championships 2007 in Sydney we would put up our hands. We had to also assist at the Australian Championships as a way of being trained.

June and I took an exploratory trip to Penrith to find accommodation. She was great company and I learned of her many world travels. She was fiercely independent and did not always appreciate others questioning her decision. Our week at the Nationals was a wonderful time to remember. June guarded the exit gate from the paddler area and she refused entry to all, even the high profile coaches, in no uncertain terms. June arrived at our unit with her wonderful baking and each evening we shared a meal, usually after some exotic nibbles prepared by June. I do have a fun memory of us all deciding to eat out on the last night. We were exhausted and two of the five literally fell asleep over their meals. June our elder remained upright.

June and I shared coaching for many corporate teams for the DA regattas. June sat on the bow while I swept. The paddlers were given direct instructions...and June could be scary...but she could laugh with them and we all had fun. June got on with her lot in life and gave back to the sport she loved. She also wanted no fuss at her parting. The bench remembers June but she would say 'get on with living!'

**Gillian Styles for 5 April launch of June's bench**

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



Dragons Abreast Canberra paddling the Ord River Marathon, Western Australia, 8 June 2014 Image: Frances Heaney



Nanette Donaldson, Judy Cluse, Denise Brown and Julie Richardson, Kununurra, Western Australia, 7 June 2014 Image: Susan Pitt



Neville, Ely McGinness and Denise Brown, Kununurra, Ord River, Western Australia, 7 June 2014 Image: Susan Pitt



Dragons Abreast Canberra, Ord River Marathon, Western Australia, 7 June 2014 Image: Susan Pitt

### The Ord what can I say!

The Ord what can I say — been there, done that, got the t-shirt and the beer coaster — does not really do justice to the whole experience. Because, from when we started training until now has been quite a journey. This all started in 2013 when I received the information from **Patsy Sheales** about the Ord River Marathon. Around the same time we completed our first 2 km race and when I asked for expressions of interest, to do 27.5 times that distance down rapids and through crocodile infested waters, I nearly fell off my chair when I received so many replies and they were all positive.

Between **Deb Whitfield** and **Narelle Powers** a training plan was devised and can I say, in hindsight, it was a damn good one, because all of those that started, finished and there were no injuries except for blisters. We did endurance paddles on Tuesday mornings; we paddled without stopping and practicing, at the same time, swapping sides while the boat was in motion. It was tricky at times, especially, when the person in front of you lands on your lap (on several occasions). We built up to the 55km by doing practice marathons of various lengths, and finally the full monty, 55kms.

We became experts in hydration, nutrition, the prevention of heat stroke and blister management. We learnt that it is best to apply bandaids on sensitive areas before you paddle, that bucket hats make good buckets when you want to pour water over your head, and that Deb has no concept of the quickest way between two points is a straight line. I have never zigzagged so much in my life.

So we were prepared for the Ord and by 7 June we had all arrived in Kununurra and were acclimatising ourselves to the hot conditions. Some travelled by 4 wheel drive to get there, others flew in and still others did the Greyhound bus route which was an interesting journey from Darwin to Kununurra, 800 kms plus and 12 hours but we were never bored. Kununurra has a beautiful setting on the Ord River with amazing rock formations. We started the day of the Marathon on 8 June 2014 at 4.45am and were driven to the wall of the dam where they fed us breakfast and then they took us to the boats where we would start the event — it is not a race. We set out at 8am to do the first leg of 21kms, there were six other boats, I think we were the only all female crew, other crews were from Dubbo, Victoria, Coffs Harbour, Sydney, Wagga Wagga, Adelaide, and there were composite teams made up of paddlers from everywhere. There was also the green team, as we called them, the Ord River Dragons. Just to fill you in on these people, who are led by **Bruce** (who is so laid back he is nearly horizontal) and who ran a truly exceptional event with great humour. They paddle 25 kms every Saturday morning — I would really like to see them paddle in the Nationals. The idea was that they would lead the way and we would all follow them in single file.



Dragons Abreast Canberra celebrated paddling the Ord River Marathon, Western Australia, 8 June 2014 *Image: Edmund Kralikas*

The first leg was 21 kms and with the help of the fast flowing current and the mini rapids, it was the easiest leg of the event. In fact, when they told us to stop and to come in, we argued because we wanted to finish the 21kms. We didn't really believe we had gone that far already — we were so fast! They fed us really tasty sandwiches, muffins, fruit and juice and provided the toilets (it was one of our concerns before the event). Now, this may not seem so remarkable but there is no way to get to this stop except by water. There is no road in or out and they had set up tables and shade for us.



Dragons Abreast Canberra and Wagga (green) celebrating paddling the Ord River Marathon, Western Australia, 8 June 2014 *Image: Di Bradshaw*

The next leg was 11kms and even though we were seeing some wildlife — dingoes, pelicans and wallabies — there was no sign of the ominous black snout of the crocodile and I did look really hard. I was disappointed by this until I found out about the poor man in Kakadu, in the Northern Territory, who was taken out of a boat by a crocodile. I thought not seeing a crocodile was not so bad.

We decided, on this leg, that we would be musical and we sang our way through our repertoire of songs, Beatles, television show theme songs and even sang some rounds like row, row your boat etc.(or in our case paddle). Every so often we were



Saltwater crocodile, Corroboree Wetlands about 90 minutes from Darwin, spotted and captured photographically, June 2014 Image: Donna Lennon

visited by a boat who supplied us with water. The scenery was amazing and I imagine a geologist would have been in seventh heaven. Once again we had a break, another spot with no way to get there except by boat. I must acknowledge our support crew here who travelled on the Triple J boat, it was difficult getting in and out of the boats because there was no sandy beach to pull them up on. With the help of **Mark, Edmund, Xing and Peter**, we managed the transfer safely. **Robyn Chen** was a great support on the shore.

The next leg was 15km and was universally voted as the hardest leg of the whole marathon. By this time, the river had widened and the current was not playing any part in our forward progress, the wind was blowing and we were paddling into it. We had exhausted our supply of songs, even though we did join in and sang a duo with another boat that joined us for awhile. At this point, I was really glad for all the training, as we just kept on paddling and made it to lunch.

Then we started the last leg — 8 kms with the help of a sugar hit from the lolly bag we became energised. We could see some of the other crews who by this time had only four people paddling. Now we come to the part 'of this is not a race'. At a certain point, when I had just been told by our sweep, who tells terminological inexactitudes (i.e she lies) that we had 30 minutes to go, we noticed that the green team had stopped and they were waiting for all the boats, we all lined up for a group photograph and then we all paddled together in one straight line to the shore.

So we have done the Ord River marathon, it was an amazing experience with a fantastic group of women. We had great fun, and we have all become experts on how to prevent blisters. For me the enormity of what we achieved has only just hit. Great work ladies it was a pleasure and joyfully painful to paddle with you all.

**Di Bradshaw**

**Captain, Dragons Abreast Canberra**

[June 2014 – Dragons Abreast Canberra does the Ord City News Canberra's Dragons survive the croc-infested Ord](#)



Dragons Abreast Canberra paddling the Ord River Marathon, Western Australia, 8 June 2014 Image: Mark Dennis

**It's like herding chooks...**

Every time I go away with Dragons Abreast Canberra, also known as *Tickled Pink* and most recently *GoAnna*, I am amazed not just by our paddling prowess (thank you coaches) but also by that miraculous thread of connectivity that enables us to move around separately, together as a large group or as many and constantly changing small groups. You never quite know who you are going to meet up with where, or who you might lose on the way to wherever you might happen to be going. Sometimes, we are like sheep following the person who happens to have some idea of where she wants to go.

For example, our team's most recent adventure was the Order River Dragon Boat Endurance Paddle. Before meeting at Kununurra, those of us in Darwin met up at the famous Mindil Markets where locals and tourists mingle to admire the sunset while sitting on Mindil Beach feasting on market delicacies. The dynamics of the group was ever-changing as someone would show us her purchases and off we would go exclaiming 'that's gorgeous, where did you find it? I want one for my sister's birthday...' It's hilariously good fun and inevitably we meet up later to share a meal or a drink together and chat about our purchases, experiences and plans for the next day.

As a Dragons Abreast veteran (13 years plus) and as someone who has been on many trips, I recommend you try and join us on one of our adventures. It might be in Australia, or it could be at one of the international regattas. Regardless of where — they are a lot of fun and keep me motivated to get up at the crack of dawn to go paddling in the cold Canberra fog, frost, wind etc. Paddles up, up and away — here we come Sarasota! **Megan Dennis**



Dragons Abreast Canberra paddling the Ord River Marathon, Western Australia, 8 June 2014 Image: Mark Dennis





Dragons Abreast Canberra paddling the Ord River Marathon, Western Australia, 8 June 2014 Image: Frances Heaney



Dragons Abreast Canberra celebrating paddling the Ord River Marathon, Western Australia, 8 June 2014

I agree with **Jude Smith** that it was a really great performance by us all on Saturday 23 March and I was particularly pleased with the 2km race, as we took about two minutes off our previous time. Well done to those who competed in Sunday's DB ACT regatta and came away with a trophy! You should be really proud of yourselves. It's amazing what a bit of self-belief, constant training (and extra technique training by **Les Williams**) can do. But we also need to remember that not everyone in DA is, or wants to be, an athlete, or even a competitive paddler, and that some just enjoy the experience of getting out on the water and being with like-minded survivors who value the support, friendship and camaraderie more than competition. That is what is so unique and inspiring about DA and what I value most about being a member of such a great group of women (and their carers and supporters). Yes, as Jude says, we are fortunate, and we are all **STRONG, PINK AND POWERFUL** in our own ways. **Elly McGinness**



Elspeth Humphries hosted morning tea with DA Canberra, 3 May 2014 Image: Kerrie Griffin



Wendy Ceravola, Elsa Priest and Clare Purcell, DA Canberra, Mothers Day Classic, 11 May 2014 Image: Kerrie Griffin



Debbie Whitfield, ACT flag bearer, Australian Championships, 15-20 April at Lake Kawana, Caloundra, Qld Image: Frances Heaney



**Warm up and training times**

<b>6.00 for</b>	<b>6.30am</b>	<b>Tuesdays</b>
<b>12.00 for</b>	<b>12.30pm</b>	<b>Wednesday</b>
<b>8.00 for</b>	<b>8.30–9.30am</b>	<b>Saturdays</b>

**Contact:** [donnalennon@dodo.com.au](mailto:donnalennon@dodo.com.au) **Donna Lennon**

Some great paddling technique tips:  
[http://www.youtube.com/watch?v=i7IRbj3K8c4&feature=player\\_embedded](http://www.youtube.com/watch?v=i7IRbj3K8c4&feature=player_embedded)  
 Remember water, hat, sunscreen and sunglasses!  
 If you want to have a try at sweeping contact:  
**Narelle Powers** [narelle.powers1@defence.gov.au](mailto:narelle.powers1@defence.gov.au)  
 or **Elspeth Humphries** [humphries44@ozemail.com.au](mailto:humphries44@ozemail.com.au)

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

## Merchandise

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

## Under the pink umbrella



### - Field of Women - The rain cleared and the MCG was transformed into a sparkling pink lady

The rain stopped as thousands of participants descended on the MCG on Saturday 10 May 2014, transforming the grounds into a sparkling sea of pink to bring the statistics of breast cancer to life. Women, men and children in pink and blue ponchos formed the shape of the Pink Lady to show their support for all Australians affected by breast cancer. The ceremony began with the Australian Youth Choir who sang *You raise me up*, while photos of people affected by breast cancer, some no longer with us, appeared on the big screens.

#### Video

[http://www.youtube.com/watch?feature=player\\_embedded&v=l4xng16U2C8](http://www.youtube.com/watch?feature=player_embedded&v=l4xng16U2C8)

To see the images from the night, visit BCNA's [Facebook](#), [Twitter](#) and [Instagram](#) pages.



Denise and Adam Brown, BCNA Field of Women Live! MCG, Melbourne, 10 May 2014 *Image:* Denise Brown



Susan Pitt, Rose and Danny O'Dea, BCNA Field of Women Live! MCG, Melbourne, 10 May 2014 *Image:* Susan Pitt



Marita O'Keefe, BCNA Queen of Pink Buns Campaign and Susan Pitt, BCNA Field of Women Live! MCG, Melbourne, 10 May 2014 *Image:* Susan Pitt

### Pink Bun Campaign - Bakers Delight have raised over \$1 million for BCNA



Elly McGinness, Bakers Delight staff, Theresa Kerby, BD Weston 8 May 2014 *Image:* Elly McGinness



Kerrie Griffin, Geraldine Robertson, Syden, Shelly Atkins, Bosom Buddies, and Marion Blake, Bakers Delight Civic, Canberra Centre 2 May 2014 *Image:* Kerrie Griffin



Marion Leiba and Julie Richardson, Bakers Delight Weston 2 May 2014 *Image: Julie Richardson*

### BCNA Pink Bun Campaign

Marion Leiba and I had a lovely time at Bakers Delight Woden in Canberra with the team and their lovely array of Pink Buns and other wonderful baked goods. Customers and passersby were very generous with their donations to our BCNA tin and very appreciative of the support provided to those dealing with breast cancer. Thanks Bakers Delight — your support of the BCNA organisation is admirable.

**Julie Richardson**

Thank you to all the volunteers, including newbies and regulars, at 11 local Bakers Delight bakeries including Queanbeyan and Jerrabomberra, NSW. **Larissa Sinclair**, Bosom Buddies, **Shelley Atkins** President Bosom Buddies, **Patsy Sheales**, **Donna Lennon**, **Denise Brown**, **Susan Pitt**, **Anna Wellings Booth**, **Gigi Lungu**, **Elsa Priest**, **Clare Purcell**, **Maureen Wild**, **Elly McGinness**, **Theresa Kerby**, **Julie Richardson**, **Marion Leiba**, **Gillian Styles (2)**, **Judy Cluse**, **Sandi Avis (2)**, **Sue Drew**, **Marion Blake** and **Geraldine Robertson**.  
**Kerrie Griffin**

### Mother's Day Classic

An annual tradition, the Mother's Day Classic (MDC) fun run and walk provides the community with a great way to celebrate Mother's Day and raise funds for breast cancer research. Thank you to **Gillian Styles**, BCNA stall coordinator, **Sandi Avis**, **Patti Pye**, **Cathy Powell** and **Bosom Buddies** who looked at the stall and tribute wall on 11 May. The BCNA Stall highlights information about BCNA, Bosom Buddies, Dragons Abreast, Encore, Otis and BreastScreen ACT who celebrated their 21<sup>st</sup> birthday with a birthday cake at the event. Congratulations to **Cate Wood** and the **Women in Super** volunteers who run this event each year. MDC raised awareness about breast cancer and \$4.5 million nationally for research.

**Kerrie Griffin**



Kathy Wells BCNA Policy Manager (white cap) on her first paddle with DA Canberra, 20 March 2014 *Image: Kerrie Griffin*



Gillian Styles, Patti Pye and Cathy Powell, BCNA Stall, Mother's Day Classic, 11 May 2014 *Image: Gillian Styles*



MaryLou Reid, drummer and Marion Blake, Sweep, DA Canberra in *GoAnna*, Mother's Day Classic, 11 May 2014 *Image: Gillian Styles*



Mother's Day Classic, 11 May 2014 *Image: Kerrie Griffin*



Back: Geraldine Robertson, Kerrie Griffin, Patsy Sheales, Susan Pitt, Ellen, Front: Marion Blake, Marisa Gerussi, President, Bosom Buddies, Theresa Kerby, Marilyn Brookes, BreastScreen ACT 21<sup>st</sup> birthday, 9 May 2014, CIT Image: Kerrie Griffin  
[BreastScreen ACT 21<sup>st</sup> birthday celebrations 9 May 2014](#)

### BreastScreen ACT

BreastScreen ACT is part of a national population breast screening program that is aimed at reducing deaths from breast cancer through early detection.

#### Phone BreastScreen ACT on 13 20 50.

Please spread the word that BreastScreen ACT has lots of appointments available for the new digital mammography service in either **Civic** or **Woden**. The service screens women from 40 if higher risk, else the service target women from 50–69. Email [susan.pitt@netspeed.com.au](mailto:susan.pitt@netspeed.com.au) if you have queries about screening services in the ACT. Read more <http://health.act.gov.au/c/health?a=sp&did=10108867>

**Susan Pitt, BCNA Consumer Representative, BreastScreen ACT Advisory Committee**

### ACT media coverage

*The Canberra Times* 4/11/2013

#### [Painting the big picture in cancer care](#)

*Yanping Zhang is not a doctor. But her contribution to breast cancer research in the ACT has potentially helped save lives.*

#### [ACT screening at five-year high but breast cancer rate still most serious in the country](#)

<http://www.abc.net.au/news/2013-10-25/act-women-not-taking-advantage-of-free-breast-screening/5045458?section=act>



Gillian Styles, Cate Hale, Susan Pitt, Kerrie Griffin and Frances Heaney, Biggest Morning Tea, Forrest Hotel and Apartments, 22 May 2014 Image: Kerrie Griffin

<http://www.socialcapital.net.au/events/article/?id=breastscreen-act-21st-birthday-celebrations>

#### [Biggest morning tea](#)

This barely covers all that happened in that intense year of my life and the effects I can still reel from it years later but I hope it has provided an insight for you. It can be daunting re-living that time when you want to move on and leave it far behind you but I use it as a yard stick and remind myself of how far I have come. I value my friends and family, I take more risks, I know I am not alone in this world and how to ask for help and that I am stronger than I ever dreamed possible. For courage isn't the absence of fear or despair but the strength to conquer them.

**Cate Hale**



Kathy Wells BCNA Policy Manager (right) on her first paddle with DA Canberra, 20 March 2014 Image: Kerrie Griffin

### BCNA News

#### [JOCO proudly supports BCNA!](#)

17 June 2014 JOCO have partnered with BCNA for another year to support Australians affected by breast cancer.

#### [Abortions do not increase the risk of breast cancer](#)

5 June 2014 BCNA is deeply concerned by statements made by a Queensland MP about a link between abortions and breast cancer.

#### [Stakeholder meeting discusses access to new breast cancer drugs](#)

3 June 2014 BCNA has participated in a key meeting to discuss access to new drugs to treat HER2-positive secondary breast cancer.

#### [Inquiry into out-of-pocket costs of health care](#)

16 May 2014 BCNA has made a submission to an inquiry being conducted by the Senate Community Affairs Committee into the out-of-pocket costs in Australian health care.

#### [Donate to BCNA programs](#)

16 May 2014 15,000 Australians will be diagnosed with breast cancer this year. Please help BCNA ensure no one has to go through it alone.

#### [Budget makes life harder for those with breast cancer](#)

14 May 2014 Changes to health funding announced in last night's Federal Budget will make life more difficult for Australian families affected by breast cancer.

#### [New funding for Victorian Patient Transport Assistance Scheme \(VPTAS\)](#)

12 May 2014 BCNA has welcomed the Victorian Government's decision to provide an extra \$13.8 million over the next four years for the Victorian Patient Transport Assistance Scheme (VPTAS), with \$3.3m allocated for 2014-2015.

#### [The Pink Lady sparkles at the MCG](#)

10 May 2014 Melbourne lit up tonight and football took a back seat as the hallowed turf of the MCG was transformed into a sparkling sea of pink that brought the statistics of breast cancer to life.

#### [Subsidy for secondary breast cancer drug Afinitor](#)

27 April 2014 BCNA welcomed the Federal Government's decision to introduce a subsidy for Afinitor, a drug for secondary breast cancer patients whose cancer has stopped responding to treatment.

#### [Pink means more this Mother's Day](#)

24 April 2014 Over 600 bakeries across Australia are part of this year's campaign, with 100% of the sale of their Pink Finger Buns donated to BCNA.

#### [New Australian research findings](#)

24 April 2014 Australian researchers have this week announced two new discoveries that may benefit people with breast cancer.

#### [BCNA seeks extension of breast MRI rebates](#)

22 April 2014 BCNA is seeking an extension of the Medicare rebate for breast MRI scans to help reduce out-of-pocket costs for women diagnosed with breast cancer.

#### [Support your partner through breast cancer](#)

From January 2014, a copy of *I wish I could fix it*: Supporting your partner through breast cancer booklet will be included in BCNA's *My Journey Kit*.

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

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

## Useful links

<http://www.bcna.org.au/events/mini-fields-women>

Associate members including Dragons Abreast

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

Bosom Buddies is a member group

<http://www.bcna.org.au/membgroup/group/bosom-buddies-act-inc>

Read about how BCNA does advocacy

<http://www.bcna.org.au/advocacy>

Read about how BCNA nominates community liaisons

<http://www.bcna.org.au/about-bcna/advocacy/consumer-representatives#cl>

- See photos [Tribute Field of Women in the image gallery](#).
- Visit the [History of Field of Women page](#) on the BCNA website.

## Get involved with BCNA

- [Community fundraising](#)
- [Join our online network](#)
- [Advocacy](#)
- [Speak out](#)
- [Find services & support near you](#)
- [The Beacon](#)
- This issue focuses on **rural and remote issues** – issue 65, autumn 2014  
[Download issue 66 of The Beacon](#)
- Past issues of *The Beacon* [The Beacon archive](#).
- [Help with research](#) Join our Review & Survey Group
- <http://www.bcna.org.au/store/Merchandise>
- **BCNA updates to share their work with ACT members in case you are interested in being more involved:**
- **The BCNA Networker** [Download your electronic version](#)
- [Connecting BCNA Member Groups online group](#)
- [BCNA Community Liaison online group](#)
- [2013 Seat at the Table Year in Review](#) outlines many of your key achievements and a summary of the work the BCNA Policy team has achieved that may inform your own work in the future.
- [- Seat at the Table training - 22 women affected by breast cancer participate in BCNA's Science & Advocacy training](#)
- **Let's talk about cancer: New Consumer Engagement resources** available *Involving consumers leads to better cancer care* (courtesy Geraldine Robertson)

On 4 February, Cancer Australia released resources to encourage meaningful conversations between people affected by cancer and providers of cancer care. These [promotional resources](#) aim to foster discussion on how to engage consumers and strengthen consumer involvement by health professionals, managers and researchers.

[www.consumerinvolvement.canceraustralia.gov.au](http://www.consumerinvolvement.canceraustralia.gov.au)

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

### Vitamin D Latitude Study

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

## Time out from treatment: Give yourself a break!

Have you recently been in treatment for breast cancer? Do you need a break or perhaps a celebration of the end of treatment? The Otis Foundation provides short-term retreats for people living with breast cancer, at no accommodation charge. For people living in the ACT, the Otis retreat at Thredbo is the most accessible. *Creekside* is a luxury chalet situated in the picturesque Thredbo Village. It can accommodate up to six people and is available for four night stays from Monday to Friday from November to June. *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](http://www.otisfoundation.org.au) or call 03 5444 1185

**Elsbeth Humphries**

## Bosom Buddies

Come to a social event and let us know if you would like to take part. [bosombuddies@shout.org.au](mailto:bosombuddies@shout.org.au)

[2014 BB Gathering Dates \(1\)](#)

**Marisa Gerussi**, President, [Bosom Buddies](#)

## YWCA Encore

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

Helps women with the after-effects of breast cancer surgery and treatment, helping to restore strength, mobility, flexibility and confidence. 02 6175 9900 or [canberra@ywca-canberra.org.au](mailto:canberra@ywca-canberra.org.au)

## Gillian Horton, new owner of Colleen's Post Mastectomy Connection

Open: Tues-Fri 9.30am to 4.30pm

3/60 Dundas Court, Phillip | T: 02 6285 1311 | E:

[bravellesw@gmail.com](mailto:bravellesw@gmail.com)

Spread the word and that Gillian is also travelling to regional NSW: Young, Cowra, Wagga Wagga and Moruya

## Prosthesis recycling Contact Jan Murphy 0402 188 361

[janaliveandwell@hotmail.com.au](mailto:janaliveandwell@hotmail.com.au)

## 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

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

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

[http://ourhealth.org.au/stories/making-a-difference-btaa-](http://ourhealth.org.au/stories/making-a-difference-btaa-members-share-their)

[members-share-their](http://ourhealth.org.au/stories/making-a-difference-btaa-members-share-their)

[http://ourhealth.org.au/stories/daïneres-journey-anthoney-](http://ourhealth.org.au/stories/daïneres-journey-anthoney-family-story)

[family-story](http://ourhealth.org.au/stories/daïneres-journey-anthoney-family-story)

**Susan Pitt, Secretary BTA**

## Improve your brain health and performance

Build your Personalised Training Program

[http://www.lumosity.com/landing\\_pages/188](http://www.lumosity.com/landing_pages/188)

## Kerrie Griffin

**Consumer Representative**

**Seat at the Table (SATT) Program, BCNA**



*DRAGONS ABREAST – keeping the spirit alive!*

## Calendar of events

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

Month	Date(s)	Event	Location	Notes
July	Wednesday 9 6.30pm	<b>Dragon Muster</b> Come dressed to celebrate!	Griffith Community Centre, 55 Stuart St	<a href="mailto:canberra@dragonsabreast.com.au">canberra@dragonsabreast.com.au</a> RSVP
August	Saturday 16 10am	<b>AGM, DA Canberra</b>	Lotus Bay, Yarralumla	<a href="mailto:canberra@dragonsabreast.com.au">canberra@dragonsabreast.com.au</a>
September	Saturday 20 8am–2pm	<b>Dragons Abreast Canberra Corporate Challenge Regatta</b>	Weston Park, Lake Burley Griffin	Volunteers needed <a href="mailto:ACTregatta2013@dragonsabreast.com.au">ACTregatta2013@dragonsabreast.com.au</a>
	Saturday 20 8am–2pm	<b>BCNA Mini Field of Women at the Regatta</b>	Weston Park, Lake Burley Griffin	Volunteers needed for the BCNA stall!
	27	<b>Come and Try session</b>	Lotus Bay, Yarralumla	<a href="mailto:ellymcginness@gmail.com">ellymcginness@gmail.com</a>
October	24–26	<b>International breast cancer survivor dragon boat regatta</b>	Sarasota, Florida, USA	<a href="http://www.ibcpc.com/2014Festival/IBCPC2014Festival.htm">http://www.ibcpc.com/2014Festival/IBCPC2014Festival.htm</a> <a href="http://www.sarasotabcs2014festival.org/">http://www.sarasotabcs2014festival.org/</a>

### Dragons Abreast Australia — Mission statement

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

To offer hope and inspiration to those faced with a diagnosis of breast cancer and promote the fact that there is quality of life after breast cancer.

*Keeping the spirit alive!*

### Next issue of the DA Canberra newsletter — August 2014

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

Please submit any news, items and images by 18 August 2014 to the newsletter coordinator

[Kerrie.griffin@act.gov.au](mailto:Kerrie.griffin@act.gov.au) or [taylorclan@inet.net.au](mailto:taylorclan@inet.net.au)

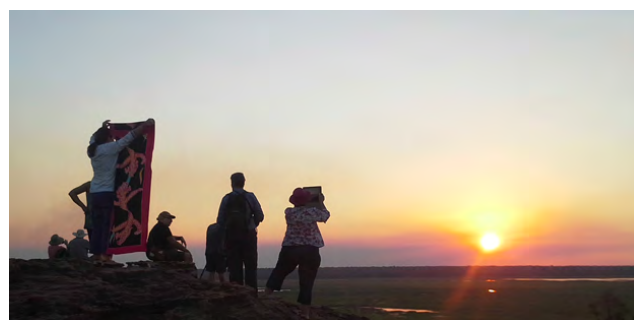
All teams can download Dragons Abreast Canberra Social and Corporate Regatta 2013 images courtesy of Chris Holly Check Facebook Corporate and Community Regatta: official team photographs now available! [DA Corporate Centennial Regatta - Chris Holly Album 4](#)  
[DA Corporate Centennial Regatta - Chris Holly Album 6](#) [DA Corporate Centennial Regatta - Chris Holly Album 8](#)



Karen Visser and Sylvia Corby, DA Canberra 15<sup>th</sup> anniversary dinner, University House, ANU Image: Wes Forrest



Susi Gross and Anne Baynes, DA Canberra 15<sup>th</sup> anniversary dinner, University House, ANU Image: Wes Forrest



Denise with her Dragons Abreast banner for Anna at Kakadu at sunset June 2014 Image: Susan Pitt