



Beth Peedom's winter exercise class

## Coordinator's report

We managed to paddle over most of winter, taking advantage of *Gecko* when less than 10 are on board. The trailer makes the 10 seater so easy to launch, with no lifting at all. Walks and wonderful exercise classes with **Beth Peedom** at the YMCA sailing club also helped keep us a bit fitter over winter. Thanks to Beth for giving us her time to run the sessions. We also had a successful working bee, washing and maintaining the boats and PFDs.

A number of potential new paddlers came to our come and try and we hope they will join. Many are participating in the Encore team at the DA ACT Dragon Boat Challenge in October, with more interest from women attending talks to Encore and Bosom Buddies given by **Val Barger** and myself.

We had a fantastic paddle with visitors **Melena** from Italy, **Cynthia Kuiper** from DA Sydney and **Michelle Hanton** from DA Darwin. **Elsbeth Humphries** was an excellent tour guide, taking us on a wonderful sightseeing tour on the lake and pointing out the various national icons.

## BCNA Summit

I was fortunate to represent Dragons Abreast ACT at the BCNA Summit in Melbourne with 210 delegates representing groups from all over Australia, from small country towns to cities. DA ACT members, **Kerrie Griffin** (BCNA) and **Jan Skorich** (DAA regional rep), also participated. It was a very positive experience and gave me a much better understanding of the work BCNA does in providing an umbrella and voice for the many types of breast cancer groups across the country. An exciting announcement was funding for a new interactive BCNA website for networking for members as well as much needed regional funding. See Jan's presentation in this newsletter.

## 2009 DA ACT Dragon Boat Challenge – 24 October at Lotus Bay

It is shaping up to be another fantastic regatta with 39 teams entered. Thanks to **Cheryl Brower** for taking registrations and also doing the regular email updates. Teams are currently planning their training sessions, made possible with the generous support of many CDBA sweeps/coaches and the magnificent coordination effort undertaken by **Elsbeth Humphries**. There are still many jobs and it's not too late to put your name down, email **Cheryl Brower** [regatta@dragonsabreast.com.au](mailto:regatta@dragonsabreast.com.au) For more information check out the website [www.dragonsabreast.com.au](http://www.dragonsabreast.com.au) ACT regatta and look at the updates.



Narelle Powers and Marion Blake joint winners of the Dragon Spirit Award, (alias the dust buster) 22 August 2009

## Dragon Spirit Award 2009

I was honoured to share this award with Narelle Powers. Thank you.



BCNA Summit dinner: Gillian Horton, Bosom Buddies; Jan Skorich, Eleanor Bates, Pink Links; Kerrie Griffin, Marion Blake, Susan Pitt, Pat Hancock, DA Darwin; Cowra BCN and Tasmanian delegates, 13 August 2009

### Sweep school 9am, 11 October, Lotus Bay

Beginner and novice sweeping with **Les Williams**  
Basics of sweeping: theory and an on water  
practical session. Please book [techie@cdba.com.au](mailto:techie@cdba.com.au)

### CDBA open days

Thank you to **Margi Perkins, Susi Gross, Viki Fox**  
and others who assisted on 12 and 19 September.  
A big welcome to all our new paddlers who joined  
us this spring as well as returning paddlers.

### Light the Night Leukemia Foundation

DA ACT and Eurostars enjoyed the paddle and the  
*Light the Night* at Floriade on Friday 18 September.

### AGM

*Welcome to the new committee elected at the AGM  
on 22 August. Thank you to outgoing members.*

Coordinator	Marion Blake
Secretary	Mary-Lou Reid
Treasurer	Joy Tonkin
Committee members	Patsy Sheales, Val Barger, Margi Perkins, Robyn Chen

*Thanks to the following members who will continue  
in ex officio positions:*

Public Officer	Elsbeth Humphries
Membership Secretary	Viki Fox
Merchandise Manager	Cindy Young
Birthdays	Carol Summerhayes
Newsletter editor	Kerrie Griffin

### Membership

Membership for the 2009–10 season is now due.

Full member	\$185
Associate member*	\$ 45
Friend**	\$ 45
Dual***	\$ 45

\*New DAA category but the same as our old  
survivor associate membership.

\*\*Same as old supporter associate category – all  
existing supporters automatically become 'friends'.

\*\*\*Have primary membership with a sporting club  
and some contact with DA ACT.

### \$185 Full member fee distribution

\$150	Canberra Dragon Boat Association (CDBA) membership
\$ 20	Dragons Abreast Australia (DAA) levy (\$1000 for the club; based on 50 members)
\$ 15	Dragons Abreast ACT & Region (DA ACT)

**Viki Fox**, our Membership Secretary, is available to  
process your new season's registration. DA ACT  
registration forms are downloadable from  
[www.dragonsabreast.com.au](http://www.dragonsabreast.com.au) under Clubs/ACT.

The CDBA form is downloaded at  
[www.cdba.com.au](http://www.cdba.com.au); Please give **both** CDBA and  
DA ACT forms to Viki or post to:

PO Box 7191 Yarralumla ACT 2600 with your  
cheque payable to Dragons Abreast ACT OR  
direct bank transfer name to:

Dragons Abreast ACT BSB 012 964  
Account No 4920 03119 *Please ensure you  
identify your payment with your surname*

### Raffle tickets

Tickets are available for sale. Please support us by  
taking a book or two to sell. Tickets are \$2 each.

*1st Prize: Brindabella Sunset* — quilt donated by  
the Thursday Friendship Group at Addicted to  
Fabric Value \$600

*2nd Prize: Overnight accommodation including hot  
buffet breakfast for two adults* — donated by  
Forrest Park Hotel & Apartments Value \$310

*3rd Prize: 2 tickets for a show at the Royal  
Theatre* donated by National Convention Centre  
Value \$180

*4th Prize: Cut & Colour from Anton's Hair Studio*  
Value \$170

*5th Prize: Watercolour painting by Megan Dennis*  
Value \$100

*6th Prize: Cleansing Facial from Cooleman Court  
Beauty Centre* Value \$70

This raffle is being conducted by members of  
Dragons Abreast ACT to provide funds (not  
including travel costs) for members to participate in  
the International Dragon Boat Festival for Cancer  
Survivors to be held in Peterborough Canada in  
2010. Raffle will be drawn on 24 October 2009.

**Joy Tonkin** [bookarts@webone.com.au](mailto:bookarts@webone.com.au) and **Julie  
Richardson** [richardsonjulie@yahoo.com.au](mailto:richardsonjulie@yahoo.com.au)

### Merchandise

Look out for the DA shop on Saturdays from **Cindy  
Young's** car boot. She has polo shirts and paddles  
in stock and is ordering pink gloves. Please  
remember to bring cash or your cheque book to  
pay for any purchases. [ACT merchandise price list](#)

For all current enquiries about Dragons Abreast  
ACT please contact **Patsy Sheales** at  
[Canberra@dragonsabreast.com.au](mailto:Canberra@dragonsabreast.com.au)

### 2010 International Dragon Boat Festival for Breast Cancer Survivors — Peterborough, Canada

**Elsbeth Humphries** discussed accommodation  
options for our team for six nights at Best Western  
Otonabee Inn (arrive Tuesday 8 June; training 9–  
10; street parade 11; regatta Sat.–Sun. 12–13; gala  
dinner 12 June). We want to take a whole team so  
**Patsy Sheales** [patc@grapevine.net.au](mailto:patc@grapevine.net.au) and  
[humphries44@ozemail.com.au](mailto:humphries44@ozemail.com.au) are still accepting  
expressions of interest. Members need to pay a  
deposit for registration and accommodation of \$500  
(or \$700 if bringing a partner) ASAP into the DA  
ACT bank account to gain the early bird fee.  
Elsbeth recommends flying out on 5–6 June and  
spending a couple of days in or around Toronto to  
acclimatise. Draft program:  
[http://www.ibcpc.com/latest\\_news.htm](http://www.ibcpc.com/latest_news.htm)

Paddles up!

### Marion Blake

[Canberra@dragonsabreast.com.au](mailto:Canberra@dragonsabreast.com.au)  
**Coordinator DA ACT**



### Spring warm up and training times

Don't forget to book your seat on the boat  
[carol.summerhayes@bigpond.com](mailto:carol.summerhayes@bigpond.com)

6.30 for	6.45–7.45am	Tuesdays
12.15 for	12.30–1.55pm	Wednesday
8.00 for	8.30–9.30am	Saturdays

Some great paddling technique tips:

<http://www.dragonsabreast.com.au/NSW/PaddlesUp59March09.pdf>

(note: DA ACT paddling technique may be slightly different from Sydney, so listen to OUR coaches please!)

Remember water, hat, sunscreen and sunglasses!

If you want to have a try at sweeping contact:

**Narelle Powers** [narelle.powers@defence.gov.au](mailto:narelle.powers@defence.gov.au)  
 or **Elsbeth Humphries** [humphries44@ozemail.com.au](mailto:humphries44@ozemail.com.au)

### Weather watch

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

### Coaching Program - Narelle Powers

- [Broad Training Plan](#)
- [General Preparation](#)
- [Specific Preparation](#)
- [Pre-Competition Training](#)

### Dragon Spirit Award

I was really honoured to share the Dragon Spirit Award with **Marion Blake**. It prompted some thoughts. Both Marion and I have on occasion chatted about the variety of people that we have in the team, and how that makes us a truly unique group of dragon boaters. In particular, I have noticed how Marion has been a great Coordinator, and the style she brings to coordinating for our team is somewhat complementary to my coaching style. Marion and I come from different backgrounds. She comes from a medical background, the type who is always caring, embracing, softly spoken, and involving everyone, regardless of what they bring to the table. I am a military officer, expecting high standards, driving people to improve, loudly spoken and incredibly anal about punctuality and attention to detail. Well that's my opinion anyway. The fact that we share a common bond in our past, breast cancer, breaks down numerous walls.

The other thought was what I get out of dragon boating with Dragons Abreast. There is never a dull moment, and each and every one of you provides enjoyment, friendship, camaraderie and support. For that I will always be grateful.

**Narelle Powers**



Creekside, Thredbo, Otis Foundation

### Otis Foundation retreats

If you have been in treatment for breast cancer in the last 12 months, you may like to have time at one of the Otis retreats. The closest is *Creekside*, a private lodge at Thredbo which is available October to May, Monday to Friday. DA ACT and Bosom Buddies both generously support *Creekside* and preference is given to residents of the ACT region. Thank you to DA ACT for making welcome packs for the Otis *Creekside* guests. **Jane Anderson**, general manager at Otis, will be at our regatta on 24 October. Find out more about Otis on their website [www.otisfoundation.org.au](http://www.otisfoundation.org.au)

### Elsbeth Humphries

### Salutation to the dawn

*This is the poem Elsbeth recites on our early morning paddles*

Look to this day  
 For it is life, the very life of life.  
 In its brief course lie  
 All the verities and realities of our existence -  
 The glory of action,  
 The bliss of growth,  
 The splendour of beauty.  
 For yesterday is but a dream  
 And tomorrow is only a vision.  
 But today well spent  
 Makes every yesterday a dream of happiness  
 And every tomorrow a vision of hope.  
 Look well therefore to this day.  
 Such is the salutation to the dawn.  
*from the Sanskrit*

### Milestones

Congratulations to new grandmothers **Marion Leiba, Katherine Kralikas** and **Marion Blake**. Get well soon to **Anna Wellings Booth, Lenyss Snellen, Cheryl Brower** and **Becky**. Great to see **Val Barger, Gillian Styles, Louise Muir** and **Jan Skorich** back in action.

**Kerrie Griffin**



**Once I was in fear for my life, now I am having the time of my life**

**What does Dragons Abreast mean for rural and regional women?**

*Presentation at BCNA Summit, Rural and Regional, Saturday 15 August 2009*

I'll tell you first about my own journey with breast cancer, and then something about Dragons Abreast Australia and how it helps women from regional areas and two men, one from Dubbo, and one from Wagga.

I confess that in my twenties and thirties I never examined my breasts. I had no need to, no family history, I had my first child at 17, breastfed my four children — how wrong I was! I never examined my breasts, but I had someone who did, and regularly. My husband found the lump in my left breast and made me jump out of bed immediately and go to my GP. At 39 I had stage 2B breast cancer and needed a mastectomy, chemotherapy, radiotherapy and tamoxifen — my prognosis was not too good, but I'm standing here in front of you 19 years later. I feel very privileged. As I said, I had no family history that I was aware of, my grandmothers and great-aunts lived into their late eighties and nineties, so it couldn't be happening to me. My four children ranged from 7 years old to 21. In 2004 my niece, who happens to be called Kylee — the OTHER Kylie, much less famous — was diagnosed at the age of 31. So the whole family sat up and took notice — maybe we did have a family history, this was worth investigating in more depth. Unfortunately Kylee died the following year, leaving five small children. She lived in regional

Queensland, and it was heartbreaking to see her struggling through treatment in far away Brisbane when all she wanted in those final months was to be with her children.

So I investigated the family connection through our local Familial Cancer Centre, and though the initial results were inconclusive, last year I was informed that our family carries the BRCA2 gene fault. This is why I had my ovaries removed late last year and my remaining breast six weeks ago, followed by an immediate reconstruction. PERFECT!



This time I indulged myself with my own personal BCNA My Journey Kit. I've been telling others about them for years, but I've never had one of my very own before — such things didn't exist 19 years ago at the time of my diagnosis.

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

Unfortunately, my daughter has the gene fault too; and another niece, a sister of Kylee. Other family members have not been tested. Now, on to my story with Dragons Abreast and what it means for regional women. The word is FUN.

We've heard over the last two days how beneficial exercise is, but as they said in those old ads *you don't have to take it seriously, you just have to take it regularly*. We, in Dragons Abreast, emphasise inclusiveness and participation, we come in all shapes and sizes and ages — our youngest survivor was 23 and the oldest in our group is now 78. I'm a Regional Representative for Dragons Abreast Australia and my region covers Merimbula, Wagga Wagga, Orange, Dubbo and Canberra. The women (and two men) have adventures in dragon boats in their local lakes and rivers, and come together for regional, or larger national, events. But as for sporting competition, our race is against cancer, not against each other. [Don McKenzie article \(pdf\)](#)

As **Stephanie Dowrick** [www.stephaniedowrick.com](http://www.stephaniedowrick.com) said yesterday, we should do *one joyful thing every day*, and dragonboating with a group of breast cancer survivors can be that one joyful thing. It increases resilience, as **Jane Turner** mentioned, raises fitness levels, and a Canadian study has shown that group **fun** exercise, the researchers used dragonboating as the exercise example, produces better outcomes than solo exercise for breast cancer survivors. [Psychosocial Impact of Dragon Boating](#)

So I'll finish with my slide, as expressed by a Dragons Abreast survivor paddler:  
*once I was in fear for my life, now I'm having the time of my life!*

**Jan Skorich, DAA Regional Rep ACT and Southern NSW; DAA webmaster**

### Under the pink umbrella



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

### BCNA Mini Fields of Women

— *two booked already!*

#### Calvary Healthcare

**12.30–12.55pm Monday 26 October**

Please contact **Robyn Chen**

[rchen888@tpg.com.au](mailto:rchen888@tpg.com.au) if you would like to help the team earlier; and/or

#### Dragons Abreast ACT Annual Social and Corporate Regatta

**8am–3pm on Saturday 24 October**, Lotus Bay, Yarralumla. Please contact **Kerrie Griffin**

[kerrie.griffin@act.gov.au](mailto:kerrie.griffin@act.gov.au) if you would like to help with the BCNA Mini Field and BCNA stall. Thanks to Bosom Buddies and other volunteers.

### BCNA displays

During October will be at ACT Libraries BreastScreen ACT and Women's Information Referral Centre (WIRC), Civic. Please contact **Kerrie Griffin** [kerrie.griffin@act.gov.au](mailto:kerrie.griffin@act.gov.au) if you would like to help install a BCNA display at your local library.

Fill in the [online Mini-Field registration form](#)

For more information if you want to hold your own Mini Field or pink event email Marita at

[minifields@bcna.org.au](mailto:minifields@bcna.org.au) or **1800 500 258** (freecall).

[Tips for Mini-Field Coordinators](#)

[Mini-Field Ideas](#)

Our 2008 [Mini-Field of Women photo gallery](#) for images from around Australia: [Australian Capital Territory](#)

### YWCA Encore Program continues

There will be one more program run prior to the end of the year (date TBC) and YWCA is hopeful of ongoing sponsorship for the years ahead. Call to find out more about the program, dates and venue. New no.: **02 6175 9951** [www.ywca-canberra.org.au](http://www.ywca-canberra.org.au)



Susan Pitt (far left) and one representative from each state/territory spoke after the Governor General Quentin Bryce AC opened the Summit on 13 August:

### Summit 2009 opening by the Governor-General

Please follow the link below to the address by Her Excellency Ms **Quentin Bryce AC Governor-General** of the Commonwealth of Australia opening Breast Cancer Network Australia's National Member Group Summit in Melbourne, 13 August 2009:

[Her Excellency Ms Quentin Bryce AC Governor-General of the Commonwealth of Australia](http://www.gg.gov.au/governorgeneral/speech.php?id=593)  
<http://www.gg.gov.au/governorgeneral/speech.php?id=593>



Kerrie Griffin and Raelene Boyle at the BCNA Summit



Susan Pitt and Raelene Boyle at the BCNA Summit

### BCNA Summit address by Susan Pitt

Thank you Your Excellency. I start by thanking Lyn Swinburne and BCNA for the opportunity to be here today representing the ACT. As Ms Bryce knows, Canberra is a great place to live and work. We are a relatively privileged community and yet only 55 per cent of ACT women aged 50–69 participate in the free BreastScreen service. So there's plenty of room to improve.

First, a little about me, a mother of four, nana of two and a full-time public servant. I was already a member of ACT Cancer Voices when my own breast cancer journey started five years ago where I met the remarkable **Anna Wellings-Booth** and **Val Lee**.

My Journey was also made easier through my association with **Elsbeth Humphries**, **Kerrie Griffin** and the many others I met through BCNA. How we operate in the ACT is best described as collaborative. Groups working together include Dragons Abreast, Bosom Buddies, the ACT Cancer Council's Pink Links for young women and Wig service, Look Good Feel Good and the YWCA Encore program. These groups are represented by women here today including **Marion Blake**, **Jan Skorich**, **Eleanor Bates** and **Gillian Horton**. An important role is to support the health professionals, including BreastScreen ACT, and the breast care nurses and other health professionals. Together we service the needs of Canberra and the region.

I will close with some highlights of my year: I tossed the coin at Aussie rules football games on the Pink Footy weekend and ate pink buns at my local Bakers Delight. I met lots of women, children and men at the Canberra Mother's Day Classic run/walk. Being a pink lady supporter is awesome. Thanks again to BCNA who support women so well.

**Susan Pitt**



Kerrie Griffin, Julie Hassard, Amanda Winiata, Lyn Swinburne, Susan Pitt and Stephanie Dowrick, BCNA Summit

### New health package to help rural women with breast cancer announced at the BCNA Summit

**Jan Skorich** attended as the national Dragons Abreast Australia representative for ACT and South East NSW <http://www.nbooc.org.au/media/new-health-package-help-rural-women-with-breast-cancer.html>

On 15 August the Federal Government announced a special funding allocation of \$2.71m for programs supporting women in rural areas diagnosed with breast cancer.

The **Hon Warren Snowdon MP**, Minister for Indigenous Health, Rural & Regional Health and Regional Services Delivery, announced the funding at the Rural and Regional Day of Breast Cancer Network Australia's national three day Summit. The Summit brings together more than 200 representatives from breast cancer support groups around Australia gathered to share their stories, hear from experts in the field and strengthen their voice as advocates for change.

The joint project between leading breast cancer organisations, National Breast and Ovarian Cancer Centre (NBOCC) and Breast Cancer Network Australia (BCNA) aims to:

- Target gaps in the provision of information and supportive care for rural and Aboriginal and Torres Strait Islander women, families and health professionals
- Improve access to information about the latest advances in breast cancer treatment and care
- Explore, develop and implement innovative ways, through technology, to provide support networks for rural and Indigenous women, including providing locally tailored information.

Women in rural areas diagnosed with breast cancer face additional challenges due to limited access to targeted health care, isolation, lack of support, and limited opportunities for collaboration with other women or groups.

#### [Submissions & reviews](#)

#### **BreastScreen Australia Evaluation Report**

<http://www.bcna.org.au/content/view/392/401/>

#### **BreastScreen Australia Evaluation Report**

On 7 September 2009, the final report of the BreastScreen Australia Evaluation Program was released.

BCNA will make submissions to BreastScreen and the Federal Government about the Report. In particular, we will urge them:

- To not implement the recommendations which would make women aged 40-44 and women over 75 ineligible for the BreastScreen Program; and

- To ensure women who have had a breast cancer diagnosis are eligible for free mammograms as part of their follow-up care.

BCNA also provided comments to [ABC Television National News on Monday 7 September](#) and to *The Australian* newspaper about these issues:

 [The Australian - 8 September 09 257.35 Kb](#)

To read the BreastScreen Evaluation Report [click here](#) (please note that the report is almost 300 pages).

To view BCNA's policy position on BreastScreen [click here](#).

To read more about the BreastScreen Program [click here](#).


BCNA will continue to monitor the issues raised in the Report, and will provide further updates through our website.

### Senate Inquiry into Gene Patents

On 3 August 2009 BCNA's CEO **Lyn Swinburne** and Policy Manager, **Michelle Marven** along with two of our wonderful advocates, **Kristie Smith** and **Heather Drum** presented to the Senate Community Affairs Reference Committee Inquiry into Gene Patents.

It was a powerful presentation that highlighted the varied experiences of women with a known gene mutation or a strong family history of breast cancer. Importantly, the presentation also reinforced the importance of women's opinions being considered in any decision making process. Both Kristie and Heather did a wonderful job presenting their stories and made a visible impact on the members of the committee.

**Heather's fantastic** presentation can be downloaded

here:  [Heather Drum - Submission to the Senate Inquiry August 2009 60.49 Kb](#)

### BreastScreen ACT's current position

BreastScreen ACT screen women 40 plus but target 50–69. We always say women over 40 are welcome to attend but we **don't** send reminder letters to women outside the target age. We have always screened women over 70 years. You may be interested in the info on our website [www.health.act.gov.au/breastscreen](http://www.health.act.gov.au/breastscreen) As I said previously, when the Health Ministers discuss the recommendations from the lengthy BreastScreen Australia evaluation the target age may change but as there are apparently a number of options being presented we don't how it will change. I think the key messages we tell women should remain the same:

- Screening has shown to be most effective in the target range 50-69 years
- Women 40 up are welcome to attend, although as women's breast tissue is usually more dense before menopause cancer can be harder to detect
- The recommendation is for women to screen two yearly
- It is free and only takes a small amount of time
- While it doesn't prevent breast cancer the earlier cancer is detected the better chance of good treatment outcomes
- Breast screening won't detect all cancers
- Women should check for any changes to the normal LOOK or FEEL of their breasts and go to their doctor if they notice any changes.
- The stats below are from the NBOCC website but based on AIHW stats. They will no doubt update that soon.
- The average age of first diagnosis was 60 years for a woman.

- The risk of breast cancer increases with age. About 24 per cent of new breast cancer cases diagnosed in 2002 were in women younger than 50 years; 50 per cent in women aged 50–69; and 26 per cent in women aged 70 and over.

### BreastScreen ACT

The ACT has one of the highest rates of breast cancer but only 55 per cent of women in the age group 50–69 yrs participate in the free BreastScreen ACT service. This is a great wake up call for women. Spread the word.

### Draft ACT research

**Claudia Cresswell, BreastScreen ACT** and **Janet Li** provided draft stats below on the higher incidence of breast cancer in the ACT as reported by **Dr Helen Zorbas, NBOCC**, at the BCNA Summit on 14 August. Janet Li from BreastScreen ACT's Cancer registry is undertaking a review of breast cancer in the ACT that is in draft form. Her findings so far are:

- The ACT women have a consistently higher median maternal age at the first childbirth
- The ACT has a higher proportion of childless females over 45 years compared to the national average
- The ACT women have a higher socio-economic status compared to all other states and territories
- The ACT women have a higher proportion of alcohol consumption at regular or risky level; and an insufficient intake of the recommended daily intake of vegetables
- The ACT women reported a slightly higher proportion of current use of hormonal replacement therapy (2001: ACT:22.4 per cent; Australia:21 per cent) (2005: ACT: 15.6 per cent; Australia: 11 per cent)
- The ACT women reported a slightly higher proportion of ever using oral contraceptives compared to national females (1995: ACT:26.7 per cent; Australia: 20.6 per cent) (2001: ACT: 28.8 per cent; Australia: 26.8 per cent).

**Pink Links** (Cancer Council ACT's support group for younger women with breast cancer) 6 October at **St Luke's Parish Centre, Newdegate St, Deakin**. All warmly welcomed. Call **13 11 20** or **6257 9999**.

### [Pink lends her strength to breast cancer survivors](#)

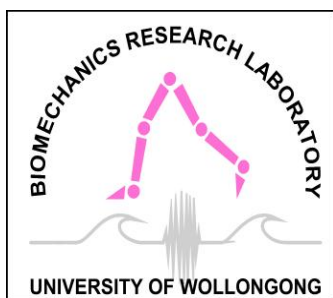
BCNA was delighted when Pink and our larger than life inflatable pink lady...  
<http://www.bcna.org.au/content/view/1048/1528/>

### [Breast cancer deaths at 18-year low](#)

New research has found that the breast cancer mortality rate is at its lowest level since the national screening program began in 1991. The report, from the Australian Institute of Health and Welfare, says the number of cancer cases has increased but the death rate is steadily declining. The report looks at the work of BreastScreen Australia, the joint program of the federal and state governments that aims to reduce breast cancer deaths through regular screening.

### Free mammograms

On 28 April, the ACT Government announced a new program offering free mammograms to breast cancer patients within six months. The Health Minister **Katy Gallagher** says the funding will be used to set up a new service at the Canberra Hospital. It may take another couple of months but **Mary-Lou Reid** is kindly chasing it up and will advise when the service commences.



### Building better bras for women living with a breast cancer diagnosis

- Our research to date has identified a need for comfortable exercise bras for women living with a diagnosis of breast cancer
- This study will provide recommendations for 'building better bras' for breast cancer survivors
- We need as many women as possible to complete this online survey by **1 November**  
[https://www.surveymonkey.com/s.aspx?sm=wFqhZ4fiToWqhF7vAJXAUg\\_3d\\_3d](https://www.surveymonkey.com/s.aspx?sm=wFqhZ4fiToWqhF7vAJXAUg_3d_3d)
- All survey responses are completely anonymous and will be treated with the upmost confidentiality.

**Dorothy Porter**, poet, Melbourne, aged 54, died from breast cancer, December 2008. The Dorothy Porter Studio at Bundanon was launched on 5 September. Bundanon, 1100ha of bush near Nowra, two hours south of Sydney, was gifted in 1993 by Arthur and Yvonne Boyd to provide a 'living arts centre', creating a retreat for visual artists, writers and musicians.

### Not the same

When you climb  
Out a black well  
You are not the same

You come to  
In the blue air  
With a long sore scar  
Circling your chest  
Like the shoreline  
Of a deep new sea

Your hands are webbed  
Inviting you to trust yourself  
In water stranger  
And wilder  
Than you've ever known

Your heart has a kick  
Your eyes have  
A different bite  
You have emerged  
From some dark wonder  
You can't explain

You are not the same.

**Dorothy Porter**

**Kerrie Griffin, Community Leader,  
Seat at the Table (SATT) Program, BCNA**

**Calendar of events** social below; paddling

go to [www.cdba.com.au/](http://www.cdba.com.au/)

Month	Date(s)	Event	Location	Notes
October	Saturday 24	<b>Dragons Abreast ACT Corporate Challenge Regatta</b>	Lotus Bay, Lake Burley Griffin	<a href="mailto:canberra@dragonsabreast.com.au">canberra@dragonsabreast.com.au</a>
	Saturday 24 8am–3pm	<b>BCNA Mini Field of Women at the Regatta</b>	Canberra Yacht Club Lotus Bay	Volunteers needed for the BCNA stall! <a href="mailto:Kerrie.griffin@act.gov.au">Kerrie.griffin@act.gov.au</a>
	Monday 26 12.30–12.55 pm	<b>BCNA Mini Field of Women at Calvary Healthcare</b>	Calvary Hospital, Bruce Speaker: tbc	Volunteers needed! <a href="mailto:robyn.chen@bigpond.com.au">robyn.chen@bigpond.com.au</a>
	Monday 26 October, 6.30 for 7.00 pm	<b>Bosom Buddies dinner for Australian Breast Cancer Day</b>	Top of the Cross, Canberra Southern Cross Club, Woden	<b>RSVP by 16 October BB</b> 0406 376 500 ( business hrs) <a href="mailto:bosombuddies@shout.org.au">bosombuddies@shout.org.au</a>
<b>2010 June</b>	11–13	<b>2010 IBCPC International Participatory Festival</b> , third international survivor regatta (after Vancouver and Caloundra)!	Peterborough, Canada	News coming soon to <a href="http://www.ibcpc.com">www.ibcpc.com</a>
	Watch out for new term	<b>YWCA Encore</b> 8 week gentle exercise program		contact: 6175 9951or <a href="http://www.ywca-canberra.org.au">www.ywca-canberra.org.au</a>

### Dragons Abreast Australia — Mission statement

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

### Keeping the spirit alive!

Next issue of the DA ACT newsletter — December 2009

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

Please submit any news, items and images by 1 December 2009 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)