



ABREAST of the NEWS

DRAGONS ABREAST CANBERRA under the umbrella of Breast Cancer Network Australia

PO Box 7191, Yarralumla ACT 2600 • DRAGONSABREAST.COM.AU • ISSUE 51 • SEPTEMBER 2013



Robyn Chen sweeping with fearless Captain Di Bradshaw and Elly McGinness stroking, winter 2013 Image: Wes Forrest

DA Canberra Corporate and Social Dragon Boat Challenge 20 October 2012

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

New venue: Weston Park

Coordinator's report

It is great to be back after three months overseas. This group of strong, talented, caring and capable women pulls together when the going gets tough. I would particularly like to thank **Di Bradshaw** and **Anne Baynes** who stood in for me while I was away. I would also like to give a special thanks to those who stepped up recently when **Frances Heaney** needed help: **Di, Susan Pitt, Deb Whitfield** and **Judy Cluse**.

It takes many people to make a team and we are a great team at DA. This year has been another tough year in many respects, but also a very caring, sharing and fun filled year.

Spring weather is wonderful and the lake is so beautiful with flowering trees and shrubs all around. We are so lucky to live in such a beautiful city!



DA Canberra Committee: Frances Heaney, Di Bradshaw, Patsy Sheales, Anne Baynes, Judy Cluse, Katherine Kralikas and Julie Kesby, 14 September 2013 Image: Kerrie Griffin

As well as regular local DB ACT regattas we are well into preparations and training sessions for our **DA Canberra corporate regatta on Sunday 20 October**. Another special event is a **Trivia Night Saturday on 16 November**. So mark your calendars. We hope to see YOU at both activities!

Dragon Spirit Award

Congratulations to **Frances Heaney** who exemplifies the Dragon Spirit Award by tirelessly working, promoting and supporting Dragons Abreast Canberra.

Frances Heaney came on in full force putting her hand up for the Project Manager position for the annual Regatta — she did not know what she was in for! Seriously, Frances is such an asset in many ways to DA Canberra. She attended many DBAC meetings with or without me! She is in the process of becoming a sweep and has filled in for other teams. I thank Frances for your support and friendship this year.



Frances Heaney, Dragon Spirit Award 2013 presented at the DA Canberra AGM 14 September 2013 Image: Kerrie Griffin

Past winners of the Dragon Spirit Award

2005 Sylvia Flaxman
 2006 Anna Wellings Booth and Robyne Kellett
 2007 Jan Skorich
 2008 Kerrie Griffin
 2009 Narelle Powers and Marion Blake
 2010 Elspeth Humphries and Mary-Lou Reid
 2011 Judy Cluse
 2012 Cindy Young and Viki Fox



Lotus Bay, DAA Convention, 17 May 2013 Image: Wes Forrest

The year that was

- Successful Corporate Regatta 'Pirate' theme
- Conducted a reassessment of the Corporate Regatta
- Participated in regular local regattas
- Some members attended Jindabyne Flowing Festival and came home with bling!
- Participated in the Pan Pacific Games, Gold Coast
- Paddled at the Chinese New Year Regatta, Sydney
- Paddled with the **Mothers Day Classic**
- Held two very successful Dragon Musters hosted by **Theresa Kerby** and **Robyn Chen**
- HOSTED NATIONAL DAA Convention** in May
- **DAA Unity quilt** launched by Marion Blake
- Front cover of the *CONTACT*, the Community Services book
- 'COVER GIRLS'** 2013-14 Canberra telephone directory
- Purchased new boat covers for *GoAnna* and *Gecko* and repaired *Goanna* with many thanks to **Deb Whitfield** and **Boerge Alexander**
- Participated in Canberra Centennial Celebrations
- Planted bulbs on Springbank Island
- Purchased and installed a park bench near Lennox Gardens in honour of former member **June McMahon**
- Purchased 40 new paddles
- Purchased new DA flag/banner
- Official sponsors came on board:
Fernwood Belconnen/Gungahlin and **Edmund Kralikas Financial Services**
- Continued with collections at **Handmade Market**
- Continued Fernwood gym membership
- Purchased new first aid kits for both boats
- Distributed DAA pamphlets at local doctors surgeries
- Ordered new DA Canberra uniform racing tops
- Mentoring program going along well
- Held regular successful 'Come and trys' thanks to **Mim Forrest** and team
- All members received DAA member booklets from head office
- Changed name to **DB ACT** (in lieu of CDBA)

DRAGONS ABREAST – keeping the spirit alive!

- Held raffle for Lee Kernigan tickets kindly donated by Cindy Young
- Sent donations of bras, prosthesis and other items to Solomon Islands organised by **Karen Visser**
- Using new online **DB ACT** membership system
- Members spoke at **Encore** and **Bosom Buddies**
- Stepping out* information sessions
- DA members continued to assist with the BCNA Bakers Delight Pink Bun Campaign
- National Paddle Day was well attended
- Members are anxiously looking forward to the **Ord River Paddle in June** and also the **International Breast Cancer Participatory Festival in Florida** in October with full teams and waiting lists
- Some team members participated in ACT teams nationally and internationally
- Di Bradshaw** selected as flag bearer representing all DAA at National Championships
- Our own **Marion Blake** is a casual non-executive Director on the Board of Dragons Abreast Australia
- RECORD SET**: DA Canberra competed in their first ever 2 km race!

International Breast Cancer Survivor Dragon Boat Festival in Florida, USA in October 2014.

Teams are limited but thanks to **Di Bradshaw** DA Canberra's participation and accommodation are confirmed so all we have to do is keep training.

DA Canberra 2013 Committee

| | |
|---|--------------------|
| Coordinator | Patsy Sheales |
| Assistant coordinator | Frances Heaney |
| Secretary | Anne Baynes |
| Treasurer | Judy Cluse |
| Member/Boat Captain | Di Bradshaw |
| Member | Joy Tonkin |
| Member | Julie Kesby |
| Ex-officio member | Katherine Kralikas |
| working on our 15 th anniversary event | |



Senator Kate Lundy, Patron DA Canberra (2nd from right) with Dragons Abreast Australia Board members, Sue Bowen Chair, Genevieve Carruthers, Marion Blake, Anne Stowe and Jo Parry, DAA Convention welcome reception, Parliament House, 17 May 2013 Image: Wes Forrest



DA Come and Try 22 September 2013 Image: Kerrie Griffin

Come and try

A very big thanks to **Elly McGuinness, Clare Purcell** and **Maureen Wilde** who are this year's organisers with some new ideas. Sunday 22 September was a very successful come and try session and lots of fun and helpers. We were all surprised and delighted to appreciate *GoAnna's* new paintwork and non slip bottom.

Trivia Night Saturday 16 November

I encourage you to keep the date free and spread the word. Put together a table of eight and share the fun. Two young enthusiastic ladies are staging this event and are excited about working with us.



Annette Dean, Trish Holdsworth, Frances Heaney and Marion Blake, sweep DA Come and Try 22 September 2013 Image: Kerrie Griffin

BCNA Pink Ribbon Ride, Old Parliament House Sunday 20 October

Trish and Gordon Holdsworth are organising a BCNA fundraiser at 10.30am at Old Parliament House with 200 motor cycles. Trish will visit our regatta around 8-8.30am. Trish organises the annual Salvation Army blanket appeal bike ride each year. Tonkatough10@hotmail.com

Handmade Markets

It is a fantastic opportunity to promote breast cancer awareness and also collect donations for local charities. We thank **Julie Nichols** and her team and encourage members and friends to support the Handmade Markets and [Shop Handmade Canberra](#). Thank you to **Karen Visser, and team** who collected \$1500 on 9 June and to the volunteers for the next one on **6 October**. Contact to volunteer: Kaz.visser@hotmail.com
www.handmademarket.com.au
<http://www.handmadecanberra.com.au/our-story/handmade-charities.html>



Claire Purcell, Di Bradshaw, Katherine Kralikas and Elly McGuinness, (Maureen Wilde absent) DA Come and Try organisers 14 September 2013 Image: Kerrie Griffin

I would also like to thank the organising committee for the **DAA National Convention**. We were so proud and pleased with the whole event and thank the membership of DA Canberra for all their support for a fantastic event. The committee comprised **Marion Blake, Anna Wellings Booth, Boerge Alexander, Bea Brickhill, Lee Moyes and Patsy Sheales**.

The **non committee roles** are extremely important because it spreads the load and also involves more people in our great group. Thanks to everyone.

A special thank you to our **Wes Forrest** who has taken so many photos and generously shared them. You are very special to us!

Of course, I thank all of you for your participation throughout the year. Last but not least, I want to thank Grand **Anna** for getting me involved in Dragons Abreast and for being my unassigned mentor and friend for another year! Thank you and all the best for the year ahead!

Our thoughts are with **Sue Drew** and **Mary-Lou Reid**. We hope to see everyone soon paddling, at coffee. Paddles up!

Patsy Sheales

Coordinator Dragons Abreast Canberra
canberra@dragonsabreast.com.au

DAA website

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

Fernwood Thank you for your sponsorship at:
[Belconnen Gym](#) and [Gungahlin Gym](#).

Merchandise

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

DAA Convention Healthy clubs presentations and images

<http://www.dragonsabreast.com.au/other-documents/>
http://www.dragonsabreast.com.au/wp-content/uploads/canberra_conference_evaluation_results.pdf



© Paul Juvak Kayakcameraman

<http://www.canberratimes.com.au/photogallery/act-news/kayak-cameraman-best-of-july-20130730-2qvn.html?selectedImage=8>
Susan Pitt and Julie Kesby led DA Canberra in exercises,
27 July 2013, Image: Paul the kayakcameraman

A-Z of Zen

Patsy reminded us all at the AGM about the ethos of Dragons Abreast and spoke of all who were experiencing family losses or dealing with illness. Here's a wonderful little gem from the *A-Z of Zen*

U is the universe

When things are looking down, look up.
Sometimes realising our cosmic insignificance can put our troubles into perspective.

Have faith, trust in Fate, be free.
The Universe is there to support you.
Climb on board.

E for enthusiasm

For enthusiasts, life is an adventure, a playground, a theatre, a dragon boat, a regatta, a love story, a roller-coaster, a dance, a garden, a gift, a blessing, a blast, a thrill...

Let your Enthusiasm lift you higher.

Wherever it takes you,
it will be the right place.

(To get all you can from life,
Put all you can into it.)



Robyn Chen sweeping with fearless Captain Di Bradshaw and Elly McGinness stroking, winter 2013 Image: Wes Forrest

Dragon Muster

Another successful Muster was held on Wednesday 28 September at the Meeting Room at the YMCA Fitness Centre at Chifley. Approximately 30 members attended and as usual the food and beverages tables were groaning under an array of fine cuisine and drinks.

Despite determined and much enjoyed socialising **Di Bradshaw**, our MC, ensured work was also accomplished. **Frances Heaney** gave an update on the organisation of the upcoming Corporate Regatta; and coach **Narelle Powers** provided information about the 2014 trips to Florida and Ord River. **Jan Skorich** thanked **Felicity Pik** who designed our wonderful colourful scarf for the international DAA regatta in Caloundra 2007. The scarves were gifts in the welcome packs for delegates at the DAA National Convention in May.

The new venue at Chifley YMCA proved successful. Thanks to everyone for pitching in and cleaning up the venue which was left sparkling clean in record time. **Theresa Kerby** and **Robyn Chen** would once again like to thank all who attended for their contributions to the success of the evening.

Robyn Chen

GoAnna

GoAnna is back at Lotus Bay and she looks beautiful. Paul has done a fantastic job, He and his wife said that if we buy the paint for the outside he will paint her for free in the off session. His brother, a signwriter, will redo *GoAnna* etc, on the side for free. Please take time to enjoy *GoAnna* when next we take her out.

Debbie Whitfield

Absolutely sparkling and I know that she will be well loved and cared for over the season. The no slip paint will keep everyone safe and we shouldn't have any slips and falls, bring on next winter's ice! Thank you to the **Diamond Phoenix** and **Sue** and **Ed Taylor**, **Ice Dragons**, who helped unload our lovely boat. Like so many of the clubs they are always quick to assist us.

Boerge Alexander

UC lifts for lymphedema

19 July 2013: As outlined at the DAA National Convention, groundbreaking research at the University of Canberra found exercise is beneficial for women with breast cancer related lymphedema. Assistant professor in exercise physiology, **Kate Pumpa**, led the study and hopes to create new clinical guidelines based on the research.

Watch the video story below:

<http://www.canberra.edu.au/monitor/2013/july/exercise-research>



Unity quilt launch, DAA Convention, 18 May 2013 Image: Wes Forrest

Dragons Abreast Unity Quilt

The Unity quilt featured in the *International Breast Cancer Commission newsletter*
<http://www.ibcpc.com/documents/Final%20SeptNewsletter%202013.pdf>

The quilt project began in Canberra in August 2012, evolving from a thread of an idea at coffee and woven into what became a really beautiful work of art. The stunning squares that you and your members decorated and contributed now represent your group. They were joined together by a small team in Canberra — **Boerge Alexander, Lee Moyes, Gillian Styles and Marion Blake.**

Squares contributed by the following 37 DAA groups:
 ACT: Canberra
 New South Wales: Illawarra, Penrith, Byron Bay, Central Coast, Clarence Valley, Coffs Coast, Hunter/Newcastle, Orange, Wagga Wagga, Camden Haven, Dubbo, Merimbula, Sydney,
 Queensland: Bribie Island, Gold Coast, Mackay, Sunshine Coast, Townsville, Brisbane, Bundaberg, Redcliffe, Bunbury, St George, Mt Warning
 Tasmania: Devonport, Hobart, Launceston
 South Australia: Adelaide, Port Lincoln
 Victoria: Ballarat, Peninsula, Bendigo, Geelong, Gippsland, Melbourne,
 Northern Territory: Darwin
 Western Australia: Bunbury
 DA Canberra Quilt Team
 Marion Blake, Boerge Alexander, Lee Moyes, Gillian Styles



Frances Heaney hard at work organising the DA Canberra regatta on a Bali beach holiday, July 2013

What is a good exercise routine for survivors?

Dr Don McKenzie, founder and coach of the first breast cancer dragon boat team, **Abreast In A Boat**, Vancouver, British Columbia, Canada (1996) does a regular column in the IBCPC newsletter. www.ibcpc.com

There are some position statements (American College of Sports Medicine) but the specifics of the exercise prescription are yet to be defined and represent a focus of the work we are doing at the University of British Columbia. Several years ago I developed the *Physical activity guesslines* for exercise in the breast cancer population and they are still useful until more precise information is available.

1. **Aerobic activity:** mild to moderate intensity (Mild= can easily converse. Moderate= you can carry a conversation but appreciate that you are exercising), 3–5 sessions per week, 20–60 minutes (depends on intensity), any continuous activity — walking, cycling, swimming, paddling etc.
2. **Resistance exercises** (weight training): Very important to include this. All major muscle groups, 2 sets of 8–12 repetitions, 2–3 sessions per week. If you are unfamiliar with this type of activity it is critical to get some instruction.
3. **Proprioceptive exercises:** Balancing drills — important for all of us as we get older. We have studied 'interval training' in a group of women at the gym and found it to be safe and result in significant gains in fitness. The advantage is that it takes much less time than the continuous aerobic activity. An example would be exercising for 1–2 minutes at 80–90% of maximum capacity; recovering for 2 minutes and repeating the interval 4–6 times. This high intensity-short duration physical work requires the use of a heart rate monitor, needs to be introduced carefully and should be supervised at this point in time.



Karen Visser providing prostheses to Sister Helen Orihao, Nurse Educator, Solomon Islands, July 2013 Image: Karen Visser

Thanks from the women of the Solomons

During June and July many dragon ladies donated and collected spare bosoms, bras, wool, patterns, needles, felt, threads — in fact, I took over 120kg to the women of the Solomon Islands. I went for a month to teach Economics, help start up a women's craft centre and donate some useful things to the breast cancer survivors.

Sister **Helen Orihao**, Nurse Educator at the No. 9 Referral Hospital in Honiara was very appreciative as breast prostheses are too expensive and this will enable women to make their own, correctly weighted prostheses. More about the fate of your other gifts in the next newsletter.

Karen Visser

Jude's new paddle sings!

On Tuesday 27 August after the early morning paddle **Jan Skorich** surprised and amazed me by giving me her spare paddle. At the time, and I remain, deeply touched by this. I was going to make a public acknowledgement of this and my thanks at the Dragon Muster after the business, but somehow it didn't seem the right time.

Now there is some story to tell as well. On Tuesday 2 September the morning paddle was my first chance to put the paddle in the water under my hand. No one would have known on the boat — but I knew! It was so light in my hands — a perfect fit — and it sang as we reached and dug into the water. I embrace the journey with this wonderful gift and thank you, Jan, for knowing it was meant for me!

Kerrie asked me to say a bit about my work — because it is a passion of mine it comes from my history and some deep places within, so a flavour of this is in this short piece.



Jude Smith, Nigeria 2009

I was born in Africa in 1952, of colonial parents, reared by an African woman whom I loved — a wild child playing in the back, away from the big house, with the servants' children — dirty and happy. I knew boarding school from age five and learnt to speak English just before I went. I was homesick, very homesick actually, but did well in school. My father was thrown out of Tanzania by the president in 1968; we were gone within 24 hours and I met my parents en route to London. A shocking experience for me and I'm sure for them, one suitcase each, everything left behind us. I didn't settle well in England, it was not home to me and I had no affinity with the people either. I studied psychology, possibly to try to make sense of my world, and moved to Perth and began to practice.

I first met Aboriginal people through troubled youth that I'd visit at night in their squats, and had a great and instant attraction to them. I went on to run an NGO for 5 years and focused on these kids and learnt of their troubling circumstances, going on to read about the history of Australia, post settlement stuff mostly. I studied criminology and went on to a Masters in 2002. I was fortunate to lead some of the key improvement initiatives in the justice sector in WA, working in the State justice Department, mainstream and ATSI, but always there was a call to work more specifically and nationally on justice issues with ATSI. In 2003, I came to Canberra, working with AusAID on their Papua NG Desk. I came to learn what I could in the international Indigenous justice context. Five years later I moved to the Federal Attorney-General's Department to work in the Indigenous Justice and Community Safety Branch.

I worked in the policy area first and managed a national consultancy from which I developed, with an able team, the first National Indigenous Law and Justice Framework. It has been signed up to by all States and Territories, and is about to be reviewed and revised. I work now in the program delivery



Jude Smith and Bunja, her husband, Nigeria 2009 They ran a charity for three years which paid to build an orphanage and other smaller needs like water to parched villages.

area, designing, implementing, and evaluation justice initiatives on the ground with ATSI people and the justice system — trying to find ‘what works’ to reduce the overrepresentation of ATSI people in the criminal justice system. I use my psychology and my criminology in this work but also my business experience. I work with some inspiring people in this office and most certainly on the ground in the ATSI community. We are beginning to identify some things that do ‘work’.

When it is the norm for youth to go to jail and recidivate (keep reoffending), we know we have a big problem — that is the state of play for ATSI youth generally in this nation — the First Nation People. The impact on adulthood, perpetuating disadvantage, chronic neglect in the home etc, are obvious I think.

I salute you as a wonderful group of women that I enjoy charging around the lake with, and those I work with. Mostly, I'll take this opportunity to salute my husband — a major support and inspiration to me. My total fortunate to meet him at the Tent Embassy soon after I arrived. An Elder and leader of the Walbunja People of the South Coast of NSW. Bless you all.

Jude Smith



DA Canberra AGM, 14 September 2013 Image: Wes Forrest



Image: Telstra phone book 2013

Check out this training paddling link

<http://www.dragonflyers.net.au/training/newbies.htm>



Warm up and training times

| | | |
|-----------------|--------------------|------------------|
| 6.15 for | 6.30am | Tuesdays |
| 5.30 for | 5.45pm | Wednesday |
| 8.00 for | 8.30–9.30am | Saturdays |

Contact:

leea@millpost.com.au

Lee Moyes

Some great paddling technique tips:

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

or **Elspeth Humphries** humphries44@ozemail.com.au

Weather watch

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

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

[Dragons Abreast Canberra Dawn Paddle](#) (62 photos)

Images to entice everyone to Tuesday morning paddling:

Narelle sweeping, Frances and Sylvia stroking, 22 January 2013

images: Chris Holly

Under the pink umbrella



Breast
Cancer
Network
Australia

www.bcna.org.au



BCNA Mini Field of Women at the Dragons Abreast Canberra Corporate and Social Regatta 20 October 2012

Invitation: All welcome to the **BCNA Mini Field of Women** at the **Dragons Abreast Canberra Corporate and Social Regatta** at **Weston Park** on **Sunday 20 October 2013**.

Special offer for BCNA members



28 August 2013 For a limited time only, BCNA members can now purchase the new book: ***Breast Cancer: Taking Control*** online at a discount.
<http://www.bcna.org.au/news/2013-08/special-offer-bcna-members>

BCNA Summit

Frances Heaney represented DA Canberra and **Gillian Styles** as a Community Liaison representative were selected by BCNA as ACT participants at the BCNA Summit in Sydney on 8–9 August. The BCNA Summit is a fantastic opportunity to network, share knowledge and experiences, and develop skills to support members.

I found the Summit very powerful; lots of information, guidance for working together and a great place to share support for others. I constantly praise BCNA for the work and professional organisation that it is.

Gillian Styles

See video presentations in the link below:

<http://www.bcna.org.au/events/bcna-national-summits/summit-presentations>



Frances Heaney and Professor Kerry Phelp, BCNA National Summit, Sydney, 8 August 2013

Professor Kerry Phelp

Professor Phelp spoke about what normal health should feel like, and shared her simple three-step approach to achieving 'ultimate wellness'.



Frances Heaney and Professor Fran Boyle, BCNA National Summit, Sydney, 8 August 2013

What's on the horizon? Breast cancer treatment and care

Professor Fran Boyle

Breast cancer treatment has changed substantially and become much more effective over the past decade, with greater understanding that breast cancer is not one but many diseases. This knowledge has allowed for a more personalised approach to care. Professor Fran Boyle covered some of the unanswered questions about treatment and care. For more information [download Professor Fran Boyle's presentation slides](#)



Frances Heaney and Raelene Boyle, BCNA National Summit, 9 August 2013

Women supporting women

Raelene Boyle's message to National Summit delegates
<http://www.bcna.org.au/events/bcna-national-summits/summit-presentations>

Tribute Field of Women



Raelene Boyle at the inaugural BCNA Mini Field of women, Canberra organised by **Anna Wellings Booth**, October 1998
18 Sep 2013

BCNA is thrilled to be holding a *Tribute Field of Women* in Sydney during Breast Cancer Awareness Month and as part of our 15 year celebration.

BCNA latest news

Financial and practical assistance

09 Sep 2013

BCNA has produced two new resources: the Financial and practical assistance factsheet, and a video for managing expenses. Both can be accessed on the Practical Issues page of the website.

ABC Radio discusses the value of life

2 September 2013

On Sunday 1 September, ABC Local Radio hosted a discussion on the value we place on extending the lives of Australians with cancer.

Four Corners investigates high cost drugs

27 August 2013

Four Corners investigates high cost drugs for people with advanced cancer. It featured interviews with a number of Australians living with advanced cancer, and their medical oncologists, about their treatment.

Out of pocket after breast cancer

27 August 2013

BCNA member and Community Liaison Helen Williamson spoke out about the extensive out-of-pocket costs she incurred after her breast cancer diagnosis.

A baker's dozen years of partnership with Bakers Delight

19 August 2013

BCNA feels honoured to mark 13 years - or a 'baker's dozen' - of unwavering support from Bakers Delight for Australians affected by breast cancer.

Victorian Government announces \$250K funding to BCNA

16 August 2013

Victorian Premier Denis Napthine yesterday announced \$250,000 of Victorian Government funding for a new BCNA-led breast cancer survivor program.

A pink force to be reckoned with

15 August 2013

Almost 300 breast cancer survivors from right across Australia joined forces in Sydney last week at a national breast cancer summit hosted by BCNA.

Federal Election 2013 Submission

8 August 2013

Ahead of the 2013 Federal Election, BCNA is seeking a commitment from a future Federal Government to reduce the financial burden on Australians with breast cancer and provide specialist advanced cancer care nurses.

Tamoxifen an option for high risk women

6 August 2013

BCNA has welcomed new research that has found that the breast cancer drug tamoxifen reduces the risk of breast cancer in women who at high risk due to an inherited BRCA1 or BRCA2 gene mutation.

Outstanding leadership in cancer care

2 August 2013

BCNA congratulates Professor Fran Boyle on receiving the Medical Oncology Group of Australia-Novartis Oncology Cancer Achievement Award 2013.

July Research Bulletin now available

31 July 2013

This month's BCNA Research Bulletin offers a variety of interesting research stories about young women, rural issues, women with breast cancer in the family, and those living with secondary breast cancer.

Study finds immune cells might boost cancer risk

Researchers have found immune cells which protect the body from disease could also increase the risk of breast cancer. Adelaide University study finds immune cells might boost breast cancer risk. The next phase of research will focus on immune cells in women.

Angelina Jolie's surgery

14 May 2013

Actress Angelina Jolie shared publicly her decision to have a risk reducing double mastectomy.

- You can read Angelina Jolie's full article on [The New York Times website](#)
- Read [BCNA's Breast cancer in the family page](#)
- Read [BCNA's Family History fact sheet](#)

Get involved with BCNA

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

This issue focuses on **creating change** – issue 64, Spring 2013

- [Download issue 64 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>

Strengthen your recovery: A Pilates program following breast cancer surgery

Fiona Eakin, former Canberra Pilates instructor and breast cancer survivor, devised the graduated program

<http://www.bcna.org.au/new-diagnosis/treatment/surgery/staying-mobile-after-surgery>

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 2050.

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 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

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/>

Ten years of tamoxifen may be better than five

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

NBCF launch Register4

The concept is very similar to BCNA's Review & Survey Group,

Otis Foundation retreats

We are very privileged that Elspeth Humphries' family allows visitors to *Creekside* during summer.

<http://www.otisfoundation.org.au/OTISSanctuaries.asp?SanctuaryID=6>

Bosom Buddies

Come to a social event and let us know you would like to take part. bosombuddies@shout.org.au

Eleanor Bates, President, [Bosom Buddies](#)

Bosom Buddies Australian Breast Cancer Day dinner
 Canberra Southern Cross Club, Woden
 \$65pp for Bosom Buddies members and 1 guest; and
 \$72 per person for non-members
 RSVP by 18 October to Ann Nelson on 0413 861 731 or
mrsnelson2@gmail.com.

YWCA Encore

www.ywcaencore.org.au September 2013
 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

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>
 New venue: 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

Prosthesis recycling Contact Jan Murphy 0402 188 361
janaliveandwell@hotmail.com.au

Team training as a predictor of reduced recurrence among breast ...

Terry Mitchell, PhD, Director of the Centre of Community
 Research Learning and Action and Associate Professor,
 department of Psychology, Wilfrid Laurier ...
www.dragonsabreast.com.au/.../TeamTrainingReducedRecurrence.htm

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

Improve your brain health and performance
Build your Personalised Training Program
http://www.lumosity.com/landing_pages/188

Kerrie Griffin
consumer representative
Seat at the Table (SATT) Program, BCNA





11th Dragons Abreast Canberra Corporate and Social Dragon Boat Challenge 20 October 2012

All teams can download regatta images courtesy of Chris Holly Check Facebook for more: <http://on.fb.me/VhVm0u>
<http://www.facebook.com/dragonsabreast>

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 |
|--|-----------------------|---|---|--|
|   | Sunday 6 | Handmade Market | National Convention Centre Canberra | Volunteers needed to collect donations Kaz.visser@hotmail.com |
| | Sunday 20 | Dragons Abreast Canberra Corporate Challenge Regatta | Weston Park, Lake Burley Griffin | Volunteers needed ACTregatta2013@dragonsabreast.com.au |
| | Sunday 20 8am–2pm | BCNA Mini Field of Women at the Regatta | Weston Park, Lake Burley Griffin | Volunteers needed for the BCNA stall! |
| | Sunday 20 10.30am | BCNA Pink ribbon ride | Old Parliament House | Trish Holdsworth Tonkatough10@hotmail.com |
| | Monday 21 Time tbc | BCNA Mini Field of Women at Calvary | Calvary Hospital, Bruce Speakers tbc | Volunteers needed for the BCNA mini field and stall! |
| | 26 | DB ACT regatta 200M, 2KM | Grevillea Park, Lake Burley Griffin | canberra@dragonsabreast.com.au |
| | Monday 28 | Bosom Buddies Australian Breast Cancer Day dinner | Southern Cross Club, Woden | RSVP by 18/10/13 0413 861 731 or mrsnelson2@gmail.com . |
| November | Saturday 2 | Come and Try session and June's bench party | Lotus Bay, Yarralumla | canberra@dragonsabreast.com.au |
| | 9-10 | Battle of the Sports – Bridge to Bridge DB ACT regatta 200M, 2KM | Grevillea Park, Lake Burley Griffin | canberra@dragonsabreast.com.au |

| | | | | |
|-------------------------|---|---|-------------------------------------|--|
| | Saturday 9 | Come and Try session | Lotus Bay, Yarralumla | canberra@dragonsabreast.com.au |
| | Date tbc | DA Regatta wind up party | Venue tbc | canberra@dragonsabreast.com.au |
| | Saturday 16 Stalls 6pm, Trivia 7.30pm | DA Canberra Markets and Trivia Night | Whitlam Room, Labor Club Belconnen | \$10 per person, tables of 8 RSVP Erika tonyanderika@grapevine.com.au |
| | Saturday 23 | DB ACT regatta 500M | Grevillea Park, Lake Burley Griffin | canberra@dragonsabreast.com.au |
| December | Sunday 1 | Wagga Wagga inaugural regatta | Wagga Wagga | canberra@dragonsabreast.com.au |
| | Saturday 7 | DB ACT regatta 100M I heart paddle fundraiser | Grevillea Park, Lake Burley Griffin | canberra@dragonsabreast.com.au |
| | Saturday 14 | DB ACT regatta 200M | Grevillea Park, Lake Burley Griffin | canberra@dragonsabreast.com.au |
| | Date tbc | DA Canberra Christmas party | Marion Blake tbc | canberra@dragonsabreast.com.au |
| | Saturday 18 | DA Canberra Christmas carols | Lotus Bay, Yarralumla | canberra@dragonsabreast.com.au |
| 2014 January | Saturday 11 | Paddling resumes | Lotus Bay, Yarralumla | canberra@dragonsabreast.com.au |
| | Saturday 18 | Come and Try session | Lotus Bay, Yarralumla | canberra@dragonsabreast.com.au |
| February | Saturday 1 | DB ACT regatta 500M | Grevillea Park, Lake Burley Griffin | canberra@dragonsabreast.com.au |
| | Sunday 9 | DA Chinese New Year regatta | Darling Harbour, Sydney | canberra@dragonsabreast.com.au |
| | Saturday 15 | DB ACT regatta 200M, 2KM | Grevillea Park, Lake Burley Griffin | canberra@dragonsabreast.com.au |
| | Sunday 16 | Flowing Festival - Lake Jindabyne. | Jindabyne | canberra@dragonsabreast.com.au |
| March | Saturday 1 | DB ACT regatta 500M | Grevillea Park, Lake Burley Griffin | canberra@dragonsabreast.com.au |
| | Saturday 15 | Come and Try session | Lotus Bay, Yarralumla | canberra@dragonsabreast.com.au |
| | Saturday 22 | ACT Club Champs 500M regatta | Grevillea Park, Lake Burley Griffin | canberra@dragonsabreast.com.au |
| | Sunday 23 | ACT Club Champs 200M, 2KM regatta | Grevillea Park, Lake Burley Griffin | canberra@dragonsabreast.com.au |
| April | Saturday 5 | DA Canberra 15th anniversary dinner | Venue tbc | canberra@dragonsabreast.com.au |
| | 15-20 | Australian Championships | Lake Kawana, Caloundra, Qld | hosted by QDBF over Easter |
| June | tbc | Ord River regatta | Ord River, WA | canberra@dragonsabreast.com.au |
| September | Saturday 20 8am–2pm | Dragons Abreast Canberra Corporate Challenge Regatta | Weston Park, Lake Burley Griffin | Volunteers needed ACTregatta2013@dragonsabreast.com.au |
| October | 24–26 | International breast cancer survivor dragon boat regatta | Sarasota, Florida, USA | http://www.ibcpc.com/2014Festival/IBPC2014Festival.htm http://www.sarasotabcs2014festival.org/ |

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 — November 2013

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

Please submit any news, items and images by 7 November 2013 to the newsletter coordinator

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



DAA Convention delegates, welcome reception, Parliament House, 17 May 2013 Image: Wes Forrest

DAA Convention Healthy clubs presentations and images hyperlinks

<http://www.dragonsabreast.com.au/other-documents/>

http://www.dragonsabreast.com.au/wp-content/uploads/canberra_conference_evaluation_results.pdf



11th Dragons Abreast Canberra Corporate and Social Dragon Boat Challenge 20 October 2012

All teams can download regatta images courtesy of Chris Holly Check Facebook for more: <http://on.fb.me/VhVm0u>

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