



ABREAST of the NEWS

DRAGONS ABREAST CANBERRA

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DRAGONSABREAST.COM.AU

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DA Canberra and supporters, AusChamps, Lake Kawana, Queensland 6 March 2018 *Image:* Julie Chynoweth



Jodi Fraser, Pene Lee, Jen Green and Julie Kesby, Christmas party 10 December 2017 *Image:* Kerrie Griffin

Coordinator's report



Christmas carol paddle 13 December 2017 *Image:* Frances Heaney

Christmas carol paddle

Some fun paddling and singing carols as we paddled around the lake for our evening paddle on 13 December. Thanks for leading the singing **Alison Kesby** and for sweeping us **Frances Heaney**. We had a few cyclist fans and others walking around Lake Burley Griffin on a lovely evening. Some children, at the Yacht Club having picnics, were very excited by our singing.



Julie Kesby in action, Christmas party 10 December 2017 *Image:* Kerrie Griffin

Christmas party and barefoot bowls

We held our 2017 Christmas celebration with barefoot bowls and a festive frolic on 10 December. Thanks to the Social Committee for a great afternoon of bowls and all the setup for our festive frolic evening. Some good fun shared with bowling. DA Canberra Coordinator, **Julie Kesby** presented an overview of the 2017 activities and presented some special thank yous. The Social Committee presented fun awards to members and we raised our glasses to toast our founder, **Anna Wellings Booth**: *A toast to Anna – GoAnna!*



Canberra Balloon Spectacular, 10 March 2018 *Image:* Kerrie Griffin



Canberra Balloon Spectacular, 10 March 2018 *Image:* Kerrie Griffin



Kerrie Griffin and Julie Kesby jointly awarded the Kashgar Cup, Christmas party 10 December 2017 *Image: Kerrie Griffin*

Kashgar Cup presentation

The Kashgar Cup is an annual award given to a Dragons Abreast Canberra member who has made an extraordinary contribution to the work of DA Canberra. This award started in 2006 when **Judy Richmond** and **Penny Birtles**, early DA Canberra members, were travelling the Silk Road together and saw this small pink jade teapot embellished with silver dragons at a market stall. They thought it would be great to bring something back to DA Canberra with real Chinese dragons.

At the 2017 Christmas party the Kashgar Cup was presented jointly to **Kerrie Griffin** and **Julie Kesby** by the previous recipients, the Come and Try team, **Elly McGinness**, **Maureen Wild** and **Clare Purcell**.



Annette Dean, Jeannie Cotterell, Julie Chynoweth, Clare Purcell, Elly McGinness, Maureen Wild, Cindy Young, Joan White and Robyn Chen, Christmas party 10 December 2017 *Image: Kerrie Griffin*



Frances Heaney presents Marion Leiba with the Narelle Powers Coaches Award, ACT Championships 17-18 February 2018 *Image: Frances Heaney*

Narelle Powers Coaches Award for 2018

Congratulations to **Marion Leiba** who was presented with the Narelle Powers Coaches Award for 2018 by **Frances Heaney** (our current DA coach).

'Marion has had an outstanding season. Her paddling and overall fitness has improved over the season. Marion rarely missed a training session the whole season. Marion has also stroked quite a few training sessions with her bench buddie **Joan White** and loved the new challenge of stroking. Marion raced in just about every DB ACT regatta. She will finish the season off with a bang at the Australian Championships in March at Lake Kawana, Queensland. Congratulations Marion — a coach's dream.' **Frances Heaney**



Frances Heaney, Marion Leiba and DA Canberra, ACT Championships 17-18 February 2018 *Image: Frances Heaney*



DA Canberra DB ACT regatta 3 February 2018 *Image:* Frances Heaney

Regatta news

Some great times for our Regatta 7 held on 20 January 2018.

'What a fabulous morning of racing to start the New Year. Fantastic regatta thanks to Dragon Boat ACT, all the volunteers and the three interstate teams, who attended. It was an awesome Women's B Final, we raced against the three interstate teams, Lachlan Dragons, Southern Waratahs and Colour City. Southern Waratahs taking the honours, DA in 3rd place in a fantastic race, only split seconds between the four boats crossing the line. Congratulations ladies a fantastic start to 2018.'

Times:

2 km: 14:56.82

200 m 20s: 1:02.00, 1:01.62, 01:03.24.



DA Canberra with Tom, drummer, ACT Championships 17-18 February 2018 *Image:* Frances Heaney

ACT Championships 17-18 February

What a great weekend of racing to end this DB ACT series of regattas. Many thanks to all crew members; our fantastic boat captain **Donna Lennon** for all her work over the regatta season; our sweeps **Frances Heaney, Susan Pitt, Marion Blake** and **Robyn Chen** for safely getting us down the course each regatta and motivating each crew; our drummers **Frances Heaney, Jodi Fraser, Wendy Ceravolo** and **Louise Walmsley**. Thanks to our Grammar helpers who helped us with our great timing. Special thanks to our coach **Frances**

Heaney who helped our team achieve some very impressive times over the season. Also, a big thankyou to all the great pink volunteers who helped make each DB ACT regatta tick. Times:

2 km: 14.19.46

200 m 10s:

Gecko 1.11.57, 1.12.16, 1.12.13

GoAnna 1:15.94, 1:10.90

200 m 20s:

0.57.84, 1.02.19

500 m 10s:

GoAnna 3:10.82, 3:03.42, 3.21.54

Gecko 3:10.53, scratched



AusChamps, Lake Kawana, Queensland 6 March 2018 *Image:* Julie Chynoweth

AusChamps March 5-6 2018

DA Canberra participated in both the 500 m and 200 m BCS 10s racing at the 2018 Australian Championships in Queensland, hosted by Dragon Boat Queensland (DBQ) at Lake Kawana. Some 16 team members were involved in crews over the two days of racing:

Dianne Bradshaw, Julie Chynoweth, Judy Cluse, Romy Collier, Katherine Davis Kralikas, Annette Dean, Jodi Fraser, Julie Kesby, Marion Leiba, Elly McGinness, Lyndall Milward-Bason, Janet Olsen, Susan Pitt, Clare Purcell, Patsy Sheales and Joan White.

Some good times were achieved by the team narrowly missing out getting in the finals coming fourth in the recharge for each distance. Thanks to **Frances Heaney** for coaching us for this type of 10s racing.

Congratulations to **Susan Pitt** who did an outstanding job sweeping the team over the two days, especially her reverse parking! Great work by our new drummer **Jodi Fraser** who motivated the crew to some great times. Congratulations to all the members who trained hard and achieved their own personal goals.

Thanks to all our supporters of the crew – **Joy Tonkin, Val Barger, Courtney Leiba, Greg Purcell, Cliff White, Jodi's parents and dog.**

It was great to celebrate with other pink paddlers from around Australia the reinstatement of the

breast cancer survivor category after our club and DAA lobbied AusDBF.

DA Canberra times for BCS 10s racing:

2:53.25 500 m heat

2:51.23 500 m recharge

1:10.40 200 m heat

1:09.53 200 m recharge

Donation to DA Patterson Lakes Pink Lotus

DA Canberra recently donated \$1000 to a very new DAA club DA Patterson Lakes Pink Lotus from our 2017 DA Canberra Social and Corporate Regatta. Many of you would have seen the artwork by their member **Linda Papworth** (Garland) to promote our regatta and also provide a watercolour artwork as one of our raffle prizes. The DA Canberra Committee thought a donation would be a good thankyou to Linda and her team members, as well as see our donation to DAA help grow a new club. We have received thanks from DA Patterson Lakes Pink Lotus and DAA.

DA Canberra member survey

The DA Canberra Social Committee recently met and designed a survey for all members to participate in. It is intended that responses to this February 2018 survey will canvass interest in future events and assist in preparation of a Calendar of DA Canberra events (to include paddling, regattas, and social events for comprehensiveness).

March 2018 events

March 2018 was a busy month for DA Canberra with participation in several events including: AusChamps at Lake Kawana, Queensland, Canberra Balloon Spectacular, DA Canberra Come and Try, Skyfire 2018, [Relay for Life](#), and the CAP Expo at the Old Bus Depot Markets.

- **Kerrie Griffin** took some great images of the [Canberra Balloon Spectacular](#), while **Clare Purcell's** eagle eye spotted a dragon boat in the [SMH images](#)
- **Julie Kesby** took [video](#) footage and images during our [Skyfire 2018](#) paddle. See [Facebook](#): <https://www.facebook.com/Dragons-Abreast-Canberra-448649108487643/>
- **Susan, Larissa, Kay** and **Karen** enjoyed paddling at the come and try session on 10 March. Thanks to the come and try team (**Clare, Maureen** and **Elly**) to our sweep **Robyn Chen** and coach **Donna Lennon**. Thanks to all for making it another special morning on Lake Burley Griffin. Our next is on **15 September** tbc.
- We had three pairs of sisters for the **Skyfire 2018** paddle on the 17 March – Lyndall and Jenny, Julie and Alison, and Anita and Eleanor.
- Thanks to **Susan Pitt, Jenny Green, Maureen Wild, Katherine Davis Kralikas** and **Robyn Chen** for volunteering on the information stand at the **Connect and Participate Expo Old Bus Depot Markets** on 24 March.



Susan Pitt and Jenny Green at the DA Canberra information stall, Connect and Participate Expo Old Bus Depot Markets, March 24 2018 *Image: Jenny Green*



DA Canberra and Sandra Turner CEO Cancer Council ACT, Relay for Life, AIS 24 March 2018 *Image: Kerrie Griffin*

Relay for Life, AIS

Many DA Canberra members and supporters did the Survivors and Carers lap together at the AIS and enjoyed a morning tea on 24 March. Great to catch up with **Sandra Turner** (CEO, Cancer Council ACT) at the morning tea.

DA Canberra members and friends raised \$3465 for the [Relay for Life](#) over 24 and 25 March.

We have several special events coming up including the annual **BCNA Pink Bun Campaign** during May (3-23 May).

Handmade Market

DA Canberra looks forward to being their charity partner on **5 and 6 May 2018** (the weekend before Mother's Day). Please volunteer a couple of hours to greet visitors and collect donations:

<https://doodle.com/poll/vtcqfmzen97vzewx>

Thanks to the [Handmade Market](#) **Julie Nichols**, founder, **Debbie Power** and their team.

Mother's Day Classic

DA Canberra is invited again to showcase dragon boat paddling at the Mother's Day Classic (MDC) and raise awareness about breast cancer on **13 May**. This is a great day to paddle up to the start of the various running/walking races. If you don't plan to paddle, please volunteer for the **BCNA stall** at Rond Terrace.

<http://www.mothersdayclassic.com.au/event-info/event-locations-map/canberra/>



Come and Try Session, Lotus Bay 10 March 2018 Image: Jenny Milward-Bason

Thanks to [Anita Godley](#) who is our new Assets and Equipment Officer and will work with sweeps on the weekly Who's Paddling Doodle. Thanks to [Donna Lennon](#) for her service in these roles. Donna, boat captain, will continue the regatta Who's Paddling Doodle. Thanks to [Kathy Hayes](#) our new Merchandise Officer. Sincere thanks to [Cindy Young](#) for 10 years of excellent service in this role.



Come and try session 10 March 2018 Image: Kerrie Griffin

In May, there will be a call for nominations for DA Canberra committee positions to begin their role after the AGM in September 2018. Please consider applying for coordinator or other roles.

Paddles up!

Julie Kesby

Coordinator, Dragons Abreast Canberra

Philosophy: *Awareness, Participation, Inclusiveness*

canberra@dragonsabreast.com.au

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

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

<http://www.ibcpc.com>

Fernwood Belconnen Thank you for your support of DA Canberra.

DAA news

DAA has recently updated the Survivor/Supporter Policy available at:

<http://dragonsabreast.com/images/PDF/SurvivorSupporter-Policy.pdf>



<https://www.facebook.com/FlorenceBCSfestival2018/photos/a.556544027833927.1073741828.551570458331284/894189520736041/?type=3&theater>

Florence, Italy: International Breast Cancer Paddlers Commission (IBCPC), 3-8 July

Registration update

Two more partner supporters (non-paddling) have registered as well as one more BCS paddler. Our current registrations entered into the IBCPC system for Florence are:

- 36 DA Canberra breast cancer paddlers (for one crew of 22 including 1 sweep and 1 drummer, and one crew of 14 including 1 sweep)
- 4 DA Canberra supporter paddlers
- 6 partner/friend supporter paddlers
- 7 partner non-paddling supporters
- 1 child supporter under 14

Please note that one of the DA Canberra breast cancer paddlers included above has had to withdraw, so we are looking for a replacement.

A total of **54** people are registered at this time.

There are also several family members and friends who will be travelling with the team who haven't registered for the event.

Other Florence news

- Florence paddling shirts for our BCS and regular paddling supporters have been ordered.
- Our uniform committee is in the process of finalising our 'parade costume'.
- The dates and times for our single practice paddle are locked in.

A further update will be sent to participants soon.

Sincere thanks to **Maureen Wild**, Treasurer.



DA Canberra dinner, AusChamps, Lake Kawana, Queensland 6 March 2018 *Image: Julie Chynoweth*



DA Canberra, AusChamps, Lake Kawana, Queensland 6 March 2018 *Image: Julie Chynoweth*

Susan's take on the Nationals 2018

DA Canberra competed in the 2018 Nationals, held at Lake Kawana, near Caloundra, and it was awesome. We paddled, went to the beach and watched the best paddlers, sweeps and drummers in Australia.

DA was on the water for four races over two days — the 10s 500 m and 200 m races in the breast cancer category. It was so worth it. We cheered on our DAA flagbearer **Corina Bradley** from DA Brisbane at the opening ceremony on a hot and humid Saturday.

Sunday was amazing — watching the best paddlers compete in the state versus state events. The ACT Fire teams did really well with all teams bringing home medals. Our **Frances Heaney** swept the Premier women in the 500 m to silver.

Frances swept the Premier women then **Deb Whitfield** swept the Premier men to bronze in the 100 m relay. It was tough conditions, very windy. ACT juniors were particularly strong.

Monday was our turn on the water in the 500 m breast cancer races. No way could I have swept, no way **Jodi Fraser** could have drummed and no way the paddlers could have managed the challenging conditions if **Frances** hadn't prepared us. It was fast turn arounds, with only six minutes between races, and strong cross winds. Backing up to the pontoons and holding on the start with strong cross winds. Started well, pretty good for 400 m but couldn't lift to get into the final, then we came 4th in the repechage. No final for us. Some stayed to watch 20 boats compete in the 2 km race. Some headed to the beach, or pool. Some found out supermarkets close early up north and our team's hot chook dinner become a pizza night.

Tuesday was the 200 m and we pretty much did as well as Monday with OK starts but not a strong enough finish in even windier conditions. DA Brisbane, aka *Missabittatitti*, won gold in the 200 m and silver in the 500 m. DA Canberra consoled ourselves with a team dinner and medals presented by our supporter **Val Barger**.

Thanks to **Frances** for the team management and coaching and **Julie Kesby** for the encouragement to enter a team. Thanks to the Canberra officials working on mustering, marshalling, judging and **Gillian Styles** as chief official. Very familiar faces.

Thanks to **Lyndall Milward-Bason** and **Martin Squire** for paddle bag and transport duties. Particular thanks to all our supporters who travelled to the Nationals and to Jodi's family for cheering. The Nationals 2019 will be in Canberra. We will put in a huge effort hosting and competing. All hands on deck!

Susan Pitt, Assistant Coordinator

Lake Burley Griffin facts

<https://www.nca.gov.au/sites/g/files/net791/f/Navigational%20Map%20of%20Lake%20Burley%20Griffin%20October%202017.pdf>

Volume 33,000,000 m³ (33 GL)

Area 716 ha

Shoreline 40.5 km

Depth 0 to 17 metres

Catchment 1860 km², extends

80 km in a south easterly direction

First filled 17 October 1964

Scrivener Dam facts

Concrete gravity

Completed 1963

Height 24.7 metres

Crest length 235 metres

Gross capacity 33 gl

Principal task to maintain lake at 555.93 AHD +/- 150 mm



Susan Pitt sweeping, Canberra Balloon Spectacular, 10 March 2018 Image: Kerrie Griffin

How about you have a try at sweeping?

Sweeping is fabulous fun. We need to have a few more up and coming sweeps in training. Currently, we have four licensed sweeps (**Marion Blake, Frances Heaney, Robyn Chen and Susan Pitt**) and **Lucy Cheetham** is a sweep in training.

You may just want to be able to sweep our club out on our lake in gentle conditions for training. Or, you may want to sweep an international regatta. Talk to our coach, **Frances Heaney**, about giving sweeping a try when you are out on the lake one quiet day.

If you want to work towards getting the hours up to take the sweep test then Frances will obtain a training log from the DB ACT sweep coordinator, **Debbie Whitfield**. After you have done enough hours, and Frances thinks you are ready, you will sit a written test and a practical test.

About sweeping

The sweep is able to steer with an almost unobstructed view of the surrounding area during training, regattas, festivals and is able to monitor conditions at all times in and outside the dragonboat, including other watercraft so as to avoid collisions, observing the direction of travel, wave and wind conditions. Sweeping a boat has similarities to driving a car, where the crew are the engine, brakes, and gearbox (forward and reverse gears). The sweep is the steering wheel who maintains control and balance, following the direction of travel by using peripheral vision at all times and eyeing the surroundings within the training area.

Source: <http://www.sporty.co.nz/asset/downloadasset?id=d6a193b8-93f4-4788-afd3-8c9a24d71f59>

Have a look at this YouTube video https://www.youtube.com/watch?v=5sifWYT_F2s

Susan Pitt Sweep Level 3 Assistant Coordinator

Merchandise

Look out for the DA shop on Saturdays from **Kathy Hayes'** car boot including Canberra DA pins. Please bring cash to pay.



Kathy Hayes, Christmas party 10 December 2017 Image: Kerrie Griffin

Come and try day

I was diagnosed with breast cancer in August 2016. The journey was full of ups and downs. I am thankful for the support that my family gave me, I certainly couldn't have made it without them. Treatment finished, and I returned to work. Back to normality, but I have forgotten what normal is. I was advised to do yoga and Pilates to help with some of the side effects of the treatment. Although it hasn't helped with the side effects, they are enjoyable to do. I then heard advertised on the radio a come and try day for Dragons Abreast for November 2017. I thought that I would give it a go. I showed up on a beautiful morning. There were five other women that also had the same idea. What a great experience. We were made to feel so welcome. We weren't on the water for too long, but that was enough to get me hooked. I was so excited when I came home and relayed the morning to my family.

From that time, I have attended the training sessions and participated in a few regattas. I have seen an improvement in my ability and fitness. Everyone is so encouraging, inclusive, supportive and friendly. The guidance from **Frances Heaney** and the other members of Dragons Abreast has been invaluable. It is also encouraging to hear the support from other dragon boating teams. I am so pleased that I came to the come and try day. I look forward to seeing everyone at training, and coffee. Thanks for the experience.

Kathy Hayes

Come and try thank you 10 March 2018

Thank you to everyone who assisted with the come and try session — **Robyn Chen**, sweep, **Donna Lennon** as coach, and all the paddlers who made the newbies feel very welcome. Thanks to everyone who brought along goodies for the morning tea. We already had feedback from two saying how much they enjoyed the session, and how impressed they were with the positivity and friendliness of the team. Well done!

Elly McGinness, Maureen Wild and Clare Purcell



Amanda Ferris and Kathy Hayes, Come and try session 10 March 2018 *Image: Kerrie Griffin*

Relay for Life: thank you

It was a busy weekend for all of us. My dodgy knees fortunately survived the event and it was lovely to get out and about to meet with as many people as possible who were participating. I enjoyed the chance to see everyone at the Survivors and Carers' morning tea, but it's never enough time to chat with everyone. Thanks for the image – it is a lovely shot of everyone. I do hope all in the DA team pulled up well afterwards. I look forward to catching up again soon. We really appreciate your support for Relay. **Sandra Turner, CEO Cancer Council ACT**

Relay for Life baton

What an amazing weekend we all had and for such a worthwhile cause which is so close to all our hearts. As stand in team captain, I thank **Elly** for all her hard work and for a well organised handover.

The team baton passed go an amazing 273 times and team DA Canberra raised \$3465.

The Survivors and Carers' lap was touching. It was fantastic to see Dragons Abreast members and their loved ones participating in that first lap. The 9pm candle ceremony, tributes and music was a highlight as candles were lit in honour of loved ones lost to cancer, or in support of someone living with cancer.



Jenny and Lyndall Milward-Bason, Natalie Evans-Sandell and Marion Leiba, Relay for Life, AIS 24 March 2018 *Image: Kerrie Griffin*



Sam and Wendy Ceravolo Relay for Life, AIS 24 March 2018 *Image: Kerrie Griffin*



Ben and Dean Roberts, Romy Collier, Relay for Life, AIS 24 March 2018 *Image: Kerrie Griffin*

To say that we had a somewhat posh campsite is an understatement. Special thanks to **Helen, Graham and Laura Couper-Logan** we had two tents and a gazebo, lovingly referred to as the beer garden (but of course no beer). Add to that the DA marquee and we had plenty of room to stretch out and take refuge from the heat, wind and pounding of the pavement. The atmosphere over the entire event from set up at 8am Saturday to the final lap at a touch before 11am on Sunday was one of friendliness, helpfulness and mateship. Our wonderful part time walkers, who came in at all times during the day and night were an absolute godsend. Of course, I can't fail to mention the heroic efforts of **Ben Roberts (Romy's other half)** who came at midnight and did his final lap at 6am with barely a break. Word on the street is that he had to then front up to school to set up for the fete!

All team members did an outstanding job and walked countless laps, steps.

Congratulations one and all.
Clare Purcell



Katherine and Edmund Kralikas, Relay for Life 24 March 2018
Image: Kerrie Griffin



Marion Blake, Christmas party 10 December 2017 Image:
Kerrie Griffin

Why do I still paddle with Dragons Abreast?

After a lovely social paddle to the National Museum I thought it time to reflect on why I continue get so much from being a member of DAA. It's more than 11 years since I joined DA Canberra post treatment, and, over that time, I have paddled locally and overseas with our wonderful team. I have made many good friends, become fitter, raced in regattas and continue to enjoy the beauty and spirituality of just being on the water. DAA has given me a sense of life, of fun and of peace as well as a purpose, providing many opportunities to develop new skills and to give back to others having receiving so much myself. DAA is an amazing national charity with so many passionate members around the country volunteering to ensure others have the opportunities we have enjoyed. Our membership is diverse, some loving to train hard and win races, others happy to take it more gently and just be on the water and sometimes we fluctuate in-between.

DAA's principles of participation, awareness and inclusiveness guide us well and are there to ensure whatever our mindset or ability on a particular day, we can come off the water feeling positive and a little stronger. Paddles up everyone and enjoy your time with DA.

Marion Blake
DA Canberra member and DAA Board



DAA Festival

We look forward to the **DAA Festival on 20 October 2018** which will also celebrate 20 years of Dragons Abreast Australia, A special, national not-for-profit registered charity that raises breast cancer awareness through the sport of dragon boating and gives hope to those with a diagnosis of breast cancer, regardless of age, gender or sporting ability. Paddle or volunteer.

DAA receives no government funding and relies solely on donations. Festival funds benefit the programs of Dragons Abreast Australia. Join in the fun and friendly rivalry. See the Chinese Youth League Lion Dancers, the moving *Flowers on the water* ceremony and other fun activities besides the awesome dragon boat racing!

<https://www.dragonsabreast.com.au/events/events/festival-info>

DAA Festival 2018 Gala Dinner

on 20 October to celebrate DAA's 20th in style.
<https://www.dragonsabreast.com.au/news/269-save-the-date-dragons-abreast-festival-2018>
[#dragonsabreast](#) [#connectmovelive](#) [#breastcancer](#)

Marion Blake DAA Board



Donna Lennon, Annette Dean, Elly McGinness, Marion Leiba and Jenny Milward-Bason Canberra Balloon Spectacular, 10 March 2018 Image: Kerrie Griffin



Love the new paddle design...

This brand new DAA design paddle will be available early May. Manufactured by Hornet and available as both a fixed length (\$270), and adjustable (\$305). Advance orders welcome. Email john@jpx2.com.au or phone 0450 359 915. Available exclusively at JPX2. 10% of the sale price from each paddle will be donated to DAA.

Waterproof socks, over socks and knitted gloves

By the nature of waterproof and breathable, wash them inside out, if you have a hand or wool wash option on your washing machine that is below 40°C this is best.

There are no special requirements for the type of washing powder or detergent used.

Let them drip dry naturally inside and then out, avoid drying on a radiator or other direct heat source to prevent damaging the waterproof membrane. You can tumble dry on a temperature low setting if you require.

For waterproof socks, keep your talons trimmed! Not only is this a good look, it will prevent the waterproof membrane from becoming damaged - this is one of the common causes of socks losing their waterproofness.

Always wear appropriate footwear. Inspect the inside of your footwear for stones, thorns and other sharp objects that could damage the waterproof membrane.

<https://www.google.com.au/#q=how+to+wash+sealskinz+gloves>

Every Sealskinz® product has care instructions on the packaging and attached to the product labels.

[The Incredible Reason Why So Many Breast Cancer Survivors Are Joining Dragon Boat Racing Teams](https://www.womenshealthmag.com/fitness/dragon-boat-racing-breast-cancer)

'We're in a boat, paddling in perfect synchronicity, in order to move forward together.'

<https://www.womenshealthmag.com/fitness/dragon-boat-racing-breast-cancer>



Warm up and paddling times

Saturday morning:

(Extra effort paddle): 7.00 – 8.00 am

Saturday morning: 8.00 – 9.45 am

Tuesday morning: 6.00- 7.30 am

Wednesday lunchtime: 12.00 – 1.30 pm

Contact:

Donna Lennon donnalennon0@gmail.com

Anita Godley anita.godley@gmail.com

Some great paddling technique tips:

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

Remember water, hat, sunscreen and sunglasses!

Weather watch

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

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

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

Do you like going to the movies?

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

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

If you want to receive a weekly email about the movie club, email Karen Visser who will put you on the distribution list. Kaz.visser@hotmail.com.



Stretches, Canberra Balloon Spectacular, 10 March 2018
Image: Kerrie Griffin

Under the pink umbrella



Breast
Cancer
Network
Australia

www.bcna.org.au

In 2018, an estimated 18,235 Australians – 18,087 women and 148 men – will be diagnosed with breast cancer.^[i] This means that approximately 50 Australians will be diagnosed with breast cancer each day. Breast cancer is the most common cancer diagnosed in women in Australia^[ii], and will account for approximately 28.4 percent of all new cancers in Australian women in 2018.^[iii]

Mother's Day Classic: BCNA Stall 8-11am Sunday 13 May at Rond Terrace (including Dragons Abreast, Bosom Buddies, BreastScreen ACT and Otis). **Call for volunteers.** Thanks again to coordinators **Gillian Styles** and **Cathy Powell**. Contact: **Gillian Styles 0413 236 722** gillian.styles@bigpond.com

[Pink Bun Campaign - Breast Cancer Network Australia](#)

3 – 23 May Volunteers welcome for a few hours of fun. Thank you for those who have already flagged they will help again this year. Contact: **Kerrie Griffin 0432 980 061** kerrie.griffin22@gmail.com

We encourage all BCNA members and Member Groups to 'link up' with their local bakeries to **promote the services of both BCNA and its support groups** and to put real, local faces to the campaign.

Please remember to take an image and email to pinkbun@bcna.org.au and kerrie.griffin22@gmail.com

[Kirsten Pilatti CEO BCNA](#)

Kirsten Pilatti, who has been with BCNA for 12 years, is our new CEO BCNA.

Kirsten's deep connection to the 130,000 members was cemented over the past 18 months as she travelled around Australia interviewing more than 3,500 men and women about the gaps in breast cancer services. The findings will make up the *State of the Nation report* to be delivered to Federal Parliament in June.

BCNA Chair **Kathryn Fagg** said 'Kirsten will bring an extraordinary level of knowledge, experience and passion to the role. Her deep understanding of the network's core values and commitment to be a true representative of our members ensures she is well positioned to lead BCNA in its 20th year and beyond.'

On her first day as CEO Kirsten said 'It is a privilege to be placed at the helm of a team that is entirely dedicated to supporting Australians with breast cancer. We are now two decades strong and my priority is to give everyone a voice, to listen and to advocate. We are committed to reducing the disparity of care across the country. The stories that I have heard first hand from our members will form the basis of every decision we make. I look forward to building on the strong foundations laid by the amazing women before me to further improve and personalise the way we deliver services in an ever-changing health care system.'

We thank retiring CEO **Christine Nolan** and hope to see more of her in Canberra as she supports her daughter and family.

<https://www.bcna.org.au/news/2018/03/bcna-ceo-announcement/>



Lan Crowley, representing Canberra, with Christine Nolan, Mandy Forteath and Kirsten Pilatti, BCNA 20th anniversary, Government House, Victoria 5 April 2018

<https://www.bcna.org.au/news/2018/04/bcna-celebrates-its-20th-anniversary-at-government-house-victoria/>

[Join us for Field of Women 2018](#)



[BCNA Field of Women tickets are now on sale](#)

BCNA is thrilled to announce that we will celebrate our 20th anniversary in 2018 with our **fifth Field of Women**. In 2018, it is estimated that 18,235 Australians will be diagnosed with breast cancer. Our aim is to have this number represented by women, men and children in the shape of BCNA's Pink Lady.

The [Field of Women](#) will take place on **Sunday 12 August at the MCG, Melbourne** during Round 21 of the AFL match between Melbourne and the Sydney Swans. We'd love to see people from across the country participate and support Australians affected by breast cancer. Many of us have been affected by breast cancer, so everyone is encouraged to get involved.

The iconic imagery from past **Field of Women** events in 2005, 2007, 2010 and 2014 have become international symbols of breast cancer peer support.

As well as raising awareness by bringing breast cancer statistics to life, the **Field of Women** also highlights the message that women, men and families affected by breast cancer are not alone.

We hope to see everyone join with us to stand together as one in support of Australians affected by breast cancer.

Proceeds from [ticket sales](#) will support BCNA to continue our vital work in providing resources, programs and services to Australians affected by breast cancer.

[View photos from the 2014 Field of Women.](#)

<https://www.bcna.org.au/news-events/events/field-of-women-2018/>



Kathy Hayes and Susan Pitt, BCNA representatives, at the Consumer Health Forum launch, Parliament House 5 April 2018 *Image: Susan Pitt*

[Out of pocket pain: the \\$10,000 issue](#)

5 April 2018 — [Media release](#)

Out of pocket medical bills exceeding \$10,000 have become common place for patients with breast cancer and certain chronic conditions, a national survey conducted by the Consumers Health Forum of Australia has found. The Out of Pocket Pain survey drew 1,200 responses, many from people shocked to...

Ms Wells is joined at today's launch of the report at Parliament in Canberra by **Kathy Hayes** who had not expected to face such heavy expense for breast cancer treatment she has incurred over the past two years. Breast Cancer Network Australia CEO **Kirsten Pilatti** said: 'BCNA has been outraged by a number of our members reporting extreme variations in out of pocket costs. Only full disclosure will ensure consumers can make the right choice for themselves.'

<https://chf.org.au/media-releases/out-pocket-pain-10000-issue-0>



Abby Cormack organised the BCNA Pink Lady Bequest Society launch, Canberra, Adore Tea House 28 March 2018 *Image: Kerrie Griffin*

[BCNA celebrates 20 year anniversary](#)

The year's calendar will also include Pink Lady luncheons in Sydney and Brisbane, for the first time a Gala Ball in Melbourne and a **mass planting of silhouettes at Parliament House in Canberra in October for Breast Cancer Awareness Month to replicate the inaugural Field of Women in 1998**. For information on everything that is happening throughout the year and how you can be involved keep an eye on the BCNA website and social media channels.

<https://www.bcna.org.au/news/2018/02/bcna-celebrates-20-year-anniversary/>

[Jocelyn Newman: former Howard Government minister dies at 80](#)

https://www.theguardian.com/australia-news/2018/apr/01/jocelyn-newman-former-howard-government-minister-dies-at-80?CMP=Share_AndroidApp_Gmail



Jocelyn Newman (centre) and Lyn Swinburne (right) lead a silent march to BCNA's Field of Women in Hobart in 2003

[BCNA pays tribute to Jocelyn Newman](#)

Breast Cancer Network Australia pays tribute to the Hon Jocelyn Newman AO, who passed away on 1 April. A survivor of both breast and uterine cancer, Jocelyn was a BCNA Board member from 2001 to 2009.

Her life, particularly as a Cabinet Minister in the Howard Government (1996-2001), has been well documented in the media in recent days.

BCNA remembers her as a dedicated Board member who wasn't afraid to use her influence to call on people in high places to help out women and their families. BCNA Founder **Lyn Swinburne** says Jocelyn was a formidable advocate.

'She was always refined and polite in approach, but her inner strength and determination shone through,' Lyn said.

'She was passionate about finding ways to make the lives of women and their families better, and she wasn't going to be put off from this.

She had a personal interest in, and passion for, the condition of lymphoedema and making sure the issues for women with lymphoedema were discussed and addressed, and that research in this area was funded.'

Jocelyn's contribution to women's health and welfare was acknowledged in the 2005 Queen's Birthday Honours when she was made an Officer of the Order of Australia (AO). Her citation read: 'For service to the community through contributions to the development of government policies in relation to social security reform, as an advocate for women's issues, particularly in the health and welfare areas, and as a supporter of local organisations in Tasmania.'

<https://www.bcna.org.au/news/2018/04/bcna-pays-tribute-to-jocelyn-newman/>

Vale **Jocelyn Newman** who was an inspirational woman. She worked on the BCNA Board with **Anna Wellings Booth** and they were both based in Canberra. **Kerrie Griffin**



Casting for recovery

The ACT Fly Fishers will hold the 4th Casting for Recovery retreat from Friday 14 to Sunday 16 September 2018. Please recruit women to participate in a weekend of fun, learning to fly fish, pampering and making new friends, what else could there possibly be! Some women have already registered their interest, but we need at least a dozen, so please tell your friends about it. Register www.castingforrecovery.org.au or email tinfo@castingforrecovery.org.au . Beat the drum!

Help breast cancer research move forward

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

Research helps to improve outcomes for people diagnosed with breast cancer. BCNA's Review & Survey Group are people who are interested participating in research projects and helping us stay in touch with what matters to our BCNA members.

<https://www.bcna.org.au/get-involved/participate-in-research/review-survey-group/>

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

BCNA NEWS

2 FEB 2018

[Join our campaign to have two new breast cancer drugs subsidised in Australia](#)

For the last 18 months, BCNA has worked hard to have two new breast cancer drugs, **ribociclib** and **palbociclib**, listed on the Pharmaceutical Benefits Scheme (PBS) so they are affordable for Australian women and men. You may be one of the 32,000 [people who signed our petition last year](#). <https://www.bcna.org.au/news/2018/02/join-our-campaign-to-have-two-new-breast-cancer-drugs-subsidised-in-australia/>

29 MAR 2018

[Supporting young women with breast cancer](#)

29 MAR 2018

[Patients hit with bill shock](#)

29 MAR 2018

[Two new resources for people living with metastatic breast cancer](#)

19 MAR 2018

[BCNA CEO announcement](#)

14 MAR 2018

[Over 18,000 Australians to be diagnosed with breast cancer in 2018](#)

9 MAR 2018

[CDK Inhibitor update](#)

8 MAR 2018

[Fraudulent activity using the BCNA brand](#)

7 MAR 2018

[Help us help breast cancer survivors post treatment](#)

28 FEB 2018

[BCNA announces new partnership with Queensland Rugby](#)

26 FEB 2018

[BCNA boosts the number of information forums in 2018](#)

26 FEB 2018

[Cancer nurses join BCNA Helpline](#)

23 FEB 2018

[BCNA celebrates 20 year anniversary](#)

19 FEB 2018

[Project explores LGBTI experience of cancer care](#)

9 FEB 2018

[BCNA CEO Christine Nolan announces retirement](#)

7 FEB 2018

[BCNA'S Danielle Spence and Marie Pandeloglou elected to the executive committee of the ABC Global Alliance](#)

2 FEB 2018

[Join our campaign to have two new breast cancer drugs subsidised in Australia](#)

30 JAN 2018

[BCNA Community Liaison named in Australia Day awards](#)

23 JAN 2018

[Have your say on out of pocket costs](#)

19 JAN 2018

[Researchers develop a blood test to detect early stage breast cancer](#)

17 JAN 2018

[New study shows BRCA carriers have same survival rates as non-carriers](#)

5 JAN 2018

[BCNA welcomes new expert committee that will consider out-of-pocket costs](#)

18 DEC 2017

[Australians still waiting for equitable access to new drugs](#)

1 DEC 2017

[BCNA recognises International Day of People with Disability](#)

1 DEC 2017

[BCNA welcomes expanded listing of goserelin on PBS](#)

29 NOV 2017

[VIC government has passed voluntary assisted dying legislation](#)

6 NOV 2017

[Work and breast cancer: share your story](#)

3 NOV 2017

[Important new breast cancer drug approved – but cost keeps it out of reach for many](#)

2 NOV 2017

[TGA warning on Tamo 20 tablets](#)

[BCNA to recognise Metastatic Breast Cancer Awareness Day](#)

13 October 2017

'Metastatic breast cancer is a tough disease, requiring great courage and resilience from those who live with it. Yet their stories are still not often heard – they have to get together and talk to each other just to hear their disease acknowledged,' she said.

If you have been diagnosed with metastatic breast cancer BCNA's revised *Hope & Hurdles* kit may help you. It has been developed through extensive consultation with people living with metastatic breast cancer, and those who treat and care for them. You can order or download the kit for free from our [Hope & Hurdles](#) page.

You can also connect with others in a similar situation on our private [Metastatic breast cancer online network group](#).

- [Read our Latest news article Palbociclib petition update – a new wave of treatment](#)
- [Read BCNA's Position statement on CDK inhibitors for the treatment of hormone positive, HER2-negative metastatic breast cancer](#)
- [Read our Submission to the Pharmaceutical Benefits Advisory Committee on palbociclib](#)

[BCNA's 2017 Member Survey finds Australians with breast cancer are in favour of assisted dying](#)

[New bilingual resources for women with metastatic breast cancer](#)

[BCNA calls on the Queensland Government to take action on reconstruction](#)

[Help people like Jennie this Christmas](#)

[No Medicare rebate for Oncotype DX test](#)

The **Oncotype test** is a diagnostic tool that can help guide treatment decision making by providing women and their doctors with information on whether chemotherapy would provide any benefit compared to other treatment options, such as hormone therapy.

[Financial toxicity a side effect of breast cancer, BCNA report shows](#)

One quarter of women with breast cancer pay more than \$17,200 in out-of-pocket costs in the five years after their diagnosis, according to a new report by BCNA. [Read more](#)

[The financial impact of breast cancer](#)

- [Read BCNA's The financial impact of breast cancer report \(PDF, 7.3 MB\)](#)
- [Read BCNA's tips for reducing the financial impact of breast cancer](#)
- [Read case studies of how breast cancer has impacted women financially](#)

<https://www.bcna.org.au/about-us/advocacy/research-reports/the-financial-impact-of-breast-cancer/>

[Mammographic density](#)

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

New resources for people with a disability and their carers

<https://www.bcna.org.au/news/2017/08/new-resources-for-people-with-a-disability-and-their-carers/>

Improved access to fertility preservation for young women

<https://www.bcna.org.au/news/2017/08/improved-access-to-fertility-preservation-for-young-women/>

New accessible resources now available

<https://www.bcna.org.au/news/2017/07/new-accessible-resources-now-available/>

- Anxiety, depression and breast cancer (feeling sad or worried)
- Bone health and breast cancer
- Lymphoedema
- Sleepless nights: breast cancer and sleep.

Fear of breast cancer recurrence and fear of breast cancer progression resources available

<https://www.bcna.org.au/news/2017/07/fear-of-breast-cancer-recurrence-and-fear-of-breast-cancer-progression-resources-available/>

To view these videos, visit the [Fear of cancer progression](#) and [Fear of cancer recurrence](#) pages. You can [download or order a copy of the fact sheet](#) from our website or by phoning BCNA on 1800 500 258.

Culture is Healing – possum skin cloak unveiled at Peter MacCallum Cancer Centre

<https://www.bcna.org.au/news/2017/06/culture-is-healing-possum-skin-cloak-unveiled-at-peter-macallum-cancer-centre/>

New study on BRCA risks

<https://www.bcna.org.au/news/2017/06/new-study-on-brca-risks/>

Otis Foundation

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

Elsbeth Humphries

BCNA's website - policy and advocacy work

1. [BCNA's position statements](#)
2. [BCNA's submissions and reviews](#)
3. [BCNA's research project reports](#)
4. [BCNA's fact sheets and booklets](#)
5. [BCNA's latest news and media items](#)
6. [BCNA's research bulletins](#)

Online network

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

BCNA resources

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

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 appointments available for the new digital mammography

service in **Belconnen, Civic or Woden**. The service screens women from 40 if higher risk, else the service **target women from 50–74. Women more than 74 years of age are welcome too.**

Get involved with BCNA

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

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

The Beacon

[Read the latest publications](#)

- **Breast cancer at any age** - issue 80, Spring 2017 | [View online](#)
- **Your voice matters** - issue 79, Winter 2017 | [View online](#)
- **Unsung heroes** - issue 78, Autumn 2017 | [View online](#)
- [Help with research](#) Join our Review & Survey Group
- <http://www.bcna.org.au/store/Merchandise>

NBCF news

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

Gillian Horton, Colleen's Lingerie and Swimwear

22 Garran Place, Garran. 2605 | T: 02 6285 1311 | E:

info@colleens.com.au

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

<http://www.colleens.com.au/page/regional-visits-for-2016/>

HeadsUp@Kippax

HeadsUp is a not-for-profit service established to help women who have lost their hair, either as a result of treatment such as chemotherapy or from permanent alopecia.

<http://headsup.net.au>

Kippax Shop 2, 12-16 Hardwick Crescent, Holt

Open: Tuesday to Friday from 10am–4pm

Phone: 02 6201 6579 or 041 6227 595

Sue Owen 0416 227 5959

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

Susan Pitt, Secretary BTAA

Rare Cancer Australia

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

Bosom Buddies ACT networking and social activities

Morning Tea gatherings are at the Deeks, Pearce every 2nd Monday of the month (on Monday public holidays – it is held on Tuesdays). The Deeks Coffee Shop is at Pearce Shopping Centre, Hodgson Crescent, Pearce ACT.

Evening after work get-togethers are at Tilley's Devine Cafe Gallery from 5.30pm every 3rd Wednesday of the month. Tilley's is at 1/94 Wattle Street, Lyneham.

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

Kerrie Griffin



Consumer Representative

Seat at the Table (SATT) Program, BCNA



Calendar of events

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

Month	Date(s)	Event	Location	Notes
April	Thursday 19	El Camino talk by Cindy Young Spiral \$1 for morning tea	Curtin Uniting Church	Pene Lee 0402 213 421 pene.lee@ozemail.com.au
 DRAGONS ABREAST	3-23	BCNA Pink Bun Campaign	Bakers Delight	Kerrie.griffin22@gmail.com 0432 980 061
	Saturday 5- Sunday 6	Handmade Market Greeters and donation collectors	EPIC	Volunteers needed! Doodle RSVP https://doodle.com/poll/vtcgfmzen97vzewx Kerrie.griffin22@gmail.com
	Sunday 13	Mother's Day Classic BCNA stall (volunteers needed)	Rond Terrace	http://www.mothersdayclassic.com.au/event-info/event-locations-map/canberra/
	Thursday 31	<i>The hound of the Baskervilles</i> - play	Belconnen Arts Centre	Joan White Joanwhite22@yahoo.com.au
June	Sunday 24 1.30pm	<u>Cartier: The exhibition</u>	NGA	Joanwhite22@yahoo.com.au Jengreen123@gmail.com Pene.lee@ozemail.com.au
July	3-8 July	<u>International Breast Cancer Paddlers Commission</u> (IBPCP) breast cancer survivor regatta http://www.florencebcs2018.org	Florence, Italy	Doodle RSVP Expression of interest for paddlers and partners
	Friday 6	Italian dinner in Canberra for DA members not participating in Florence	tbc	At own cost
August	Sunday 12	BCNA Field of Women 20 th anniversary \$59pp and children free	MCG, Melbourne	www.bcna.org.au/fieldofwomen https://www.bcna.org.au/news-events/events/field-of-women-2018/
	Friday 24	GoAnna's gathering	tbc	Doodle RSVP Costs tbc
	Monday 27	Canberra Writers' Festival		Pene Lee 0402 213 421 pene.lee@ozemail.com.au
September	Saturday 1	DA Canberra AGM	Lotus Bay tbc	
	Saturday 15 tbc	Come and Try Session	Lotus Bay	Doodle RSVP ellymcginness@gmail.com
	Wednesday 26	Floriade paddle	Lotus Bay	Doodle RSVP
	Friday 28	<i>After Florence</i> – share Florence experiences with the club	tbc	Doodle RSVP
	Spring	Birthday paddle – a communal celebration	tbc	Doodle RSVP
 DRAGONS ABREAST	October Wednesday 17	BCNA Forum and Field of Women	OPH	tbc
	Saturday 20	DAA Festival and DAA 20 th Gala dinner	Darling Harbour, Sydney	https://www.facebook.com/dragonsabreast
	Saturday 27	DA Canberra Social and Corporate Regatta and BCNA Mini Field of Women	Grevillea Park	Volunteers needed! https://www.bcna.org.au/events/2017/dragons-abreast-canberra-annual-social-corporate-regatta-and-bcna-mini-field-of-women/
November	Friday 2 – Sunday 4	Pan Pacific Masters Games	Lake Orr, Gold Coast, Qld	https://mastersgames.com.au/ppmg/sports/dragon-boat
	Sunday 18	Rodney's Plants Plus nursery visit and coffee	Pialligo	Doodle RSVP
December	2	DA Canberra Christmas party	tbc	Doodle RSVP

2019 January	14-27 Monday – Sunday	Australian Tennis Open	tbc	Doodle RSVP Katherine Davis Kralikas
	tbc	AusChamps Canberra	tbc	Doodle RSVP
June	Sunday, 9	Ord River Challenge		https://www.surveymonkey.com/r/?sm=agAMnFOJ6LgvviJvBokyiQ_3D_3D

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 — September 2018

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

Please submit any news, items and images by 4 September 2018 to the newsletter coordinator

Kerrie.griffin22@gmail.com

[Previous newsletters](#)



Stretching exercises, Canberra Balloon Spectacular, 10 March 2018 Image: Kerrie Griffin



DA Canberra, Canberra Balloon Spectacular, 10 March 2018 Image: Kerrie Griffin



[Paul Jurak, Kayakcameraman](#), Canberra Balloon Spectacular, 10 March 2018 Image: Kerrie Griffin



Lucy Cheetham, Christmas party 10 December 2017 Image: Kerrie Griffin



SUP with dog, Canberra Balloon Spectacular, 10 March 2018 Image: Kerrie Griffin