



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 57 • August 2015



DA Corporate and Social Regatta, 20 September 2014 Image: Chris Holly

DA Corporate and Social Regatta

[2015 Dragons Abreast Canberra Corporate Regatta: Saturday 17 October 2015, Grevillea Park, Lake Burley Griffin \(new venue\)](#)
[Dragons Abreast Canberra Regatta Poster](#)

Sign up now for jobs before or on the day! For instance, sell raffle tickets, help with the fruit stall, cupcake stall, set up and pack up including the boats and BCNA Mini Field of Women, keeping the portaloos clean and nice! Find new teams as we have 13 teams to date.

If you are new to this regatta here are a few tips on how to make use of the theme:

- *Have a team name to go with *Superheroes*
- *Incorporate the theme into a chant
- *Decorate your team's site with lots of colourful paraphernalia.

Frances Heaney

Regatta organiser DAregatta2014@gmail.com

Dragons Abreast Australia National Paddle Month – October 2015

Our 5th national paddle day will be our regatta on 17 October.

Coordinator's report

Several DA members attended the **Biggest Morning Tea** at the **Forrest Hotel and Apartments** on 28 May. **Paul Jurak**, the kayakcameraman, spoke movingly about his story. Paul has kindly donated a sensational framed photographic print to our annual regatta raffle.

We held a successful **Dragon Muster** on 16 June at the Griffith Community Centre with thanks to Annette and the social team. As part of the [International Breast Cancer Paddlers Commission \(IBPCP\) 20th anniversary celebrations](#), we took a few group selfies of 29 ladies in various shades of pink and submitted our event to feature in the memento album. The first breast cancer dragon boat team, *A Breast in a Boat* started in Vancouver under the ground breaking research of Professor [Dr Don Mackenzie](#) in 1995.



Dragons Abreast Canberra display bling won at the Hong Kong regatta 5 July 2015 Image: Frances Heaney

Welcome to our new members **Anita Godley, Rebekah Pooley** and **Romy Collier**.

Hong Kong regattas

After weeks of early extra Saturday morning training sessions **Deb Whitfield, Katherine Kralikas, Elly McGinness, Donna Lennon, Annette Dean, Frances Heaney, Cheryl Brower** (flying over from Washington DC) and five DA Wagga paddlers participated in the **Stanley Beach Short Course, Hong Kong** event racing in the international women's category on 28 June. On Friday 3 July, **Patsy Sheales, Kerrie Griffin, Susan Pitt, Denise Brown** and **Val Devlin** joined us and four paddlers from the [Abreast in a Boat](#) (Vancouver, Canada) in **Hong Kong's International Breast Cancer Survivors Championships**. We also raced in the International Women's categories on Victoria Harbour on 4-5 July. We had a fabulous time with some great racing bringing home plenty of bling. We also enjoyed sightseeing around Hong Kong.

Our racing was sensational and we improved our times with every race. We raced in very hot and humid conditions and the swell on Victoria Harbour was outrageous. We saw teams flip over and go down but thanks to **Deb Whitfield's** expertise as



Dragons Abreast Canberra, IBPCP 20th anniversary, Dragon Muster 16 June 2015 Image: Frances Heaney



Di Bradshaw passed on to Anne Baynes, the annual Kashgar Cup for an extraordinary contribution Dragon Muster 16 June 2015 *Image: Kerrie Griffin*



Kerrie Griffin, Mim Forrest, Louise Muir, Penny Ovington, Frances Heaney, Cate Hale, Sue Drew and Patsy Sheales, Biggest Morning Tea, Forrest Hotel and Apartments, 28 May 2015 *Image: Kerrie Griffin*

our sweep we powered over the line every race. We were nearly involved in a collision as a boat crossed into our lane just missing us and clipping the boat in the next lane, the crew stayed focus and responded to all commands, we regrouped and powered on over the finish line.

The Breast Cancer Survivors Championship Hong Kong had nine teams (we had two 10's boats) we ranked 4th and 6th in the final, fantastic effort. Picture for a moment the surf life boats going out in the surf here in Australia into the waves, well that was us in the final BCS race! It was unbelievable but still both boats powered on.

We gathered many fans along the way, 1,000's of people cheering us on. Some of the young teams in the International Women's races couldn't believe it when they saw the 'PINK ladies' lining up in marshalling to take them on. We were the only Australian team at the event and to hear 'Dragons Abreast Canberra, Australia, 'Aussie Dragons' lane 1, sent shivers down our spines, it was a fantastic experience. Of course, we shopped, ate, travelled by train, bus, tram, taxi and by foot to many famous sights in Hong Kong. Click on this link for images: <https://www.facebook.com/pages/Dragons-Abreast-Canberra/448649108487643> [Hong Kong Dragon Boat Carnival 2015 Highlights](#) The Hong Kong Dragon Boat Carnival has become one of the city's biggest fiestas. From athletic action to live music, partying and fancy dress, check out...



Frances Heaney and Debbie Whitfield were presented with antique wooden boxes with gold dragon and phoenix engravings as a thank you, sourced by Susan Pitt, Hong Kong regatta 5 July 2015 *Image: Frances Heaney*



Dragons Abreast Canberra with Grace our Manager, Hong Kong 3 July 2015 *Image: Frances Heaney*

Kerrie Griffin and **Frances Heaney** participated in the national **BCNA Summit in Melbourne**, 16-17 July, where we meet many dragon boaters and exchanged loads of good ideas in our discussions.

Marion Blake, Denise Brown, Frances Heaney, Christine Johnston, Marion Leiba and Kerrie Griffin attended the **DAA Convention and Hat Regatta** in Tweed Heads on 25 and 26 July. It was great exchanging ideas and meeting other paddlers.

At the AGM on 15 August we presented the annual **Dragon Spirit Award** to a deserving but very surprised **Annette Dean**.

I thanked **Di Bradshaw** for her work on the committee as Coordinator before she stepped aside due to ill health. I also thanked **Christine Johnston** as secretary, **Lee Moyes** as treasurer and our general committee members, **Julie Kesby, Elly McGinness** and **Katherine Davis**. Our **Come and Try** team **Elly McGinness, Clare Purcell** and **Maureen Wild**. **Donna Lennon** for doing the 'who's paddling' and taking all those emails week in week out. **Truus Ford** who is the membership officer and the **Social Committee** lead by **Annette Dean**. **Kerrie Griffin** for the Dragons Abreast Canberra newsletters.

Interesting points from the past 12 months:

We competed in **8** local DBACT regattas
3 interstate regattas — Wagga, Jindabyne and Tweed Heads

3 International events — **Sarasota** Florida, USA, International Breast Cancer Paddlers Commission.

Hong Kong Stanley Beach Short Course Event and the **Hong Kong International Breast Cancer Survivors Championships** and in the International Women's category on Victoria Harbour

Our coldest morning out on the water was minus 6.5 Celsius on Tuesday morning 26 May!

Our profile in social media has increased 100% via our Facebook site [Dragons Abreast Canberra](#) and we have hundreds of followers locally and internationally. Please sign up and 'like' all the other teams too! We updated our profile on the new **DAA** website and will use Twitter and the #tag app as we move with the times. Our club is thriving; we have gained some fantastic new members who are also turning into great paddlers.

Today, we have **59** paid up members in DA Canberra not all are paddlers, some are dual members paddling with other clubs while some are supporters who do not paddle any longer. **46** DA Canberra members are due for renewal with DBACT over the coming season.

<http://www.smartspace.ws/dragonboatact/>

Youngest paddler – 39 - **oldest** paddler 80
30-40 age = 1; 40-50 age = 7; 50-60 age = 15;
60 -70 age = 37; 70- 80 = 8

Finally thank you to all of you for supporting the 2014-15 Dragons Abreast Canberra Committee.



Paddlers from 11 countries including Canadian, UK, Wagga and Canberra dancing at the Hong Kong regatta banquet 5 July 2015 Image: Donna Lennon



BCS Singapore won the dress up competition and Dragons Abreast, Hong Kong 5 July 2015 Image: Amy Watts



BCNA ACT members Tanya Gendle, Kerrie Griffin, Frances Heaney and Raelene Boyle with Cate Hale at front, BCNA Summit 16 July 2015 Image: Frances Heaney



Dragons Abreast Australia Convention, Tweed Heads 25 July 2015 Image: Frances Heaney

Welcome to the incoming 2015-16 committee: **Frances Heaney** coordinator and boat captain, **Patsy Sheales** assistant coordinator, **Maureen Wild** treasurer, **Kerrie Griffin** secretary and committee members, **Megan Dennis**, **Sue Drew**, **Julie Kesby**, **Elly McGinness**, and **Clare Purcell**.

Our next Come and Try session will be Saturday 19 September and run by **Elly McGinness**, **Clare Purcell** and **Maureen Wild**. Please invite any potential new paddlers along and bring a plate to share for morning tea.



Raffle tickets for sale! Pearl necklace donated by Jane Brown Pearls *Image: Kerrie Griffin*



Raffle quilt prize made and donated by Thursday Friendship group, Addicted to Fabric *Image: Kerrie Griffin*

Thanks to those who volunteered at the **Handmade Market**. The next one is for both **26 and 27 September** at the new venue **Exhibition Park in Canberra (EPIC)**. We thank **Julie Nichols** and encourage members and friends to support the Handmade Market and [Shop Handmade Canberra](http://www.handmadecanberra.com.au/our-story.html). <http://www.handmadecanberra.com.au/our-story.html>

DAA Festival Darling Harbour 24 October: I am organising composite teams. There are paddlers coming from Canada, NZ and around Australia. **The cost is \$100 per person** just to meet the minimum entry fee of \$2200. There are now **two full composite boats**. DA Canberra only have four members who emailed, paid and registered online. There are now spaces in other DAA boats so if you want to paddle I can email you the link to join these teams.

Please note these forthcoming events:
18-19 June 2016 2nd National DAA Regatta, Lake Kawana, Sunshine Coast, Queensland
2017 DAA Convention hosted by DA Melbourne
2018 International Breast Cancer Paddlers Commission Florence, Italy (dates tbc)

DB ACT local regattas DA need to supply **two volunteers** for marshalling, wrangling and timekeeping at every regatta. It is a great way to learn the ropes and also see how much time and effort goes into making these regattas run smoothly, without volunteers there is no regatta.

DA has a new Patron: Senator Katy Gallagher
I would be delighted to accept your invitation to be Patron of Dragons Abreast Canberra. I have always been very impressed with the work that your organisation does in promoting awareness of breast cancer within our region as well as providing crucial support to survivors. I look forward to continuing to work with you to support your efforts.

Please remember those in our group who cannot get out on the water at the moment. **Di Bradshaw** is taking a reluctant break from paddling to rest a troublesome back. Di is still up for coffee though. **Mary Lou Reid**, **Patty Pie**, **Nan Donaldson** and **Jan Skorich** are paddling kayaks on Lake Ginninderra. **Julie Richardson** welcomes gifts of food and drink! **Wes Forrest** is recovering.
Frances Heaney
Coordinator, Dragons Abreast Canberra
canberra@dragonsabreast.com.au
<http://www.dragonsabreast.com.au/>
<http://www.dragonsabreast.com.au/act/>

From Lenyss
I would like to thank all the paddlers for making my 80th birthday very special. I had a lovely paddle (playing the queen) on Wednesday 8 July which just completed the celebrations nicely. You are a very warm and wonderful group and it's my privilege to be part of that. Thanks paddlers.
Lenyss Snellen



Suckling pig, Hong Kong banquet 5 July 2015 *Image: Kerrie Griffin*



Lyn Williams, Manager Fernwood Belconnen accepts a certificate of appreciation from Bea Brickhill. Dragons Abreast Canberra are kindly sponsored by Fernwood Belconnen 10 July 2015 Image: Bea Brickhill

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



Dianna Williams founder and CEO Fernwood inspired keynote address at the national BCNA Summit 16 July 2015 Image: Frances Heaney



Frances Heaney presented Annette Dean with the annual Dragon Spirit Award, 15 August 2015 Image: Kerrie Griffin



Annette Dean expressed surprised when she was announced the winner of the annual Dragon Spirit Award, 15 August 2015 Image: Frances Heaney

Dragon Spirit award.

As I think people noticed, I was shocked to receive the Dragon Spirit award. Thinking about it, I got an award for doing the activities I enjoy. Drumming in a race is exciting (occasionally scary with a novice corporate crew) and being a stroke means I get a good view of the lake, can bird-watch and only have to keep in time with one person!

I got the dragon home (via Pegasus, seat-belted into the back seat) and it is now safely installed on the top shelf of the display cabinet in my living room. Ord, the River Dragon, is currently standing guard! Thank you.

Annette Dean



Frances Heaney, Kerrie Griffin, Marion Leiba, Denise Brown, Christine Johnson and Marion Blake, DAA hat regatta, Tweed Heads 26 July 2015 Image: Frances Heaney

Dragon Muster update

Dragons Abreast Australia provides a platform for women, and some men, to be active and exercise in a safe and welcoming environment following a diagnosis of breast cancer. Founded 16 years ago on the principles of participation, awareness and inclusiveness, DAA currently has 35 local Dragons Abreast groups across Australia and a national membership of 1300, the majority of whom are breast cancer survivors.

Once breast surgery is over and treatment has finished, breast cancer survivors are often left on their own, facing the sometimes daunting task of rebuilding their health, their fitness and their lives. This is where Dragons Abreast comes in, enabling us to paddle and socialise in the company of others who have travelled the same path and help restore the confidence the spark and the sense of adventure needed to permit a full and active life after breast cancer. Scientific research continues to prove the benefits of regular exercise in improving general health and wellbeing and assisting in

preventing the return of cancer, it is important our organisation continues to thrive.

What we do

Nationally, DAA is run by a voluntary Board of Directors from different parts of Australia who meet regularly on Skype, and occasionally in the flesh. We rent a small office in Brisbane, which is staffed on a part time basis by an office assistant and bookkeeper. We will advertise for a Communications Officer to take some of the day to day running load off the Board members. DAA owns an office in Darwin, purchased a number of years ago and which is on the market for lease or sale after we moved the headquarters to Brisbane.

The DAA Board is busy reviewing and updating the Constitution in consultation with our 3 Executive Members; we continue to provide information, support and networking opportunities for member groups through *In the loop* our national newsletter, regular *Coordinator updates*, the revamped website as well as Facebook and are constantly looking at ways to improve this. We are working to protect and promote our logo and brand. We are networking with other breast cancer charities as well as retaining our important status as a respected charity in our own right.

Currently, our running costs come from profits from the annual DAA Festival in Sydney (an expensive event to run) as well as membership fees. In order to provide better services to our member groups and grow Dragons Abreast, we are looking at creative ways to increase our income and welcome donations from member groups.

The Board met members from around the country at the national DAA Dragon Muster at Tweed Heads, hosted by DA Mt Warning on 25 and 26 July where the draft Constitution was released and a strategic plan discussed, followed by a fabulous dinner and hat regatta so it was a worthwhile and fun weekend. I am delighted that we had good representation from DA Canberra, which in many ways I see as a model DAA Group. I am happy to chat to members further if you have any questions.

DA Canberra

Our club is thriving! Thank you to the DA Canberra Committee for your work in running our local DA Canberra group this year and providing us with so many opportunities and in welcoming several new members.

Special thanks to our amazing Come and Try Committee of **Elly McGinness**, **Clare Purcell** and **Maureen Wild**, our newsletter editor **Kerrie Griffin**, and a special very big thank you to **Frances Heaney**, who has worked tirelessly to keep us paddling, well informed and inspired throughout the year (despite her own health issues). Frances has done an absolutely brilliant job and no doubt spent endless hours supporting our club!
Marion Blake, DAA Board Member



Inner gunwale stretch, Dragons Abreast Canberra 22 August 2015 Image: Marion Blake

DAA Convention and Regatta – July 2015

I feel very lucky to have had the opportunity to attend this convention and participate in the regatta. The convention day started early with a brisk walk at sunrise organised by Dragons Abreast Mount Warning followed by a breakfast laid on by the Dragons Abreast Gold Coast team. It was a lovely way to start the day. We moved to the meeting room, discussing what you might think would be dry topics of the DAA constitution and the strategic and business plan, but I can honestly say that I found this to be extremely interesting and it gave me a greater understanding of the importance of this organisation in setting direction and leadership for all the DA teams across Australia. It was also interesting to hear some of the issues that smaller teams face, particularly those in remote localities.

We heard some personal survivor stories that I have to say always make me feel grateful for this journey and that I'm still here to tell my own story. The afternoon was devoted to educational workshops. I attended one on nutrition and one on paddling technique, warm up exercises and stretching. Both were very informative and certainly engaged the audience.

The day was topped off with a dinner at the Coolangatta Surf Club where we were entertained by **Robyn Moore**, not only the voice of Blinky Bill but a great ambassador helping sick children by granting wishes. Robyn was exceptionally funny and poignant and is a true entertainer.

The next day was the hat regatta at Jack Evans Boat Harbour where we were placed in mixed teams competing in 200m races. This was a great chance to meet new people, learn new calls and try different racing styles. A bonus for me was meeting the DA Mount Warning ladies and being invited to join them on their Saturday morning paddle on the beautiful Tweed River when I returned on holiday the following week. Overall, it was a fabulous weekend and I highly recommend you consider attending the next DAA convention to be held in Melbourne in 2017.

Christine Johnston



The Canberra Times article 6 June 2015

Women hit the water and chill for the thrill

As Canberra freezes through yet another morning, spare a thought for a group of women who are braving the cold for a good cause. Canberra's Dragons Abreast team will head to Hong Kong in July to take part in the Breast Cancer Survivors Championship on Victoria Harbour, linking up with five members of the Bidjee Dragons Abreast crew from Wagga Wagga, four Canadian women and an ex-Canberran now living in the US. The 11 Canberra women have been sacrificing their Saturday mornings for early training sessions on Lake Burley Griffin to ensure they are ready for the big event. The team's coach and manager Frances Heaney says the women are aiming to raise awareness and inspire other survivors through their efforts. "Many of us have had breast cancer, we survived and are out there paddling," Heaney said. "Some people are amazed that we have had cancer and we are dragon boating." Last year the team travelled to Florida to compete in a similar event. "We did well, we competed against 101 other teams and we finished somewhere in the middle of them," Heaney said.



The power of DAA, Christine enjoyed a paddle with the Dragons Abreast Mt Warning crew on the Tweed River. Mt Warning in the distance 8 August 2015 Image: Christine Johnston



The 3 masketeers, Wendy Ceravolo, Susan Pitt and Denise Brown, display their winter paddling wardrobe to ward off the minus temperatures in chilly Canberra 16 June 2015 Image: Kerrie Griffin



Anita Godley 21 August 2015 Image: Anita Godley

Anita's story

I was diagnosed last September and had read about Dragons Abreast in BCNA's *My Journey Kit*. I thought it sounded like fun, but didn't think I wanted to connect with other people who had breast cancer. It was only when my third surgery didn't have the outcome I was expecting that I realised I needed and wanted support from other women who have experienced breast cancer. So I came along to a regatta in March and met some of the lovely DA ladies and have paddled regularly ever since!

I'm enjoying being part of the DA community, paddling on our beautiful lake on freezing cold mornings, warming up afterwards with a hot coffee at the Club and chatting with new friends. Having so many women around with firsthand experience on prosthesis, breasts (or no breasts), reconstructions, bras, doctors, and meds to seek advice from is great. I'm loving all the pink clothes too, I grew up thinking I was too cool to wear pink and dressed mostly in black -- now I can't get enough pink! Looking forward to warmer summer paddles!

Anita Godley



BCS paddlers in Pink from Singapore put on an awesome dance routine, Hong Kong banquet 5 July 2015 Image: Kerrie Griffin



Dragons Abreast Canberra and Wagga, Stanley Beach Short Course, Hong Kong 28 June 2015 Image: Frances Heaney

澳洲龍 = Aussie Dragons

Doesn't the first symbol look like a person with a paddle and the second one boats (mostly) going in one way?

Long and strong in Hong Kong

What a fun time in Hong Kong! It was a whirlwind of regattas, sightseeing and great company amid heat, humidity and heady incense.

Stanley Beach was our first regatta in a setting that looked very much like most Australian beaches.

There was plenty of the usual colour, excitement and action, and it was a bonus to be able to stand in the water as the day got hotter.

Victoria Harbour was an international regatta and held the following weekend. It was more challenging as we saw the swell tip a few boats over during practice. At times, the dragon boats looked more like surf boats. The cannon that started our races released a puff of smoke before the boom and seemed to propel us from the pontoon a bit quicker. We paddled hard and fast not just to race well, but to stay upright and out of the interesting debris floating around us.

I'm sure the echo of 'Aussie Aussie Aussie Oi Oi Oi' is still rattling around the docks of Victoria Harbour!

Donna Lennon



Susan and Kerrie save the day with their intrepid explorer and map reading skills after the taxi driver dropped us in the wrong street, Hong Kong 2 July 2015 Image: Donna Lennon



Victoria Harbour, Hong Kong 3 July 2015 Image: Donna Lennon



Man Mo Temple, built in 1847, Hong Kong 6 July 2015 Image: Kerrie Griffin

Merchandise

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



Warm up and training times

6.00 for	6.30am	Tuesdays
12.00 for	12.30pm	Wednesday
8.00 for	8.30–9.30am	Saturdays

Contact: donnalennon@dodo.com.au **Donna Lennon**

Some great paddling technique tips: http://www.youtube.com/watch?v=j7IRbj3K8c4&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 **Elsbeth Humphries** humphries44@ozemail.com.au

Weather watch

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

Under the pink umbrella



One in eight Australian women will be diagnosed with breast cancer by the time they turn 85. It is estimated 15,500 women and 145 will be diagnosed with the disease this year, according to the Breast Cancer Network Australia.



Kerrie Griffin, Cate Hale, Christine Nolan CEO, Frances Heaney and Tanya Gendle, BCNA Summit 16 July 2015 Image: Frances Heaney

[Pink Lady luncheon speakers announced!](#)

After a number of successful years in Melbourne and Brisbane, BCNA is thrilled to announce that we will be expanding our Pink Lady luncheon series in 2015 to include Perth, Hobart and [Canberra](#).

The luncheons provide an opportunity to support Australians affected by breast cancer and are held in conjunction with **Breast Cancer Awareness Month** (October) and **Secondary Breast Cancer Awareness Day (13 October)**.

The Pink Lady luncheon series provides a wonderful chance to hear from inspiring speakers, and learn more about BCNA. It is a great way to entertain clients or catch up with friends in a stunning venue while enjoying a fine dining experience.

Canberra 12-2.30pm Tuesday 13 October

Gandel Hall, National Gallery of Australia
Kathryn Fagg, Reserve Bank Board Member and Melbourne Recital Centre Chair Member, has had an extensive senior executive career across Australia, New Zealand and Asia. Kathryn, also a breast cancer survivor, will share her career tips for women in the modern workplace. <https://www.bcna.org.au/media/2858/pink-lady-luncheon-canberra.pdf>

Buy tickets: \$160 per person (\$110 ticket price with a \$50 tax deductible donation requested) Tables of 10 available.

<https://www.bcna.org.au/news/2015/08/pink-lady-luncheon-speakers-announced/#sthash.y3ay2LiO.dpuf> Perhaps seek sponsorship for yourself or others?



Mothers Day Classic (MDC) thank you, Cate Hale BCNA, Natalie Rayner and Sue Field, MDC Canberra Committee, Frances Heaney and Sharon Morris MDC National CEO 18 August 2015 Image: Frances Heaney

Mothers Day Classic Function

Well over 135,000 Australians joined in this year's Women in Super Mothers Day Classic breast cancer research walk and run on Sunday 10 May. Money raised through the MDC supports the National Breast Cancer Foundation (NBCF) and research across the spectrum in projects which aim to drive earlier detection, more effective treatments, and a greater quality of life for those affected by breast cancer. <http://www.mothersdayclassic.com.au/>



From little things big things grow inspirational opening keynote speakers Carolyn Creswell Carman's Kitchen, Marg O'Donnell BCNA Chair, Lyn Swinburne founder BCNA and Diana Williams founder Fernwood Women's Health Clubs, BCNA Summit 16 July 2015 Image: Kerrie Griffin

Fernwood scholarships

Diana Williams, founder Fernwood, is donating 10 certificate 3 personal training scholarships to BCNA members around Australia who demonstrate a commitment to training and supporting other breast cancer survivors in fitness, wellbeing and active lifestyle.

BCNA Summit

200 breast cancer survivors descended on Melbourne in late July and turned the Pullman on the Park Hotel a bright pink. It was time once again for the BCNA Summit.

Representatives came from towns and cities all around Australia and chatted, laughed and cried their way through 2 days of inspirational speakers, practical focus workshops and amazing case study presentations.

This year the theme was *Starting the conversation* and that's what these 200 women have been inspired to do - sent back to their home towns, armed with updated information and resources to get people engaged and active in breast cancer support, fundraising, research and more.

BCNA was started as a grassroots organisation and it will be tapping into the power of grassroots again to move forward into its next stage.

Cate Hale

Monthly evening at Colleens

Thursday 10 September

New Mastectomy Bra Creations

Tina from Red Fern Lingerie will show her new bra creations. Come and meet Tina and give your feedback on Tina's new designs.

4.30–5.30pm Shop Red Fern and our new range of lingerie and swimwear

5.30–6.30pm Give our feedback to Tina

Drinks and nibbles provided.

Tina will be in the shop on Thursday from 2.30pm

RSVP (appreciated but we understand if you don't know until the last minute) Wednesday 9 September

info@colleens.com.au or 02 6285 1311 or in person 3/60 Dundas Court Phillip

Gillian Horton

Nicky's group 10.30am 1st Tuesday of the month

Nicky's group gives people with **secondary breast cancer in the ACT and region**, the opportunity to meet, share issues and ideas, learn more about secondary breast cancer and even have a laugh! Join us at Rodney's Plants Plus at Pialligo, in 'Jungle Fever' a private room. Feel free to bring a friend or family member. There is also a great park for the kids. 'Nicky's Group' is supported by **Bosom Buddies**, for more information **0406 376 500** [Mon.-Thurs. 9am-3pm].

Nicky was a mum, wife, sister and friend with secondary breast cancer, who, when faced with challenges, thought everything was easier with a cuppa and a nice piece of cake'

Nicky would be chuffed to see this support group has formed with the kind support of the Bosom Buddies.

ACT Casting for Recovery program NEW

The ACT Fly Fishers Inc. Club is pleased to host its first Casting for Recovery fly fishing retreat from **1-3 April 2016**. It will run from Friday pm to Sunday pm. The maximum number of participants per retreat will be 12 women. CfR started in the USA and is run in Canada, UK/Ireland, New Zealand and now the ACT.

The objectives of a retreat are to provide:

- Basic knowledge of and skills in the sport of fly fishing
- A break from daily routine through focusing on a sport and by meeting women in a similar situation
- An opportunity to form support networks amongst participants
- Through trained volunteers, some 'pampering' type activities such as hairstyling, facials, and podiatry
- A respite period for carers of participants.

Finally, women who have received a breast cancer diagnosis, who either live in or received their treatment in the ACT are eligible to participate, subject to their doctor approving of their attendance. Women can register on line or complete a registration form obtained at www.castingforrecovery.org.au Queries to info@castingforrecovery.org.au or **0490256505**. Closer to the retreat, those registered will be required to fill out an application form.

BCNA NEWS

About BCNA's Cultural Diversity Program BCNA's Cultural Diversity Program has been developed in consultation with Australia's cancer, breast cancer and multicultural sectors. The program aims to provide appropriate and accessible information and support for women from diverse cultural backgrounds. The first phase of our resource development has focused on

developing bilingual print and audio resources in the following priority languages: **Arabic, Chinese, Greek, Italian and Vietnamese**. BCNA is also hosting community breast cancer information forums in languages other than English, and training women from diverse cultural backgrounds to be spokespeople for BCNA. For more information about BCNA's Cultural Diversity Program, and to access our new bilingual resources. www.bcna.org.au/news/2015/03/bcna-launches-bilingual-breast-cancer-resources
<https://www.bcna.org.au/news/2015/07/bcna-joins-diversity-campaign/#sthash.wGGdvTR3.dpuf>

Pink Bun campaign raises \$1.7m

BCNA is thrilled that Bakers Delight surpassed its intended target of raising \$1.5 million for BCNA during the Pink Bun campaign, reaching a record high of \$1.726 million in just over three weeks. More than 600 bakeries nationwide 'pinked up' from 11 May – 3 June, donating 100% of the sales of Pink Buns directly to BCNA.

Since being established in 1998, BCNA's network has grown to 100,000 members right across Australia. With Bakers Delight's support, BCNA has provided more than **100,000 My Journey Kits free of charge** to Australians diagnosed with breast cancer. To learn more about the BCNA and Bakers Delight partnership read the [Bakers Delight and BCNA partnership media release](#).

Latest research 19 Aug 2015

Pregnancy after breast cancer trial

Media releases 11 Aug 2015

New triple negative breast cancer research

BCNA welcomes news this morning that Monash University researchers have isolated the PIPP gene, which appears to play a particular role in triple negative breast cancer. [Read more](#)
<https://www.bcna.org.au/news/?category=BCNA%20News#sthash.rQMMyhA8m.dpuf>

Media releases 21 Jul 2015

BCNA joins diversity campaign

: <https://www.bcna.org.au/news/#sthash.uxHwrkQ7.dpuf>
BCNA has joined with partners including the AFL, Netball Victoria, Australia Post, Twitter Australia, Google Australia, Commonwealth Bank and other corporate and community organisations to support the Victorian Government's new #EmbraceDiversity Campaign. - See more at:
<https://www.bcna.org.au/news/2015/07/bcna-joins-diversity-campaign/#sthash.wGGdvTR3.dpuf>

BCNA News 01 Jul 2015

New benefits start today BCNA is pleased to share news of new Australian Government initiatives that came into effect 1 July 2015, that will assist people living with secondary breast cancer.

Perjeta and Kadcylya, new drugs used to treat HER2-positive secondary breast cancer, have been listed under the Pharmaceutical Benefits Scheme (PBS) effective today. For more information [New drugs on PBS from today](#) on our website.

Changes to **superannuation laws** will make it easier for Australians living with a terminal illness to access their lump sum superannuation tax free from today. For more information read the News

item [Earlier access to superannuation from today](https://www.bcna.org.au/news/2015/07/new-benefits-start-today/#sthash.Si7Ukwlf.dpuf) on <https://www.bcna.org.au/news/2015/07/new-benefits-start-today/#sthash.Si7Ukwlf.dpuf>

BCNA NEWS22 MAY 2015

[Participate in lifestyle research](#)

BCNA NEWS 01 JUL 2015

[New drugs on PBS from today](#)

BCNA NEWS 01 JUL 2015

[Earlier access to superannuation from today](#)

BCNA NEWS 26 JUN 2015

[Vale Nikki Dwyer-Hager](#)

Doctors are starting to prescribe exercise for cancer

There is a growing feeling among doctors that fitness protects people during cancer treatment and may even play a role in prevention.

Canberra breast cancer survivor has scars tattooed

The friendship between a tattooist and **Sherry McGregor** a breast cancer survivor seems an unlikely one following two mastectomies.

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.

Research Bulletin

Our Research Bulletin provides subscribers with credible and interesting breast cancer information, including information about relevant events and conferences as well as research updates in four key areas of interest:

- Family history and hereditary breast cancer
- Young women and breast cancer
- Secondary breast cancer
- Women with breast cancer in rural and remote areas

To subscribe to our Research Bulletin, email us at policy@bcna.org.au and request 'Subscription to email updates'. Please provide your name, email address you want the bulletin to go to, and your area of interest.

Review & Survey Group

Participation will give you an opportunity to assist researchers to solve some of the puzzles around breast cancer, by contributing your own experience. All you need is an email address, and a willingness to be involved. When there is an important breast cancer survey being conducted, BCNA will email you with the details. It's then up to you to decide if you are interested in participating or not. The choice is entirely yours. To register for the Review and Survey Group click on the following link <http://www.bcna.org.au/news/about-bcna/get-involved/speak-out>
BCNA Forums Team

Help from your GP

http://www.bcna.org.au/sites/default/files/the_inside_story_issue_35.pdf

A recent survey by BCNA into the **needs of women living with secondary breast cancer** found that only 21 per cent of respondents had a GP Management Plan. For more information about these plans, visit the financial and practical assistance page in the secondary breast cancer section of the BCNA website, www.bcna.org.au.

Geraldine Robertson, BCNA Consumer Representative, Cancer Australia Committee

BreastScreen ACT

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

Phone BreastScreen ACT on 13 20 50.

Please spread the word that BreastScreen ACT has lots of appointments available for the new digital mammography service in either **Civic** or **Woden**. The service screens women from 40 if higher risk, else the service **target women from 50–74. Women more than 74 years of age are welcome too.** 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

Support your partner through breast cancer

I wish I could fix it: Supporting your partner through breast cancer booklet is included in BCNA's *My Journey Kit*.

Ten years of tamoxifen may be better than five

News 6 December 2012 A study has shown that tamoxifen for ten years may benefit women with ER+ breast cancer.

Breast Cancer Network Australia

We've developed a new fact sheet called *Beware Dr Google: A guide to reliable breast cancer information*. The fact sheet includes a list of Australian and international websites.

[See More](#)

Useful links

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

Associate members including Dragons Abreast

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

Bosom Buddies is a member group

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

Read about how BCNA does advocacy

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

Read about how BCNA nominates community liaisons

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

Visit the [History of Field of Women page](#) on the BCNA website.

Get involved with BCNA

- [Community fundraising](#)
- [Join our online network](#)
- [Advocacy](#)
- [Speak out](#)
- [Find services & support near you](#)
- [The Beacon](#)
- [Sharing the journey](#) – issue 70, Autumn 2015

- Past issues of *The Beacon* [The Beacon archive](#).
- [Help with research](#) Join our Review & Survey Group
- <http://www.bcna.org.au/store/Merchandise>
- **BCNA updates to share their work with ACT members in case you are interested in being more involved:**
- **The BCNA Networker** [Download your electronic version](#)
- [Connecting BCNA Member Groups online group](#)
- [BCNA Community Liaison online group](#)

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

Bosom Buddies

Come to a social event and let us know if you would like to take part. bosombuddies@shout.org.au
Shelley Atkins, President, Bosom Buddies

YWCA Encore

www.ywcaencore.org.au

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

Gillian Horton, Colleen's Post Mastectomy Connection

Open: Tues-Fri 9.30am to 4.30pm

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

bravellesw@gmail.com

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

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

Casting for Recovery Heidi Ramsay

info@castingforrecovery.org.au or 0490256505

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

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

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

[members-share-their](http://ourhealth.org.au/stories/daineres-journey-anthoney-familys-story)

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

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

Susan Pitt, Secretary BTA

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



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
October 	Saturday 10 7am-12pm	DB ACT regatta 1 200 m	Grevillea Park	francesheaney.dacanberra@outlook.com
	Saturday 17 7am-1pm	Dragons Abreast Canberra Corporate Regatta 200 m and BCNA Mini Field of Women at the Regatta	Grevillea Park	Volunteers needed Kerrie Griffin 0432 980 061 kerrie.griffin22@gmail.com
	Saturday 24 7am- all day	Dragons Abreast Festival 200 m National fundraiser regatta	Darling Harbour, Sydney	http://www.dragonsabreastfestival.com.au/ Volunteers needed
November	Saturday 7 7am-12pm	DB ACT regatta 2 500 m and 1 km	Grevillea Park	francesheaney.dacanberra@outlook.com
	Saturday 21 7am-12pm	DB ACT regatta 3 200 m and 2 km	Grevillea Park	francesheaney.dacanberra@outlook.com
	Saturday 29 7am-4pm	DBNSW Dragon Boat Challenge 200 m	Albert Park, Wagga	francesheaney.dacanberra@outlook.com
December	Saturday 5 7am-1pm	DB ACT regatta 4 500 m and 2 km And Christmas BBQ	Grevillea Park	francesheaney.dacanberra@outlook.com
	Sunday 6 11am-3pm	Day at the lake for all water users Hosted by the Royal Life Saving Society	Lotus Bay	francesheaney.dacanberra@outlook.com
	Wednesday 16	Dragons Abreast Canberra Christmas carol paddle	Lotus Bay	francesheaney.dacanberra@outlook.com
	Saturday 19	Last Dragons Abreast Canberra paddle for 2015	Lotus Bay	francesheaney.dacanberra@outlook.com
January 	Saturday 9	Dragons Abreast Canberra commence Saturday morning training sessions	Lotus Bay	francesheaney.dacanberra@outlook.com
	Saturday 17 12-3pm	DA ACT Pirate Regatta and BBQ	Lotus Bay	francesheaney.dacanberra@outlook.com
	Saturday 30 7am-12pm	DB ACT regatta 5 200 m and 1 km	Grevillea Park	francesheaney.dacanberra@outlook.com
February	Saturday 13 Late arvo	Flowing Festival, Lake Jindabyne 2 km	Jindabyne	francesheaney.dacanberra@outlook.com
	Sunday 14 7am-3pm	Flowing Festival, Lake Jindabyne 200 m	Jindabyne	francesheaney.dacanberra@outlook.com
	Saturday 27 7am-12pm	DB ACT regatta 6 500 m and 2 km	Grevillea Park	francesheaney.dacanberra@outlook.com
March	Saturday 12 7am-1pm	National Capital Dragon Boat Festival	Grevillea Park	francesheaney.dacanberra@outlook.com
	Saturday 13 7am-1pm	National Capital Dragon Boat Festival	Grevillea Park	francesheaney.dacanberra@outlook.com
2017	Date tbc	DAA Convention Hosted by DA Melbourne Dambusters	Melbourne	francesheaney.dacanberra@outlook.com
2018	Date tbc	International Breast Cancer Paddlers Commission breast cancer survivor regatta	Florence, Italy	francesheaney.dacanberra@outlook.com

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 2015

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

Please submit any news, items and images by 1 November 2015 to the newsletter coordinator

Kerrie.griffin22@gmail.com or taylorclan@inet.net.au



Val Devlin, enjoying the crystal cable car to the Big Buddha, Hong Kong 2 July 2015 *Image:* Kerrie Griffin



Val Devlin, Denise Brown and Susan Pitt, Tian Tan Big Buddha, Hong Kong 2 July 2015 *Image:* Kerrie Griffin



Tian Tan Big Buddha, Lantau Island, Hong Kong 2 July 2015 *Image:* Kerrie Griffin



Vale Anna Wellings Booth, Maggie Sharp, Carolyn Parsons, Natrasska Chiron, June McMahon and Brenda McNamara -- spirited women! BCNA Mini Field of Women, BCNA Summit 17 July 2015 *Image:* Kerrie Griffin