



ABREAST of the NEWS

DRAGONS ABREAST ACT & REGION under the umbrella of Breast Cancer Network Australia

PO Box 7181, Yarralumla ACT 2600 - DRAGONSABREAST.COM.AU • ISSUE 45 - SEPTEMBER 2012



Anna Wellings Booth (front) with OAM display and Cathy Powell, Katherine Kralikas, Robyne Kellett, Boerge Alexander, Lenyss Snellen, Bea Brickhill and Colleen White, afternoon tea at Marion and Michael Blake's farm, 3 June *Image:* Kerrie Griffin

DA Canberra Corporate and Social Dragon Boat Challenge 20 October 2012

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

Coordinator's report

A very BIG THANK YOU to **Boerge Alexander** who managed the coordinator's position so well while I was away. This was a big ask as she is also in charge of our annual fundraising **DA Canberra Corporate and Social Regatta**.

Pan Pacs

We still have space a few more paddlers for the Pan Pacs 8–11 November on the Gold Coast. Contact **Di Bradshaw** asap if you are interested. Dianne.Bradshaw@act.gov.au EVERYONE who is going needs to be paddling as often as possible. Many thanks to our coach **Narelle Power**.

2012–13 season begins

The first regatta of the season was 1 September and I was very pleased DA Canberra was represented. It was a cold morning on the water but crisp underfoot on the ground and great company. Thanks to all who participated and we are off to a good start this year.

AGM 8 September

It could be said that this has been a tough year for DA Canberra, but despite that, it has been a rather big year full of activities and opportunities. Our group continues to amaze me with their enthusiasm, encouragement and positive attitude.

Paddlers are always ready to do whatever is needed to ensure success whether it is on the lake, helping someone or volunteering for 'whatever' needs to be done! I feel so lucky to be part of such an inspiring group and thanks for your support.

We are not the largest DAA group, but I would suggest we could possibly be the most active in a variety of activities besides paddling. We are a talented and dedicated group who are prepared to continue giving at times when we may have little left to give at that moment.

Dragon Spirit Award

Congratulations to **Cindy Young** and **Viki Fox** who exemplify the Dragon Spirit Award by tirelessly working, promoting and supporting Dragons Abreast Canberra over many years.



Cindy Young and Viki Fox, Dragon Spirit Award 2012 *Image:* Jan Skorich

Past winners of the Dragon Spirit Award

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



Front: Mary-Lou Reid, Julie Richardson, Viki Fox and Marion Blake, DA Canberra, winter, Pide House, Yarralumla, *Image:* Kerrie Griffin



Denise Brown, Di Bradshaw, Carol Summerhayes, Sandy Doyle, DA Wagga, Truus Ford and Jo, Pide House, Yarralumla, Image: Kerrie Griffin

The year that was

- Name change from DA ACT to **DA Canberra** with the hopes of being more easily recognised
- Racing name changed from *Tickled Pink* to *GoAnna*
- With the Royal visit in October our organiser cleverly chose the royal theme for a most successful Corporate Regatta. A very big thanks to many, but especially to **Boerge Alexander**, for the most successful regatta yet raising over \$40,000 for breast cancer organisations in 2011.
- DA Canberra was represented in most regular regattas but not all.
- Chinese New Year in Sydney on Darling Harbour was again well attended by DA Canberra
- Lake closures, due to blue green algae, hampered our training sessions (\$60m rescue plan coming)
- Some 'Come and trys' were more successful than others
- DA Wagga Wagga paddled with us eventually after several attempts
- DA Canberra appeared in a national Gardening magazine
- Mother's Day Classic: Unfortunately we did not paddle due to poor weather but **Susan Pitt** ran the BCNA and DA stall promoting awareness
- Handmade Markets, with associated raffles, proved to be quite successful in raising money and awareness of DA
- Dragon Muster in March was very well attended. Our new members were presented a DA cap, DA Canberra pin and *A Dragon's Tale* book
- Annual bulb planting and morning tea on Springbank island was well attended
- Membership at Fernwood Gym initiative began due to **Bea Brickhill** and owner **Kellie Toohey's** support
- Speaking engagements by members included Bosom Buddies Stepping Out sessions, the View Club and Rotary Club
- Several DA members represented the ACT on sporting teams nationally (see May 2012 newsletter) **Jan Skorich, Gillian Styles, Maureen Sandilands, Robyne Kellett, Cathy Powell, Debbie Whitfield and Elly McGinness** competed in the **Australian Dragon Boat Championships**

1-5 April in Melbourne). **Jan Skorich, Maureen Sandilands, Robyne Kellett and Cathy Powell** in the Dragon Flyers women's team at the **World Club Crew Championships** in Hong Kong 4-7 July while **Debbie Whitfield and Elly McGinness** joined Komodo in June regattas in **China**.



Marion Blake, Lee Milliard Newton, Chair Dragons Abreast Australia; Anne Stowe, Board member; Bea Brickhill, Cate Hale, Matthew Boevink, Board member; and Patsy Sheales, DAA National Convention, Alice Springs, May 2012

- DAA National Convention in May: four DA Canberra members, **Cate Hale, Marion Blake, Bea Brickhill and Patsy Sheales**, participated
- DA Canberra continued to assist BCNA with the Annual Pink Bun Campaign
- Mentoring Program was successfully inaugurated as a result of work by Colleen White and Marion Blake in creating the guidelines
- National Paddle Day, the idea of **Marion Blake**, was a success throughout DAA! We can be very proud of our Marion
- Paddling to **Government House** and morning tea with the **Governor General** was a huge success and very popular. Thanks to Marion for her connectedness in ensuring this event happened.
- Nationally, DAA structure changed this year to a board of three and eight executive for support. A *Strategic Plan* was presented to members. This is a change for the organisation and with any change there is bound to be a few 'hick ups' along the way, but with guidance and patience I believe DAA will continue to 'keep the spirit' and grow.
- On 5 September we paddled with **Andrew Barr, Sports Minister, MLA**, to launch a new initiative to encourage older people to be active.



Diane Bradshaw and Boerge Alexander selling quilt raffle tickets at Handmade Market at the National Convention Centre, 10 June 2012 Image: Kerrie Griffin

Health of members

Being part of a group such as DA, puts us in a position of health uncertainty and this year has been particularly difficult for us. **June McMahon's**, one of DA Canberra's founding members, life was celebrated with a *Flowers on the water* ceremony. At her funeral mourners were asked to donate to Dragons Abreast in lieu of flowers. June requested we have another seat erected for Dragons Abreast Canberra in her memory; it is currently being looked into. Several of our members faced another cancer diagnosis or loss of loved ones; and throughout all this DA members have supported those members and their families.



Anna Wellings Booth, Joy Tonkin, Di Wright, Mim Forrest, Katherine Kralikas, Bea Brickhill and Annette Dean, DA Canberra AGM, 8 September *Image:* Jan Skorich

Fees are now due!

The total cost is **\$300** to be paid to DA Canberra:
BSB 012 964
Account No, 492003119

Please give the two forms to **Viki Fox/Truus Ford**. The first time you join Dragons Abreast you complete a form which is for the national Dragons Abreast office. You also complete a form for Canberra Dragon Boat Association (CBDA) and another one for Canberra Dragons Abreast. These last 2 forms have to be completed each year.



Jan Skorich, Patti Pye, Margo Neale, Lyn Mills, Anna Wellings Booth and Hadas Haileselassie, afternoon tea at Marion and Michael Blake's farm, 3 June *Image:* Kerrie Griffin

Awards and achievements

- Our Anna GoAnna (**Anna Wellings Booth**) received an OAM and we were all so excited and proud of her. On 3 June Marion Blake hosted an OAM afternoon tea to celebrate Anna Wellings Booth's achievements
- **Boerge Alexander** completed sweep accreditation on 1 September



Hadas Haileselassie, Kerrie Griffin, Gigi Lungu, Anne Baynes, Di Wright and Anna Wellings Booth, afternoon tea at Marion and Michael Blake's farm, 3 June *Image:* Kerrie Griffin

Plans for 2012–13

- Continue to support our members and share the spirit through dragon boating
- Stage the 2012 Dragon Boat Challenge regatta on 20 October
- Attract and welcome more members to Dragons Abreast through 'Come and Try' sessions
- Dragons Abreast Canberra was approached to enter a submission for the Women's Archives Project as part of the Canberra centenary activities.
- Hosting the **DAA 2013 National Convention in May**. The planning committee is in full swing with a fantastic event in the making.
- New DA Canberra racing tops
- New chant/song due to racing name changed from *Tickled Pink* to *Goanna*. A big thank you to Mary-Lou Reid who wrote *Tickled Pink*
- Begin plans and preparations for the international regatta in Florida in 2014
- Train more sweeps, coaches and officials.

Equipment

- Boat covers are desperately needed but maker has not started yet.
- Corking is required in *GoAnna*
- Stopper on *Gecko's* oar struts lost which affects the sweep's work. Currently replaced with a substitute item and all sweeps notified of the situation.
- 24 pink PFDs purchased.

Breast Cancer Network Australia (BCNA)

Gillian Styles and I had the opportunity to participate in a community liaison training session for BCNA in Melbourne 10-11 September. We were

two of 20 breast cancer survivors attending the training which was led by enthusiastic and caring BCNA staff. Speakers were informative, supportive and inspiring. I consider it a real honour to have been able to be part of this training and only hope I will be able to help others through their journey with breast cancer.



Boerge Alexander, Colleen White, Susan Pitt, Patsy Sheales, Judy Cluse and Cindy Young, DA Canberra AGM, 8 September
Image: Jan Skorich

Regular paddling

Spring is here and the lake is looking beautiful even in the cool of the morning, so it is time to come along. Remember to email **Bea Brickhill** if you are coming. If you then find out that you are unable to come please **text** Bea on 0430 830 362.

DAA website

Check out the revamped website

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

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



Mary-Lou Reid, Val Barger, Sue Drew and Judy Cluse, sunrise Chinese New Year 2010, Darling Harbour Image: Kerrie Griffin

Our thoughts are with **Annette Dean, Sue Drew, Mary-Lou Reid, Julie Richardson** and **Penny Birtles**. Congratulations to **Gillian Styles** on her new grandson, Tobias.

Paddles up!

Patsy Sheales, Coordinator DA ACT

canberra@dragonsabreast.com.au

Tuesday morning paddling

It was a beautiful sunrise and paddle on 28 August on a clear and sunny day with the mist on the lake and hot air balloons floating above. We paddled to Spinnaker Island to see many sea gulls nesting. Tuesday mornings are my favourite paddling time.
Kerrie Griffin



Kellie Toohey (centre), owner Fernwood Belconnen and Gungahlin, with excited, and exhausted, members of Dragons Abreast Canberra following a special workshop designed by Kellie to strengthen the muscles used in dragon boating. 7 July 2012 Courtesy: Bea Brickhill

Fernwood sponsorship

Earlier this year **Fernwood Belconnen** and **Gungahlin** gyms offered to support DA Canberra by providing free gym membership for our members and to date more than 12 have taken up this fantastic offer with **Kellie Toohey** even tailoring special workshops for our members.

Kellie has a particular interest in the benefits of exercise for cancer survivors and her Fernwood clubs have always been supportive, both in participating in fundraising events such as the DA Corporate and Social regatta and the Mothers Day Classic fun run, and in providing care and support for their members.

www.fernwoodfitness.com.au

As it says on their website

Welcome to the Fernwood community

At Fernwood we understand that walking into a health and fitness club can be intimidating for many women. Our friendly staff will make you feel welcome and we pride ourselves on the fact that the women who join us come in many different shapes, sizes and fitness levels. We treat every woman as an individual in our approach to assessing your specific needs.

A fully qualified staff member will listen to you and then develop an individual exercise plan tailored help you achieve your personal goals.

Bea Brickhill

I can fully recommend Fernwood as I had my assessment and Kellie was very informative, professional and helpful. If you've ever felt you needed something extra, a little push to get a little more toned, motivated whatever... then don't hesitate! This is an incredibly generous offer and the machines at Fernwood are the best you'll see anywhere.

Narelle Powers

I am enjoying going to a women's only gym and all the Fernwood staff are very friendly and helpful. Thank you for the special Dragons Abreast Canberra workshop which was very funny and a great idea. I love the body balance, yoga, bodyvive, sh'bam and zumba classes! The new equipment and clean showers are great for before work too.

Kerrie Griffin



DA Canberra 1 September CDBA regatta, Lotus Bay Image: Kerrie Griffin

Breaking the ice: well literally!

To paddle in my first regatta with Dragons Abreast GoAnna I had to first negotiate the minus 6.8 C degree start and the super frost and much ice on the car. Once I arrived at our camp for the day (late after several attempts at de-icing the whole car), I was reminded that yes this was the first day of a Canberra spring with our camp strategically located next to a beautiful flowering wattle and a chortling magpie. I struggled fitting the brand new DA pink lifejacket (but was given good help) and then mistakenly selected a slightly oversized paddle from the shed for the first race. We were then stepping into the dragon boat complete with dragonhead and drum which was surrounded by ice blocks for the first race (my thought was what country were we in!).

For the second race **Katherine Kralikas** kindly lent me her DA paddle which glided through the water (one well trained paddle I suspect). She also kindly found the trusty small paddle with the tape on it for the third race which I try to find each week from the shed for the Wednesday paddles (thanks Katherine!). In the third race our sweep called lift and lift we did — you could feel the boat lift as we pushed towards the finish line. Thanks to all the DA GoAnna paddlers, sweep, drummer and fellow newbie paddlers **Mim Forrest** and **Denise Brown** for their support and advice so I could compete in my first Canberra spring regatta!
Julie Kesby (newbie paddler)

Come dragon boating

<http://www.abc.net.au/local/audio/2012/08/02/3559013.htm>

2 August, 2012 10:49AM AEST

By Jolene Laverty and Angela Catterns

<http://bit.ly/M4Rf2Y>

Some might turn down an offer to get on the water when the apparent temperature is less than 2 degrees. But not Angela Catterns.

[Download this mp3 file](#) Dragons Abreast is a group who have two things in common: breast cancer

and dragon boating. Though on the water, breast cancer is rarely the topic of conversation.

The high spirited women of Dragons Abreast Canberra invited long time boating enthusiast **Angela Catterns** out for a paddle, and she was very quick to accept. What started as a paddle quickly escalated in to hard core physical exertion that left them high as a kite and a sore as a kite that went dragon boating.

It was a typical crisp Canberra winter's day; very blue skies and a rippled reflection on the surface of the lake from the cold wind. Despite the chill, the laughter from the ladies could almost be heard at Parliament House. Angela had a terrific time, and didn't even get wet.

If you would like to join up with Dragons Abreast, they meet at the Canberra Yacht Club at lunch time on Wednesdays and Saturday mornings. For more information email: Canberra@dragonsabreast.com.au



Angela Catterns (second from left) went out on Lake Burley Griffin with the Dragons Abreast dragonboaters (Angela Catterns - local) 1 August 2012



Warm up and training times

6.15 for	6.30am	Tuesdays
12.30 for	12.45pm	Wednesday
8.00 for	8.30–9.30am	Saturdays
Contact:		Bea Brickhill

bea.brickhill@gmail.com

Some great paddling technique tips:

<http://www.dragonsabreast.com.au/Admin/training.htm>

Remember water, hat, sunscreen and sunglasses!

If you want to have a try at sweeping contact:

Narelle Powers narelle.powers@defence.gov.au

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

Weather watch

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

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



Anna Wellings Booth talking about June McMahon, *Flowers on the water ceremony*, DA Canberra members Mary-Lou Reid, Susi Gross, Sandi Avis 18 August 2012 *Image: Mavis Fowler*



Flowers on the water ceremony for June McMahon, DA Canberra, sweep Narelle Powers, 18 August 2012 *Image: Mavis Fowler*

Vale June McMahon

11/3/36 – 17/8/12

<http://www.dragonsabreast.com.au/portfolio/june-mcmahon/>

June Patricia McMahon: a force to be reckoned with
June was an avid cross-country skier, a walker with huge strides, an exquisite needle woman, a superb cook, charming hostess, had the memory of an elephant and was a loyal, active, competitive member of DA Canberra.

June was a founding member of our first crew that hit the water with Les Williams as coach and mentor in 1999. June assumed the role of Treasurer when we had absolutely no money and despaired and sighed when I would thrust coins or notes at her in either paper or plastic bags.

There were no shades of grey with June – everything was black or white. She was a stickler for rules and a perfectionist and had no time for trivia. You will hear our counting 8, 9 June on the boat with exercises because June said if you didn't do each exercise for at least 10 seconds, preferably 20, there wasn't much point in doing them.



June McMahon's 70th birthday on Springbank Island, June is next to Anna Wellings Booth *Image: Mavis Fowler*

Many a member quaked in terror and awe if approached by June but discovered that she was extremely helpful to them with stroke correction and encouragement and that she was an extremely caring, kind woman. Many a paddler has enjoyed an overnight stay at her sister Sue's farm on the way to national events. June delivered Meals on Wheels on a weekly basis for many years and befriended many vulnerable people.

CDBA members will have seen her coaching regatta teams and she had the attention of the most recalcitrant paddler and gained enormous respect from those crews. June laid claim at having been at every Dragon Boat National event from 2001–07 — the only DA person who achieved this.



AusDBF accredited officials and DA Canberra members: Di Wright, June McMahon, Gillian Styles, Robyne Kellett and Mavis Fowler, Penrith, 2007 *Image: Mavis Fowler*

When she decided she didn't want to race competitively or paddle in winter she didn't walk away she went on to be both a CDBA and AusDBF accredited volunteer official.

June gave a lot to DA in its formative years and women like her, Sylvia and Maggie should never be forgotten – their contributions and presence have left a legacy for us all. We are who we are due to these strong women.

Paddles up and thank you June.

Anna Wellings Booth



Flowers on the water ceremony for June McMahon, CDBA and DA Canberra, sweep Robyne Kellett, 18 August 2012 Image: Steve Taylor

Another Star is in the Heavens with the sad passing of another Pink Dragon, Paddler Extraordinaire, & Vivacious Woman... June McMahon of Canberra Dragons Abreast. She would not take no for an answer at the inaugural meeting of (somewhat sound) minds in Canberra 1999 of which I was the baby, made us break the icy water of Burley Griffin 3x/w with happiness & glee... Then bought other Miracle Woman herself: Melba Mench & myself together in 2000 to ensure Dragons Abreast Newcastle/Hunter was to be born, with or without boat! Paddles Up for June! Those we love and lose are always connected by heartstrings into infinity...

Martine Boughton-Briggs, DA Hunter



Flowers on the water ceremony for June McMahon, DA Canberra, 18 August 2012 Image: Steve Taylor

3 Florence Dragon Boat Pink Meeting 25-26 May 2013

It is the weekend immediately following the Vogalonga in Venice to allow overseas teams to combine the two events in Italy.

We want to involve as many for international teams as possible, to let teams meet in a pre BCS international festival in view of the 2014 festival in Florida.

There will be meetings on dragon boat and BCS women and dragon boat regattas for BCS teams and their supporters (family, friends, etc.).

In the coming months we will show detailed programs on our website www.florencedragonlady.it and on our facebook LILT Florence Dragon Lady (<https://www.facebook.com/groups/157071110988403/>).



 Florence Dragon Lady
 Fare Squadra Per Combattere il Tumore al Seno
 Firenze - Florence (Italy)
info@florencedragonlady.it
www.florencedragonlady.it

Merchandise

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

Cindy is taking orders for **DAA paddles** for \$215. We have 6 orders but we need 10 to purchase.

Under the pink umbrella



Anna Wellings Booth, Gillian Styles, Jacques Step, Lesley Hindley, Laddie Hindley and Susan Pitt with *Betty the BMW*, Canberra, 6 September 2012 Image: Susan Pitt

BCNA riding for men's resources

'I will not only ride in remembrance of my wife, but also for all those who have been affected by breast cancer. I will ride to celebrate the lives of those women, their husbands or partners, their children, family and friends. I will ride under the auspice of Breast Cancer Network Australia (BCNA) and all funds raised will be used to accelerate their already impressive work in assisting women and their families.'

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

BCNA delivered a tall, dark, handsome motor biker to Susan Pitt's new Canberra door step on 6 September. Susan was joined by Anna Wellings Booth, Gillian Styles and Susan's breast cancer survivor mother Lesley and step-father Laddie Hindley. **Jacques Step** rode into Canberra via Eden as he neared the end of his journey around Australia in memory of his wife Nicole and to raise funds for BCNA. Jacques told us he made the trip to Broome as a promise to Nicole. It was nearing the anniversary of her death and he knows now that Nicole realised he would need the trip. He had found solace in the long journey on the BMW R1200 Classic bike. He spoke about the beauty of the Kimberleys in particular with Laddie, a former helicopter pilot familiar with the area. He also talked of the support of the Ulysses Motor Cycle Club during Nicole's long treatment. Jacques learned men communicate best shoulder to shoulder, not face to face. Having the pink lady silhouette on his bike opened up dialogue with other men during Nicole's years of treatment. Today, Jacques is helping BCNA with new resources for men, applying all he had learnt on the journey with Nicole and around Australia on the bike *Betty*. Jacques will be at the Sydney BCNA conference. As Anna said 'what a lovely man!'

Susan Pitt



Strength to strength: BCNA National Conference 25-26 October 2012

Sydney Convention & Exhibition Centre, Darling Harbour

The conference is for women and men affected by breast cancer and health professionals. It features world-leading authorities discussing breast cancer treatment and care, current research, and other topics of interest to people affected by breast cancer.

Can I bring a friend or partner?

Partners, carers and friends are most welcome but must pay a separate registration fee.

Can I also attend the Sydney International Breast Cancer Congress (SIBCC)?

SIBCC is a scientific program aimed at health professionals only. There will be a combined session on the last day.

How do I register?

Complete [the online registration form](#)

Early bird registration	\$200	Extended until 30 September
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Full registrations (\$250) close 22 October.

There is no regional subsidy for the ACT.

<http://www.bcna.org.au/events/bcna-conferences/national-conference-2012/common-questions>

BCNA Canberra contingent

I am hoping our wonderful **breast care nurses** will be funded to attend. **Patsy Sheales, Geraldine Robertson, Gillian Styles, Kerrie Griffin** and **Susan Pitt** have expressed an interest in participating. All are welcome as it is the first BCNA conference *open* to all members since 2004 when about 20 ACT members had a fantastic buzz. Don't miss this powerful and inspiring networking opportunity and meet many new friends as well as other Dragon Abreast members. I encourage everyone to attend this important chance to gain more insights.

Several local members are staying at the Metro on Pitt Street [Metro Hotel on Pitt - Metro Hotels](#) 300 Pitt Street, Sydney NSW 2000 02 9283 8088 near Murrays Coaches drop off at Central Station. The conference will be lots of fun and a great networking opportunity!

Kerrie Griffin

Draft Conference Program

Morning tea, lunch and afternoon tea will be provided on each day.

[Speaker biographies](#) are also available below.

THURSDAY 25 OCTOBER, DAY 1

Registration will be open between 8.00 - 8.45am

Time:	Topic:	Speakers:
8.45am - 9.15am	BCNA Welcome Session Lifestyle factors and breast cancer outcomes	Maxine Morand Prof Dame Valarie Beral
10.30am - 11.00am	MORNING TEA	
11.00 - 12.30pm	Personalised treatment: Are we there yet?	Dr Fraser Symmans Assoc. Prof Fran Boyle AM
12.30 - 1.15pm	LUNCH	
1.15 - 3.00pm	Physical activity and breast cancer	Dr Kerry Sherman Dr Sandi Hayes
	Bone health	Dr Richard de Boer
3.00 - 3.30pm	AFTERNOON TEA	
3.30 - 5.00pm	Family history of breast cancer: myth busting and	Assoc. Prof Judy Kirk

	facts	
	Menopause / Hormone therapy	Dr Julie Thompson
5.00 - 5.15pm	CLOSE DAY 1	
Pink Gala Dinner 7.30PM	Dinner and dancing at the spectacular waterfront venue - Darlington Island Wharf, Pyrmont.	



Professor Dame Valerie Beral
Professor of Epidemiology, Cancer Epidemiology Unit, University of Oxford
Professor Beral is Principal Investigator for the Million Women Study on the effect of women's lifestyle on health, with particular focus on the effects of hormone replacement therapy. She served on various international committees for the World Health Organization and the United States National Academy of Sciences. She chairs the UK Department of Health's Advisory Committee on Breast Cancer Screening.



Dr Thomas Buchholz
Division Head Ad Interim, Department of Radiation Oncology, Division of Radiation Oncology, The University of Texas MD Anderson Cancer Center, Houston, TX
Dr. Buchholz is Professor and Division Head of the Department of Radiation Oncology at The University of Texas M. D. Anderson Cancer Center. His academic interests focus on clinical and translational research in breast cancer and radiation oncology.



Associate Professor Fran Boyle AM
Fran Boyle is a medical oncologist at the Mater Hospital in North Sydney and Associate Professor at Sydney Medical School. She is involved in breast cancer research through the ANZ Breast Cancer Trials Group and its international collaborations, and is also a BCNA board member.



Dr. Richard de Boer MBBS FRACP
Dr. Richard de Boer completed his training at the Royal Melbourne Hospital and undertook a 3 year clinical research fellowship in breast and lung cancer at London's Royal Marsden Hospital. His primary clinical interest is breast and lung cancer, and his breast cancer research focuses on endocrine therapy, treatment-induced bone loss and bone metastases. Dr. de Boer is actively involved in clinical research, and is a member of the Australian New Zealand Breast Cancer Trials Group, and head of the Breast Trials Group of Cancer Trials Australia. He has been an author of articles appearing in journals such as the Journal of Clinical Oncology, Annals of Oncology, The Breast and British Journal of Cancer.



Dr Laura Jean Esserman, MD, MBA
Director, Carol Franc Buck Breast Care Center, Professor of Surgery and Radiology, UCSF, University of California, San Francisco
Dr. Esserman is a surgeon and breast cancer oncology specialist, and is the Director of the Carol Franc Buck Breast Care Center at the University of California, San

FRIDAY 26 OCTOBER, DAY 2

Time:	Topic:	Speaker:
8.45 - 10.30am	New directions in breast cancer treatment	<i>Panel session:</i> Dr Laura Esserman Assoc. Prof Nicholas Wilcken Dr Thomas Buchholz Prof Patsy Yates Dr Tony Hobbs
10.30am - 11.00am	MORNING TEA	
11.00am - 12.30pm	Sexual wellbeing Relationships with partners, family and friends	Prof Kate White Assoc. Prof Jane Turner
12.30pm - 1.45pm	LUNCH	
1.45pm - 3.15pm	Managing the fear of recurrence Follow up care: how does it work?	Dr Annabel Pollard Dr Helen Zorbas Prof Bruce Mann
4.00pm - 5.30pm	Combined SIBCC & BCNA session: The Great Debate Effective Care: Holistic Patient Centred-Care. Fact or fiction? The patient's perspective - A patient's story What is effective care?	<i>Chairs:</i> Julie McCrossin & Assoc. Prof Nicholas Wilcken TBC Prof Alastair Thompson <i>Panel:</i> Helen Zorbas, Bruce Mann, Patsy Yates, Tony Hobbs & BCNA Representative

Speakers

Francisco. She is known internationally as a leader in the field of breast cancer and has published over 150 articles. She is a member of President Obama's Council of Advisors on Science and Technology (PCAST) Working Group on Advancing Innovation in Drug Development and Evaluation.



Dr. Sandi Hayes
Dr Sandi Hayes is an Exercise Physiologist and Senior Research Fellow at the Institute of Health and Biomedical Innovation, QUT. She has been working within the field of 'recovery following cancer treatment' for over a decade. Understanding breast cancer survivorship concerns and evaluating the role of exercise in the prevention and recovery of these concerns has been the major focus of her work.



Associate Professor Judy Kirk
Associate Professor Judy Kirk is the Director of the Familial Cancer Service at Westmead Hospital, a service that provides genetic counselling and testing for families with a strong family history of cancer. Professor Kirk has played a key role in setting national priorities and standards through clinical leadership, liaison with associated medical and surgical sub-specialties, links with key cancer organisations and executive roles in preparation of NHMRC/NBOCC Clinical Practice Guidelines in this rapidly evolving field of medicine. She participates in local and national research regarding the familial aspects of cancer.



Professor Bruce Mann
Professor Bruce Mann is a Breast Surgeon and Director of the Breast Service at the Royal Melbourne and Royal Women's Hospital. He led one of the Pilot sites in the NBOCC's Shared Care project, and is now focusing on the development and implementation of a Survivorship Care Project within the RMH/RWH Breast Service as part of the Victorian Government's Cancer Survivorship Care Program.

<http://www.bcna.org.au/events/bcna-conferences/national-conference-2012/conference-program>

Accommodation

- Conference-preferred accommodation through conference organisers, Arinex http://www.bcna.org.au/sites/default/files/arinex_accomodation2.jpg
- Booking directly with Mantra, a BCNA sponsor. [Mantra on Kent](#) Quote code: BCNA conference

BCNA Deputy Chair Terry Bracks honoured with the Order of Australia <http://www.bcna.org.au/news/2012-06/terry-bracks-honoured-order-australia>

[About the Breast Cancer Treatment Group](#)

[Love and Inspiration](#)

Sussan and BCNA members developed beautiful Love and Inspiration cards on sale now in Sussan stores. Look out for the BCNA recipe book in October.

Get involved with BCNA

- [Community fundraising](#)
- [Join our online network](#)
- [Advocacy](#)
- [Speak out](#)
- [Find services & support near you](#)
- [The Beacon](#)
- Download the latest issue, or subscribe to BCNA's free magazine

This issue focuses on 'Unsung Heroes' – issue 60, Spring 2012.

- [Download issue 60 of The Beacon](#)
- [Past issues of The Beacon](#) [The Beacon archive](#).
- [Help with research](#) Join our Review & Survey Group

Latest news

[Acupuncture shown to reduce chronic pain](#)

Category: [News](#) - 11 September 2012
A large study conducted by the Memorial Sloan-Kettering Cancer Centre in the USA has found that acupuncture can be helpful in reducing chronic pain.

[New Hope & Hurdles resource launched](#)

Category: [News](#) - 7 September 2012
Breast Cancer Network Australia (BCNA) has launched a second edition of Hope & Hurdles, our free and comprehensive information resource for women with secondary breast cancer. [Early breast cancer: the first five years' forum](#) [Forum for those affected by secondary breast cancer](#)

Category: [Media release](#) - 3 September 2012
Around 150 women with secondary breast cancer, and their families, from across Victoria gathered today to attend Breast Cancer Network Australia's (BCNA) Living Well with Secondary Breast Cancer Forum at the Novotel Melbourne in St Kilda. [Cost of some drugs increased](#)

Category: [News](#) - 17 August 2012
Pharmaceutical companies have recently raised the cost of 85 drugs currently listed on the Pharmaceutical Benefits Scheme (PBS).

Category: [News](#) - 27 June 2012
From July 1, new high technology body scanners will be introduced into international security checkpoints at all Australian international airports.

The science of the sports bra

http://theconversation.edu.au/bouncing-breasts-the-science-of-the-sports-bra-8485?utm_medium=email&utm_campaign=The+Weekend+Conversation&utm_content=The+Weekend+Conversation+CID_4f42849a2e373f1e7937245983d2a582&utm_source=campaign_monitor&utm_term=Bouncing+breasts+the+science+of+the+sports+bra

[New breakthrough gives hope to cancer sufferers](#)

Researchers are trialling a breakthrough treatment aimed at killing cancerous blood cells while leaving healthy cells largely unharmed. <http://www.abc.net.au/news/2012-07-10/newbreakthrough-gives-hope-to-cancer-sufferers/4120714>

[Yoga and women undergoing breast cancer treatment](#)

<http://www.abc.net.au/radionational/programs/healthreport/yoga-and-women-undergoing-breast-cancer-treatment/4091288>
Norman Swan: Another of the world's leading cancer centres is the MD Anderson in Houston investigating complementary therapies in this case yoga. Lorenzo Cohen is Director of the MD Anderson's Integrative Medicine program.



Strengthen your recovery: A Pilates program following breast cancer surgery

Fiona Eakin, former Canberra Pilates instructor and breast cancer survivor, devised the graduated program and Estee Lauder is the generous sponsor. To order phone freecall **1800 500 258**, if you have recently had breast cancer surgery and would like more information.

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

NBCF launch Register4

The concept is very similar to BCNA's Review & Survey Group, [Register4 website](http://www.register4.com.au).

HeadsUp@Bruce

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>

Open: **10am to 3pm Wednesdays and Thursdays**

<http://web.me.com/sueowen1/HeadsUp/Welcome.html>

Sue Owen 0416 227 5959

Bosom Buddies

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

Eleanor Bates, President, [Bosom Buddies](http://www.bosombuddies.com.au)

Otis Foundation retreats

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

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

Prosthesis recycling Contact **Jan Murphy 0402 188 361**

janaliveandwell@hotmail.com.au

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

Terry Mitchell, PhD, Director of the Centre of Community Research Learning and Action and Associate Professor, department of Psychology, Wilfrid Laurier ...

www.dragonsabreast.com.au/.../TeamTrainingReducedRecurrence.htm

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

Kerrie Griffin

Consumer Representative

Seat at the Table (SATT) Program, BCNA



BCNA Mini Field of Women at the 9th Dragons Abreast ACT Dragon Boat Challenge, 23 October 2010 *Image: Chris Holly*

Calendar of events

Dates and events may change – please check www.cdba.com.au/

Month	Date(s)	Event	Location	Notes
	Saturday 6	Bosom Buddies Stepping Forward Workshop	Pearce	RSVP bosombuddies@shout.org.au
	Sunday 7	DAA National Paddle Day	Lotus Bay, Lake Burley Griffin	marionblake@bigpond.com
	Saturday 20	DA ACT Corporate and Social Dragon Boat Challenge	tbc, Lake Burley Griffin	http://www.dragonsabreast.com.au/act-regatta-2012/
	Saturday 20 8am–2pm	BCNA Mini Field of Women at the Regatta	Lake Burley Griffin	Volunteers needed for the BCNA stall! Contact Kerrie.griffin@act.gov.au
	Monday 22 6.30pm	BCNA Mini Field of Women at Calvary	Calvary Hospital, Bruce Speakers tbc	Volunteers needed for the BCNA mini field and stall!
	Monday 22	Bosom Buddies Australian Breast Cancer Day dinner	Southern Cross Club, Woden	\$65 pp RSVP bosombuddies@shout.org.au
	Sunday 28	Dragons Abreast Festival	Darling Harbour, Sydney	Volunteers needed! www.dragonsabreastfestival.com.au 1300 889 566
November	Thursday-Sunday 8-11	Pan Pacs Regatta	Gold Coast, Qld	2012 Pan Pacific Masters Games Gold Coast, Australia

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 2012

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

Please submit any news, items and images by 27 October 2012 to the newsletter coordinator Kerrie.griffin@act.gov.au or taylorclan@inet.net.au