



ABREAST of the NEWS

DRAGONS ABREAST CANBERRA

PO Box 7191, Yarralumla ACT 2600

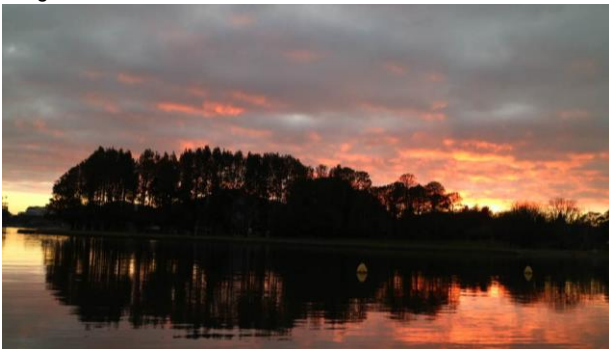
DRAGONSABREAST.COM.AU

ISSUE 74

AUGUST 2020



Clare Purcell was presented with the Narelle Powers Coaching Award by Donna Lennon and Lucy Cheetham 20 June 2020
Image: Kerrie Griffin



Sunrise, National Geographic paddle 18 July 2020 Image: Di Bradshaw



Amanda Ferris and Donna Lennon removing the ice for the National Geographic paddle 25 July 2020 Image: Kerrie Griffin



Anne Baynes, Lucy Cheetham and Deb Lopert removing the ice for the National Geographic paddle 25 July 2020 Image: Kerrie Griffin



Lenyss Snellen's 85th birthday paddle and presentation 8 July 2020 Image: Mark Dennis

Coordinator's report

We're back on the water paddling – restrictions were lifted in June which allowed us to have 20 paddlers plus sweep and coach/drummer. Great to see so many DA Canberra members turning up to recommence paddling. We've had some beautiful mornings and days on Lake Burley Griffin.

Unfortunately, due to COVID-19, many events that we usually participate in, were cancelled or postponed. I thank members who contributed to the *What have you been up to this week* section in my weekly Coordinator Updates. It was great to be able to stay in touch.

We hope that this paddling season is more 'normal'. We're planning on that, but also very aware that it may not go to plan. In the meantime, we're out on the water and enjoying the moment.

TeamApp was introduced after numerous hours behind the scenes. Many thanks to **Donna Lennon** and **Anita Godley** who prepared us for the change. It went 'live' the first week of August.

https://dragonsabreastcanberra.teamapp.com/?_webpage=v1

- Chat, chat, chat with individuals or a group
- RSVP to training sessions and events
- Receive the latest news
- View the images in the gallery
- View and/or print documents
- View and/or print newsletters
- Click on relevant external websites

TeamApp will see the end of all, or the majority of, emails. It's a 'One stop shop'.



Julie Chynoweth, Marion Leiba, Wendy Ceravolo, Penny Ovington and Robyn Chen, Dragons Abreast Canberra walkers 13 May 2020 *Image: Julie Chynoweth*

IBCPC Participatory Dragon Boat Festival NZ
28 March to 3 April 2022

Good news – we have registered a boat in the 2022 **International Breast Cancer Paddlers Commission** event to be held on Lake Karapiro, Cambridge, New Zealand. Accommodation has also been secured.

I'd like to thank **Clare Purcell** for agreeing to lead the way to New Zealand. Clare has done an incredible job ensuring we have everything in place. **Lyndall** and **Jenny Milward-Bason** were on the ball to register our boat and paddlers on 1 July. Clare and I were also at the computer on 1 July to secure our preferred accommodation.

Thank you to the NZ organising committee: **Clare Purcell, Maureen Wild, Jenny and Lyndall Milward-Bason, Janet Olsen, Di Bradshaw and Julie Chynoweth** for the great effort to date.

<https://www.newzealandbcs2022.com/>

[News bulletins](#)

[IBCPC Festival 2022 Bulletin #5](#)

[IBPCP Festival 2022 Bulletin #8.](#)

Mother's Day Classic 10 May

It was a virtual event due to COVID-19 and several of our members participated including **Natalie Evans-Sandell**.



Janet Olsen, Anne Baynes, Katherine Chinn and Donna Lennon 20 June 2020 *Image: Jenny Milward-Bason*

DA Canberra 20th Birthday Social and Corporate Regatta 'Party Like It's 1999'

We finalised the finances from our **2019** Regatta and presented DAA with a generous donation. Unfortunately, due to COVID-19 the Committee agreed not to proceed for a 2020 Regatta. Planning for a **2021 Regatta** will begin early in 2021.

Annual General Meeting 26 September

There are various DA Canberra Committee and non committee positions. We need active members to come onboard to keep going from strength to strength. Please consider putting your hand up. As **Jeannie Cotterell** says – just say yes!

Lake Jindabyne Flowing Festival
13-14 February 2021

Members are keen to participate. Please book your cancellation free accommodation now.

AUSCHAMPS, Perth
15-19 APRIL 2021

If you are even slightly thinking you might consider going to AusChamps, please put your name on the Doodle link below. This is no firm commitment; DBWA is seeking expressions of interest only.
<https://doodle.com/poll/3qr6d2yun6subhq>

Satellite Selfie NCA promotion of LBG and Canberra on Wednesday 19 August. Thanks to the eight volunteers.



Elly McGinness, Lenyss Snellen Susan Roraff, Helen Couper-Logan, Di Bradshaw and Julie Chynoweth 8 July 2020 *Image:* Lyndall Milward-Bason

Lenyss Snellen's 85th birthday

What a great time Lenyss had on her special birthday paddle to Springbank Island. Yummy food, daffodil bulbs located and back at Lotus Bay, the sun came out in its glory. DA Canberra presented Lenyss with a beautiful peace lily and pot. Lenyss had a rethink and decided not to hand over her pink gear as yet. Lenyss wants to come back out on the water with us again when it's warmer.



Julie Chynoweth with Sugar Masangcay, Commonwealth Place 18 July 2020 *Images:* Lyndall Milward-Bason

Welcome to **Megan Davis** and **Sugar Masangcay** to DA Canberra and we hope you enjoy many hours of paddling fun on and off the water.



View from the Springbank Island jetty 8 July 2020 *Images:* Lyndall Milward-Bason [DA Canberra](https://www.facebook.com/DA.Canberra)
Facebook: <https://www.facebook.com/448649108487643/posts/3433982429954281/>

DRAGONS ABREAST CANBERRA - AWARDS

Narelle Powers Coaching Award

In March, our Coaches – **Deb, Donna and Lucy** put their heads together and agreed the Narelle Powers Coaching Award be presented to **Clare Purcell**. The virtual announcement was followed up in June with the presentation of the Paddle.

From the Coaches:

While stating the obvious, it needs to be acknowledged that It's been an unusual paddling season with interruptions, changes of direction and cancellations throughout. Consistent within the last few months however has been the commitment and desire of our club to get on the water and continue to meet up and keep connected. Among all of this Deb, Lucy and Donna contemplated the deserving recipient for this year's award.

This year's coaches award goes to a paddler who has shown significant and progressive improvement over the season.

She's clearly made a commitment to strengthen her entire approach to paddling; try something different in the boat and challenge herself to see where she can go!

This enables us to celebrate her achievements and reflect on our own potential as well. In this way, watching this paddler as an individual, team member and role model has been something of an inspiration. Drum roll...

Congratulations to Clare Purcell!

Clare declared: It's so easy to come to paddling and be good.



Sunrise, DA Canberra National Geographic paddle 25 July 2020
Image: Jeannie Cotterell

Dragon Spirit Award

In June, nominations were called for worthy members for the Dragon Spirit Award to **Deb Whitfield** (winner of the Award in 2019). Deb has made her decision and the trophy will be presented at the AGM on 26 September.

Kashgar Cup

The current/incoming DAC Committee decide and present it at our annual Christmas event.

This Cup is awarded annually to the DA Canberra member who has made an extraordinary contribution to the work of DA Canberra.

It was introduced late in 2006 after **Penny Birtles** (long-time DA ACT member and later a member of DA Sydney), **Judy Richmond** and her husband **Tim** were travelling together along the Chinese part of the Silk Road during September–October.

At Kashgar in far north-west China, Penny and Judy 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.

Pene Lee was the deserving 2019 recipient.

Rookie Award

The Come and Try Team decide and present it at our Christmas event.

The Rookie award is presented to a paddler who has joined Dragons Abreast Canberra in the preceding paddling season from September to September. The Rookie paddler has:

- Adhered to the principles and philosophies of DAA
- Strived to learn the required skills to be an effective paddler
- Showed improvement in paddling skills over the year
- Strived to improve personal fitness
- Showed persistence in attending as many training sessions and regattas as personal circumstances permit



DA Canberra back on the water 20 June 2020 Image: Jenny Milward-Bason

- Participated and volunteered in team events both on and off water.

Deb Lopert and **Che Mortimer** shared the 2019 **Rookie Award** trophies.

DA Canberra Facebook and website

Don't forget to check these two websites out regularly. Many thanks to **Julie Kesby** for keeping them up to date.

Website <https://www.revolutionise.com.au/dacanberra/>
Facebook <https://www.facebook.com/DragonsAbreastCanberra/>
DAA website <https://www.dragonsabreast.com.au/>
DAA Facebook https://www.facebook.com/search/top/?q=dragons%20abreast%20australia&pa=SEARCH_BOX
DB ACT website <http://www.dbact.com.au/home/>

Julie Chynoweth, Coordinator
Dragons Abreast Canberra
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[Dragons Abreast Australia](#)

Celebrating 20 years of breast cancer recovery

Philosophy: *Awareness, Participation, Inclusiveness*
Connect. Move. Live.

[DAA In the loop newsletter](#)

[Fernwood Belconnen](#) Thank you for your support of DA Canberra.

[News from International Breast Cancer Paddlers' Commission](#)

Merchandise

New merchandise was very popular with regatta patrons. If you would like to purchase any merchandise, please contact: **Kathy Hayes** hayes.spain@gmail.com Please pay online.

Dragons Abreast clothing and equipment pool

If you would like to donate or recycle any dragon boating and/or Dragons Abreast items please contact: **Clare Purcell** purcell@grapevine.net.au

Keep Abreast with IBCPC

[Improving the Quality of Life in Breast Cancer Survivors through Regular Dragon Boat Paddling](#) - **Gloria HUNG, RN, Health Advisor, Dragons Abreast Hong Kong, Jan 2020**



[Dragons Abreast Australia's National Ambassador, Dr Kellie Toohey has devised a fantastic at home work out that anyone can do!](#)

<https://www.youtube.com/watch?v=kWXi6L5GHlo&feature=share&fbclid=IwAR0jDw0-MECqwnHVwtUYzwyfyzH18DaG4lv-ikVN356c2yIhOHilCBPBznpA>

[Podcast - Better Together](#) from Behind the Pink Ribbon April 2020

Meri Gibson is our guest on this episode. She is the president of the *IBCPC*, the governing body for breast cancer paddlers around the globe. Meri shared her story of being a three-time cancer survivor of cervical, ovarian, and breast cancer. Meri talked about her treatments, distancing herself from the cancer community, and finding dragon boating in an expected way. She shares how she became involved in the organisation of the sport in New Zealand and becoming a part of the *IBCPC*.

**[Dr Don McKenzie](#)
[BCS dragon boating, the beginning](#)**

In this episode, Dr Don McKenzie, researcher at the University of British Columbia, joined us on the [podcast](#) to share his research project and the development of the breast cancer division in the sport of dragon boating. As part of his research, he developed and coached the first ever breast cancer dragon boat team, *Abreast in a Boat*. He shared details of his research, the outcome, as well as the lasting impact the study had on the breast cancer community in dragon boating.

Take a listen! www.behindthepinkribbon.com



[The power of the word when it's all too much!](#)

DAA's wonderful National Ambassador, **Robyn Moore** has produced a fabulous webinar:

- How to stay on the Covid-19 'roller coaster ride'
- The power of laughter, gratitude, connection and kindness
- Authorship in the face of CRISIS
- The 4 thieves which could steal our humanity during these times
- The new 'normal'.

<https://www.youtube.com/watch?v=ATCzQ6H2HEc>



<https://www.pbs.org/filmfestival/films/paddle-together...>

[Paddle together](#)

PBS Short Film Festival 2020

Some inspiration for us all to get through those speed bumps. Breast cancer survivors find support and friendship in dragon boat racing.

Katie Prentiss Onsager, an Australian, is a Chicago-based documentary filmmaker and video journalist. <https://www.pbs.org/filmfestival/films/paddle-together...>

Julie Kesby



Chey Brower and Di Bradshaw, New York 8 August 2020

Image: Pippa Bradshaw



Jeannie Cotterell 29 July 2020 Image: Lyndall Milward-Bason

Take care of yourself

After everything that's happened (so far) this year, I'm not sure if anyone remembers when I was late to a Wednesday session because I was keeping an eye on advice about the Pialligo Redwood Forest Fire that had just started to take hold. Two fires merged into what we came to know as the Beard Fire. We watched the smoke from the boat and hoped that everything was under control. That was 22 January. Two days earlier, we'd been treated to one of the most damaging hail storms we've seen in Canberra. Unfortunately, my house was in the path of the storm. Fortunately, the damage while extensive, was not too severe allowing a few tarps and lots of silicone to keep the house dry while we waited for the insurance company to finish their assessment.

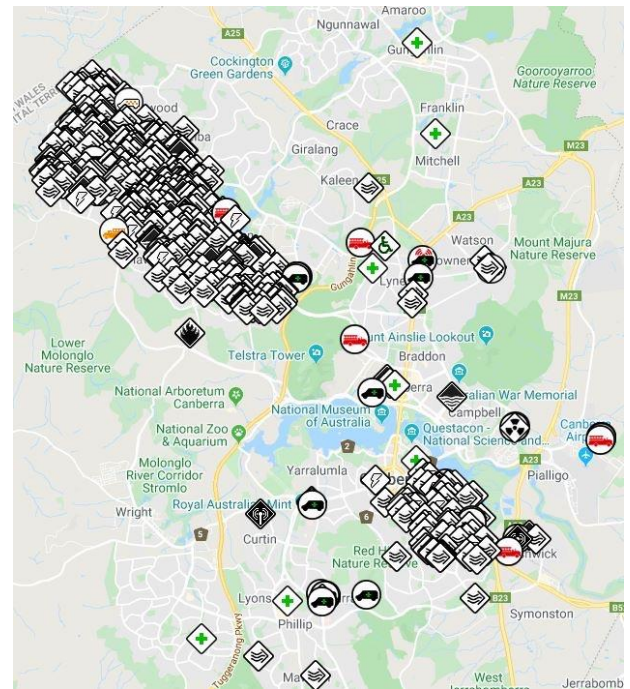
We'd managed through the smoke haze for a while already, but this was the start of a particularly taxing period for me. There's no need to make a laundry list of the emergencies and public health alerts since then. Suffice to say it's been a bit over the top!

When things get tough, my default is to do more, try harder and get on with it. While there's nothing wrong with a little bit of stoicism every now and then, I've found that a focus on self compassion and kindness has been really important too. I'm learning that taking time to meditate, exercise, and be with family and friends (virtually sometimes) isn't

just a nice thing to do. It's become a necessary part of day to day life. I'm grateful that Dragons Abreast gives me the opportunity to do all three!

Jeannie Cotterell

Editor's note: Thanks for your resilience and sense of humour sweeping *GoAnna* and *Gecko* too. Jeannie was our 2019 DA Canberra regatta coordinator leading a fantastic team whose efforts culminated in an enjoyable and memorable day for all our participants on 9 November 2019.



Incident map 20 January 2020 Image: ACT ESA



Watching water bombers from the ESA Training Centre tower at Hume 23 January 2020 Image: Jeannie Cotterell



Lenyss Snellen's 85th birthday jungle safari high tea with DA members 5 July 2020 *Image:* Edmund Kralikas



Lenyss Snellen's 85th birthday paddle to Springbank Island 8 July 2020 *Image:* Kerrie Griffin

Lenyss Snellen 85th birthday

What a birthday I had! Carol made sure this 85th birthday lasted for more than a week, with a jungle-themed party, including a zebra-styled birthday cake.

More than 30 people came to wish me well. I hope you don't mind me thanking you all, in a group, for coming and for the jungle-themed gifts and cards. I had a great time and as the birthday girl, that's what counts.

A birthday paddle on the lake was so much fun and I reflected on the long friendships I have made because of Dragons Abreast. The sun came out as we returned from the paddle and I was surprised by another cake and a really beautiful gift that I will treasure. Special thanks to **Di Bradshaw**. You have great taste.

And now I am 85, I changed my mind about finishing up with the pink club.

I realised I am coming back in warmer weather to do some social paddles and see you all again. It seems I am not yet ready to hang up my paddle!

Thank you for your warm wishes and friendship. You are an important part of my life and I hope we stay in regular contact.

The birthday week finished with a wonderful dinner at the Hyatt with Carol and Ian, my daughter and her husband.

Lenyss Snellen



Image: Chris Holly Holimage

Dragon boat tanka

Women heard laughing
 Within the dragon's belly
 As they fly away
 Water yields to their power
 All earthly wounds disappear

Phillip Snellen

Dragons Abreast Canberra thank Lenyss Snellen's son Phillip who is a poet very much for this beautiful poem.

The Japanese tanka is a thirty-one-syllable poem, traditionally written in a single unbroken line.

Tanka translates as 'short song' and is better known in its five-line, 5/7/5/7/7 syllable count form.

Coaches' corner

With all the challenges 2020 is throwing at everyone (in DA, in Canberra, in the world), we hope this message from the DA Coaching Team brings you comfort and encouragement. After careful planning in accordance with ACT Government guidelines we are back on the water with a few added precautions all outlined in our COVID-19 plan.

Coming back after a break is challenging for everyone. With that in mind, we have three watch words—safety, enjoyment, persistence. Off water, we are focusing on thorough warm ups and cool down stretches. On water, we are paddling at a steady pace to keep warm, gradually rebuild endurance and cement good technique. Every paddler is encouraged to progress at their own pace.

Looking for more enjoyment? Join us on the *National Geographic* paddle, at 7am on Saturday morning when we take to the water to enjoy the beauty of the lake and its abundant wildlife. Bring your camera or simply take in the views. Rather like the changing seasons, it can often seem like it will take forever for that 'vim and vigour' to return. But as the weeks go by, what better place to spot those first green shoots of spring than on the water. Watch here for future editions of the *Coaches' corner*.

<https://www.revolutionise.com.au/dacanberra/>

Lucy Cheetham, Donna Lennon and Deb Whitfield



Sue Willemsen-Bell, Truus Ford, Marion Leiba and Megan Davis
12 July 2020 Image: Lyndall Milward-Bason

Padding out of my comfort zone

I joined DA Canberra late 2019 after attending a come and try session in October after seeing a flyer during a post-surgery bra fitting. I have never been involved with water sports, although I absolutely love the lake. It is my go-to place for many reasons and I usually try to walk the 'bridge to bridge' at least twice a week. I felt I might as well try being on the water and experience the lake from a different perspective. I was very nervous, moving out of my comfort zone to try something new. But, I decided that getting through breast cancer treatment was also out of my comfort zone and I had managed to navigate through that so I might as well keep the momentum going and try dragon boating!

I would like to thank everyone for being so welcoming, friendly and understanding when I accidentally splash anyone near me! I believe women are very good at supporting each other and think this is such a great way to bond with others, get fit and strong and have some fun along the way. I look forward to Saturday mornings and getting out on the water and I am looking forward to experiencing a regatta and seeing the boats in all their glory.

I am a single mum of three amazing children (who are my biggest supporters and who encouraged me to try dragon boating), work fulltime and am currently studying. I am not very good at putting myself first. However, I decided after my breast cancer treatment I would try a little harder at making time for things which I like and love. Paddling is now my 'me' time and I am thoroughly enjoying it. You are all truly wonderful, and I look forward to getting to know you all better.

Megan Davis



Penny Ovington, Kellie Nissen and Lucy Cheetham 5 August 2020 Image: Kerrie Griffin

Why would you do that?

Working with young children, you discover they like to hear little anecdotes from your life—it helps them to realise you're a real person and don't actually 'live' in your classroom. On one such occasion, we were discussing sporting mishaps. There were tales about faceplants in mud at soccer and the like, but my tale of the time I 'dragon boated through poo' won hands down. (It was a number of years back, in my pre-DA Canberra years. Overflow of sewerage from Queanbeyan, from memory—pretty gross but it makes for a good story.)

'Why would you do that?' This question was accompanied by a classic look of total disgust from the child who often found a source of nourishment up his nostrils. Set that image aside for a moment—why indeed? What is appealing about getting up at silly-o'clock and cracking ice off a boat before dragging the boat out into the water in the dark? How much fun is it getting rhythmically splashed, or receiving a paddle full of lake water down the back of your shirt, or in your lap, then sitting in wet clothes until you get home? What joy do we get from manipulating and twisting our body parts into unnatural positions, that often come back to bite us the next day and beyond, making us wince and moan with each movement?

Why indeed? It goes beyond the fact that it's exhilarating when you get into that rhythm—not to mention when you cross the finish line, or your sweep calls 'easy' at the end of a longer than promised run. It also goes beyond the joy of our crisp and simply gorgeous early Canberra mornings.

For me—it's all about feeling like I belong. Being accepted for what I can do and knowing that 100 per cent of my best is okay. It's about having found my tribe. That's why I do it.

Kellie Nissen, Undoodled

Editor's note: Thank you for transitioning from Doodle Diva to TeamApp's Kellie Undoodled.



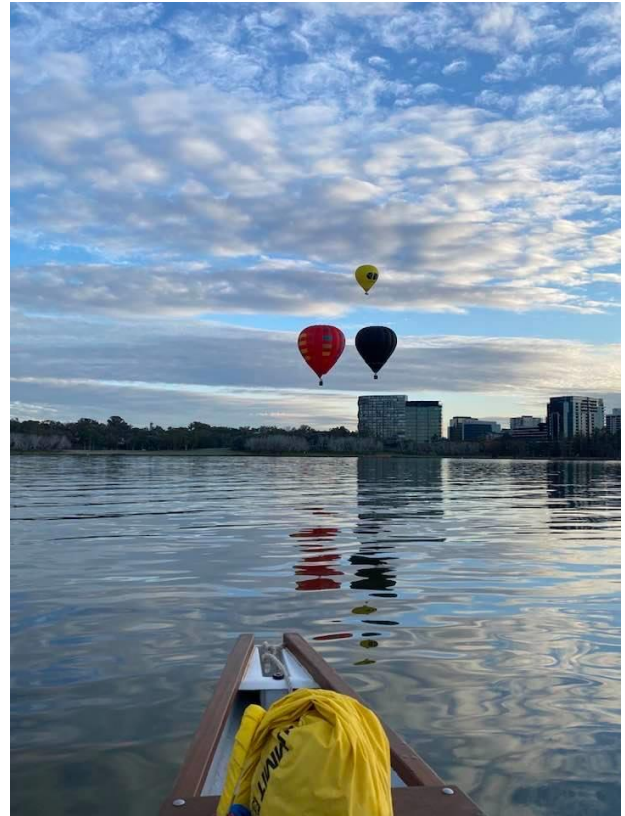
Katherine Chinn, Susan Pitt and Jeannie Cotterell removing the ice 25 July 2020 *Image: Kerrie Griffin*

Salutation to the dawn

Look to this day!
 For it is life, the very life of life.
 In its brief course Lie all the verities and realities of
 your existence:
 The bliss of growth
 The glory of action
 The splendour of beauty
 For yesterday is but a dream and tomorrow only a
 vision
 But today well lived makes every yesterday a
 dream of happiness
 And every tomorrow a vision of hope. Look well,
 therefore to this day!
 Such is the salutation to the dawn.

Kalidasa, Indian poet

Editor's note: A poem often recited on *GoAnna* or *Gecko*.



Hot air balloons, DA Canberra National Geographic paddle 25 July 2020 *Image: Lyndall Milward-Bason*



Google's icon 25 June

[Dragon Boating Festival Holiday](#)

This holiday might just be our favourite!
 This animation is a great little story about the
 foundations of the holiday.

<https://m.youtube.com/watch?v=UYtZ6KX-lkM>



Black Mountain reflection, Lake Burley Griffin 11 July 2020
Image: Kerrie Griffin

Warm up and training times

Saturday morning:

National Geographic: 7.00 – 8.00am

Saturday morning: 8.00 – 09.30am

Wednesday lunch: 12.15 – 1.30pm

Contact: [TeamApp](#)
Kellie Nissen kelkarnissen@gmail.com

Some great paddling technique tips:
http://www.youtube.com/watch?v=j7lRbj3K8c4&feature=player_embedded

Remember water, hat, sunscreen and sunglasses!

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

Under the pink umbrella



Deb Whitfield takes to the treadmill to support the Mothers Day Classic [City News](#) front cover 30 April 2020 *Image: Holly Treadaway*

Deb Whitfield... 'The fact that I am here means I was lucky; but I also did the things that I was told to do by the professionals and just stayed positive.'

WALKING this year's Mother's Day Classic will be a first for Deb Whitfield, even if it is in the comfort of her own home.

The mother of four would usually be spending the often crisp May morning paddling with **Dragons Abreast Canberra** on Lake Burley Griffin, alongside thousands of runners and walkers participating in the annual fundraiser for breast cancer research.

With COVID-19 putting a temporary halt to group events such as the iconic Women in Super Mother's Day Classic, the family-focused run and walk has transformed into the **Mother's Day Classic Virtual 2020**, an online community of virtual participants.

Keen to maintain her fitness as the world went into self-isolation mode, Deb set herself a target to run or walk 250 kilometres in the lead up to the Mother's Day event and maintain a connection to the event that is so close to her heart. Fifteen years ago, at age 47, Deb was diagnosed with stage three breast cancer. Had it not been for an older sister being diagnosed six months earlier, she may never have gone for a check-up. She had no signs or symptoms of breast cancer, but she was pushed by her sister, who was relentless in asking if she had been for a scan. Her three daughters get regular checks.

'The fact that I am here means I was lucky; but I also did the things that I was told to do by the professionals and just stayed positive,' says Deb. Part of that process was a commitment to exercise and staying fit, which research has shown is good for the body and the mind.

Deb also drew on the myriad support groups for breast cancer survivors, such as **Breast Cancer Network Australia**, **Dragons Abreast** and **Bosom Buddies ACT**.

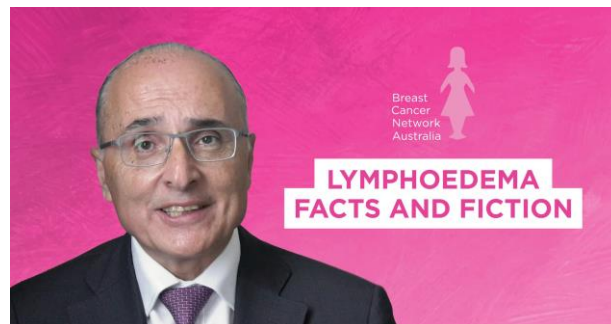
'I'm not usually a runner, but I do a lot of walking and I'm finding the time on the treadmill helps in so many ways. If I can help with finding out more about breast cancer and that helps other cancers then everybody wins,' she says.

'We know that so many of our dedicated supporters — those impacted by breast cancer, new mums, participants who have run or walked at every Mother's Day Classic event, still want a way to be connected with the cause and stay connected with each other on Mother's Day.' Said Zara Lawless.

People who register join an online community offering fitness programs, fun photo competitions, wellness tips and tutorials, Pilates and yoga classes, sponsor prizes and giveaways and fun kids' activities.

The Mother's Day Classic Foundation (MDCF) is the single largest donor to the **National Breast Cancer Foundation (NBCF)**. Established in 1998 by the networking and advocacy body Women in Super, the MDCF has funded 70 research programs and more than 250 Australian scientists, all focused on improving the survival outcomes of those diagnosed with breast cancer. **Since 1994, the five-year survival rate for breast cancer has improved from 76 per cent to 91 per cent.**

*Journalist **Bina Brown** is a volunteer on the Canberra MDC organising committee.*



Lymphoedema is swelling caused by a build-up of fluid in the body's tissues.

Some people develop lymphoedema after treatment for breast cancer. It can occur due to removal of lymph nodes (or radiotherapy to the lymph nodes) in the armpit.

Swelling commonly affects the arm, hand or breast on the side of the body that was treated.

In this video **Professor John Boyages** looks into how lymphoedema presents and dispels some of the common myths <http://bit.ly/2vyduji>
[#BCNAPinkLady](#) [#BreastCancer](#) [#Lymphoedema](#)

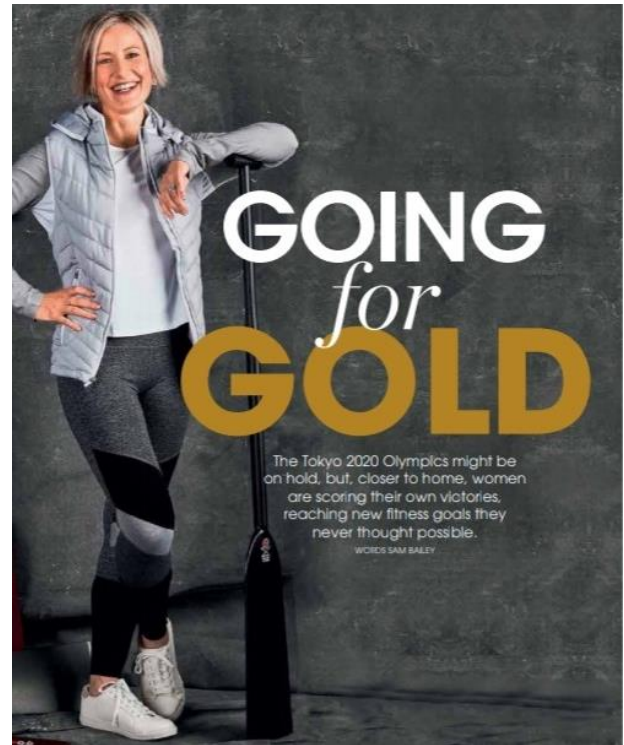


The [Out with Cancer Study](http://www.westernsydney.edu.au/outwithcancer) wants to hear from LGBTQI+ people (15y+) who have been diagnosed with breast cancer, who have had a mastectomy to reduce risk of breast cancer, or who have cared for someone who has had cancer. This research will be used to develop better information and support for LGBTQI+ people with cancer and their carers. The study involves taking a confidential, 30-45 minute survey, or participating in a telephone interview. www.westernsydney.edu.au/outwithcancer

How can we make cancer care LGBTQI+ inclusive? The [Out with Cancer Study](http://www.westernsydney.edu.au/outwithcancer) is a partnership between [ACON](#), [Breast Cancer Network Australia](#), [Cancer Council NSW](#), [Canteen Australia](#), the [National LGBTI Health Alliance](#), the [Prostate Cancer Foundation of Australia](#), and [Western Sydney University](#).



[The Beautiful Shawl Project](#) which aims to improve the breast screening experience for Aboriginal women in Victoria using cultural screening shawls will continue with another four sites in 2020. The locally and specially designed shawls will improve the breast screening experience for Aboriginal women, who will be screened on the **BreastScreen Victoria** mobile screening service. The shawls aim to make sure women feel comfortable, respected and culturally safe by featuring detailed artwork by local Aboriginal artists that are unique to each community. Each Aboriginal woman who screens will receive a shawl to keep.



Check out fabulous DA Melbourne member and founder of [Kee-moh Snacks](#) **Alyx** in a feature in [Prevention Magazine Australia](#)! Alyx is vital proof that there is a fantastic life after a breast cancer diagnosis.



A breast cancer diagnosis can be devastating and will often trigger emotions like stress, sadness, anger or fear.

In this webcast **Dr Charlotte Tottman**, Clinical Psychologist delved deeper into understanding the challenges faced, and the [strategies](#) to help support those affected by a diagnosis of early breast cancer. We also heard from **Jodie Lydeker**, who talked about her own early breast cancer experience and strategies that have helped her during this time. Watch the webcast here <https://bit.ly/3a81vWN>

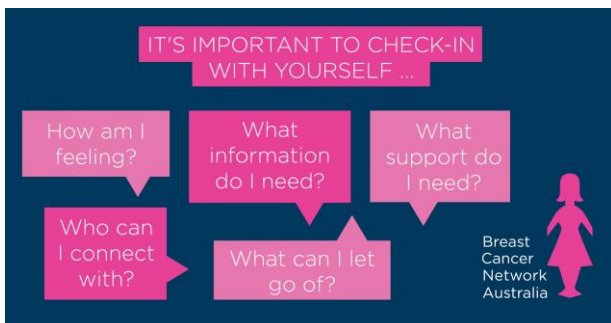
[Scanxiety](#) is a very real experience for many. It's completely natural to feel a sense of uncertainty and fear following a breast cancer diagnosis, specifically around tests, scans and the period spent waiting for results. Our Helpline have answered some of the common questions around what tests you need and how often you should have them. You can read the article in the latest edition of *The Beacon* <https://bit.ly/2Wp1tHc>



Let's talk about [medicinal cannabis](#).

A popular and often controversial topic, we explore its potential use in the treatment of breast cancer. Now available in Australia to assist in the treatment and management of cancer-related symptoms and side effects, it's important to note that while anecdotal evidence from people diagnosed with cancer say it helps to relieve symptoms such as pain, nausea and vomiting, there is currently no evidence that medicinal cannabis is an effective treatment for cancer.

Our [Medicinal cannabis: the facts](#) article in the latest edition of *The Beacon* brings you the facts, including how it can be accessed, potential side effects, the cost and why more research is needed. Read more here <https://bit.ly/2Ze5UDH>



It's important to look after your [wellbeing](#) through a breast cancer diagnosis. When you start to feel a little overwhelmed, try bringing your focus back to the things you can do such as exercising, eating well, or keeping in touch with family & friends.

BCNA has free resources to help support you through every stage. Our free **My Journey** online tool www.myjourney.org.au is regularly updated with the latest information tailored to your individual diagnosis, our Helpline nurses are available to support you through your treatment decisions, and our online network provides a safe place to connect with others going through a similar experience. <https://bit.ly/3bxtliR>

[Adapt Air Breast Form Wins Red Dot Award For Product Design](#)

<https://www.amoena.com/au/your-lifestyle/adapt-air-lightweight-breast-form-with-red-dot-award/?fbclid=IwAR0lZQ4vVR5XhjbhXA05hb8u6f6BSjVKn0vyJqjKktqclntdgO2bHID8J8>



The [2019-20 Breast Cancer Trials Annual Report](#) is now available and highlights activities and achievements from 1 April 2019 to 31 March 2020. We acknowledge the exceptional work of our members in a difficult time and thank them for their ongoing commitment to clinical trials research. We also thank and acknowledge our supporters, who make our research possible through their generosity, and our clinical trial participants who are helping us to improve breast cancer treatments and prevention strategies for all.

<https://www.breastcancertrials.org.au/annualreports/2019-2020/>
[What is a breast cancer clinical trial?](#)

[Why participate in a breast cancer clinical trial?](#)

[Breast cancer patients not told about fertility options](#)

The survey was conducted by BCNA, which released a series of videos aimed at raising awareness of fertility preservation. The videos feature young Australian women telling their stories of the fertility decisions they made on their breast cancer journey.

BCNA CEO Kirsten Pilatti said women aged 20-39 account for around 5 per cent of all breast cancer diagnoses in Australia. Two young women are diagnosed daily.

<https://www.youtube.com/watch?v=absVMICcjPw&feature=youtu.be>

BCNA signed up to **Global Alliance's 10 actions for change. 10 for 10:** Ten goals over the next decade to drive improvements in metastatic care. Watch the [video](#). BCNA provides information and services, including our online tool

www.myjourney.org.au - and free one-on-one counselling phone sessions which can be booked through our Helpline - 1800 500 258.

<http://bit.ly/2IEfvDU> #BCNAPinkLady #MetastaticBreastCancer

BCNA NEWS15 JUN 2020

[COVID-19 Update: June](#)

BCNA NEWS04 JUN 2020

[New compassionate access schemes for metastatic breast cancer patients](#)

BCNA NEWS22 APR 2020

[Breast reconstruction and IVF to resume](#)

BCNA NEWS14 APR 2020

[BCNA launches 2020 fundraising campaign](#)

BCNA NEWS14 APR 2020

[Cancer community unites for patients in face of COVID-19](#)

BCNA NEWS09 APR 2020

[OP-ED: Is there a silver lining for breast cancer patients?](#)

BCNA NEWS07 APR 2020

[You can continue radiation therapy during COVID-19](#)

BCNA NEWS02 APR 2020

[2020 Pink Bun campaign postponed](#)

BCNA NEWS01 APR 2020

[Kadcyla added to PBS for early breast cancer](#)

BCNA NEWS14 MAR 2020

[Coronavirus \(COVID-19\)](#)

BCNA NEWS 01 NOV 2019

[Medicare updates MRI, PET scan rebates](#)

BCNA NEWS 20 OCT 2019

[Men urged to be aware of breast cancer risks](#)

Mammographic density

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

Get involved with BCNA

[Community fundraising](#)

[Join our online network](#)

[Advocacy](#)

[Speak out](#)

[Find services & support near you](#)

[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.

[Donate through your medications](#)

For Tax Benefits Medicines donates 50 per cent of its profits to BCNA.

<https://www.bcna.org.au/get-involved/donate-through-your-medications/>

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.



[Casting for Recovery](#), a program run by the ACT Fly Fishing Club for women who have had breast cancer at any time in their lives. Look out for 2021 dates. <http://www.castingforrecovery.org.au/>

[Cancer Council ACT](#) Unit 1 (The Annex), 173 Strickland Crescent DEAKIN ACT 2600 <http://www.actcancer.org/>

The Breast Cancer Treatment Project commenced in May 1997, and led to the development of an ongoing community-based audit of breast cancer treatment based on clinical indicators agreed by the ACT & SE NSW Breast Cancer Treatment Group. The aim is to collect and examine data on treatment and outcomes for women with breast cancer. BCTG link below.

<https://www.health.act.gov.au/research/breast-cancer-treatment-project>

BreastScreen ACT is part of a national population breast screening program aimed at reducing deaths from breast cancer through early detection. The Program provides **free screening and follow up services to ACT resident women from the age of 40 years.**

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.**

Statistics show that **only 57% of women, aged 50-74 year old**, take up the free mammograms in the ACT.



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: Cowra, Crookwell, Moruya, Goulburn, Mudgee, Wagga Wagga and Young,

<http://www.colleens.com.au/page/regional-visits-for-2020/>

***Mastectomy pocketed bras and breast forms for Fiji — drop off point.**

HeadsUp@Kippax

HeadsUp accepts wigs and headgear for recycling.

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

[Bosom Buddies ACT networking and social activities](#)

A full list of dates for the gatherings can be found here:

<http://www.bosombuddies.org.au/>

[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

[Lymphedonna](#)

<http://www.lymphedonna.com.au/faqs/>

lymphedonna@positivemotion.com.au

Positive Motion Physiotherapy

2/61 Dundas Court, Phillip ACT 2606 0414 809 994

[Rare Cancer Australia](#)

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

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

Brain Tumour Alliance Australia Inc. www.btaa.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
September 	Tuesday 1	ACT Fire nominations open		
	Saturday, 12	Level 1 Officials Course		
	Saturday 19 - Sunday 20	Coaches course		
	Saturday 26	DA Canberra Annual General Meeting	Lotus Bay TBC	
October	Sunday 11	Sweeps Course		
	Saturday, 17	First Aid Course		
	Sunday 18	DB ACT Come and Try	Lotus Bay	
	Saturday 24	DB ACT Regatta #1 – 200m (20s)	Grevillea Park	Lyndall Milward-Bason, Boat Captain TeamApp RSVP
November	Saturday 14	DB ACT Regatta #2 – 500m (20s)	Grevillea Park	TeamApp RSVP
	Wednesday 25	DA Canberra Come and Try session	Lotus Bay	Come and Try team
	Saturday 28	DB ACT Regatta #3 – 500m (10s)	Grevillea Park	Lyndall Milward-Bason, Boat Captain TeamApp RSVP

December	TBC	DA Canberra Christmas Party	TBC	TeamApp RSVP
	Saturday 12	DB ACT Regatta #4 – 2km (20s), 200m (10s)	Grevillea Park	TeamApp RSVP
2021 January	Saturday 30	DB ACT Regatta #5 – 500m (20s)	Grevillea Park	TeamApp RSVP
February	Saturday 13 - Sunday 14	Lake Jindabyne Flowing Festival Dragon Boat Challenge Regatta https://www.floatingfestival.com.au/	Lake Jindabyne	TeamApp RSVP Book accommodation now
	Saturday 20	DB ACT Regatta #6 – 2km (20s), 200m (10s)	Grevillea Park	TeamApp RSVP
	Sunday 21	DB ACT Come and Try	Lotus Bay	
	Saturday 27	Bei Loon 8km race TBC		
March	Sunday 14	Sweeps Course		
	Saturday 20	ACT Championships Age divisions (2km, 200m, 20s & 10s)	Grevillea Park	TeamApp RSVP
	Sunday 21	ACT Championships Age divisions (500m, 20s & 10s)	Grevillea Park	TeamApp RSVP
April	15-19	AusChamps, the Nationals Champion Lakes Regatta Centre,	Perth, WA	TeamApp EOI RSVP
May	Saturday 1 - Sunday 2	Merimbula Water Dragons 18km Mallacoota Run	Merimbula	
August	Sunday 8	DB ACT Annual General Meeting		
October	TBC	DA Canberra Social and Corporate Regatta	TBC	TeamApp RSVP
2022 March- April	28 March – 3 April	IBCPC International Breast Cancer Paddlers Commission Festival https://www.newzealandbcs2022.com/	Lake Karapiro, Cambridge, Waikato, New Zealand	News bulletins IBCPC Festival 2022 Bulletin #5 IBPCP Festival 2022 Bulletin #8

Dragons Abreast Australia — Mission statement

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

Encourage wellness, fitness, fun and camaraderie for breast cancer survivors through the sport of dragon boating and promote breast cancer awareness throughout our community.

Keeping the spirit alive!

Next issue of the DA Canberra newsletter — November 2020

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

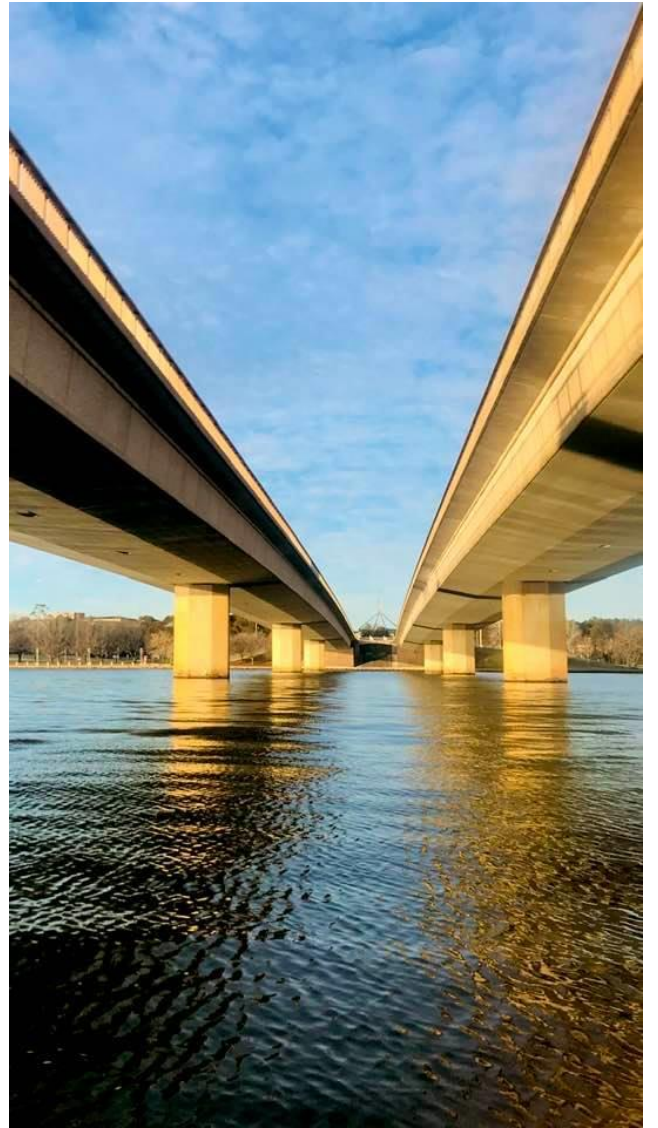
Please submit any news, items and images by **5 November 2020** to the newsletter coordinator

Kerrie.griffin22@gmail.com

[Previous newsletters](#)



Lucy Cheetham, Kathy Hayes, Deb Lopert, Megan Davis and Jenny Milward-Bason 8 August 2020 *Image: Lyndall Milward-Bason*



Commonwealth Avenue Bridge, DA Canberra National Geographic paddle 25 July 2020 *Image: Jeannie Cotterell*



DA Canberra stretching, Black Mountain, Lake Burley Griffin 29 July 2020 *Image: Lyndall Milward-Bason*



DA Canberra returns to paddling 20 June 2020 *Image: Kerrie Griffin*