



ABREAST of the NEWS

DRAGONS ABREAST CANBERRA

PO Box 7191, Yarralumla ACT 2600

DRAGONSABREAST.COM.AU

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The ladies in pink adding a splash of colour in Canberra on World Photo Day 19 August 2017 Image: [About Paul Jurak | kayakcameraman](#)



Dragons Abreast Canberra Social and Corporate Regatta promotional artwork by Linda Garland (Papworth) 2017

Coordinator's report

Hints of spring are all around us, though the temperatures have been more like a continuation of winter during many of our paddling sessions. It was great to have 30 paddlers on the water for our paddle on 23 September in much warmer weather. We enjoyed our **lunchtime Floriade** paddle on Wednesday 27 September. Dragons Abreast Canberra will be participating in several events during **October Breast Cancer Awareness month**.

- **Dragons Abreast Canberra Social and Corporate Regatta to be held on 14 October 2017**

- We look forward to paddling in the **Dragons Abreast 10th Annual Festival, Saturday 21 October**, Cockle Bay Darling Harbour, Sydney
- Attending the **Bosom Buddies Australian Breast Cancer Day Annual Celebrations on Monday night 23 October**
- Volunteering and attending the **BCNA Pink Lady Luncheon on Wednesday 25 October**
- Enjoying the **DA Canberra Pink paddle and picnic on Saturday 28 October** as part of the celebrations of *National Paddle Month*. More details to follow from the DA Canberra Social Committee.

Dragons Abreast Canberra Social and Corporate Regatta to be held on 14 October 2017

This year's theme is *Australian characters* for our 17th regatta in our 18th year of Dragons Abreast Canberra.

The artwork was designed for us to promote our upcoming Dragons Abreast Canberra Social and Corporate Regatta on Saturday 14 October with the theme *Australian characters*. **Linda Papworth**, (trading as an artist under the name of Linda Garland <http://www.pinkoala.com.au/>) is a Victorian paddler (formerly with Dragons Abreast Peninsula Dragonflyers, now with newly formed club **Dragons Abreast Patterson Lakes Pink Lotus**) who is a friend of many DA Canberra paddlers. Linda kindly created this artwork for advertising our regatta.



Linda Papworth, artist, Dragons Abreast Patterson Lakes Pink Lotus, Victoria Image: Linda Papworth <http://www.pinkoala.com.au/>



Clare Purcell, Julie Kesby, Maureen Wild and Elly McGinness with the Kashgar Cup, DA Canberra AGM 12 August 2017
Image: Kerrie Griffin

The **DA Canberra Social and Corporate Regatta Committee** comprising **Julie Kesby** (DA Canberra Coordinator), **Maureen Wild** (DA Canberra Treasurer), **Donna Lennon**, **Marion Blake**, **Katherine Davis Kralikas**, **Di Bradshaw**, and **Debbie Whitfield** have worked hard. The event is conducted to raise awareness of breast cancer in the Canberra region through the sport of dragon boat racing. Funds raised will allow **Dragons Abreast Canberra** and **Dragons Abreast Australia (DAA)** to continue promoting dragon boating to breast cancer survivors as a beneficial exercise. The event celebrates wellness, fitness, fun and camaraderie for all regatta participants, breast cancer survivors and their supporters.

<https://www.dragonsabreast.com.au/dragons-abreast-canberra-annual-social-and-corporate-regatta>

Please let me know if you are available to help before or on the day.

The regatta email is: daregatta17@gmail.com

Evening with the stars 2 June

Thanks to **Pene Lee** for organising this event for DA Canberra members and partners at Mt Stromlo Observatory. We enjoyed some warming soup, coffee and cake before becoming stargazers for the evening. Astronomers from the Canberra Astronomy society set up their telescopes both big and small. We were able to view close up Jupiter and its moons; the moon; Southern Cross; and the jewel box, a cluster of stars. We were also very privileged to hear Dr Moriba Jah from University of Texas at Austin talk about his research into the detection and tracking of space debris.

Casting for Recovery Trivia night 10 August

Nine members of Dragons Abreast Canberra had fun at the Casting for Recovery Trivia night. Thanks to **Joan White** for organising the table. We were able to spread the message about our Dragons Abreast Canberra Social and Corporate Regatta on the night and make contact with **Greg Bayliss** from ABC radio, who has since had an early morning interview with **Marion Blake** promoting the regatta.



Julie Kesby, Maureen Wild with the Dragon Spirit Award and Jen Green, DA Canberra AGM 12 August 2017 Image: Kerrie Griffin

DA Canberra AGM 12 August

Thanks to the previous Committee for the support for the organisation of the AGM at the Southern Cross Yacht Club. The Committee received good feedback about holding the meeting in the Wardroom and having the morning tea supplied. Congratulations to **Maureen Wild** awardee of the **Dragon Spirit Award**. I was also pleased to finally be able to present the **Kashgar Cup** to the Come and Try team (**Clare Purcell**, **Maureen Wild** and **Elly McGinness**) who were awarded at the Christmas party in 2016 without the trophy.

Outgoing Committee 2016-17

Coordinator: Julie Kesby

Assistant/Vice Coordinator: Katarina Heineback

Secretary: Jenny Green

Treasurer: Maureen Wild

General Members: Elly McGinness, Clare Purcell, Megan Dennis

Incoming Committee 2017-18

Coordinator: Julie Kesby

Assistant/Vice Coordinator: Susan Pitt

Secretary: Jenny Green

Treasurer: Maureen Wild

General Members: Julie Chynoweth, Joan White, Elly McGinness, Clare Purcell, Donna Lennon

Dragon Spirit Award 2017

The Dragon Spirit Award for 2017 was awarded to **Maureen Wild** the current Dragons Abreast Canberra Treasurer, Dragons Abreast Canberra Committee Member, Come and Try member, dedicated paddler to training and regattas. Recently, Maureen tried sweeping the team. Congratulations Maureen, your commitment to all things Dragons Abreast Canberra make you a very worthy recipient.

Mother's Day Classic Breakfast Celebration 15 August

Elly McGinness and **Julie Kesby** represented Dragons Abreast Canberra at the Mother's Day Classic Breakfast windup. We networked with various sponsors of the event.



Maureen Wild sweeping 30 August 2017 *Image:* Frances Heaney



Julie Kesby, presents flowers to Truus Ford, DA Canberra GoAnna's Gathering 18 August 2017 *Image:* Kerrie Griffin



Lucy Cheetham sporting her pink PDF, 30 paddlers in GoAnna and Gecko, Springbank Island 23 September 2017 *Image:* Frances Heaney

GoAnna's Gathering 18 August

Thanks to the **Social Committee** for organising the *GoAnna's Gathering* at the Griffith Neighbourhood Centre. Many participated and enjoyed the artistic challenge on the night. A pink life jacket was presented to **Lucy Cheetham** which belonged to a previous member **Lucy Lytton** who donated all her dragon boat gear including the life jacket due to her posting in Washington USA. Lucy sent a message of how important Dragons Abreast Canberra was to her during her time in Canberra as an early breast cancer survivor. We also acknowledged **Truus Ford** for her service as Membership Secretary for the club for several years. Some members gave short presentations including: **Kerrie Griffin** who presented BCNA news and gave her experience in being involved in Cancer Australia research opportunities; **Frances Heaney** presented a Coaches corner with some useful tips about maximising our training and keeping safe on the water; and **Mabel Sansom** (Chair, DAA Board) presented some DAA news and functions of the DAA Board.

Thanks to **Anita Godley**, a recent member of our DA Canberra Social Committee, who renamed this event using the word 'Gathering'. It is a very appropriate name to celebrate our annual DA Canberra get together, and remember our origins. On the night, Coordinator **Julie Kesby** read some of **Anna Wellings Booth's**, our founder, words from the section about *GoAnna*:

Tonight is a celebration of our members... To the women of Dragons Abreast I urge you all to continue living your dream, to embrace the uncertainty of life and appreciate the miracle of being alive. We have all fought the dragon of fear and uncertainty and have risen above it...God bless this little boat and all who paddle in her. At the blessing of the boat:

Members of *Dragons Abreast ACT* stood proudly beside their beautiful pink *GoAnna* as her namesake addressed the gathering and the benevolent Great Dragon hovered mischievously above as the sun began to shine. (p. 132, *A Dragon's Tale*)

Merchandise

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



Hot air balloon 2 September 2017 *Image:* Frances Heaney



Marion Leiba, Anita Godley, Sue Willemsen-Bell, Julie Chynoweth and Joan White, DAA Festival afternoon tea 2 September 2017 *Image: Kerrie Griffin*

Dragons Abreast Australia Festival afternoon tea fundraiser 2 September

Thanks to **Kerrie Griffin** for organising and for everyone who supported the Dragons Abreast Australia Festival afternoon tea fundraiser. Kerrie's landscaping is finished and will shine in a couple of years. We raised \$456 to support new teams. See Images on the DA Canberra Facebook site: <https://www.facebook.com/photo.php?fbid=10155690120488276&set=pcb.10155690124378276&type=3>



Come and Try session 9 September 2017 *Image: Frances Heaney*

Come and Try 9 September

Clare reports that seven women (**Christine, Janet, Lyn, Natalie, Sue, Tracey and Vanessa**) enjoyed the Come and Try on 9 September. Thanks again to the Come and Try team (**Clare, Maureen and Elly**) to our sweeps and coach **Frances Heaney**. Special thanks to **Marion Leiba** for reciting her verse for **Connie Johnson**. Thanks to all for making it another special morning on Lake Burley Griffin. Also, please circulate the [Come and Try 4 November 2017 flyer](#) to your networks.

Call for new volunteers for DA Canberra Social Committee

Call for new volunteers for the DA Canberra Social Committee. **Cindy Young** and **Anita Godley** are stepping down and we thank them for their contributions. Please contact **Joan White** if you are interested in joining this Committee. We welcome **Katherine Davis Kralikas**.



Judy Cluse and Lyndall Milward-Bason greet visitors, Handmade Market, 17 September 2017 *Image: Kerrie Griffin*

Handmade Market 16-17 September

It was a very successful weekend at the Handmade Market due to **Julie Nichols**, founder, **Debbie Power** and the Handmade Market team. Many thanks to **Kerrie Griffin** for liaising with the Handmade Market team and organising the roster. A big thanks to all the DA Canberra members, including some newbies, who participated in welcoming visitors, raising awareness about breast cancer in our community and collecting donations. Special thanks to **Sue Willemsen-Bell, Pene Lee, Julie Chynoweth** and **Katherine Davis Kralikas** for cheerfully extending their hours as well as **Maureen Wild** and **Elly McGinness** for banking the \$10,000 donations. The donations from this Handmade Market are allocated for Florence registration and uniforms, as well as towards boat and equipment purchases for all DA Canberra members. This was advertised prior and at this event. Beforehand, **Emma MacDonald** interviewed **Julie Kesby** for HER Canberra magazine. See link: <http://hercanberra.com.au/cplife/handmade-market-charity/> Dragons Abreast Canberra looks forward to being the Handmade Market charity partner on **5 and 6 May 2018** (the weekend before Mother's Day). **Please save these dates!**

[DA Currumbin, Gold Coast, Queensland TV News](#)

<https://au.news.yahoo.com/video/watch/37206017/group-of-sydney-breast-cancer-survivors-competing-in-regatta/?cmp=st>
Courtesy of Katherine Davis Kralikas



DA Canberra, Floriade 27 September 2017 *Image: Frances Heaney*



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

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

We are looking for more paddlers to fill the second registered boat. Please contact **Julie Kesby** or **Maureen Wild** if you are interested in paddling in Florence in 2018 with Dragons Abreast Canberra. Florence here we come!

- Day 1- Tuesday 3 July - official sign in (Frances), practice
- Day 2- Wednesday 4 July - practice
- Day 3- Thursday 5 July - practice
- Day 4- Friday 6 July - practice, Congress meeting (Frances and 1), briefing captain and sweeps, pink parade and opening ceremony
- Day 5- Saturday 7 July - racing
- Day 6- Sunday 8 July - racing, Sandy Smith Global race, Flowers on the water, closing and party

Do you want to brush up on your **Italian**? Try [Duolingo](https://www.duolingo.com/), a free online software platform for learning languages. It has good instruction, bite-size lessons, a clear road map and progress markers. In bocca al lupo! Good luck!
<https://www.duolingo.com/>

Regatta schedule 2017-2018

Saturday 7 October 2017 Regatta 1 – 200 m & 2 km 20s
 Saturday 14 October 2017 Dragons Abreast Social and Corporate Regatta
 Saturday 21 October 2017 DAA Festival, Cockle Bay, Darling Harbour, Sydney
 (Saturday 21 October 2017 Regatta 2 – 500 m 20s)
 Saturday 11 November 2017 Regatta 3 – 200 m & 2 km 20s (Juniors)
 Saturday 18 November 2017 Regatta 4 – 500 m 20s
 Sunday 26 November 2017 Wagga Wagga Dragon Boat Challenge, Lake Albert, Wagga Wagga
 Saturday 2 December 2017 Regatta 5 – 200 m 10s and 2 km 20s
 Saturday 16 December 2017 Regatta 6 – 500 m 20s
 Saturday 20 January 2018 Regatta 7 – 200 m and 2 km 20s
 Saturday 3 February 2018 Regatta 8 - 500m 10
 Saturday 17 February 2018 ACT Championships - 2 km and 200 m
 Sunday 18 February 2018 ACT Championships - 500 m
 Saturday 3 March-Thursday 8 March 2018 Australian Championships - Lake Kawana, QLD

Finally, I encourage you to join DA Canberra on Facebook to keep abreast of our news

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

Paddles up!

Julie Kesby

Coordinator, Dragons Abreast Canberra

Philosophy: *Awareness, Participation, Inclusiveness*

JakDAC16@gmail.com

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

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

<http://www.ibcpc.com/> <http://www.ibcpc.com/wp-content/uploads/2017/06/IBCPCJune2017.pdf>

Fernwood Belconnen Thank you for your support of DA Canberra.



Susan Pitt and Pene Lee greet visitors, Handmade Market, 17 September 2017 Image: Kerrie Griffin

Handmade Market feedback

It was lovely to meet you all over the weekend and we are so happy that you raised such a great amount. You do such a fantastic job at raising breast cancer awareness in the community. We look forward to seeing you at the May 2018 Market and we will be in touch prior to this just to firm up the arrangements.

Thank you also for your kind offer of a paddle around Lake Burley Griffin

Julie Nichols and the Handmade team

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

Handmade Market thank you

You are such a great team and thank you so much for another successful Handmade Market. Thanks for your time and good humour and helping visitors in wacky weather conditions on the weekend.

We handed out 200 workplace BreastScreen ACT fridge magnets, two boxes of pens and 300 bookmarks. As you know, early detection is important. Only 56 per cent of eligible women take up the free BreastScreen ACT mammogram.

Visitors were very supportive and friendly. On Saturday we raised \$5,405.60 and on Sunday it was a little quieter with \$4,594.400 in donations. The total was a massive \$10,000. Links to images: <https://www.facebook.com/kerrie.griffin.923/posts/10155728278533276?pnref=story>
<https://www.facebook.com/kerrie.griffin.923/posts/10155730246303276?pnref=story>
<https://www.facebook.com/kerrie.griffin.923/posts/10155731247973276>

Dragons Abreast Canberra look forward to being the Handmade Market charity partner on **5 and 6 May 2018** (the weekend before Mother's Day).

An international breast cancer dragon boat regatta is inspirational. I urge members, especially new paddlers, to consider joining our team in Florence for an incredible and memorable experience.

Kerrie Griffin

DA Canberra Social Committee

As a General Member of the DA Canberra committee, I am the Social Committee Coordinator. I will be liaising between the Social Committee and the main committee, bringing their ideas and plans to the main committee and passing on the committee's approvals, suggestions and assistance with invitations/advertising, funding, Doodles etc.

The social committee have given us some great activities over the past few years from belly dancing to chocolate tasting! There are still more plans ahead including a Pink paddle and picnic and Christmas party.

Social committee members are **Pene Lee, Denise Brown, Sue Willemsen-Bell** and **Katherine Davis Kralikas**. Two members have recently stepped down - **Cindy Young** and **Anita Godley**. We thank them for their contributions to past activities. We are looking for others to join this enthusiastic team. So, if you would like to be more involved in social activities please contact **Julie Kesby** or myself. **Joan White**

[Composed upon Westminster Bridge, 3 September 1802](#)

[WILLIAM WORDSWORTH](#)

Earth has not anything to show more fair:
 Dull would he be of soul who could pass by
 A sight so touching in its majesty:
 This City now doth, like a garment, wear
 The beauty of the morning; silent, bare,
 Ships, towers, domes, theatres, and temples lie
 Open unto the fields, and to the sky;
 All bright and glittering in the smokeless air.
 Never did sun more beautifully steep
 In his first splendour, valley, rock, or hill;
 Ne'er saw I, never felt, a calm so deep!
 The river glideth at his own sweet will:
 Dear God! the very houses seem asleep;
 And all that mighty heart is lying still!

Recited by Marion Leiba 9 September the morning after Connie Johnson passed away

[Love Your Sister](#)



Sue Willemsen-Bell greets visitors, Handmade Market 17 September 2017 *Image: Kerrie Griffin*



Anita Godley, Handmade Market 17 September 2017 *Image: Kerrie Griffin*



Wendy Ceravolo and Colleen White, Handmade Market 17 September 2017 *Image: Kerrie Griffin*

Underestimating dragon boating

I joined Dragons Abreast to strengthen my arm and shoulder which were significantly weakened from breast cancer treatments. Paddling was a good choice as I prefer outdoor exercise to indoor gyms: and I wanted the commitment that comes with participating in a team sport.

One week after joining I realised I had significantly underestimated dragon boating. I now know dragon boaters are genuine athletes as paddling requires stamina and uses many muscle groups. My initial training sessions had me feeling stiff from my shoulder blades to hamstrings, as well as core stomach muscles.

For newcomers, there is a lot to learn, including developing the right stroke technique, learning race starts and other drills, staying in sync with those in front, transition protocols (getting on, off and changing positions within the boat), boat jargon plus remembering to count. However, the benefits make all this worthwhile.

It is an intensive workout. It is good how **Frances Heaney** mixes things up so each session is different. Whether it's paddling up Sullivan's Creek or playing limbo with the footbridge to Aspen Island and the National Carillon, the sessions are always picturesque and interesting.

We've enjoyed some beautiful weather during our sessions. Blue sky and sunshine during winter is uplifting. The blossoms last week in front of the National Library were stunning. Surprisingly, my favourite session to date was a subzero and very cold Tuesday morning where we were under Commonwealth Bridge with its lights reflecting on the murky lake water around us, as the sunrise coloured the sky in hues of orange and pink in the distance. That view was breathtaking.

Dragon boating is a fun team sport and the DA Canberra team is a very welcoming and patient group of people for an inexperienced newcomer such as me. It's thoroughly enjoyable.

Kim

Hello from a newbie paddler

Dragon boating – it is one of those things I often thought about trying - one day! I have seen dragon boats out on Lake Burley Griffin, all paddlers keeping in time to the beat of a drum, while racing along the water. It looked amazing!

I was diagnosed with a DCIS breast cancer in early April 2017. In early May, I had a lumpectomy. A couple of weeks later, and still feeling a bit raw (and very relieved) after receiving the 'all clear' from my surgeon, I was shopping at Manuka. Outside Bakers Delight were two lovely ladies from Dragons Abreast collecting for breast cancer to which I didn't hesitate in making a donation. They also had some information on 'Come and Try'



Julie Chynoweth and Kim (back bench) National Carillon 20 September 2017 *Image: Frances Heaney*

Dragon Boating in to be held in September 2017. So, upon taking their last flyer, I thought 'now is a perfect time to give dragon boating a go!' I put the flyer on the fridge.

After registering my interest, I received a lovely, welcoming email from **Clare Purcell**. Thank you Clare. 'Come and Try' rolled around quickly! On arriving at the lake on Saturday morning 9 September, I remember thinking this is just like Clare mentioned in her email 'look out for our pink tent and lots of pink ladies. You can't miss us'. I knew I was obviously in the right spot! Following introductions, completion of some paperwork, finding the right size paddle and PFD, the other lovely 'Come and Triers' and I were ready to try something new! I can honestly say It was a blast.

Ladies, I want you to know that each and every one of you is such an inspiration. Being at different stages of breast cancer and dealing with its challenges, I love that everyone arrives at paddling with a smile, a hello and ready to paddle. For me, this is part of my addiction to paddling! The other part of my addiction **is** the paddling! Of course, there is always the social coffee following a paddle. I am now an official member of DA Canberra!

It is always a bit tricky for a newbie to remember names of a new group of friends. So many apologies if I muddled up names in my first couple of weeks! I will get them right...eventually! Looking forward to many more 'Paddles up!'

Janet Olsen



Kathy Ng and Clare Purcell, Lake Harriet, Alaska, June 2017
 Image: courtesy of Kathy Ng

The power of Dragons Abreast worldwide

In May and June, Greg and I had an amazing holiday to USA and Canada. After travelling to New York and Toronto to visit our kids we crossed Canada to Vancouver to board a cruise ship to the inside passage in Alaska.

We were delighted to see the glaciers up close and personal and visit some of Alaska's smaller towns and all the amazing sights Alaska has to offer. At a stopover in Juneau I was disappointed that a canoeing trip was cancelled at the last minute. Out of 1,400 passengers only two of us put our hands up (I ended up doing a very tame white water rafting trip which was fun).

Not to be defeated, and because I was missing getting out there on our own beautiful Lake Burley Griffin, I was determined to do something as close to dragon boating as possible. Next stop was Ketchikan. The weather forecast was dismal. The forecast was for heavy rain, wind and cold. I'm sure it was pretty hot by Alaska standards. But, hey, I'm a Dragons Abreast Canberra paddler. We've faced some pretty tough times in our lives so a little rain seemed like a little problem.

When we arrived in Ketchikan the weather did not disappoint. Umbrellas were turned inside out in the wind and the rain was coming down in sheets as I disembarked the ship. I had my newly purchased Alaskan pom pom hat, jeans and a thermal top and I was ready to go. I was not really dressed for canoeing but that was the best I could do. A bus took the paddlers to Lake Harriet in Ketchikan. To my dismay, there were only four of us on board

(plus the driver). There was me, an older couple and another brave lady who I was soon to find out was **Kathy Ng** from Toronto. **Now Kathy is an integral part of this story so READ ON.**

On arrival at Lake Harriet the instructor was noticeably distraught seeing four oldies ready to brave the elements and go canoeing. He was so concerned about our ability he roped the bus driver into coming too. I very confidently told the instructor, **'don't worry. I can paddle. I'm a dragon boater'**. I'm not sure if this increased his confidence in his motley looking crew. So, after getting decked out in very unwaterproofed gear, Kathy and I jumped up front to stroke. We were in a 20 seater Alaska native style canoe. I'm not going to lie, it was a tough paddle but loads of fun. We paddled to an island where we were treated to some of the local foods.

It was at this stage that things became a little exciting. Kathy asked me where I did dragon boating. I told her proudly, Canberra, Australia. With that she pulled out a lanyard she was wearing and I could not believe my eyes. It was a Dragons Abreast lanyard. Clearly we were both excited that here we were, two Dragons Abreast paddlers from different countries in the middle of a lake in Alaska.

What are the odds! I thought what an amazing coincidence. **But wait, there's more.** Kathy, from Toronto, Canada, paddled in Sydney at the DAA Regatta in 2015 with Frances. I was a little excited and I screamed: **Oh my God, that's my Frances, she's my coach.** Again, what are the odds?

Neither Kathy or I could believe the extraordinary coincidence that we randomly meet in the wilds of Alaska and that Kathy had paddled with Dragons Abreast Canberra in a DAA Regatta in Sydney. We exchanged emails, took the obligatory images and paddled back to shore. The other couple on the boat told us it was a privilege to paddle with DA members.

I hope to meet up with Kathy again soon, maybe at the upcoming DAA Regatta in Sydney on 21 October. Frances told me that Kathy was indeed a team member of a composite boat that went on to win a gold medal in the B Final at the DAA regatta in 2015. **GO DRAGONS ABREAST!** The world is a small place. Who knows where a DA paddler will turn up?

Clare Purcell



Kathy, far left, receiving her GOLD MEDAL at the DAA Regatta in Sydney in 2015 Image: courtesy of Kathy Ng



Kathy Ng and Clare Purcell, Lake Harriet, Alaska, June 2017
Image: courtesy of Kathy Ng

[Casting for Recovery](#)

Myself along with 11 other beautiful women participants, from various backgrounds and age groups, participated in Casting for Recovery 2017 in September. We were all made feel very welcome and special by **Nick** the coordinator of CFR, and his fabulous team of friendly, helpful volunteers.

Canberra is the first city in Australia to offer this program to people who have experienced breast cancer and well enough to participate in this physical activity of fly fishing.

We all enjoyed a fantastic weekend of tutoring in many of the finer aspects of fly fishing, a pampering session, great conversations and sharing of our life experiences and making new friends. The accommodation was very comfortable sharing with a room buddy and all the meals were delicious.

Rainbow Springs was the location for our main fishing adventure. We were welcomed by the delightful owners of the property **Peter** and his family. Peter gave us all some more expert instructions and demonstrated the fine-tuning techniques and skills we needed before we all had a go. We started fly fishing for brown and rainbow trout in the picturesque lakes on the property. Screams of joy and the buzz of excitement and anticipation could be heard and seen around the lakes as a few of the ladies were lucky enough to catch an elusive trout (and have their photos taken to prove their bragging rights). Hooking them was one thing, landing them was a harder challenge. Supported and encouraged by our personal buddies we all thrived on this great experience in a gorgeous setting. My wonderful buddy **Steve** had not only volunteered for this program but had driven all the way from Sydney to be there with us and share his passion and knowledge with me. He is an extremely generous and humble man who I bonded with quickly and enjoyed his support, encouragement and company. I was lucky enough to catch a small rainbow trout but I performed a



Wendy Ceravolo, Cate Hale, [Casting for Recovery ACT](#) shared [Rainbow Springs Fly Fishing School's post](#).
2 September 2017

distance release for its wellbeing, which meant we didn't net the trout and land it onto the bank. I still felt exhilarated and exceptionally happy to have hooked a fish.

I feel very privileged to have experienced this amazing adventure with such wonderful people. I would highly recommend doing a **Casting for Recovery Retreat**. The whole experience was very professionally run and organised with great expertise, support, tremendous care and encouragement by everyone involved. My sincerest gratitude to Nick and his terrific band of organisers, supporters and volunteers.

Wendy Ceravolo

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

Academic dragon boat paddling by **Dr Don McKenzie**,
*Professor & Director Division of Sport and Exercise,
Faculty of Medicine University of British Columbia,
Vancouver, Canada*

One of the pleasant duties of a university professor is to review scientific articles and help judge their suitability for publication in medical journals. It's called peer review and is the foundation of research publications. It is an important job as it sets and maintains the standards necessary to publish in respectable medical journals. That is a critical factor for academics who live in the world of publications and grant money. It also keeps you up to date with the research activities of your peers and you learn about the latest research findings several months before they are published. What is impressive is the fact that dragon boat teams are being used as subjects in research programs! Of course, the first team was a study on whether the intense, upper extremity exercise of dragon boat paddling would cause lymphedema. That was the huge question that deserved a response. In the early days, we needed to publish more work on lymphedema and the changes in strength, aerobic fitness and arm volume over the course of a 6-month paddling season, in order to justify this program. Working with colleagues in Australia, the risk of lymphedema as a result of long haul air travel was addressed by paddlers who were flying from North America, direct to Australia, to participate in what was the Second IBCPC Festival in Caloundra. The changes to the quality of life and mental health over the course of a season has always impressed me more than the physical changes and this has received a lot of attention in the literature. It is a complex interaction between the physical demands of paddling and the improvements in function, emotional and spiritual well-being. Dragon boat paddling gives you back control of your life, something that was

taken during treatment. Some time ago I had the pleasure of reviewing a paper that reported the positive effects of dragon boat paddling on heart function over a four year period. As you know, some of the drugs used to treat breast cancer can damage the heart and this study reported that adaptations to paddling improved heart function in women treated with chemotherapy. In the last ten months there have been two detailed publications from Italy that have examined the complex biochemical changes that occur with breast cancer dragon boat paddling. These are important studies that are documenting the cellular changes that may impact fatigue, quality of life, recurrence and survival. They concluded that dragon boat paddling had a positive effect on these biomarkers and was important in improving the longterm health benefits for breast cancer survivors. So there is more going on inside that dragon boat as you paddle, and you thought that paddling with your team was just fun!

<http://ibcpc.com/wp-content/uploads/2017/06/IBCPCJune2017.pdf>



Warm up and training times

Saturday morning:

([Extra effort paddle](#)): 7.15 – 8.00 am

Saturday morning: 8.00 – 9.45 am

Tuesday morning: 6.00 – 7.30 am

Wednesday evening: 5.30 – 6.00 pm

Contact: Donna Lennon
donnalennon0@gmail.com

Some great paddling technique tips:
http://www.youtube.com/watch?v=i7IRbj3K8c4&feature=player_embedded

Remember water, hat, sunscreen and sunglasses!

Weather watch

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

Do you like going to the movies?

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

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

If you want to receive a weekly email about the movie club, email Cindy Young who will put you on the distribution list. cindyyoung000@icloud.com

Under the pink umbrella



One in eight Australian women will be diagnosed with breast cancer by the time they turn 85. It is estimated 17,586 women and 144 men will be diagnosed with the disease this year, according to Breast Cancer Network Australia.

2017 Pink Lady Luncheon Canberra

<https://www.bcna.org.au/news-events/pink-lady-luncheon-series/2017-pink-lady-luncheon-canberra/>

Date:	Wednesday 25 October 2017
Time:	12.00 pm for a 12.15 pm start until 2.30 pm
Venue:	Gandel Hall, National Gallery of Australia Parkes Place, Parkes
Cost:	\$175 for a single ticket or \$1750 for a table of 10
Dress:	Business attire with a touch of PINK!

[View official invitation \(PDF\)](#)

Hear from inspirational speaker **The Honourable Dame Quentin Bryce AD CVO** and Master of Ceremonies **Genevieve Jacobs**, while enjoying a fine dining experience in the luxurious ambience of the National Gallery of Australia.

There will be entertainment, silent auctions and raffles to partake in, fabulous prizes to be won, and each guest will receive a gift bag brimming with wonderful items to take home. This is a great opportunity to host your clients, treat your employees, or catch up with friends.

New Principles of Cancer Survivorship support health and wellbeing of people living with cancer

Cancer Australia released the [Principles of Cancer Survivorship](#) which provide a national framework to guide policy, planning and health system responses to cancer survivorship, focusing on the health and wellbeing of people living with and beyond cancer. The *Principles* are designed to complement and support existing activities in survivorship and underpin national approaches to evidence-based high quality cancer survivorship across the continuum of care.

Australians experience among the highest cancer survival rates in the world. Due to improvements in diagnosis, earlier detection and advances in treatment, more Australians are surviving cancer than ever before. An estimated 1.1 million people living in Australia have had a diagnosis of cancer.

With the number of cancer diagnoses projected to increase by nearly 40% between 2015-25, there is an ongoing need to address the long-term health and wellbeing of people affected by cancer.

https://canceraustralia.gov.au/system/tdf/publications/principles-cancer-survivorship/pdf/pocs_-_principles_of_cancer_survivorship.pdf?file=1&type=node&id=5341



[Love Your Sister](#) The ancient Japanese art of Kintsugi embraces flaws and imperfections. This idea behind the art of repairing pottery with gold suggests that the cracks are simply an event in life, they don't represent an end, and can make things stronger, even more beautiful.

I love this photo on a philosophical level, but also, because in this photo, Connie is so openly giving and receiving. Never taking. That's why I wanted to share it with you. xsammy Samuel led the charge, writing: 'Thanks for everything, Connie Cottonsocks. It was my pleasure to be your Sammy Seal.'

The Johnson family has encouraged supporters to leave a message on Connie's tribute wall at loveforconnie.org.au

<https://www.facebook.com/loveyoursister/photos/a.346145412147147.83666.181950945233262/1482890081806002/?type=3&theater>

[Vale Connie Johnson: 'You made us all kinder'](#)

Vale Connie Johnson OAM

<https://www.bcna.org.au/news/2017/09/vale-connie-johnson-oam/>

Breast Cancer Network Australia (BCNA) is saddened to hear of the death of [Love Your Sister](#) founder and tireless breast cancer advocate Connie Johnson.

After learning of her metastatic breast cancer diagnosis in 2010, Connie and her brother, actor Samuel Johnson, created breast cancer charity Love Your Sister.

Over the years, Sam and Connie have held a number of unique fundraising events, including Sam's ride around Australia on a unicycle and Connie's Big Heart Project – where more than \$2.5 million in five cent coins were laid out to form a heart at the Lyneham Netball Courts in Connie's home town of Canberra.

Since its conception, Love Your Sister has raised more than \$5.6 million dollars for **The Connie Johnson Breast Cancer Research Group** at the **Garvan Research Foundation**.

A day before her death, Connie's considerable advocacy efforts were recognised in her appointment as a Member of the Order of Australia.

BCNA recognises and honours Connie's substantial contribution to breast cancer research and awareness. We extend our condolences to Connie's family and friends, as well as her thousands of supporters, at this sad time.

<https://www.theguardian.com/australia-news/2017/sep/09/connie-johnson-breast-cancer-awareness-advocate-dies-at-40>



Geraldine Robertson, Gillian Styles, Kirsten Pilatti, Kerrie Griffin, Susan Pitt and Hadas Haileselassie, BCNA Consultation on the State of the Nation, Belconnen 2 September 2017 *Image:* Kerrie Griffin

[BCNA NEWS](#)

2017 Pink Lady luncheon Canberra

<https://www.bcna.org.au/news-events/pink-lady-luncheon-series/2017-pink-lady-luncheon-canberra/>

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

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

[The financial impact of breast cancer](#)

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

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

New bilingual resources for women with metastatic breast cancer <https://www.bcna.org.au/news/2017/09/new-bilingual-resources-for-women-with-metastatic-breast-cancer/>

Mammographic density

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

Labor pledges \$20 million dollars for Olivia Newton-John Cancer Research Institute

<https://www.bcna.org.au/news/2017/09/labor-pledges-20-million-dollars-for-olivia-newton-john-cancer-research-institute/>

'There are around 9,000 Australians, mostly women, who are living with metastatic breast cancer. While many women lead full, meaningful lives with the disease, it is imperative to improve treatment and care,' she said.

You can find out more about [metastatic breast cancer](#).

Vale Avis Macphee AM

Avis was a founding member of BCNA and a long-time advocate and supporter for women with breast cancer. Following her diagnosis in 1992, Avis was the fifth patient treated with high-dose chemotherapy and stem cell transplantations in Australia. Avis was a powerful advocate who ensured the interests and voices of women with breast cancer were considered in the many projects to which she contributed over many years. In particular, Avis made a significant contribution to the Sentinel Node versus Axillary Clearance (SNAC) clinical trial.

<https://www.bcna.org.au/news/2017/09/vale-avis-macphee-am/>

New resources for people with a disability and their carers

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

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

No PBS listing for new breast cancer drugs ribociclib and palbociclib

<https://www.bcna.org.au/news/2017/08/no-pbs-listing-for-new-breast-cancer-drugs-ribociclib-and-palbociclib/>

'BCNA is very disappointed with this decision by PBAC,' Danielle said. 'We spoke to the PBAC members about the important role of the CDK inhibitors in treating women with metastatic breast cancer. These drugs are already available to women in many other countries and Australia is lagging behind.'

Women stopping hormone therapies early

<https://www.bcna.org.au/news/2017/08/women-stopping-hormone-therapies-early/>

A [recent study](#) found that almost 60 per cent of breast cancer survivors who were prescribed hormone therapies – i.e. tamoxifen, anastrozole, letrozole and exemestane – took them for less than the recommended time, usually 5 to 10 years. The study did not identify why so many women stopped taking their hormone therapy medications early.

Australians with metastatic breast cancer in favour of assisted dying

<https://www.bcna.org.au/news/2017/07/australians-with-metastatic-breast-cancer-in-favour-of-assisted-dying/>

New accessible resources now available

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

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

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

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

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

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

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

New study on BRCA risks

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

The study found that:

For women with a BRCA1 gene mutation

- the risk of developing breast cancer by the age of 80 was 72%
- the risk of developing ovarian cancer by the age of 80 was 44%
- the risk of developing contralateral breast cancer 20 years after an initial breast cancer diagnosis was 40%
- For women with a BRCA2 gene mutation
- the risk of developing breast cancer by the age of 80 was 69%
- the risk of developing ovarian cancer by the age of 80 was 17%
- the risk of developing contralateral breast cancer 20 years after an initial breast cancer diagnosis was 26%.

Pink Bun campaign raises record \$1.8 million

<https://www.bcna.org.au/news/2017/06/pink-bun-campaign-raises-record-18-million/>

'This year alone more than 17,000 Australian women and 144 men will be diagnosed with breast cancer, making the need for support and credible, evidence-based information more important than ever,' Christine said.

'We know that breast cancer doesn't just affect the individual – it has a ripple effect on families, friends and colleagues. It's fantastic to see communities across Australia show their support for everyone affected by this disease,' she said.

'Most people know someone who has been affected by breast cancer, so this campaign holds a special place in the heart of the community. On behalf of our members and all Australians affected by breast cancer, thank you to everyone who visited their local Bakers Delight and supported the Pink Bun campaign.'

News

Subject: Breast cancer patients with private health insurance paying thousands, report finds

http://www.abc.net.au/news/2017-09-24/privately-insured-women-with-breast-cancer-paying-thousands-fees/8979790?pfmredir=sm&user_id=002d2809b1c2ebaced5400c59408bf70b9e2700e1ce23741f38f0634132ff00d

<http://www.canberratimes.com.au/national/how-breast-cancer-changed-the-life-of-renee-marsicano-20170925-gyo3nf.html>

How breast cancer changed the life of Renee Marsicano

Having high breast density can mask or hide breast cancer, as it also appears white on a mammogram, making early detection more difficult.

Cyclotron tracer technology

<http://www.canberratimes.com.au/national/health/cyclotron-at-liverpool-hospital-is-lightingup-hidden-cancerous-tumours-20170920-qyla7n.html>

<https://theconversation.com/three-questions-to-ask-about-calls-to-widen-breast-cancer-screening-82894>

<https://theconversation.com/of-mice-and-men-why-animal-trial-results-dont-always-translate-to-humans-73354>

Research shows benefits of personalised exercise programs

- Watch the Catalyst program ['Exercise and Cancer'](#) on ABC iview or read a transcript of the program.
- Download or order [BCNA's Breast Cancer and Exercise booklet](#) for information about the benefits of exercise during and after breast cancer treatment
- Join the [BCNA Get Active and Keep Well](#) group on the online network.

Otis Foundation

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

Elsbeth Humphries

BCNA's website - policy and advocacy work

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

Online network

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

BCNA resources

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

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

BreastScreen ACT

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

Phone BreastScreen ACT on 13 20 50.

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

Get involved with BCNA

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

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

The Beacon

[Read the latest publications](#)

- **Breast cancer at any age** - issue 80, Spring 2017 | [View online](#)

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

NBCF news

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

Gillian Horton, Colleen's Post Mastectomy Connection *New address:*

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

info@colleens.com.au

Open: Mon.-Fri. 9.30am to 4.30pm and Sat. 9.30am-1.30pm.

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

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

HeadsUp@Kippax

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

<http://headsup.net.au>

Kippax Shop 2, 12-16 Hardwick Crescent, Holt

Open: Tuesday to Friday from 10am–4pm

Phone: 02 6201 6579 or 041 6227 595

Sue Owen 0416 227 5959

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

Susan Pitt, Secretary BTAA

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](#)

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
	Saturday 7	Regatta 1 – 2 km & 200 m 20s	Grevillea Park	Volunteers needed!
	Saturday 14	DA Canberra Social and Corporate Regatta and BCNA Mini Field of Women	Grevillea Park	Volunteers needed! https://www.bcna.org.au/events/2017/dragons-abreast-canberra-annual-social-corporate-regatta-and-bcna-mini-field-of-women/
	Saturday 21	DAA Festival, Cockle Bay	Darling Harbour, Sydney	https://www.facebook.com/dragonsabreast

	Monday 23 6.30-10.30 pm	Bosom Buddies Australian Breast Cancer Day Annual Celebrations dinner	Southern Cross Yacht Club	http://www.bosombuddies.org.au/ \$50 pp
	Wednesday 25 12-2.30 pm	BCNA Pink Lady Luncheon	Gandel Hall, NGA	https://www.bcna.org.au/news-events/pink-lady-luncheon-series/2017-pink-lady-luncheon-canberra/ \$175pp
	Saturday 28	DA Canberra Pink paddle and picnic in <i>National Paddle Month</i>	Lotus Bay	Doodle RSVP
November	Saturday 4	DA Canberra Come and Try session	Lotus Bay	Doodle RSVP ellymcginness@gmail.com
	Saturday 11	Regatta 3 – 200 m & 2 km 20s (Juniors)	Grevillea Park	Volunteers needed!
	Saturday 18	Regatta 4 – 500 m 20s	Grevillea Park	Volunteers needed!
	Friday 24	Menopause the Musical Women	Southern Cross Club, Woden	http://www.csc.com.au/whats-on/menopause-the-musical-women-on-fire
	Sunday 26	Dragon Boat Challenge, Lake Albert, Wagga Wagga	Wagga Wagga	Doodle RSVP
December	Saturday 2	Regatta 5 – 200 m 10s and 2 km 20s	Grevillea Park	Volunteers needed!
	Saturday 16	Regatta 6 – 500 m 20s	Grevillea Park	Volunteers needed!
2018 January	Saturday 20	Regatta 7 – 200 m and 2 km 20s	Grevillea Park	Volunteers needed!
February	Saturday 3	Regatta 8 - 500m 10	Grevillea Park	Volunteers needed!
	Saturday 17	ACT Championships - 2 km and 200 m	Grevillea Park	Volunteers needed!
	Sunday 18	ACT Championships - 500 m	Grevillea Park	Volunteers needed!
March	Saturday 3 - Thursday 8	Australian Championships	Lake Kawana, Qld	
	Saturday 10	DA Canberra Come and Try session	Lotus Bay	Doodle RSVP ellymcginness@gmail.com
May	Saturday 5-Sunday 6	Handmade Market	EPIC	Volunteers needed! Doodle RSVP Kerrie.griffin22@gmail.com
	Sunday 13	Mother's Day Classic BCNA stall (volunteers needed)	Rond Terrace	http://www.mothersdayclassic.com.au/event-info/event-locations-map/canberra/
July	6-8 July	International Breast Cancer Paddlers Commission (IBCPC) breast cancer survivor regatta http://www.florencebcs2018.org	Florence, Italy	Doodle RSVP Expression of interest for paddlers and partners

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 2017

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

Please submit any news, items and images by 13 November 2017 to the newsletter coordinator

Kerrie.griffin22@gmail.com

[Previous newsletters](#)



Carol Summerhayes returns to DA Canberra to paddle 19 August 2017 Image: Frances Heaney



Floriade 27 September 2017 Image: Kerrie Griffin