



ABREAST of the NEWS

DRAGONS ABREAST CANBERRA under the umbrella of Breast Cancer Network Australia

PO Box 7191, Yarralumla ACT 2600 - DRAGONSABREAST.COM.AU • ISSUE 47 • DECEMBER 2012



DA Canberra winning the final 200m race, Pan Pacs Masters Games, Gold Coast, 10 November 2012 *image: Terry Sheales*
Jan Skorich images: [Dragons Abreast Canberra at PanPacs](#)
Wes Forrest images: [View Album Play slideshow](#)
Advanced Gold Coast Photography
<http://www.goldcoastphotography.com/photocart/index.php?do=photocart&viewGallery=10866#page=1>

Coordinator's report

Regular paddling is going along well on a weekly basis with good attendance at all sessions. We have successfully participated in local regattas and the new location at Grevillea Park is working out just fine from our perspective. **Di Bradshaw** would be thrilled to have a full boat for the next regatta on Saturday 15 December, so please try to make it.

Pan Pacs Masters Games

Many thanks to our captain **Di Bradshaw** and coach **Narelle Power** for their perseverance and good humour. We continue to train for local regattas under their leadership.

The **Pan Pacific Masters Games** at the Gold Coast were a new experience for many of us as we usually attend the DAA Regatta in September. But this year we decided to try something different. We participated in the 'all cancer survivor' category rather than just specifically breast cancer survivors. This meant that we actually competed against men in other boats! That said, we came home with a bronze medal in the 500m races from the first day.



11th Dragons Abreast Canberra Corporate and Social Dragon Boat Challenge 20 October

All teams can download regatta images courtesy of Chris Holly Check Facebook for more: <http://on.fb.me/VhVm0u>
<http://www.facebook.com/dragonsabreast>



Narelle Powers sweeping at the Pan Pacs Masters Games Regatta, 9 November 2012 *Image: Advanced Gold Coast Photography*

On the second day it was the 200m races. We were rather disappointed as we came 4th in the first two races. We decided we needed to 'pink up' with lipstick and more power for the last race. What a great idea as we won the last race by half a boat length and that result was the fastest of all teams in our category for the day!

Dragons Abreast Canberra held the **Corporate Regatta Wind Up** on Monday 5 November, which was a lovely evening near the lake. We had local DA members, representatives from some of the corporate teams who participated in the Regatta, some volunteers and recipients of awards. It was very rewarding to hear of the enjoyment of the Regatta participants and how they were looking forward to the next one! Regatta fundraising totaled over \$40,000! The highest fundraising team was also announced. **Double DHA** raised \$2800 above and beyond the \$900 to register a team. A special commendation also goes to the **Love Boat** who came a close second with \$2675. Funds were distributed as follows:

\$6180 [Dragons Abreast Australia](#), our national organisation supports 44 groups providing many opportunities for dragon boating following breast cancer treatment

\$7000 [ACT Eden Monaro Cancer Support Group](#), provides practical support to women undergoing treatment in our region

\$1000 Otis Foundation to support a program where women can spend free R&R time at a lodge in Thredbo with family or friends while undergoing treatment [Otis Foundation | Breast Cancer Network Australia](#)

\$4000 [Palliative Care in the ACT](#) for training

volunteers. Currently, there are five women with breast cancer at the Hospice

\$1000 **Breast Cancer Network Australia** our umbrella body providing [Advocacy](#) and the [My](#)

[Journey Kit](#) to all newly diagnosed women
www.bcna.org.au

The balance will remain with DA Canberra to assist with the national convention and to keep local ladies paddling on the water.

We were delighted to have representatives from the above organisations on hand to receive the funds.



Double DHA captain with Mary-Lou Reid, highest fundraising team, DA Canberra Corporate and Social Regatta wind up, 5 November 2012 *Image:* Kerrie Griffin

Plans and expressions of interest are progressing for the **Dragons Abreast National Convention** to be held in Canberra in 17–19 May 2013. So mark your calendar as this should be an exciting opportunity to come together with Dragons Abreast members from across Australia and also show off our beautiful national capital during the Centenary year. We are very excited and pleased to have **Michael Milton** as the guest speaker for the Convention Dinner.

We had a successful **Come and Try** on 25 November with four trial paddlers and we welcome **Frances Heaney** as a new member. It was particularly pleasing to have the Encore organiser (an exercise program after breast cancer treatment is finished), **Mariana von Brasch**, participate and hopefully now with her firsthand experience, she will be able to encourage participants in the Encore program to come along and try dragon boating.

Congratulations to our members, **Boerge Alexander** and **Gillian Styles** who received Thank You Awards for their contribution to sport by the ACT Sport and Recreation. These two members have given, and continue to give, so much to the dragon boating community.

Susan Pitt, a DA Canberra member who is also involved with **Brain Tumour Alliance Australia** had a clever idea. As one of the online auction items for the BTAA Gala Dinner, *Hats to help*, to raise money for those affected by the disease, we auctioned 'A padding experience for two with DA Canberra followed up with a champagne breakfast'. We are pleased to say that the highest bidder paid \$160! This was good PR for us and we also helped another deserving group while having fun!



DA Canberra holding bronze medals for 500m, Pan Pacc Masters Games, Gold Coast, 10 November 2012 *image:* Terry Sheales

It was great to see the Canberra Dragons Abreast photograph on the *CONTACT 2013* front cover. This publication is Canberra's directory of community services put out through the Citizens Advice Bureau ACT. www.citizensadvice.org.au

The **Handmade Market** organisers are very supportive and it's an excellent opportunity for DA Canberra to promote our organisation and collect funds through raffles and donations. Volunteers are needed for Sunday 9 December. Congratulations to Handmade Markets and Shop Handmade for winning commendations in the Canberra and Capital Region Tourism Awards. [Handmade Market Canberra](http://www.handmademarket.com.au) www.handmademarket.com.au

The **Christmas party** is Saturday 15 December at Boerge and Keith Alexander's home. We hope to see many of you and your partners.

Just a reminder that our **Christmas Carol** and last paddling session in 2012 is Wednesday 19 December.

Wanted

Since Anne Baynes has taken over the Secretary position, we still need an **Equipment Officer**. This role involves regular checking the state of equipment and arranging maintenance.

Also wanted

Bea Brickhill would like to pass on 'Who's Paddling?' You probably understand this role fairly well as you have been on the other end of it. Having done it myself, I think it is good for everyone to have a stint at it. You send out the message usually on Sunday and wait for replies. Then you need to make the list and ensure there is a sweep. If you aren't going to be at paddling then pass the list on to someone who will be. On the odd occasion when there aren't enough paddlers, you need to notify those who replied that they were coming, that it is off. The fun of it is that you know who will be there!

DAA website

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

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



DA Canberra farewelled June McMahon, 1 December 2012
Image: Kerrie Griffin

June McMahon's final farewell was celebrated on Springbank Island with the scattering of June's ashes and petals on 1 December. We sang 'For she's a jolly good dragon!' Anna spoke movingly and Elspeth Humphries recited the *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

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

I thank everyone for all your support this year and to wish you a happy and relaxing holiday time. A very special thanks to Kerrie Griffin for the fantastic newsletter that she puts together so beautifully each issue. We are so lucky that she shares her talents with us all. Looking forward to paddling with you in 2013. Paddles up!

Patsy Sheales, Coordinator DA ACT
canberra@dragonsabreast.com.au

Dragons Abreast National Convention

DA Canberra will host the next National DAA Convention **17–19 May 2013** to be held at The Brasseley in Barton. Plans are well underway and a Convention Committee (made up of DA Canberra members) has been liaising with the DAA Board to book the venue and accommodation, develop a budget, advertise and collect expressions of interest and also and contact key speakers and VIPs who we hope will be involved. Obviously as a national event, the Board will have a final say on

the content of the convention. This will be a great way to promote and showcase DAA and Canberra in our Centenary year. canberra100.com.au

Our members will be invited to either assist with the event as volunteers (both prior to and during the convention) or as delegates to attend the convention to represent our club. **Truus Ford** has kindly embroidered a fabric square which will be sewn up with blocks from across the country as part of a DAA patchwork quilt being made for the convention.

At our next **Dragon Muster** to be held in February–March we will do some more planning and outline a number of sub committees where we will need your help. Find more information in the next *In the Loop*. [In-the-LOOP NOV email 2012](#)

Marion Blake convention2013@dragonsabreast.com.au

11th Dragons Abreast Canberra Corporate and Social Dragon Boat Challenge, 20 October

The DA Canberra Regatta for Corporate and Social Teams has become a firm fixture on the events calendar here in Canberra. Workplace and social groups look forward to the event and will book a place in the regatta for the next year before their paddles dry. This year was no different and teams were lining up to compete, and although a few could not make it out on the water they are still keen to come and give it a go another time. We understand how they feel as it as it was a very successful day.

Of course, the training of the teams meant that they were ready to get out on the water safely. With the help of a group of dedicated CDBA sweeps, and their assistants, teams trained beforehand and if the shrieks and laughter were anything to go by the training appeared to be almost as much fun as the regatta itself.

This year's pirate themed event and fabulous weather, together with a site that ensured everyone could get a good view, were the three main elements in the enjoyment of the day. To say that teams got into the pirate mood would be an understatement. The tents were decked out with the most amazing array of pirate paraphernalia, one complete with a crow's nest and rigging.



Congratulations to the 19 local sport and recreation volunteers honoured at this year's ACT Thanks Awards including Boerge Alexander and Gillian Styles <http://www.andrewbarr.com.au/story/local-sport-and-recreation-volunteers-recognised>

Needless to say, that team took out the best decorated prize. The teams were so colourful, one fellow was even dressed as a parrot (thankfully he did not try to sit on anyone's shoulder). The sweeps and drummers got into the spirit as well, some of their costumes were quite eye-popping (one sweep should have had a licence for her pants as well as her boat).

The weather was perfect, at least in the morning. There was barely a ripple on the water as the boats headed out, and if it was a little rough in the afternoon at least the sun was still shining and none of the good humour had dissipated. With the sparkling water and the fantastic views of the race course, set off by the Black Mountain Tower in the background, everyone was able to get to the water's edge and cheer their team on. The beach frontage also gave teams the opportunity to strut their stuff and warm up routines provided entertainment for onlookers.

The assistance of **Rotary** and others in parking, together with **Marion Blake** and **Julie Richardson's** traffic plans helped competitors and onlookers down to the site safely. St Johns ambulance, Cafe 2U, the Rotary BBQ team, the Om Shanti massage crew, Fyshwick Fresh Food Markets, and the Nutrimetic's pamperers supported the DA team in keeping everyone safe, happy, fed and hydrated. The support provided by the Canberra Yacht Club, Gema Group, FAW Hire, Hire All, City Group, Chris Holly (photographer) and our great announcers Tim and Adam ensured the day ran smoothly and services were provided to teams and volunteers. But the biggest thanks and major supporter was the [Canberra Dragon Boat Association](#) (CDBA). Without the help of this fantastic organisation, its wonderful sports clubs with their willing members DA Canberra could not put on this event. Officials and hardworking volunteers are the basis on which the success of the day is dependant and DA Canberra is blessed to have their support.

Boerge Alexander, Coordinator, DA Canberra Corporate and Social Regatta



Di Wright, Boerge Alexander, Narelle Powers, Gillian Styles and Bea Brickhill, Sport and Recreation ACT thank you awards, 21 November 2012 *image: Jim Styles*

2012 Thanks Award

Each year Sport and Recreation ACT recognises the hard work and contributions that volunteers provide to their particular club, team or organisation. This year **Gillian Styles** and I were lucky enough to receive one of these awards. To be nominated is an honour in itself; that some of our peers have the regard and willingness to put in the effort required is humbling.

The awards night was a special event for us both. Our husbands and friends were there to support us and watch as we walked to the podium followed by the sounds of the announcer reading out a list of superlatives describing our contributions. It was a little daunting, we do what we do to help out and because we care, not for the thanks. Gillian as a sweep mentor, with a prodigious knowledge of the technical side of dragon boating, has been a steadying influence to many of us. Her hard work behind the scenes leading up to the DA regatta as well as her thoughtful officiating on the day are not to be under-estimated, we owe her a great debt. However, it was her contribution to the CDBA that earned her this well-deserved award.

As for me, well I have enjoyed contributing, meeting the DA ladies and interacting with members of the corporate regatta teams and interstate volunteers. Who would have thought I would have been given an award for that? It is all a bit overwhelming really.

Boerge Alexander



Brigitte Ardossi, Canberra Capitals basketball player, Gillian Styles and Andrew Barr, Minister for Sport and Recreation ACT, Thank you Awards, 21 November 2012 *image: Jim Styles*

I would like to thank those dragons who contributed to my nomination for a Sport and Recreation Thanks Award. It was a surprise and I was very pleased to be recognised. Along with **Boerge Alexander** and co we had a fun evening at the presentation (photos tell all).

My volunteering has given me great satisfaction. I have met many people across the spectrum by volunteering at regattas including world championships. It can be lots of fun. See you on the water.

Paddles up!
Gillian Styles



Dragons Abreast Canberra team, Pan Pacs Masters Games, Gold Coast, 10 November 2012 *image: Terry Sheales*

Pan Pacs — Good luck!

Hagar the Horrible and the Old Dragon have colluded to send you on your merry way to wave the banner at the Pan Pacs. **Di Bradshaw** has done an amazing job with organisation so all you have to do is wear those ID tags to keep her smiling. With **Narelle Powers** steering you, **Annette Dean** drumming and all you great women in the seats I know you will do well. I'm sure you will meet up with many of my dragon friends so just a bit of decorum girls! Winning is great but having fun is even better and networking with others so very valuable. Your task is to 'talk up' the Convention in Canberra in May 2113. Enjoy yourselves and I'll be breathing fire into you as you line up. *GoAnna*
Anna Wellings Booth 7 November 2012



All done Phew! Annette Dean, drummer and Narelle Powers, sweep, Pan Pacs Masters Games, Gold Coast, 10 November 2012 *image: Terry Sheales*

Day 1

DA Canberra did a great job — impressed the crowds! **Narelle Powers** had a problem when another boats ran into them, but straightened up and they powered down the course.

Day 2 final race

Here's the proof posted to Facebook with this caption 'Dragons Abreast Canberra, in the far lane, led the race the whole way, got an amazing start and crossed the line well ahead of the other boats. Go girls!' (see page 1 image)

It clearly shows DA Canberra out the front. All the Dragon Flyers were cheering from the shore and raced down to form a victory line at the end of the race. We were inspired. Other comments from Dragon Flyers 'I hope those women have put their names down for the ACT rep team'.

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

DRAGONS ABREAST – keeping the spirit alive!



Fast and furious, Pan Pacs Masters Games, Gold Coast, 10 November 2012 *image: Terry Sheales*

Pan Pacs Day 1

Greetings from sunny Queensland (not). We just completed our first day of racing at the Pan Pacs and we are bringing home the bling. We won bronze in the 500m all cancer survivor race. Our times were really good, we bettered our best Canadian time by about 9 seconds (it does help to have a gale force wind behind you) Once again, the weather was average, not cold just downright windy. We got to the point we were cheering the boat official when he waved the white flag (signifying it was a clean race). This trip showed us that with more training and race fitness we could be lethal — in the nicest possible way, of course.



Di Bradshaw, Narelle Powers discussing strategies, Boerge Alexander, Colleen White, Debbie Whitfield and Annette Dean, Pan Pacs Masters Games, Gold Coast, 9 November 2012 *image: Wes Forrest*

Day 2

We had a very good day. We didn't win a medal but we all felt we went one better. We had to race against four other crews over three races and the best times won the medals. At the start of the 3rd race we were in 4th place and we decided that we would go out there and take no prisoners. **Narelle Power**, coach supremo, said to keep paddling. We also had a cheer squad — the **Ice Dragons** and **Dragon Flyers** were very vocal on our behalf. We did what we set out to and took no prisoners and won the race in 1.01. **Deb Whitfield** nearly jumped off the boat in her excitement because she could see the result board. The Ice Dragons and the Flyers standing on the shore with one finger in the air brought it home to us. We were cheered off the water by the Dragon Flyers who were nearly as excited as us. In the end, the difference in the medal contest between 1st and 4th was 4/100 hundredths of a second.

So we didn't get the second medal but we have given ourselves a huge confidence boost and also

a belief in ourselves that really wasn't there before. The most common comment from the ladies was 'imagine what we could do if we were really fit'. "Yes, just imagine! Yours in pinkness.

Di Bradshaw

Advanced Gold Coast Photography

<http://www.goldcoastphotography.com/photocart/index.php?do=photocart&viewGallery=10866#page=1>

<http://www.goldcoastphotography.com/photocart/index.php?do=photocart&viewGallery=10866#page=31>

<http://www.goldcoastphotography.com/photocart/index.php?do=photocart&viewGallery=10867#page=1>



Di Bradshaw presenting Narelle Powers with the dragon birthday tshirt, Patsy Sheales and Debbie Whitfield, Pan Pacs Masters Games, Gold Coast, 10 November 2012 *image: Terry Sheales*



Warming up exercises, Pan Pacs Masters Games, Gold Coast, 9 November 2012 *image: Wes Forrest*

Pan Pacs

My memories of the Pan Pacs are vivid. It was lovely of Anna to see us off at the airport. That fired us up. Great organisation of accommodation AND transport by **Di Bradshaw**, great sweeping by **Narelle Powers**, fantastic stroking from **Boerge Alexander** and **Debbie Whitfield**, great support from the other ACT crews. Top paddling by our newest paddlers, **Mim Forest** and **Denise Brown**, and a strong foundation with **Jill Evans** and **Elly McGinness** in the boat.

Great excitement when we nailed the final 200 metres. My first 500 metre event ever. First sporting award based on merit for 45 years. First experience of dining with a coach load of tourists fresh off the plane from Hong Kong. Great catering by Debbie and a wonderful cake to celebrate Narelle's birthday. Thanks all for the memories.

Susan Pitt



Off to the final 200m race, Pan Pacs Masters Games, Gold Coast, 10 November 2012 *image: Terry Sheales*

A big thank you to **Di Bradshaw** for all the time and energy she spent on organising for us and finding us such lovely accommodation.

Robyn Chen

What fabulous news from you all — not just winning races but hearts and minds too! You go girls! Back here at home base, we did not have enough to paddle but a few of us made up the **Otis** welcome packs. Thank you all for the generous donation to Otis from regatta fundraising. It makes a big difference to have those cleaning, laundry and admin costs covered.

Your gorgeous lavender plant is looking very beautiful in my garden. I deeply appreciate your sympathetic messages and this lovely and ongoing remembrance for my mother. Thank you all very much. Keep those DA paddles high and go your best for those who can't — you are legends!

Elsbeth Humphries



Narelle Powers, Colleen White, Mim Forrest and Lee Moyes, Pan Pacs Masters Games, Gold Coast, 9 November 2012 *image: Wes Forrest*

Life as a sweep

Pan Pacific Masters Games, Gold Coast,

Well done on your successful participation in the Pan Pacs. Can you remember the excitement leading up to the trip? Did you have thoughts of a warm climate, the thrill of racing and the fun of being with friends?

Kerrie asked me to write something about my experience with Dragon Flyers. I looked forward as you did to an enjoyable experience but in the back of my head was the knowledge that I would be sweeping a mixed Great Grand Dragons team as well as paddling. I had swept at the previous

games when the winds were blowing and water was choppy, but for some reason I had nerves this time around. Our crew had never been on the water as a team. My outer persona was calm my inner was churning. So day one, race two: lined up with the other crews ready to go, thought I could see the buoys at the end of the 500m. Bang went the gun. Woops! Seem to be getting closer to lane 5 need to change direction. Team paddling hard. Made it via a nice C curve. Next race we would do better. Mmm, knew the winds were getting stronger. But then Flyers decided to pull the GGDs as the men were required to race in the Masters mixed and the timing of racing clashed. Oh well, tomorrow I can prove myself.

Day two and the water was calm. Race one. We changed our seating plan. Bang went the gun and we were off. Great start and much better race, into next round. This time we even changed our seating at the start line. Calm waters and good race. I was more relaxed. But Flyers again decided GGDs had to be pulled to allow for the mixed masters to compete. My sweeping was over for this regatta. Some of the crew were disappointed we could not complete our mission. But the race schedule and backing up sometimes does not work. As for sweeping, I was quietly relieved of pressure. I profess paddlers do not always appreciate the fact that the sweep is responsible for their safety. You hear us yell, you laugh with us, you try to respond. There are reasons for boat balance, deep paddling, continuous paddling. Did you hear the starter ask for the back two benches to be used to bring boats forward to the start line? This is to make it slow and controlled. One of my crew decided to paddle backwards instead of forwards! Sweeping in high profile events is nerve racking. You are among many other teams and do not want to feel stupid or incompetent.

Why be a sweep? Sweeps are a necessary part of the sport. I was very shaky in the beginning but gained confidence with experience. I wanted to be able to contribute to DA. Now you are required to have first aid and it helps to develop knowledge of water and weather patterns. It is rewarding to be at the back of the boat and to be part of a team. We need strength to control that sweep blade and our bodies tell us when it is time to rest.

If you would like to try sweeping talk to one of us and have a go. The more sweeps qualified the easier it will be for DA to get on the water. Paddles up!

Gillian Styles

Thank you

I've really enjoyed going out on the boat with the DA ladies. Maybe I could make a reappearance over the off season. I'd love to say thanks for letting me come out with you all. And of course, I'll still see you all at regattas. Congratulations on the results in Pan Pacs, too.

Claud Verkroost, Diamond Phoenix



Robyn Chen, Gigi Lungu, Annette Dean, Patsy Sheales, Mim Forrest, Narelle Powers, Katherine Kralikas, Sheree Falconer, Denise Brown, Tina Newman, Mariana von Brasch from YMCA Encore program, Susan Pitt, *Front:* Anna Wellings Booth and Frances Heaney, DA Canberra Come and Try paddling, 25 November 2012 *Image:* Frances Heaney

Come and Try

It was a perfect summer morning on 25 November. We took a CDBA boat left on the shore from the previous day's Regatta. Narelle was happy to instruct four new paddlers with our doyenne Anna on board and Annette making her return to paddling. **Mariana von Brasch** from the YMCA Encore program came to find out what it was all about. **Frances Heaney** has recently finished her treatment and is keen to be a sweep. **Denise Brown** bought along two friends who are sisters. Susan, Patsy and Mim provided morning tea, enjoyed in the shade. It was a suitable welcome back paddle for **Annette Dean**.

Susan Pitt

Raffle prizewinner

In October I participated in the annual DA Canberra Corporate and Social Regatta with a group of women from Curves, Wanniasa. This, may I add, was after one training session. Despite my inexperience, I really enjoyed the regatta but had not seriously considered doing it regularly due to time constraints.

I purchased three raffle tickets on the day of the Regatta and was the lucky person who won the paddle and paddle case. Bea spoke to me regarding DA and emphasised the social side of the sport. On this basis, I decided to come along on a Saturday morning and 'give it a go'.

My breast cancer was diagnosed mid 2009, age 51. My sister has also had breast cancer and was diagnosed when she was 45 in 2002. I had no interest in pursuing any support pre or post surgery, I just wanted to 'move on'.

I find the group of women I paddle with warm, friendly and very supportive of each other. The early mornings on the lake are nothing short of splendid and peaceful and made special by the generous spirited women who I paddle with.

Sylvia Corby

Editor's note: Welcome to Sylvia and you paddle like a professional who's been doing it for years! Very impressive.



Colleen White, Narelle Powers, and Denise Brown, Pan Pacs Masters, Gold Coast, 9 November 2012 Image: Kerrie Griffin

Introducing Denise Brown

A great thing about DA is watching new paddlers come along and grow in confidence and paddling ability. It is my pleasure to introduce Denise — overdue as she has been paddling with DA Canberra for a several months now and even has her own DA paddle. She was very keen from the very start, is a regular in all weathers and enjoys both the paddling and social side of DA Canberra. Old timers were impressed with her confident early morning stroking on 27 November. Denise works in aged care and used to drive a Day bus 8 seater — both things that impress me. Denise sometimes brings her son Daniel with her — both are a great addition to DA Canberra.

Susan Pitt

Release of Contact 2013

Boerge Alexander and Susan Pitt represented DA at the launch of the Centenary edition of Canberra's *Directory of Community Services*. DA Canberra features on the cover — hot pink this year. See www.citizensadvice.org.au



Kerrie Griffin, Gigi Lungu, Denise Brown, Elly McGuinness, Anne Bayes, Mim Forrest and Katherine Kralikas, CBDA regatta, Grevillia Place, 24 November 2012 Image: Wes Forrest

Dragons Abreast support Hats to Help Dinner

DA ACT provided a great prize of a champagne breakfast and paddle for two. The highest bidder on Allbids were Yvonne and Joe Pino. The Pinos will be taking up the prize soon and, if weather permits, DA will join them on a paddle and picnic on Springbank Island. Funds raised go to support the brain tumour community in the ACT. Susan Pitt is Secretary of www.btaa.org.au

About BTAA

Brain Tumour Alliance Australia (BTAA) was established in late 2008 by a group of brain tumour patients and current and former caregivers. While welcoming the advice and input of specialists, BTAA seeks to represent the brain tumour community from the viewpoint of the patient, family and caregiver. The ACT BT support network meets on the 4th Sunday of the month at Woden Southern Cross Club at 11am, followed by lunch in the Bistro at 12.30pm. Convened by Susan Pitt and MaryAnne Rosier under the auspices of BTAA. Email btsupport@btaa.org.au or call Susan on 0404255156 for more information. See images on Facebook: google Brain Tumour Alliance Australia Inc or go to www.btaa.org.au

Susan Pitt



Andrew and Liam Blake, Marion and Michael's son and new grandchild Image: Heather Blake



Warm up and training times

6.15 for	6.30am	Tuesdays
5.30 for	5.45pm	Wednesday
8.00 for	8.30–9.30am	Saturdays

Contact:
bea.brickhill@gmail.com
Bea Brickhill

Some great paddling technique tips:
<http://www.dragonsabreast.com.au/Admin/training.htm>

Remember water, hat, sunscreen and sunglasses!

If you want to have a try at sweeping contact:
Narelle Powers narelle.powers@defence.gov.au
 or **Elsbeth Humphries** humphries44@ozemail.com.au
Weather watch
<http://www.canberrayachtclub.com.au>
<http://www.canberrayachtclub.com.au/webcam/cam>

Merchandise

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

Magic dragon fire sale

<http://www.dragonsabreast.com.au/headoffice/magic-dragon-fire-sale/>

Items include ¾ pants, dress shirts, Polo shirts, rashies, dragon brooches, keyrings, caps, scarves, pink LED lanterns and more! Up to 75% off stock – first in best dressed – literally.

download the order form
[MerchDragonFireSaleXmas2012](#) and see our online shop
<http://www.dragonsabreast.com.au/products-page/>

Christmas cards \$10 pack

<http://www.pinkoala.com.au/DragonsAbreastAustralia>



Linda Garland is a member of DA Peninsula Dragonflies, Victoria. You may remember Linda as the artist who designed the cards seen at Caloundra Abreast in Australia 2007. The good news is, thanks to an art competition that she won, she created a new Christmas cards - 6 unique designs, featuring 3 dragon boat illustrations, and 3 Australiana illustrations. Each packet has 6 cards, one of each design for \$10, with 20% of proceeds donated to breast cancer charities.



Sylvia Corby and Julie Richardson pushing off Springbank Island after DA Canberra farewelled June McMahon, 1 December 2012 *Image: Kerrie Griffin*

Under the pink umbrella



BCNA Mini Field of Women at the Dragons Abreast Canberra Corporate and Social Regatta 20 October 2012



Gillian Styles, Sonya Allen and Jen Dalton, Calvary breast care nurses, with Patsy Sheales, had coffee to discuss DAA and BCNA after the BCNA national conference, 16 November 2012



Geraldine Robertson and Kerrie Griffin represented BCNA at the Cliftons BCNA fundraiser, 15 November 2012



Sydney Convention & Exhibition Centre, Darling Harbour
[BCNA National Conference 2012](#)

Speaker presentations

Both days were filled with presentations by world-leading international and Australian breast cancer experts. Below is a link to a summary of the speaker's presentations to download <http://www.bcna.org.au/events/bcna-conferences#downloads>

Downloads

- [2012: Summary of presentations from Strength to Strength: BCNA National Conference.pdf](#) (PDF, 1.27 MB)
- [2004: Conference report from 2nd National Conference.pdf](#) (PDF, 556.78 KB)
- [2004: Summary of recommendations from 2nd National Conference.pdf](#) (PDF, 353.21 KB)
- [1998: Conference report from Making a Difference Conference.pdf](#) (PDF, 439.84 KB)

Report

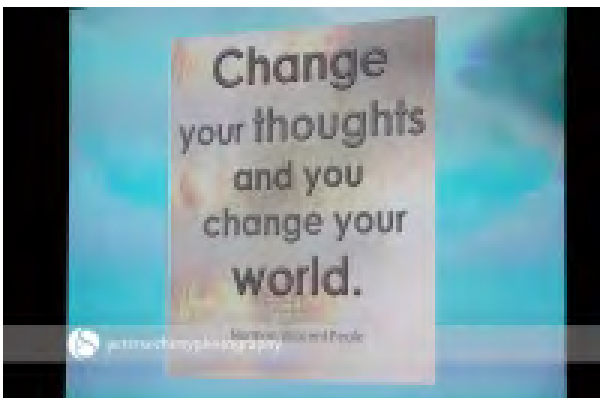
- [1998 Conference Report 'Making a difference'](#)

New resources!



BCNA introduced three new resources to help support women diagnosed with breast cancer. The new resources include booklets on Exercise, Menopause and Hormone therapy.

<http://www.bcna.org.au/store/Information%20Brochure>



Spot Patsy Sheales and Gillian Styles among 600 delegates at the BCNA national conference, 25 October 2012

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 2050.

Please spread the word that BreastScreen ACT has lots of appointments available for the new digital mammography service in either **Civic** or **Woden**. They are at last fully staffed and screen women from 40 if higher risk, else the service target women from 50-69. Older women can also ring for appointments. Note it is a screening service for women without symptoms — so called well women. If you have worries then head straight for your GP for referral to a private service for a quicker diagnosis. Note a mammogram picks up a problem long before self examination. And that you need to screen regularly - every 2 years or annually for those returning after treatment. Thyroid shields are available if you are worried about radiation, but it is a small dose, equivalent to a plane flight from Canberra to Brisbane according to BreastScreen. Email susan.pitt@netspeed.com.au if you have queries about screening services in the ACT. Read more

<http://health.act.gov.au/c/health?a=sp&did=10108867>

Susan Pitt, BCNA consumer representative, BreastScreen ACT Advisory Committee

Vitamin D Latitude Study

Women who live south of Coffs Harbour or below 30 degrees latitude in Australia have almost double the risk of breast cancer than those in the north, the Westmead Breast Cancer Institute study shows. <http://www.bci.org.au/>

BCNA news

<http://www.bcna.org.au/events/bcna-forums/past-forums>

[BCNA welcomes approval of Herceptin before surgery](#)

Category: [Media release](#) - 30 November 2012

BCNA welcomes the recent Government announcement that Herceptin® is to be listed on the PBS for women with locally advanced breast cancer who require Herceptin® treatment before their surgery.

[Maxine shares her story](#)

Category: [News](#) - 20 November 2012

November 2012 marks twelve months since Maxine Morand joined BCNA as CEO and to celebrate, we have filmed a short video of her breast cancer journey.

[BCNA makes two new submissions](#)

Category: [News](#) - 16 November 2012

BCNA recently wrote two new submissions to the Australian Government about access to treatments for breast cancer.

In one submission, BCNA supported a Medicare rebate for bone mineral density test for women who are taking aromatase inhibitors, and recommended that a rebate

also be considered for women who are considering taking them.

[Benefits of screening outweigh any harm](#)

Category: [News](#) - 7 November 2012

Reports have been made in the media recently about possible 'over-diagnosis' of breast cancer as a result of screening programs such as the one provided by BreastScreen Australia.

<http://www.bcna.org.au/news/2012-11/benefits-screening-outweigh-any-harm>



Left: Geraldine Robertson and Kerrie Griffin, Breast Cancer Treatment Group ACT & SE NSW, ANU, 26 November 2012
Image: Thet Khin

ACT & SE NSW Breast Cancer Treatment Group Meeting, 26 November 2012

The guest speaker was **Dr Jeremy Price**, radiologist, at the Canberra Hospital. He provided an update on Magnetic Resonance Imaging (MRI) of the breast. Dr Price explained that while there had been no major changes to mammography (except the important move to digital imaging) in 30 years. MRI is improving all the time. It is more accurate and earlier at picking up tumours than mammograms and ultrasounds (by some 20%). Also ultrasounds have a high rate of false positives. German trial (EVA?) showed ultrasounds picked up tumours in 6/1000 screenings, Xrays in 5.4/1000 but MRIs in 17/1000. In his work in the ACT, Dr Price has found 15 cancers in 567 screens (26/1000) of which 80% were Stage 0 or 1.

Other advantages of MRIs include:

- No ionizing radiation
- May not require a biopsy?
- Useful for women with dense tissue (especially younger women)
- But usefulness not limited to those with dense breasts
- 85% overall sensitivity for DCIS
- 95% sensitivity for all invasive cancers
- Useful to surgeons as a pre-op tool to pinpoint tumours and find more tumours
- Valuable **after** surgery to look (i) at margins to see whether they are clear or not (ii) and see if there are other cancerous areas
- Valuable in neo-adjuvant systemic monitoring to assess the response rate to treatment: both before and after surgery
- Useful as a monitoring tool every six months for BRCA 1 tumours.

Disadvantages:

- Costly: some \$500 with few MBS rebates
- They take longer to perform and interpret
- They require an IV injection of contrast material
- Some patients (1-5%) suffer from claustrophobia
- Does not directly show calcification.

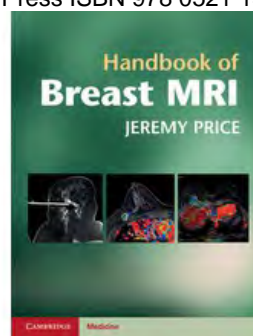
In 2013, a new state of the art MRI (16 channels for breast cancer with two docking trolleys) will operate at **Calvary Healthcare Bruce** (under a business partnership). Younger women with specialist MRI referrals will be eligible for the Medicare rebate. Private MRIs will be possible with referrals (no Medicare rebate).

Outcome/message for BCNA: MRIs are the way to go to extend the survival and quality of life for women diagnosed with breast cancer (and their families and friends). While they are costly to perform, their early diagnosis of breast cancer means treatment is simplified and shorter, thus saving huge costs to the health budget. We must be pushing for:

- This cost saving procedure to be Medicare funded for more (all?) women
- Research to prove it is cost saving.

Geraldine Robertson and Kerrie Griffin

Dr Price has been involved with MRIs for 15 years and recently published a book on MRIs with Cambridge University Press ISBN 978 0521 139 663.



[See large image](#)

Handbook of Breast MRI (Paperback) By (author) [Jeremy Price](#)

AUD\$74.97 Save \$1.53 (2%) RRP \$76.50 **Free shipping worldwide** (to Australia and [all these other countries](#)) Usually dispatched within 48 hours [Add to basket](#) [Add to wishlist](#)

Short Description for Handbook of Breast MRI A practical guide to breast MRI providing core knowledge and clinical guidelines essential for any clinician involved in breast imaging. [Full description](#)

Report to the nation – breast cancer 2012

For an up-to-date summary of information about the incidence, mortality and survival for breast cancer in Australia, using the latest available, see Cancer Australia's *Report to the nation-breast cancer 2012* at <http://canceraustralia.gov.au/about-us/news/report-nation-breast-cancer-2012-released>

HOT TOPIC: Breast Density—What We Know May Surprise You

You've been told "Know Your Breast Density!" But the latest research suggests that it might not be the densest breast tissue we need to be most worried about. [read more](#)

[Plibersek promises chemo review | The Australian](#)
www.theaustralian.com.au/...chemo.../story-fn59nokw-12265211260...

21 Nov 2012 – The **Australian** revealed today a warning from private hospitals that the **cost** of providing **chemotherapy** treatments could **rise** by up to \$100 for ... [Budget cuts hit cancer treatment as key centre ... - The Australian](#)

www.theaustralian.com.au/.../story-fn59nokw-1226520780075
21 Nov 2012 – PRIVATE hospitals are warning of nationwide cutbacks to chemotherapy services, and one of the nation's largest regional cancer treatment centres faces closure, over a decision to slash federal government funding for chemotherapy drugs.

[Fear that costs of chemotherapy will soar](#)

Cancer patients could be forced to pay thousands of dollars for chemotherapy if the government does not provide more funding to dispense the commonly used drugs, doctors say.

Canberra Times | WED NOV 21

[Love and Inspiration](#)

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

<http://www.bcna.org.au/news/2012-11/bcna-sponsors-october>

Get involved with BCNA

- [Community fundraising](#)
- [Join our online network](#)
- [Advocacy](#)
- [Speak out](#)
- [Find services & support near you](#)
- [The Beacon](#)
- Download the latest issue, or subscribe to BCNA's free magazine. This issue focuses on **Keeping Active** – issue 61, Summer 2012
- [Download issue 61 of The Beacon](#)
- Past issues of *The Beacon* [The Beacon archive](#).
- [Help with research](#) Join our Review & Survey Group
- <http://www.bcna.org.au/store/Merchandise>



Strengthen your recovery: A Pilates program following breast cancer surgery

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

<http://www.bcna.org.au/new-diagnosis/treatment/surgery/staying-mobile-after-surgery>
NBCF launch Register4

The concept is very similar to BCNA's Review & Survey Group,

Otis Foundation retreats

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

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

Bosom Buddies

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

Eleanor Bates, President, [Bosom Buddies](#)

[YWCA Encore](#)

www.ywcaencore.org.au

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

HeadsUp@Bruce

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

<http://headsup.net.au>

Open: **10am to 3pm Wednesdays and Thursdays**
<http://web.me.com/sueowen1/HeadsUp/Welcome.html>
 Sue Owen **0416 227 5959**

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

janaliveandwell@hotmail.com.au

[Team training as a predictor of reduced recurrence among breast ...](#)

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

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

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

Kerrie Griffin

Consumer Representative

Seat at the Table (SATT) Program, BCNA



Dragons Abreast Canberra Corporate and Social Regatta 20 October 2012 *Image: Chris Holly*

Calendar of events

Dates and events may change – please check [CDBA Canberra / Facebook](#) or www.cdba.com.au/

Month	Date(s)	Event	Location	Notes
December	Sunday 9	Handmade Markets	National Convention Centre	Bea.Brickhill@gmail.com
	Saturday 15	CBDA Regatta 6 200m/2000m	Grevillea Park	Canberra@dragonsabreast.com.au
	Saturday 15	DA ACT Christmas Party	Boerge & Keith Alexander's home, Bring a plate	RSVP bugz_mini@hotmail.com

	Wednesday 19	Christmas carols on the lake	Canberra Yacht Club Lotus Bay	Canberra@dragonsabreast.com.au
2113 January	26	Australia Day spectacular CDBA demo paddle	Lotus Bay, Yarralumla for Central Basin	Canberra@dragonsabreast.com.au
February 	Saturday 2	CBDA Regatta 7 500m	Grevillea Park	Canberra@dragonsabreast.com.au
	Saturday 9	Come and try session	Lotus Bay, Yarralumla	Canberra@dragonsabreast.com.au
	Sunday 17	Jindabyne Flowing Festival	Lake Jindabyne	Canberra@dragonsabreast.com.au
	Saturday 23	CBDA Regatta 8 200m /2000m	Grevillea Park	Canberra@dragonsabreast.com.au
	Sunday 24	DAA Chinese New Year	Darling Harbour, Sydney	www.cityofsydney.nsw.gov.au/CNY/Events/Default.asp#DragonBoat
March	Saturday 2	Shellharbour Regatta	Shellharbour	Canberra@dragonsabreast.com.au
	Monday 11	Centenary of Canberra Day	Lotus Bay, Yarralumla	Canberra@dragonsabreast.com.au
	tbc	Dragon Muster	tbc	Canberra@dragonsabreast.com.au
	Saturday 23	Centennial regatta ACT Championships 200m	Grevillea Park	Canberra@dragonsabreast.com.au
	Sunday 24	Centennial regatta ACT Championships 500m	Grevillea Park	Canberra@dragonsabreast.com.au
	Saturday 13	Bulb planting and morning tea	Springbank Island	Canberra@dragonsabreast.com.au
April	Monday–Friday 15–20	Australian Championships	Docklands, Melbourne	Canberra@dragonsabreast.com.au
May	Sunday 12	Mothers Day Classic	Lotus Bay, Yarralumla	Canberra@dragonsabreast.com.au Paddle, walk or volunteer
	17–19	DAA Canberra Centenary Dragon Muster	The Brassey, Belmore Gardens, Canberra	Convention2013@dragonsabreast.com.au \$270 early bird until 15 Feb. EOI by 30 Nov
	25--26	Florence Dragon Boat Pink Meeting	Florence, Italy	www.florence.dragonlady.it (https://www.facebook.com/groups/157071110988403/).
June	20--23	Ottawa Dragonboat Festival	Ottawa, Ontario, Canada	2013 http://dragonboat.net/ http://www.facebook.com/ottawadrakonboat
July	Monday 29	CDBA Annual General Meeting	Lotus Bay, Yarralumla	Canberra@dragonsabreast.com.au
August	Friday 2	11th World Dragon Boat Racing Championships	Szegred, Hungary	Canberra@dragonsabreast.com.au
October  	Saturday 19	Dragons Abreast Canberra Corporate Challenge Regatta	Weston Park, Lake Burley Griffin	canberra@dragonsabreast.com.au
	Saturday 19 8am–2pm	BCNA Mini Field of Women at the Regatta	Weston Park, Lake Burley Griffin	Volunteers needed for the BCNA stall!
	Monday 21 Time tbc	BCNA Mini Field of Women at Calvary Healthcare	Calvary Hospital, Bruce Speakers tbc	Volunteers needed for the BCNA mini field and stall!
	Monday 21	Bosom Buddies Australian Breast Cancer Day dinner	Southern Cross Club, Woden tbc	RSVP bosombuddies@shout.org.au
2114 October	24–26	International breast cancer survivor dragon boat regatta	Sarasota, Florida, USA	http://www.ibcpc.com/2014Festival/IBCPC2014Festival.htm

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 — March 2013

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

Please submit any news, items and images by 26 February 2013 to the newsletter coordinator
Kerrie.griffin@act.gov.au or taylorclan@inet.net.au



Gillian Styles with the Sport and Recreation ACT, Thank you Award, Grevillea Park regatta, 24 November 2012 *image: Kerrie Griffin*



Images to entice everyone to Tuesday morning paddling: Boerge sweeping, Carol Summerhayes, Truss Ford, Jan Skorich and Judy Cluse, 25 September 2012 *images: Susan Pitt*

