



ABREAST of the NEWS

DRAGONS ABREAST CANBERRA under the umbrella of Breast Cancer Network Australia

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Anna's beautiful farewell *Flowers on the water* Ceremony
6 October 2014 Image: Wes Forrest



Dragons Abreast Canberra, [2014 IBCPC Participatory Dragon Boat Festival, Sarasota](#) October 2014 Image: Julie Kesby

Coordinator's report

We have not had a newsletter for a while, mainly because many of us have been travelling. Since the last newsletter we have had to say a sad goodbye to **Anna Wellings Booth**, Dragons Abreast Canberra's founder. Mind you I am sure she was cheering us on in Sarasota and I imagine her whooping it up (in a dignified fashion) when she saw us paddling so beautifully in the regatta on Saturday 31 January.

Also, since the last newsletter, we held our own regatta, we have been to [2014 IBCPC Participatory Dragon Boat Festival, Sarasota](#) and returned, and now we are thinking of Hong Kong. We have a new committee and a fine group they are, and soon we will be in Jindabyne.

Sarasota

Some 18 pink ladies set out for [Sarasota](#) and they all arrived, as did Terry, Peter, Edmund, Courtenay, Bob, Greg, Grant, Dennis and Alison — the pit crew. (I am sure I have left someone off this list, please don't hurt me).

My little group of adventurers started out by flying via Dallas to Chicago. I don't know if any of you remember but when DA has travelled in the past, weather and other phenomena have occurred. Take Caloundra for instance, while on the water a mini cyclone hit the regatta site, we arrived back on land to find the pop up tents spread from Brisbane to Cairns, OK, maybe a slight exaggeration, but the tents were speared through car windows and tied in knots. We were going to the Ord River and suddenly a volcano erupts in Indonesia and all flights to the top end were delayed for a while. So we arrive in Dallas and what are the headlines *Ebola comes to Dallas*. I mean really. We flew to Chicago.

We loved Chicago! I tried a deep dish pizza, we became regulars at the Little Goat Diner and stayed in an amazing loft, which was only 15 minutes from downtown (that is when I had the control of the map. One of our adventurers lost her sense of direction on crossing the equator, I spent time wresting the map from her). We even enjoyed the rain — it had a real Chicago feel to it — torrential.

From Chicago we travelled by train to New Orleans and saw our first alligators before we even left the train. We crossed the Mississippi on a ferry and ate Gumbo and heard jazz. Then on to Orlando (I think we missed Orlando itself). I had a bonding experience with Marion Leiba when we both touched a piece of moon rock at the Kennedy Space Centre. Call it my imagination but that finger still tingles. I did have to stop Marion, our resident geologist, from taking the whole rock to examine it. Our next stop was Sarasota — a lovely little town on the Gulf of Mexico. Blue skies, sunshine, palm trees, beaches and alligators. One of the first warnings we received in Florida was that 'where there is a body of water there are alligators and if you do go near such a body of water, make sure the person you are with is a slower runner than you — so the alligator gets them first' often repeated advice during our stay.



Di Bradshaw, was awarded the annual Dragon Spirit Award, DA Canberra AGM, 16 August 2014 image: Kerrie Griffin



Megan Dennis drumming, Dragons Abreast Canberra, [2014 IBCPC Participatory Dragon Boat Festival, Sarasota](#) October 2014 Image: Susan Pitt

I might mention here, to continue my themes of natural disasters that there was talk of a hurricane off the coast of Florida for a few days but it missed us. We paddled at their regatta centre, which is like the Sydney International Regatta Centre. There were no permanent structures at the site because of the unstableness of the various layers of rock underneath us. Apparently, it is limestone and becomes very porous and then a sinkhole opens up. A fun fact — each morning at the regatta site they moved the alligators to the other end. They get irritated by the noise of the drum. Who wants an irritated alligator lurking around?



Frances Heaney sweeping, Dragons Abreast Canberra, [2014 IBCPC Participatory Dragon Boat Festival, Sarasota](#) October 2014 Image: Frances Heaney

Our 18 paddlers were joined by, **Patty Benavidez**, **Melody Johnston** and **Marcela Hernandez**, who are all locals, and all fabulous; and, for each race, a random member of the Quebec team who shared our tent. There were 102 teams (Australia, Britain, Canada, Italy, NZ, South Africa, Singapore and the USA). We were all given these shocking pink shirts to wear and they took a group photo, 4000 people in all. I think with the colour of the t-shirt we could have been seen from the space station.

We had a great time paddling, the weather was great, and **Bob Sloan** continued the tradition he started in Peterborough by arriving each day with coffee, bagels and donuts for us. Bless him. By day two we had the hang of paddling in the Northern Hemisphere and we were flying. We came away believing that long and strong for us is the way to paddle. For the street parade we dressed up as lifesavers, zinc and all. Even though I say so, we looked good, and we were comfortable, unlike the team from a wine region who came as bunches of grapes. They had to stand for most of the night.



Flowers on the water ceremony, [2014 IBCPC Participatory Dragon Boat Festival, Sarasota](#) October 2014 Image: Susan Pitt

Some of our team became expert swappers of shirts and badges and I think Frances may hold the record for the number of foreign t-shirts she acquired. The *Flowers on the water* ceremony was particularly moving and I don't think there was one of us who did not think of Anna.

We also bought home really big medals. Our little group of adventures then headed for Baltimore or, to be more precise, Ellicott City, Maryland, established in 1772. We stayed with **Cheryl Brower**, **Garry** and son Garrison, in a house in the woods, where you could watch a friendly deer come up and drink water out of the birdbath, or have an up close and personal encounter with a raccoon. We visited the White House thanks to Cheryl's congressman, and I met the first squirrel of the US when he dashed across the White House lawn. We carved Halloween pumpkins, visited Arlington Cemetery and the Lincoln Memorial and I will always remember my walk alongside the Pool of Remembrance, past the Washington monument and the Smithsonian Museums.

The highlights of the rest of the trip included, Macy's New York and my new winter coat which is so pretty and for a dollar you are allowed to pat it; watching the end of the NY marathon; the circle line cruise around the island of Manhattan; the Rockefeller Centre with the Christmas tree and the ice skating; walking across the Brooklyn bridge with Judy; Ground Zero; being part of the audience for the recording of the *David Letterman show* (in the theatre where Ed Sullivan used to do his show and where the Beatles and Elvis performed); and managing to navigate my way around the New York subway system, even though I did take us across the East River twice.

Next was San Francisco, one of my favourite places, we visited Sausalito, the amazing Yosemite National Park; travelled around the city on the tram and the trolley cars and just enjoyed the sense of space. I also missed my birthday on the way home by crossing the International Date Line, so I have remained the same age as last year.



Deb Whitfield sweeping, Dragons Abreast Canberra, [2014 IBCPC Participatory Dragon Boat Festival, Sarasota](#) October 2014 *Image: Susan Pitt*

So now we have to wait four years for the next international breast cancer survivor regatta. In the meantime, we will have our regatta three times, the Nationals will come to Canberra, and hopefully I will have retired by then.

Corporate and Community Regatta

A huge thank you to everyone who supported the annual [2014 Corporate and Community Regatta: 20 September 2014](#). Link below to some beautiful photographs including **Anna Wellings Booth** at the [Flowers on the water ceremony](#) courtesy of our official photographer Chris Holly.

The **BCNA Mini Field of Women** was forefront for each team's official photograph available online. <https://www.facebook.com/media/set/?set=a.854105284608688.1073741955.448649108487643&type=3>

Please pencil in your diaries this year's regatta date on Saturday 17 October.

Thanks to those who volunteered at the **Handmade Market**. The next one is 15 March at the new venue **Exhibition Park in Canberra (EPIC)**. We thank **Julie Nichols** and encourage members and friends to support the Handmade Market and [Shop Handmade Canberra](#). <http://www.handmadecanberra.com.au/our-story.html>

Our Come and Try team, **Elly McGinness, Clare Purcell and Maureen Wild**, continue to amaze us with their enthusiasm and success on 27 September and 7 February which was our biggest turnout ever with 25 enthusiastic new paddlers who paddled in *GoAnna* and *Gecko* to the Commonwealth Bridge and back. Thank you!



Dragons Abreast Canberra DBACT regatta 22 November 2014 *Image: Frances Heaney*



Dragons Abreast Canberra Corporate and Community Regatta, 20 September *Image: Chris Holly*

AusChamps in Perth April 2015

DAA negotiated with AusDBF to compete at the AusChamps, the result being two events for DAA members at the upcoming nationals in Perth 14–18 April. Entries for DAA teams are still open. You are encouraged to register as soon as possible. For more information, refer to [AusDBF](#).

[Frances Heaney](#), DA Canberra, has kindly volunteered to coordinate up to two national composite teams for those who unable to enter a full local team. Contact moulin419@hotmail.com.

20 Year Celebration: Abreast in a Boat

The IBCPC will host a (virtual) global celebration of 20 years of *Abreast in a Boat*, which was started by [Dr Don Mackenzie](#). IBCPC ask all groups to hold a celebration on **13 June 2015** and share stories and photos of their event with IBCPC and DAA.



Julie and Alison Kesby, [2014 IBCPC Participatory Dragon Boat Festival, Sarasota](#) October 2014 *Image: Susan Pitt*

Welcome to **Alison Kesby** a new member after supporting her mother and sister, Julie, in Florida. Congratulations to **Wes Forrest** who received DA supporter status at the Christmas party and can paddle with DA. Please remember those in our group who may be having a difficult time at the moment. We especially offer our sympathy to **Judy** and **Peter Cluse** on the loss of Judy's mother.

Di Bradshaw

Coordinator, Dragons Abreast Canberra

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

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



Anna Wellings Booth, *Flowers on the water* ceremony, Dragons Abreast Canberra Corporate and Community Regatta, 20 September *Image:* Chris Holly

Vale [Anna Wellings Booth OAM](#) who passed away 3 October 2014. Dragons Abreast Canberra members fondly remember celebrating our [15th anniversary](#) with Anna at a dinner on 28 March at University Hall, ANU. See report in June newsletter: [DA Canberra newsletter June 2014](#)

Sincere condolences to David and family. Anna encouraged me to participate in the BCNA consumer representative training in 2004 when I first joined Dragons Abreast. Anna inspired all of us to raise awareness of breast cancer in the community. Anna's sharp wit and sense of humour motivated our team to live Dragons Abreast Australia's philosophy of awareness, participation and inclusiveness. When Anna passed away Steve and I were in England and we lit candles for Anna in Bath Abbey. Several of our team were travelling and we were all moved by the *Flowers on the water* ceremony and outpourings of support for Anna on [Dragons Abreast Canberra](#) Facebook.

Kerrie Griffin



Anna's beautiful *Flowers on the Water* Ceremony 6 October 2014 *Image:* Wes Forrest



Jan Skorich, Elspeth Humphries, Anna Wellings Booth, Patsy Sheales and Judy Richmond, DA Canberra 15th anniversary dinner, University House, ANU March 2014 *Image:* Frances Heaney

Anna Wellings Booth eulogy

In thinking about what to say today, I realised there are many facets to Anna's character:

Anna, the encourager

Quiet but fierce encouragement, especially in the difficult early days when I was trying to get people excited about a national network capable of speaking on behalf of women with breast cancer. Anna and **Elsbeth Humphries** were BCNA's first ACT representatives.

Anna, the bridge builder

Anna was linking individuals and groups, always seeking common ground and opportunities to build relationships and involved with **Bosom Buddies** in the early days.

Anna, the action woman

At the First National Conference for Women with Breast Cancer 1998 Anna played a crucial role in our very first 'planting' of the *Field of Women* on the lawn in front of Parliament House. Anna organised and oversaw the logistics involved in planting 10,000 pink silhouettes, representing the Australian women diagnosed with breast cancer in that year, and 2,500 white silhouettes for the women who would die. Boxes of pink and white silhouettes were delivered to Anna's garage. She organised school kids, scouts, guides etc. and teams of volunteers/friends/neighbours to plant in the lawn in front of Parliament House. She was always organising rosters of volunteers including Floriade, forums, footy fundraisers etc.

Anna, the advocate

Passionate about some key issues including Lymphoedema and palliative care. Anna was a member of many committees and project teams — Cancer Council ACT, BreastScreen, NBCC and hospitals and a BCNA Board member.

Anna, the carer

Anna cared for many women with breast cancer. I recall her nursing some young women and supporting them towards the end. Can't help thinking Anna managed to avoid that awful time in bed; death in her beloved garden was a blessing.

Anna, the mother hen

Anna's notes, emails, letters were always gracious, encouraging and positive in tone. Yesterday, I spoke with some BCNA staff; we agreed there have been many active and terrific BCNA members in ACT, BUT Anna was always their mother hen. Of course, we are all very sad for Anna's passing, but today we celebrate her many achievements and the contribution she made within her community. We pay tribute to Anna's life and its many facets — the encourager, the bridge builder, the action woman, the advocate, the carer and the mother hen. Vale Anna Wellings Booth.

Lyn Swinburne, founder and former CEO BCNA

AusDBF

Hi Elspeth and pink ladies

I heard the news last night and feel so very sad. Anna was one of the best people I've had the privilege to know through paddling. And life generally, to be honest. AusDBF will be appropriately acknowledging her wonderful contribution and life:

In honour of long term DAA and AusDBF member, Anna Wellings Booth, AusDBF are providing a perpetual trophy to be presented to the winning team.

I would also like to offer our deepest sympathies and support to her family, and you as her friends, on behalf of the national board and national paddling community. She will be truly missed, and she was truly loved.

Kel Watt President

Australian Dragon Boat Federation

DAA spirit of the dragon

Anna Wellings Booth was the embodiment of all that was special about Dragons Abreast. She lived the spirit and gave generously of herself. She knew with absolute certainty that being a member of this special group of people was about connecting with others who had been on the cancer journey. She understood that although all our experiences may have been different that we are essentially many people sharing one journey.

Winning medals was not important to Anna but reaching out to people was. This she did in such a special way and I am so lucky to have met and come into her sphere. I hope she knew how loved she was not only by those close to her but by those of us who knew her and weren't lucky enough to live close to her. The spirit of the dragon lives on because of special people such as Anna.

I will miss you always. Vale Anna, rest in peace.

Lyn Moore, BCNA and DA Brisbane

My dear friends my heart is so sad to hear this news. Anna was a true and lovely person. My life was truly better for knowing her. Love to you all.

Your yank paddler

Cheryl Brower USA 4/10/14



Anna Wellings Booth, Governor General Quentin Bryce, Marion Blake and Patsy Sheales, Dragons Abreast morning tea at Government House, 12 November 2011 *Image: Steve Taylor*



Anna insisted on the team, and not just herself, be photographed for the *Canberra Telephone directory* front cover 2013

[Tributes flow for Dragons Abreast ACT founder Anna ...](http://www.canberratimes.com.au/act-news/tributes-flow-...)

<http://www.canberratimes.com.au/act-news/tributes-flow-...>

5 Oct 2014 ... Anna Wellings Booth, centre, at the Dragons

Abreast Corporate Regatta at Weston Park in September.

[Volunteer Anna tickled pink by Aust Day honour...](http://www.bcna.org.au/news/2014-10/vale-anna-wellings-...)

[Vale Anna Wellings Booth | Breast Cancer Netwo...](http://www.bcna.org.au/news/2014-10/vale-anna-wellings-...)

<http://www.bcna.org.au/news/2014-10/vale-anna-wellings-...>

[Vale Anna Wellings Booth - Dragons Abreast Aus...](http://www.dragonsabreast.com.au/portfolio/vale-anna-we...)

<http://www.dragonsabreast.com.au/portfolio/vale-anna-we...>

4 Oct 2014 ... Dragons Abreast Canberra is very sad to announce that our founder and matriarch, Anna Wellings Booth, died peacefully in her garden.



Anna, the centre of attention, at Kerrie's 60th birthday party at Marion Blake's home, 7 August 2014 *Image: Kerrie Griffin*



Dragons Abreast Canberra, [2014 IBCPC Participatory Dragon Boat Festival, Sarasota](#) October 2014 Image: Julie Kesby

Road to Sarasota for GoAnna's 'Rain Child'

The 'Rain Child' a newbie to *DA Canberra GoAnna* crew in 2012, sent out a challenge to her mother with *North Coast Courage* to compete in the cancer survivor dragon boat races at Chinese New Year (CNY) Sydney in 2013. However, the two teams did not get to race against each other in the same heats or finals in 2013. The *North Coast Courage* team with *Flamin' Dragons* and *Aussie Dragonflies* members proceeded to the major final and the *DA Canberra GoAnna* team won the minor final! During January 2014 'Rain Child' undertook some early morning training with 'Mother Dragon' and the *Flamin' Dragons* crew enjoying the local wildlife (including dolphins, pelicans, and oyster catchers). 1 April 2014 Rain Child received some unsettling news. Another cancer diagnosis — surgery required in late April. Along with great family support, the *DA Canberra GoAnna* and the *Flamin' Dragons/Aussie Dragonflies* crews rallied and offered pink prayers, messages of support, emails, phone calls, texts, yummy meals and snacks, hospital and home visits, flowers, cards, and organised a coffee outing. **Frances** even provided VIP transport for the hospital flowers!

A special email to 'Rain Child' from our dear **Anna** in May 2014 summed this all up:
The dragon spirit will give you strength, hope and spread its wings with love and care!
 AND IT DID!

On the 12 April paddle I was given the honour of being a stroke for the crew on my last paddle before surgery down to Kings Avenue Bridge and back. **Susan** and **Denise** sent photos and messages of support on Saturday 10 May live from the MCG Field of Women. **Christine** in late May sent a message that it was 'onwards and upwards and looking forward to Sarasota' after the good news that I didn't need chemo.

During recovery, 'Rain Child' received further inspiration from the memories of the Peterborough IBCPC 2010 Regatta where she had supported and videoed the 'Mother Dragon's' team *Aussie Dragonflies*. She checked out the videos and the inspirational music of Miley Cyrus for a Peterborough [YouTube clip](#)
https://www.youtube.com/watch?v=Hf6Ux_i6O0&feature=share

[&fb_ref=share](#). She also discovered the very new inspirational YouTube clip of [Pink Phoenix's Road to Sarasota](#) <https://www.youtube.com/watch?v=iSyPfEpFj3E>.

On 24 July 2014 'Rain Child' resumed training and recorded: 'Great first time back lunchtime paddle — LBG was glass and we got some sun too — magic!' Encouragement continued from all the DA Canberra crew during further training runs. Thanks to everyone for your great support!

On Saturday 20 September 2014 at the **DA Corporate and Community Regatta** there was more dragon spirit shared, which included a very special emotional *Flowers on the water* ceremony for a last time with our dear **Anna** and her walking stick for our drummer **Annette**. The 'Rain Child' also had very useful racing practice with *The Firecrackers* (National Capital Diagnostic Imaging) team which fired home to win the D final. Arriving in Phoenix, Arizona in early October 2014 'Rain Child' and her family experienced further inspiration from the shop owners and shop window displays supporting the breast cancer cause in the USA for the whole of October. This support for the breast cancer cause continued throughout the USA travels with a memorable floral display at the Golden Gate Bridge in San Francisco and a big pink ribbon in Hawaii.

It was overwhelming to finally arrive in Sarasota, Florida for the International Breast Cancer Paddlers' Commission International Participatory Dragon Boat Festival 2014 (IBCPC 2014). We were welcomed at the Tampa airport with banners and in Sarasota received good wishes, balloons, and pink goodies. The meeting with our respective crews and other international crews at our accommodation venues was also an emotional experience.



Dragons Abreast Canberra, [2014 IBCPC Participatory Dragon Boat Festival, Sarasota](#) October 2014 Image: Julie Kesby

Wow! Thursday 23 October went by yellow school bus for our training day on the amazing Nathan Benderson Park worldclass rowing venue (well in our case paddling venue!).



Dr Don McKenzie, Frances Heaney, Julie Kesby and Megan Dennis, [2014 IBCPC Participatory Dragon Boat Festival, Sarasota](http://www.2014ibcpc.com) October 2014 Image: Julie Kesby

On Friday 24 October we formed part of the 4000 flamingo pink crowd for the opening ceremony (you can view the drone footage at: <http://extra.heraldtribune.com/2014/10/27/video-aerial-view-sarasota-dragon-boat-festival/> and more photos and stories of this event at: <http://extra.heraldtribune.com/dragon-boat/>). Flags were presented from participating countries (Australia, Canada, Ireland, Italy, New Zealand, Singapore, United Kingdom and the United States) and a keynote address given by [Dr Susan Love](#). Saturday 25 October we paddled in the first and second round of heats, dressed up as lifesavers for the Parade of Nations, and continued to celebrate Survivorship and Sisterhood in the Sunshine State at the Pink Paddlers Party. Some of the DA Canberra crew were lucky enough and delighted to meet **Dr Don McKenzie** (Professor, Department of Sports Medicine, exercise physiologist and keynote speaker for the Closing Ceremony) at the bus stop at the end of the Pink Paddlers Party.

Sunday 26 October 'Rain Child' met up with members of the [Pink Phoenix](#) team to swap shirts. Their team was the first dragon boat team in USA comprised of all breast cancer survivors. The team name is taken 'from the pink ribbons worn by breast cancer survivors and from the mythical bird that consumes itself in fire and rises from its own ashes — a triumphant symbol of rebirth and renewal of human spirit, not unlike the renewed commitment to life after surviving cancer or any life threatening disease'. This was an emotional swap after the *Pink Phoenix* YouTube clip had provided so much inspiration earlier on in 'Rain Child's' journey to Sarasota. Swapping of pins also continued with another significant pin swap with the [Save our Sisters \(SOS\)](#) Miami team one of the joint hosts of IBCPC with [The Pink Dragon Ladies of Tampa](#).

Final races –Aussie Dragonflies in lane 1 and DA Canberra in lane 2.



Judy Cluse and Julie Kesby, [2014 IBCPC Participatory Dragon Boat Festival, Sarasota](http://www.2014ibcpc.com) October 2014 Image: Julie Kesby

More Wow! *DA Canberra* and *Aussie Dragonflies* both meet in the E final. The race caller could not call the final result:

Race 44: (E Finals) 'Is it Lane 5? Is it Lane 6?' the announcer said in a race that was at first too close to call. Nope, it was Lane 1, the *Aussie Dragonflies*, who overcame a close race with the *Dragon Divas Team Hope* and *Dragons Abreast Canberra* (third and second.)

Winning time: 2:53.24

And yes... 'Rain Child' has to admit that finally after all of this time 'Mother Dragon's' North Coast NSW team *Aussie Dragonflies* (in boat 1) beat the Canberra team *Dragons Abreast Canberra* (in boat) by 0.33 of a second!

Thanks to my family and our great boat captain **Di** for everything you did to support 'Rain Child's' and DA Canberra's journey; to **Narelle** for training and support; to Sarasota sweeps **Frances** and **Deb**; to the whole DA Canberra crew and our Australian and international paddling buddies; and for not throwing me in the drink **Deb** when we lost by 0.33 of a second! I really didn't want to meet up with the alligators!

Paddles up!
Julie Kesby



Jane Brown Pearl Party for Dragons Abreast Canberra, Donna Lennon, Kerrie Griffin, Deb Whitfield, Denise Brown, Judy Cluse, Lee Moyes, Joy Tonkin and Frances Heaney, November 2014 Image: Kerrie Griffin

An enormous thank you to the generosity of [Jane Brown](#) who held a fundraiser pearl party for Dragons Abreast Canberra which was kindly hosted by **Viki Fox** on 23 November. Thank you! <http://janebrown.com.au/>



Congratulations to Sandi Avis Defence community involvement award for Dragons Abreast, July 2014 Image: Narelle Powers



Dragons Abreast carols 17 December 2014 Image: Kerrie Griffin



Marion Blake, DA Canberra Life Member award made by Joy Tonkin, professional bookbinder who drew the calligraphy and made the scroll, Dragon Muster, 9 July 2014 image: Kerrie Griffin

Thanks to **Marion** and **Michael Blake** for hosting the DA Christmas party at their fantastic property. It was a great night of food, wine, laughter and secret Santa madness. [DA Christmas Party- Fabulous night of celebrations](#)



Dragons Abreast Canberra and Snow Dragons (white) at DBACT regatta 31 January 2015 Image: Frances Heaney



Kerrie, Jude Smith, Annette Dean, Marion and Courtney Leiba, DA Wagga regatta 30 November 2014 Image Kerrie Griffin



Jan Skorich, Mary-lou Reid with kayaks and Agnes benchmarking, January 2015 *Image: Mary-lou Reid*

Benchmarking with Agnes

When I first met Agnes she was somewhat dishevelled and depressed, due to a traumatic experience with an apprentice hairdresser and makeup artist. Agnes was not happy with the cut and blow dry, nor the turquoise eye shadow, and felt her girlish looks had been destroyed. Agnes was mortified that the inexperienced Diandra had been let loose on her. The words botched and massacred came up, however we try and avoid such words so Agnes can move on.

To help Agnes focus on a more positive outlook, I have taken her out onto Lake Ginninderra to enjoy a gentle kayak with 'The Drifters' (**Jan Skorich, Pati Pye** and **M'loo Reid**). She enjoys this immensely and is quite taken with the bulrushes along the shores. Jan and Pati Pye welcomed her with open arms even though Agnes is unable to reciprocate, due to being armless, and legless for that matter. Agnes is looking forward to more kayaking and to join us in finding appropriate areas for future benchmarking and coffee.

Mary-lou (M'loo) Reid



Dragons Abreast Canberra, DBACT flag pirate novelty race regatta, 17 January 2015 *Image: Frances Heaney*
See article:

[The Canberra Times 23 January 2015](#)



Dragons Abreast Wagga and Canberra team, DA Wagga regatta 30 November 2014 *Image Kerrie Griffin*

Dragons Abreast Wagga Regatta

Wasn't the Bidgee Dragons corporate event fabulous on 30 November! Wagga was where I discovered dragon boating a few years ago after a colleague invited me to give it a go. When I joined there was no water in Lake Albert so we practised at the local pool and sometimes drove about an hour out of town to find a bigger body of water. These were not obstacles for the paddlers and were scarcely even challenges for a group of women determined to realise their love of dragon boating. This spirit is carried through to the corporate regatta and it was wonderful to share a boat with the Bidgee team again.

It was also exciting to see my previous work colleagues with a team on the water. The **Caloola Dolphins** looked really slick in their blue and white uniforms; they were enthusiastic and really enjoyed the event. So between the Bidgee Dragons, the DA Canberra team and the Caloola Dolphins it was quite a grand trifecta! Can't wait for this year!
Donna Lennon



Dragons Abreast Canberra, 17 January 2015 *Image: Wes Forrest*

[Stormy skies and summer days inspire Canberra's amateur snappers](#)

...So too, have the dragon boat racers who frequently skim the surface of Lake Burley Griffin. *The Canberra Times* summer photo competition is open for readers. Snapper Wes Forrest, of Grace, captured several images of members of the Canberra Dragon Boat Association as they held a Pirates Regatta at Lotus Bay in Yarralumla. With pirate capes billowing and arms pumping the paddles, the action-packed photographs showed boaters urging on their teammates as they raced to the finish line. 'This involved many people from various dragon boat clubs getting together for a fun day,' Mim Forrest said.



Susan Pitt, action woman, rescuing a possum that Mim Forrest spotted in the lake while Jude Smith holds the boat steady, 28 January 2015 *Image:* Frances Heaney

Under the pink umbrella



BCNA Mini Field of Women with photograph of the first BCNA Field of Women 1998 organised by Anna Wellings Booth OAM, at Anna's funeral 6 October 2014 *Image:* Frances Heaney



Warm up and training times

6.00 for	6.30am	Tuesdays
5.00 for	5.30pm	Wednesday
8.00 for	8.30–9.30am	Saturdays

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

Some great paddling technique tips:
http://www.youtube.com/watch?v=j7IRbj3K8c4&feature=player_embedded

Remember water, hat, sunscreen and sunglasses!
 If you want to have a try at sweeping contact:

Narelle Powers narelle.powers1@defence.gov.au
 or **Elsbeth Humphries** humphries44@ozemail.com.au

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

Merchandise

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



Gillian Horton, [Colleens Post Mastectomy Connection](#), [Canberra Region Cancer Centre](#) opening day, the Canberra Hospital, 9 August 2014 *Image* Susan Pitt

Vale Anna Wellings Booth News | 6 October 2014

Breast Cancer Network Australia was saddened to learn of the passing of **Anna Wellings Booth OAM** on Friday. Anna was a foundation member of Breast Cancer Network Australia (BCNA) and played a leading role in the organisation of BCNA's first Field of Women on the lawns of Old Parliament House in October 1998. Anna mobilised a team of volunteers, including students and parents from Daramalan College and Rover Scout team leaders, to plant the 12,500 silhouettes in the Field. Anna was a BCNA State Representative for the ACT from 1998 to 2006, and a member of the BCNA Board from 2001 to 2005. As a BCNA Consumer Representative, she sat on ACT and national committees and research projects to ensure that issues affecting women diagnosed with breast cancer were heard. She had a particular interest in representing women from rural and remote parts of Australia. Maxine Morand CEO BCNA said Anna would be sadly missed by her many friends at BCNA, and in the Canberra community.

'Anna remained a committed advocate on behalf of women diagnosed with breast cancer, despite her own diagnosis being almost 30 years ago,' Maxine said. 'She has made a real difference to the lives of women and their families, through her advocacy work, her work with ACT breast cancer support groups and Dragons Abreast, and her work with BCNA.'

'Our thoughts are with her family and the many women who knew and loved her.'

Maxine Morand CEO BCNA



Christine Nolan CEO BCNA enjoyed paddling with Dragons Abreast Canberra, 21 January 2015 *Image* Kerrie Griffin



Christine Nolan CEO BCNA paddled with Dragons Abreast Canberra, Chinese Gardens, 21 January 2015 *Image* Kerrie Griffin

Christine Nolan CEO BCNA

Breast Cancer Network Australia (BCNA) is delighted to announce that we appointed [Christine Nolan](#) as our new CEO commencing 2 February 2015.

Christine is originally from Queensland, but is coming to Melbourne from Canberra where she held the position of Executive Director, Office for Children, Youth and Family Support for the ACT Government for the past four years. Christine has had a stellar career for more than 30 years in community services in Brisbane, Melbourne and Canberra, and spent a year of her life volunteering at a HIV-AIDS orphanage in northern Thailand. She has worked in the fields of child protection, corrections, domestic violence, juvenile justice and local government services such as parks, libraries and community events. We are very confident that Christine brings a wealth of great skills and energy to the role of CEO of BCNA. She looks forward to meeting many of our members across Australia during the coming year.



Cate Hale BCNA, Kerrie Griffin BCNA, Frances Heaney DA Canberra Assistant Coordinator, Mabel Sansom DAA Board member, Marion Blake DAA Board Director and Christine Nolan CEO BCNA, National Library of Australia, 23 January 2015 *Image:* Kerrie Griffin



Marion Leiba, Julie Richardson and Elly McGuniness, [BCNA Information Forums | Breast Cancer Network Australia](#), National Museum of Australia, 27 November *Image:* Kerrie Griffin

The BCNA Forum was wonderful, most informative and inspiring. What a magnificent organisation it is.

Mim Forrest

BCNA Information Forum in Canberra, 27 November at the National Museum of Australia

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

Kathy Wells opened the Forum with a tribute to **Anna Wellings Booth** in words and images. Speakers delivered valuable information and insights, including Medical Oncologist Associate Professor Nicolas Wilcken, Cancer Social Worker Dr Carrie Lethborg and Olympian and breast cancer survivor Raelene Boyle.

We also heard from local YWCA Encore Facilitator Mariana von Brasch and McGrath Breast Care Nurse Shirley Benbow, Goulburn. An additional information session, specifically for women with secondary breast cancer, was presented by Dr Carrie Lethborg and TCH Secondary Breast Cancer Nurse Kerryn Ernst.

Event photos

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

Online Network

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

BCNA Resources

If you would like to link up with our network across Australia and receive our free national magazines, *The Beacon* and *The Inside Story*, or contribute to them, you can subscribe either visit the website

<http://www.bcna.org.au/news/beacon-magazine/subscribe-beacon> or 1800 500 258.

Research Bulletin

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

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

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

Review & Survey Group

Participation will give you an opportunity to assist researchers to solve some of the puzzles around breast cancer, by contributing your own experience. All you need is an email address, and a willingness to be involved. When there is an important breast cancer survey being conducted, BCNA will email you with the details. It's then up to you to decide if you are interested in participating or not. The choice is entirely yours.

To register for the Review and Survey Group click on the following link <http://www.bcna.org.au/news/about-bcna/get-involved/speak-out>

BCNA Forums Team

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

Nicky's group gives people with **secondary breast cancer in the ACT and region**, the opportunity to meet, share issues and ideas, learn more about secondary breast cancer and even have a laugh! Join us at at Rodney's Plants Plus at Pialligo, in 'Jungle Fever' a private room. Feel free to bring a friend or family member. There is also a great park for the kids.

'Nicky's Group' is supported by **Bosom Buddies**, for more information **0406 376 500** [Mon.-Thurs. 9am-3pm].

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

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

Help from your GP

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

A recent survey by BCNA into the **needs of women living with secondary breast cancer** found that only 21 per cent of respondents had a GP Management Plan. These Medicare funded plans are drawn up by your GP, in consultation with you. They set out your individual health and care needs, what you can do to help manage your health, and what services will be provided by your GP. Sometimes other health professionals may be needed Help from your GP to help with your health care, for example a physiotherapist, dietician or podiatrist. If you need to see one or more of these health professionals, your GP can put a Team Care Arrangement in place. These plans provide you with a Medicare rebate for up to five visits per calendar year to the health professionals identified in your Team Care Arrangement. If you feel you could benefit from emotional support through a counsellor, your GP can also draw up a GP Mental Health Plan. These plans offer up to 10 subsidised visits with a mental health professional such as a counsellor, psychologist or specially trained social worker. Our survey found only 14 per cent of women with secondary breast cancer have a GP Mental Health Plan in place. If your GP has not offered you a GP Management Plan, Team Care Arrangement or GP Mental Health Plan, you may like to discuss this at your next visit. If your GP bulk-bills you, there will be no charge for these plans. You may like to ask about any charges when you make your appointment. For more information about these plans, visit the financial and practical assistance page in the secondary breast cancer section of the BCNA website, www.bcna.org.au.

Geraldine Robertson, BCNA Consumer Representative, Cancer Australia Committee

BreastScreen ACT

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

Phone BreastScreen ACT on 13 20 50.

Please spread the word that BreastScreen ACT has lots of appointments available for the new digital mammography service in either **Civic** or **Woden**. The service screens women from 40 if higher risk, else the service target women from 50–69. 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

Painting the big picture in cancer care

Yanping Zhang is not a doctor. But her contribution to breast cancer research in the ACT has potentially helped save lives.

ACT screening at five-year high but breast cancer rate still most serious in the country

<http://www.abc.net.au/news/2013-10-25/act-women-not-taking-advantage-of-free-breast-screening/5045458?section=act>

Epigenetic signatures that differentiate triple-negative breast ...

Triple-negative breast cancers, which make up 15-20% of all breast . Professor Susan Clark, Sydney's **Garvan Institute**. Epigenetic 'signatures' have been identified that could help clinicians tell the difference between highly aggressive and more benign forms of triple-negative breast cancer. The study reveals 'distinct methylation patterns' in the primary biopsy breast cancer cells indicating better or worse prognosis.

Abortions do not increase the risk of breast cancer

5 June 2014 BCNA is deeply concerned by statements made by a Queensland MP linking abortions and breast cancer.

BCNA News

Australia Day Honours

28 January 2015

BCNA congratulates Australia Day awardees for their contributions to BCNA and women with breast cancer.

BCNA welcomes recommendation to list Kadcyła (T-DM1) on PBS

22 January 2015

Breast Cancer Network Australia (BCNA) welcomed the decision by the Pharmaceutical Benefits Advisory Committee (PBAC) to recommend that breast cancer drug Kadcyła (T-DM1) be listed under the Pharmaceutical Benefits Scheme (PBS).

BCNA applauds decision on new secondary breast cancer drug

19 December 2014

BCNA welcomed the decision by PBAC to recommend the breast cancer drug Perjeta (pertuzumab) be listed on the Pharmaceutical Benefits Scheme (PBS).

Clinical trial finds new treatment options for some young women

18 December 2014

Results of a recent international clinical trial may change the way some young women with hormone positive early breast cancer are treated.

Announcement of BCNA's new CEO

15 December 2014

Breast Cancer Network Australia (BCNA) is delighted to announce that Christine Nolan is our new CEO.

Lifestyle research opportunity

18 November 2014

As part of our policy and advocacy work, BCNA collaborates with researchers on research projects that investigate better treatment and care of women diagnosed with breast cancer.

Breast implants and anaplastic large cell lymphoma

11 November 2014

Women urged not to be alarmed of reports suggesting that breast implants commonly used in breast reconstruction following mastectomy for breast cancer may be linked to a very rare type of lymphoma called anaplastic large cell lymphoma (ALCL).

PBAC to consider new secondary breast cancer drugs

6 November 2014

The Pharmaceutical Benefits Advisory Committee (PBAC) will consider applications later this month for two effective new drugs for women living with secondary breast cancer to be listed on the Pharmaceutical Benefits Scheme (PBS).

Healthy eating and breast cancer

15 October 2014

BCNA's new booklet *Healthy eating and breast cancer* helps women maintain a healthy diet during and after treatment.

BCNA acknowledges Secondary Breast Cancer Awareness Day

13 October 2014

BCNA acknowledges Secondary Breast Cancer Awareness Day for the first time in Australia to highlight the unique needs and challenges faced by women living with secondary breast cancer.

Vale Anna Wellings Booth

News - 6 October 2014

Breast Cancer Network Australia was saddened to learn of the passing of Anna Wellings Booth OAM on Friday.

Women with incurable breast cancer face significant financial difficulty

1 October 2014

More than 60 per cent of women living with incurable breast cancer experience financial difficulty as a result of their diagnosis and are left on average \$687 out of pocket monthly.

Secondary breast cancer drug Halaven to be listed on PBS

26 September 2014

Breast Cancer Network Australia (BCNA) has welcomed the Federal Government's decision to list Halaven (eribulin) on the Pharmaceutical Benefits Scheme (PBS) from 1 October.

New research into misconceptions about breast cancer

2 September 2014

A recent study by researchers from the University of Western Australia, Curtin University and the Cancer Council Western Australia has found that there is confusion among both women diagnosed with breast cancer and those who have not been diagnosed about the causes of breast cancer.

Annual Review 2013

25 August 2014

BCNA has been supporting Australians affected by breast cancer since 1998. To learn more about this important work download our 2013 Annual Review which highlights the many ways we support Australians affected by breast cancer.

BCNA seeks extension of breast MRI rebates

22 April 2014 BCNA is seeking an extension of the Medicare rebate for breast MRI scans to help reduce out-of-pocket costs for women diagnosed with breast cancer.

Support your partner through breast cancer

From January 2014, a copy of *I wish I could fix it*. Supporting your partner through breast cancer booklet will be included in BCNA's *My Journey Kit*.

Ten years of tamoxifen may be better than five

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

Useful links

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

Associate members including Dragons Abreast

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

Bosom Buddies is a member group

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

Read about how BCNA does advocacy

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

Read about how BCNA nominates community liaisons

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

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

Get involved with BCNA

- [Community fundraising](#)
- [Join our online network](#)
- [Advocacy](#)
- [Speak out](#)
- [Find services & support near you](#)
- [The Beacon](#)
This issue focuses on **getting off the couch** – issue 69, Summer 2014 [Download issue 69 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>
- **BCNA updates to share their work with ACT members in case you are interested in being more involved:**
- [The BCNA Networker](#) [Download your electronic version](#)
- [Connecting BCNA Member Groups online group](#)
- [BCNA Community Liaison online group](#)
- [2013 Seat at the Table Year in Review](#). outlines many of y the work the BCNA Policy team has achieved that may inform your own work in the future.

- [- Seat at the Table training - 22 women affected by breast cancer participate in BCNA's Science & Advocacy training](#)

Otis Foundation

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

Bosom Buddies

Come to a social event and let us know if you would like to take part. bosombuddies@shout.org.au
Shelly Atkins, President, [Bosom Buddies](#)

YWCA Encore

www.ywcaencore.org.au

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

Gillian Horton, Colleen's Post Mastectomy Connection

Open: Tues-Fri 9.30am to 4.30pm

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

bravellesw@gmail.com

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

HeadsUp@Kippax

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

<http://headsup.net.au>

Kippax Shop 2, 12-16 Hardwick Crescent, Holt

Open: Tuesday to Friday from 10am–4pm

Phone: 02 6201 6579 or 041 6227 595

Sue Owen 0416 227 5959

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

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

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

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

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

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

Susan Pitt, Secretary BTAA

Improve your brain health and performance

Build your Personalised Training Program

http://www.lumosity.com/landing_pages/188

Kerrie Griffin

Consumer Representative

Seat at the Table (SATT) Program, BCNA



Calendar of events

Dates and events may change – please check <http://www.dbact.net/> <http://www.dbact.com.au/docs/Calendar.pdf>

Month	Date(s)	Event	Location	Notes
February	Saturday 7	Come & Try session	Lotus Bay, Yarralumla	canberra@dragonsabreast.com.au
	Saturday 14	Lake Jindabyne Flowing Festival	Lake Jindabyne	canberra@dragonsabreast.com.au
	Sunday 15	2 km race Saturday pm 200M Sunday am		
	Saturday 28	DBACT Regatta 8 200m, 2 km 10's	Grevillea Park	canberra@dragonsabreast.com.au
March	Saturday 1	Chinese New Year Sydney ??? Albury Wodonga Regatta ???	Sydney Albury	canberra@dragonsabreast.com.au
	Saturday 14	DBACT Regatta 9 500m Skyfire paddle 7-9pm	Grevillea Park Lake Burley Griffin	canberra@dragonsabreast.com.au
	Sunday 15	Handmade Market Shop Handmade Canberra	Exhibition Park in Canberra (EPIC)	canberra@dragonsabreast.com.au
	Saturday 28	National Capital Dragon Boat Festival 200m	Grevillea Park, Lake Burley Griffin	canberra@dragonsabreast.com.au
	Sunday 29	National Capital Dragon Boat Festival 500m	Grevillea Park, Lake Burley Griffin	canberra@dragonsabreast.com.au
April	May? TBC	The Pink Bun Campaign BCNA annual fundraiser	8 Bakers Delight ACT shops plus 3 Queanbeyan	Please contact Kerrie Griffin 0432 980 061
	13-19	Australian Championships, Perth	Champion Lakes Regatta Centre	hosted by Dragon Boat WA
May	Friday 8	DBACT Presentation Night	? Venue TBC	
	Sunday 10	Mother's Day Classic	Lake Burley Griffin	canberra@dragonsabreast.com.au Please contact Kerrie Griffin 0432 980 061 to volunteer on BCNA stall, Rond Terrace
May	Sunday 31	DBACT annual clean up, sheds.	Lotus Bay	canberra@dragonsabreast.com.au
June	10 or 17 TBC	Dragon Muster TBC	Griffith Community Centre tbc?	canberra@dragonsabreast.com.au
	Sunday 28	Stanley Main Beach 200m Regatta	Stanley Main Beach, Hong Kong	francesheaney.dacanberra@outlook.com
July	Friday 3 Saturday 4 Sunday 5 TBC	Hong Kong International Dragon Boat Races 500M	Victoria Harbour, Hong Kong	francesheaney.dacanberra@outlook.com
August	Saturday 15	AGM after training New Committee announced	Canberra Yacht Club	
October	Saturday 11	Dragons Abreast Festival National fundraiser regatta	Sydney International Regatta Centre, Penrith, Sydney	http://www.dragonsabreastfestival.com.au/ Volunteers needed
	Saturday 17	Dragons Abreast Canberra Corporate Regatta BCNA Mini Field of Women at the Regatta	Grevillea Park	Volunteers needed

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 — May 2015

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

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

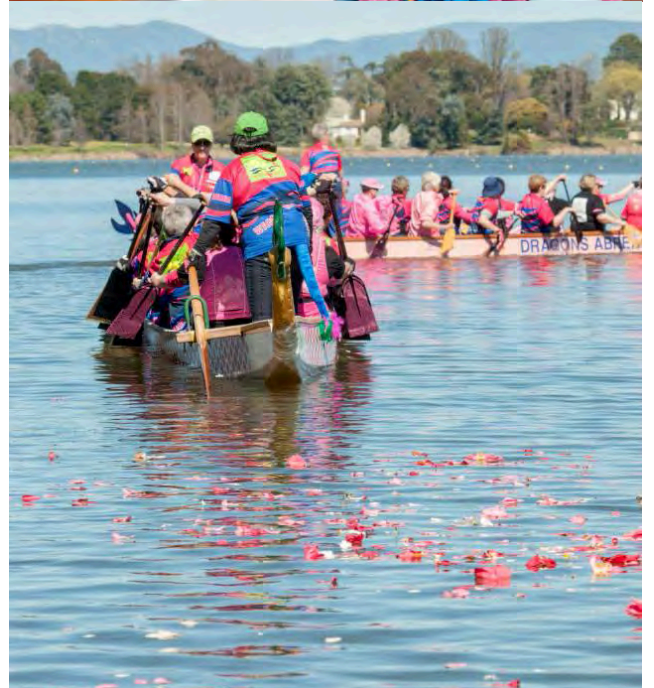
Kerrie.griffin@act.gov.au or taylorclan@inet.net.au

[Corporate Challenge 20 September 2014](#)

Dragons Abreast Canberra 2014 Corporate Regatta Image:

Chris Holly

<https://www.facebook.com/media/set/?set=a.854105284608688.1073741955.448649108487643&type=3>



DRAGONS ABREAST – keeping the spirit alive!



Susan Pitt presents Sarasota 2014 albums in appreciation to Frances Heaney, sweep and Di Bradshaw captain, [2014 IBCPC Participatory Dragon Boat Festival, Sarasota](#) team at the Dragons Abreast Canberra Christmas party, 13 December 2014 Image: Frances Heaney

