



ABREAST of the NEWS

DRAGONS ABREAST CANBERRA

PO Box 7191, Yarralumla ACT 2600

DRAGONSABREAST.COM.AU

ISSUE 79

DECEMBER 2021



Dragon Spirit Award 2021. Congratulations to Julie Chynoweth from Jeannie Cotterell (one of the joint 2020 recipients) 11 October 2021 *Image: Garry Chynoweth*

Coordinator's report

We are heading very quickly to Christmas. Another year has come and gone so fast, even with COVID-19 still around and lockdowns. The main outcome is we have survived. I wish all members, families and friends the very best for Christmas. If you are surrounded by loved ones — enjoy. As we head into 2022, and who knows what that year will bring, let's hope for good health and happiness.

Due to COVID-19 restrictions and lockdowns, we sadly cancelled our **Social and Corporate Regatta** for the second time. We hope that we can conduct the event in 2022. Prior to cancelling the regatta, we had numerous enquiries which is pleasing.

Congratulations to **Natalie Evans-Sandell** on achieving her Level 2 sweep accreditation on 3 November. We encourage members to consider training to be a sweep.

Paddling resumed, after ACT lockdown, initially with only five people in the boat, which wasn't for us. Once ACT Government restrictions eased and we could have a full boat, we were on the water. It was great! Our DA Zoom Friday nights ceased.

New members

We welcome our new members, **Kerrie Gougeon** and **Sophie Seck**, and hope they enjoy paddling and DA camaraderie.

Safety officers

Many thanks to our appointed safety officers **Donna Lennon** and **Megan Davis** for updating our safety bags and ensuring our paddling safety.



DA Canberra stretching on Lake Burley Griffin 30 October 2021 *Image: Lyndall Milward-Bason*

AGM

Dragons Abreast Canberra held our AGM via Zoom on 9 October and elected the Committee. Many thanks to all the outgoing Committee members. I certainly very much appreciated your involvement. Congratulations to the incoming Committee — it will be a great ride.

Coordinator: **Julie Chynoweth**

Assistant coordinator: **Anita Godley**

Treasurer: **Jenny Milward-Bason**

Secretary: **Joan White**

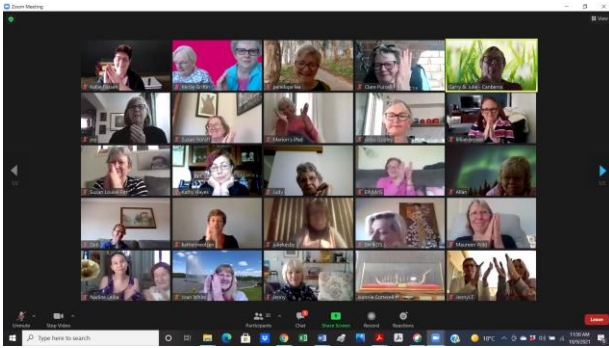
General members: **Helen Couper Logan, Megan Davis, Lyndall Milward-Bason, Jenny Nicholls, Kellie Nissen**

Membership: **Julie Kesby**

Public Officer: **Joy Tonkin**

Thank you again to **Joy Tonkin** for running the AGM and again nominating as Public Officer.

A huge thank you to those who have volunteered for positions. DA Canberra wouldn't be the group it is now without your assistance in committee and non committee roles.



DA Canberra Zoom AGM 9 October 2021 Image: Kerrie Griffin



DA Zoom Happy hour 24 September 2021 Image: Kerrie Griffin

Dragon Spirit Award 2021 — Julie Chynoweth

I received a wonderful surprise at our AGM when the previous year's recipients, **Jeannie Cotterell** and **Marion Leiba**, announced that I was the recipient of this Award for 2021. Jeannie read the comments which members had submitted and I was literally 'blown away' by them. Thank you everyone for your support. *(PS Kerrie advised I had to include this item).*

Background information on the [Dragon Spirit Award](#)

A few years ago, the ACT team was presented with a crystal dragon boat by benefactors who were impressed by the spirit of Dragons Abreast. This is a fun trophy with a serious component awarded annually to a member of our crew who meets the following criteria:

- Reads their emails and responds when appropriate
- Demonstrates commitment to the Club
- Inspires others
- Achieves a personal goal
- Volunteers time despite the odds
- Has a commitment to training
- Is willing to dust the trophy!

DB ACT Regattas

After the cancellation of Regattas #1 and #2, Regatta #3 was held. The majority of races were finished before officials and club reps agreed that the wet and windy conditions were unsafe. Thank you to our intrepid volunteers and participants.

Swim and water safety assessments

All paddlers are encouraged to undertake an annual swim and water safety assessment on **23 or 29 January**. It is an interesting and valuable exercise. **Anita Godley**, a qualified swim and water safety officer, ensures a safe environment even for the most nervous of participants.

Out of area regattas

It's good to see a few of our members going south in February to compete at the **Nipples on Ripples event on Lake Barrington, Tasmania**. This is a fun regatta at an amazing and stunning location.

The **Flowing Festival** is on again at **Jindabyne** in 19-20 February and we have nearly a boat load of members attending.

Come and try sessions

22 January and 26 February 2022

Dragon boating after breast cancer is a fantastic exercise. Exercise is medicine. If you know anyone who might be interested, please encourage them to come along to a paddle session or contact our Come and try team of **Megan Davis, Fiona Maguire** and **Clare Smyth**.

DA Canberra Christmas party

Thank you to **Lyndall** and **Jenny Milward-Bason** for organising our DA Christmas party at their friends' [Norton Road Wines](#) in Wamboin on 12 December which was loads of fun. [Image hyperlink](#)

DAA update

DAA continues after many months of discussions with the former Board, the Administrator and the new Board. The DAA AGM was held on 2 December. Administrator Aaron Torline advised that Pearl Lee (Chair), Angie O'Reilly (Marketing and Communications/Deputy Chair), Leonie Silk (Company Secretary), Sue Von Richter (Public Officer and Treasurer) and Sharon Cooper (Membership Liaison/Deputy Treasurer) could now be appointed as Board Directors to go forward with their restructure plan to move DAA forward. We wish the new Board well and look forward to working with them. The Brisbane DAA Office has now been packed up and closed.



Anita Godley and other admin volunteers, DB ACT Regatta 3 27 November 2021 Image: Kerrie Griffin



First paddle after ACT lockdown, Molonglo River 16 October 2021 *Image:* Lyndall Milward-Bason



Elly McGinness, Jenny Milward-Bason, Che Mortimer, Clare Purcell and Julie Chynoweth, Natalie Evans-Sandell's Level 2 sweep test 3 November 2021 *Image:* Frances Heaney

Kashgar Cup 2021

The Kashgar Cup is awarded annually to the DA Canberra member(s) who has made an extraordinary contribution to the work of DA Canberra. Congratulations to the TeamApp IT team, **Anita Godley, Donna Lennon and Kellie Nissen.**

<https://www.revolutionise.com.au/dacanberra/awards/kashgar-cup/>



Kellie Nissen, Donna Lennon and Anita Godley, TeamApp IT team, were presented with the Kashgar Cup by Julie Chynoweth, [Norton Road Wines](#) 12 December 2021 *Image:* Kerrie Griffin



Megan Dennis presented the [Rookie Award](#) (aka her old wooden paddle circa 2003) to Claudia Schiliró, with former Come and try team members Janet Olsen and Anita Godley, DA Christmas party, [Norton Road Wines](#) 12 December 2021 *Image:* Kerrie Griffin

Rookie Award 2021

Congratulations to **Fiona Maguire** (absent) and **Claudia Schiliró**, joint winners of the annual [Rookie Award](#).

<https://www.revolutionise.com.au/dacanberra/awards/rookie-awards/>

The criteria for the Rookie Award included the paddler has:

- Adhered to the DAA principles and philosophies
- Strived to learn the required skills to be an effective paddler
- Showed improvement in paddling skills over the year
- Strived to improve personal fitness
- Showed persistence in attending as many training sessions and regattas as personal circumstances permit
- Participated and volunteered in team events both on and off water.

Congratulations

Congratulations to **Robyn Moore, DAA Ambassador**, on receiving an AM in the recent national [June 2021 Honours](#).

For significant service to charitable organisations, and to the performing arts.



Nadine Leiba, Wendy Ceravolo, Kerrie Gougeon, Donna Lennon, (Che Mortimer missing) combined DA Canberra and Diamond Phoenix, called Diamond Dragons 500m 10s team, DB ACT Regatta 3 27 November 2021 *Image: Kerrie Griffin*



Jeannie Cotterell, Che Mortimer, Julie Chynoweth, Gillian Styles chief official, Di Bradshaw, Julie Kesby, Kerrie Gougeon, Donna Lennon and Wendy Ceravolo, DB ACT Regatta 3 27 November 2021 *Image: Kerrie Griffin*



Kellie Nissen, volunteer marshall, Lisi Bromley and Deb Whitfield volunteer chief marshall, DB ACT Regatta 3 27 November 2021 *Image: Kerrie Griffin*



Maureen Wild, Bea Brickhill and other volunteer timekeepers, DB ACT Regatta 3 27 November 2021 *Image: Kerrie Griffin*

Remember to **CheckinCBR** everywhere we go... even Grevillea Park.

Please keep an eye on the ACT Government website regarding updates:

<https://www.covid19.act.gov.au/updates>

Merchandise

If you would like to purchase any merchandise, please contact: **Kathy Hayes**

hayes.spain@gmail.com Please pay online.

Dragons Abreast clothing and equipment pool

If you would like to donate or recycle any dragon boating and/or Dragons Abreast items please contact: **Clare Purcell** clare@cgpurcell.com

TeamApp

Thanks to our 'tech heads' **Donna Lennon** and **Anita Godley** who continue to look at ways to overcome any issues that sometimes arise.

DA Canberra Facebook and website

To ensure you keep abreast of all our news, please join us. Many thanks to **Julie Kesby** for updates.

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

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

[2023 IBCPC Participatory Dragon Boat Festival, Lake Karapiro, New Zealand - Posts | Facebook](#)

<https://www.ibcpc.com/worldwide-teams>

There are more than 250 IBCPC member teams from more than 32 different countries.

Julie Chynoweth, Coordinator
Dragons Abreast Canberra
0439 382 661
coordinator.dac@gmail.com

Dragons Abreast Australia

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

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

[Celebrating 30 years of dragon boating in the ACT.](#)

View the new DB ACT promotional video which highlights DA Canberra members **Gillian Styles and Clare Purcell**:
<https://www.dbact.com.au/news/celebrating-30-years-of-dragon-boating-in-the-act/>

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



Susan Pitt, Sophie Seck, Susan Roraff, Katherine Davis Kralikas, Kingston Foreshore 17 November 2021 *Image:* Lyndall Milward-Bason



Marion Blake, Helen Couper Logan, Clare Purcell, Joan White, Deb Lopert, Mark and Janet Olsen, DA Christmas party, [Norton Road Wines](#) 12 December 2021 *Image:* Kerrie Griffin



[2023 IBCPC Participatory Dragon Boat Festival, Lake Karapiro, New Zealand - Posts | Facebook](#)

[IBPC Participatory Dragon Boat Festival NZ](#)

Monday 10 - Sunday 16 April 2023

New Zealand update

A reminder to all those travelling to New Zealand. The next payment is due on **31 January 2022**. This is for the remainder of your registration payment.

I sent all members of the travelling party individual emails with the updated payments on 30 March 2021. Please refer to these for the amount owed.

We are awaiting updates from the IBCPC and the New Zealand Government regarding vaccination requirements. Regardless of the IBCPC position on vaccinations, we will all be bound by the New Zealand Government requirements to enter their country. The links below, from **Meri Gibson, President of the IBCPC** and a Policy Statement from **The Medical Advisory Panel (MAP) of the IBCPC**, should be read by all members.

<https://www.ibcpc.com/post/letter-from-the-president-6>

<https://www.ibcpc.com/post/vaccine-policy-statement-from-the-ibcpc-medical-advisory-panel-map>

Any questions please contact **Clare Purcell**
clare@cgpurcell.com

The Festival hyperlink is:

<https://www.newzealandbcs2023.com/>

[Florence video memories:](#)

<https://www.youtube.com/watch?v=BOhLG46LSxM>

<https://www.facebook.com/newzealandbcs2023/>

<https://www.ibcpc.com/post/news-from-australia>

[News bulletins https://www.ibcpc.com/keepingabreast-september-2021](https://www.ibcpc.com/keepingabreast-september-2021)

<https://www.ibcpc.com/keepingabreast-december-2021>



Jenny and Lyndall Milward-Bason pruned, netted and picked the grapes for the wine presentation to our coordinator [Julie Chynoweth Norton Road Wines](#) 12 December 2021 *Image:* Kerrie Griffin

https://dragonsabreast.com.au/our_stories/julie-chynoweth-da-canberra/

Dragons Abreast Canberra Dragon Spirit Award 2021

The DA Canberra Dragon Spirit Award recipient for 2021 is [Julie Chynoweth](#).

This will come as no surprise to many of you — most of you nominated her! The sheer number of nominations for Julie was overwhelming. It is clear that the club appreciates, loves and respects Julie in so many ways.

Julie first joined the DA Canberra committee as a general member. She became Assistant coordinator in 2018 and Coordinator in 2019. This has been a particularly challenging period for DA Canberra and Julie has led us through it with grace and humility. Julie provided steady leadership through bushfires, COVID-19 lockdown, socially distanced training, the move to Grevillea Park, and the changes to DAA.

As a paddler, Julie participated in regattas at Jindabyne, the Nationals, Lake Barrington, Tasmania, IBCPC Florence 2018 and is looking forward to paddling in IBCPC New Zealand in 2023. She is committed to training and loves racing!

Julie is very often the first person to arrive for training and she's always moving! She's getting boats ready, chatting with new members, checking in with us if we've been away for a few weeks. We can rely on Julie to be thinking of others and doing everything to make our lives a little brighter.

Julie has done an incredible job as Coordinator and has a positive impact on our club every day. She is definitely worthy of the Dragon Spirit Award. Don't forget, she has achieved all this in less than six years of membership. During the COVID-19 shutdown, Julie made a massive effort to keep members in touch with each other and the committee. Emails were constantly sent out asking members to send in details of what they had been doing to share with others. We looked forward to DA Zoom happy hour chats and games on Friday nights.

Julie the paddler, teammate, and leader: any one of these aspects of Julie is deserving of the Dragon Spirit Award but in combination it is undeniable.

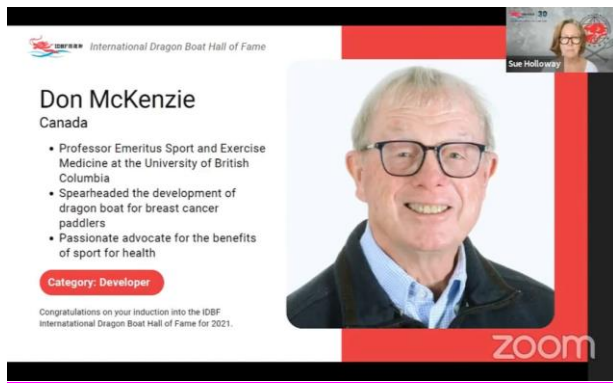
Jeannie Cotterell

Full citation

<https://cdn.revolutionise.com.au/cups/dacanberra/files/dmkazvvi44xa1bm.pdf>



Pene Lee, Di Bradshaw, Joan White and Katherine Davis Kralikas (aka Secret Santa), DA Christmas party, [Norton Road Wines](#) 12 December 2021 *Image:* Kerrie Griffin



<https://www.dragonboat.sport/hall-of-fame>

Doctor Don McKenzie recently received the inaugural award to the [International Dragon Boat Federation \(IDBF\) Hall of Fame](https://www.dragonboat.sport/hall-of-fame),

Category: Developer

- Professor Emeritus Sport and Exercise Medicine at the University of British Columbia
- Spearheaded the development of dragon boat for breast cancer paddlers
- Passionate advocate for the benefits of sport for health

The breast cancer survivor (BCS) community thanks you for such a wonderful project!

<https://www.dragonboat.sport/hall-of-fame>

1996

In the beginning ... It was a typical April day in Vancouver, broken cloud, cool with the possibility of either sunshine or showers. It was hardly normal, however, when 24 women aged 31-62, appeared at False Creek for their first session in a dragon boat. Then, and now, the only criteria required to join this group was a history of breast cancer. A preliminary meeting three months before had laid out a training program in the gym and reviewed a plan to paddle in the Vancouver Festival in June of 1996. Arm circumferences measured, words of advice given and into the boat — the adventure had begun!

These were very special women. Breast cancer-related lymphedema was a huge issue at that time and they were challenging the myth that exercise would trigger this condition. I really did not think they appreciated the magnitude of the task ahead. No one was a paddler, but this did not seem to be an issue. I later understood that once you have had breast cancer, other challenges pale in comparison.

As we progressed on the water, their confidence was both terrifying and rewarding; they trusted this program and had confidence that lymphedema would not develop. Not so with several of my colleagues who had expressed some concerns and had reservations about this project; others were

more critical and questioned my judgement. We were all taking a risk, the women much more than me. Standing with these women before practice, being in the boat or beside them in my kayak, it just seemed right. This was the correct thing to do; basic physiological principles and their confidence in this project would carry the day.

From the first day we met, to the festival in June, not one woman ever questioned the challenge that we were undertaking. If you ever wanted to define a team with a common purpose, look to this group of 24 women. We all understood that if they could visibly demonstrate that repetitive, intense, upper body exercise in breast cancer survivors would not cause lymphedema, this would change the lives of thousands of women. No lymphedema, lots of fun, a story to tell. Thanks for participating in this project! But they would not go away ...

AND THE REST IS HISTORY!

Dr Don McKenzie
Faculty of Education School of Kinesiology,
University of British Columbia, Vancouver,
Canada

[*Excerpt from the 20th Anniversary Memento Book*](#)

<https://static1.squarespace.com/static/60c6b6133d53d13fa3bdf9dd/t/60d151b44f32530186f67f6e/1624330676406/Dr-Don-McKenzie.pdf>

[Abreast in a Boat traditions](#)

Abreast in a Boat, Vancouver, Canada was the first breast cancer dragon boat team in the world.

[The Sandy Smith Global Race](#)

The Sandy Smith Global Race Trophy was given by a representative from the Smith family to the first place team in this specialty race in Vancouver 2005 and Australia 2007. Although the winning team does not keep it, a tradition was started *by Abreast In A Boat* in 2007, of giving a commemorative pin to each paddler so that they would have something to keep from their participation in this race.

[The flower ceremony](#)

Since 1996, there has been a flower ceremony after every breast cancer final race. Sometimes the flowers are pink, sometimes they are fuchsia, and one memorable year when only white flowers were available, they were dyed pink! The flowers may be roses, carnations, or any other seasonal flower. They may be tossed from dragon boats or from shore. But, what never varies is the reason for the flower ceremony.

It's a tradition that gives us a moment to remember and honour those women who have passed away from breast cancer and those who are still fighting.

<https://www.abreastinaboat.com/our-traditions>



Robyn Moore AM presentation, Government House, Hobart June 2021

September newsletter feedback

Another outstanding DA Canberra newsletter! Absolutely jam-packed with useful, inspiring, funny and moving photos and information! I loved **Sugar Sugar Masangcay's** poetry and the ABBA tribute piece by **Kathy Hayes!**

Marion Blake has hit the nail right on the head! It is your Patchwork quilt of life. Or, it's your *Tapestry!* I'm 70 and used to be in bands singing Carol King's songs...including *Tapestry*.

There's a lovely story about a tapestry, which says: The front of a tapestry is all perfectly neat and complete but when you turn it over, you see the threads and knots and mistakes and unfinished business. It's such a fabulous image for DAA with all the stories you weave into the newsletter. At a Festival, we all shine in our PINK...and the spectators don't know what has gone on behind all the preparation, the treatments and procedures, heartache and victory!

I think you are a great artist Kerrie...and I salute you for creating this 'work of art' and 'work of love' for all your community.

AM Award

I have some lovely news to share, because this honour belongs to all at **Dragons Abreast**.

I recently attended the Investiture at Government House Hobart to receive my AM Award:

For significant service to charitable organisations, and to the performing arts.

It has been such a privilege, as a National Ambassador of DAA, to spread the word about your amazing courage, collegiality and celebration of life...every chance I have had! This Award contains every single one of you...and I constantly feel that everyone is velcroed to my heart! No matter what challenges have been thrown at us with cancer, COVID-19 and the changing future of

DAA. I trust that you will never lose sight of the values and principles which held everyone together...and continue to support each other through FITNESS, FRIENDSHIP and FUN!


I will be speaking at the Cancer Council's *Unite in Yellow* breakfast in Launceston soon and in 2022 at a *Breast Cancer Wellbeing* event in Bendigo in March and your 'ears will be burning' as I share about your magnificence. In deepest admiration and appreciation

Robyn Moore AM, DAA National Ambassador



Tips from Kellie Toohey

Exercise Physiologist for Cancer Council ACT's **ENRICHing Survivorship Program**

If you are interested in future ENRICHing Survivorship programs, register your interest at 

<https://bit.ly/ENRICHingsurvivorship>

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

<https://youtu.be/kWXi6L5GHl0>

[Dr Kellie Toohey's latest research:](#)

[The effect of exercise for improving bone health in cancer survivors — A systematic review and meta-analysis - ScienceDirect](#)



Alison and Julie Kesby with Denise Brown (centre), DA Christmas party, [Norton Road Wines](#) 12 December 2021
Image: Kerrie Griffin



Donna Lennon, Katherine Davis Kralikas, Julie Kesby, Amanda Ferris and Lyndall Milward-Bason 23 October 2021 Image: Natalie Evans-Sandell



Donna Lennon (back right) 4 December 2021 Image: Lyndall Milward-Bason

Coaches' corner

Well, it's been another interesting year! Despite being in the boat and out of the boat at different times, there are standout 'constants' that highlight the strength of Dragons Abreast Canberra. We have:

- Negotiated the protective measures without too much fuss
- Regained our flair, grace and skill in the boat even after a couple of months off
- Welcomed new paddlers with open arms
- Supported individual development of sweeps, strokes and paddlers, and
- Flexed to accommodate starts and stops to regattas.

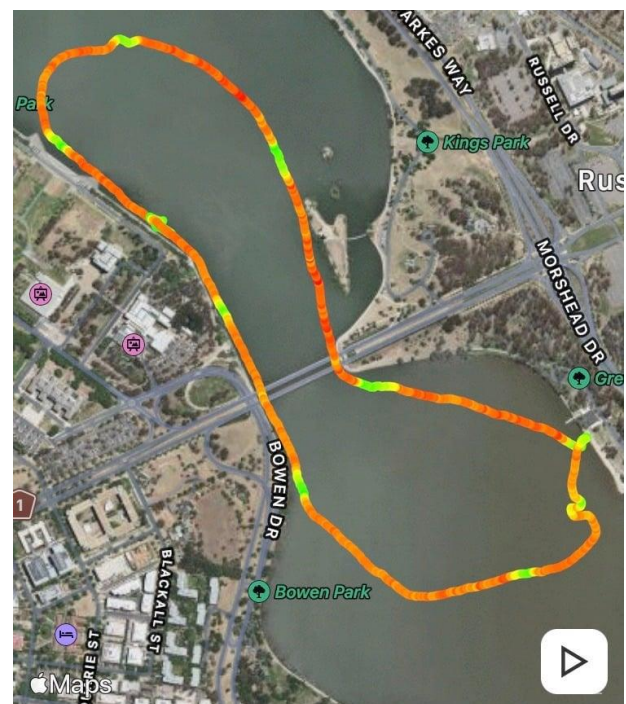
It's our ability to get on with things, pick up where we left off and, most importantly, maintain our club culture of support and celebration of each other on and off the water.

While we don't know what next year will bring, we can be confident that our capacity and resilience will enable us to prevail. Thanks to all for another fabulous year and have a safe and happy Christmas season.

Watch the [TeamApp](#) for comments linked to each training session for any warnings, advice or cancellations. Watch here for future editions of the *Coaches' corner*.

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

Donna Lennon



Map of Watersports App tracker of paddling circuit 1 December 2021 Image: Jeannie Cotterell



Sugar Masangcay, Kellie Nissen, Anita Godley and Jeannie Cotterell, DA Christmas party, [Norton Road Wines](#) 12 December 2021 *Image: Kai Masangcay*



Anne Baynes, DA Christmas party, [Norton Road Wines](#) 12 December 2021 *Image: Kerrie Griffin*

Congratulations to **Megan Davis** on being awarded a 1st Clasp ACTAS National Medal for 25 years working in the emergency services (ambulance service). This Award recognises long service and dedication of front line staff and volunteers with [ACTESA](#).

Thank you

Anne Baynes, Megan Davis, Jennie Allenspach, Katherine Davis Kralikas and other DA Canberra members worked, or volunteered, during the COVID-19 lockdown. Anne explains her role.

Well done Anne! What a mammoth effort. Thank you for explaining your involvement in healthcare during a complex pandemic. It's very humbling.
Editor



Anne Baynes and Megan Davis back paddling with DA Canberra after working in COVID-19 ACT healthcare teams 4 December 2021 *Image: Kerrie Griffin*

COVID-19 healthcare momentum

As most of you know, I work as a registered nurse. In August, I started one extra shift which turned into four months of COVID-19 work.

Initially, I worked at **Canberra Airport** providing COVID-19 testing for people in their cars, between 7am and 10pm. Often there were massive lineups of cars, such as following the outbreak at Lyneham High School when, students, families and teachers needed tests within 24 hours. It was a challenge to continually wear and change our PPE between patients, but it worked: none of my colleagues, to my knowledge, had COVID-19 while testing. How quickly things changed for the better. Day two, when I started at the airport we had tea breaks sitting on the ground in the car park and were freezing as the wind blew through the open wind tunnel we worked in. (On two occasions the facility had to be shut because the wind was too strong and rain came inside). However, within a week, a demountable building was inserted in the carpark for our store/tea room, massive gas heaters warmed the wind tunnel and warm jackets were provided for staff.

Following this testing work, I was transferred to **COVID-19 Care @Home program**. I worked in a team providing phone support to people who tested positive for COVID-19 and who could be managed in the community. The team of doctors and nurses provided daily phone support to these people, and were available 24 hours a day, 7 days a week. Once again it was a new innovative program, initially with no staff and no permanent workplace. We provided daily phone calls to triage all COVID-19 patients, detect clinical deterioration, escalate issues and coordinate transfer of patients to hospital if required. We delivered equipment to patients' houses when we had finished work for the day eg thermometers and pulse oximeters so patients could do their own monitoring,

paracetamol and hydrolyte. As the program evolved, we identified those who would benefit from some of the newer evolving treatments and facilitate them eg IV infusions and inhalers. The majority of patients did not require hospitalisation, and our daily phone calls provided daily support to ensure they were managing their symptoms, encouraging them to rest and drink more water and provide education around what to expect with COVID-19 symptoms. We became better at doing telehealth with patients of concern. The team relied heavily on the **ACT Ambulance Service** for transferring patients.

There were wonderful services to support these patients in quarantine in the community. We worked with **ACT Public Health** who could assist with quarantining; services that provided food hamper;, pharmacies who would drop off prescription medications; drug and alcohol services who supported methadone deliveries; and counselling and psychology services. A small team of experienced nurses were available to visit patients in their homes. For example, they would provide welfare checks, ie if we were unable to contact a patient they would visit them to make sure they were OK, provide services such as removing sutures, and providing assessments and treatments for other infections. Where possible, we tried to support these patients at home to prevent further spread of the infection if they were to visit the Emergency Department or their GP.

The majority of patients told us they looked forward to our daily phone calls. I feel that if my family, friends or I contracted COVID-19, I would feel confident staying at home with the support of the many ACT services. I enjoyed being a small part of this massive team, I learnt a lot. Hopefully, I provided support to patients. But, I did miss dragon boating while working weekends and extra shifts.

Anne Baynes



Megan Davis, Natalie Evans-Sandell, Julie Chynoweth, Anne Baynes and Jeannie Cotterell, DA Christmas party, [Norton Road Wines](#) 12 December 2021 *Image: Kerrie Griffin*



Donna Lennon, DA Christmas party, [Norton Road Wines](#) 12 December 2021 *Image: Kerrie Griffin*



Commonwealth Place 20 November 2021 *Image: Susan Pitt*



Warm up and training times

Saturday morning:

Extra effort : 7.15 – 8.00am

Saturday morning: 8.00 – 9.30am

Wednesday evening: 5.30 – 7.00pm

Contact: [TeamApp](#)
Kellie Nissen kellie@justrightwords.com.au

Some great paddling technique tips:

http://www.youtube.com/watch?v=j7IRbj3K8c4&feature=player_embedded

Remember water, hat, sunscreen and sunglasses!

Weather watch

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

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

Under the pink umbrella



Dr David Leong- Image: family image

Vale Dr David Leong

[The Canberra Times tribute](https://tributes.canberratimes.com.au/obituaries/425046/david-chee-soon-leong/?r=https://tributes.canberratimes.com.au/obituaries/canberratimes-au/)

<https://tributes.canberratimes.com.au/obituaries/425046/david-chee-soon-leong/?r=https://tributes.canberratimes.com.au/obituaries/canberratimes-au/>

Sincere condolences on the loss of David Leong to his family and friends.

On behalf of **Breast Cancer Network Australia** and **Dragons Abreast Canberra**, I am so sorry about your loss. Dr Leong was my dedicated and enthusiastic oncologist during 2001-06. He was on top of the latest research, reassuring, delightful and always positive with a wonderful sense of humour. My young family loved him too. This is a huge loss for our community. Many of our members valued his care and upbeat concern.

Seashells remind us that every passing life leaves something beautiful behind.

Kerrie Griffin

BCNA Consumer Representative

Cancer Australia's [Cancer Won't Wait campaign](#)

stresses the importance of people seeing their doctor about any symptoms or health issues they have noticed.



Geraldine Robertson, Cate Hale, Julie Kesby, Lan Crowley, Gillian Styles, Susan Pitt and other BCNA representatives at Parliament House June 2018 Image: BCNA

[Breast Cancer Network Australia](#)

BCNA's theme for Breast Cancer Awareness Month in October 2021 was **Connect. Support. Empower.** Since 2005, our major partner Sussan have been helping BCNA to do just that through initiatives designed to support our women, connect young women and empower all women with up to date information and a powerful voice. Read more via <https://buff.ly/3ihN0EM>

Empowering all women

As a brand that is created for women, by women, Sussan has taken great pride in working with BCNA to fund projects that empower women with information and a powerful, collective voice.

Perhaps the most significant of these was BCNA's *State of the Nation report* in 2018. This report was the largest of its kind and armed BCNA with the information needed to identify eight priorities for urgent action and to influence the necessary change in the healthcare system to address them. This work continues and Sussan is currently working with BCNA on *State of the Nation 2.0*.

In addition to *State of the Nation*, Sussan continues to fund a number of BCNA's webcasts and podcasts. It also supports the update and development of BCNA's new content in My Journey which can be accessed via app and online tool. new content for **BCNA's My Journey App** and **Online Tool**. Sussan's support of these services helps BCNA to provide 24-hour access to free, up-to-date information that empowers women to make informed decisions about their treatment and care.

Connecting young women

While more recently Sussan has broadened its scope to initiatives that support all women affected by

breast cancer, it has also been instrumental in helping us connect and provide support to young women going through a breast cancer experience.

This has included sponsorship of **BCNA's young women's conference**, a young women's think tank and several podcasts dedicated to addressing the unique challenges that women under 40 with breast cancer face including fertility, work and issues around body image. These initiatives have provided an opportunity for young women with breast cancer to connect with others their own age and to share their unique experiences in a supportive and informed environment.

Supporting our women

Sussan and its customers has not only helped BCNA to support women with breast cancer through the funding of these important projects, it has also supported BCNA in store through initiatives like the Meredith Gaston BCNA range and Sussan's Pyjama Project in October 2020.

Sussan's Meredith Gaston range for BCNA, is a collaboration with Australian artist, author and illustrator Meredith Gaston. Meredith's work is both positive and uplifting and with \$5 from every purchase donated to BCNA's important work, this is just one way Sussan and Meredith support women.

Meredith even made a special appearance at BCNA's last Gold Coast conference, taking the time to listen to women about their breast cancer experiences and showing her support in person.

You can help BCNA continue to connect, support and empower Australians affected by breast cancer by visiting Sussan in store or online at [Sussan.com.au](https://www.sussan.com.au)

Resources

- Sign up to [My Journey](#) to further access all the latest information about your breast cancer diagnosis. Featuring hundreds of articles, videos, podcasts, webcasts and digital tools that empower people with breast cancer to make the best decisions about their treatment and care and manage their breast cancer experience.
- Visit our [Online Network](#) to connect with people going through a similar experience.
- To help us continue to develop podcasts that are relevant to our members and their breast cancer diagnosis, we ask for your feedback via our [online survey](#).



[Welcome to our new 10-part podcast series, Upfront About Breast Cancer – What You Don't Know Until You Do, with Dr Charlotte Tottman.](#)

Dr Charlotte Tottman established her own private practice in psycho oncology, providing psychological treatment for cancer-related distress, before being diagnosed with breast cancer herself, giving Charlotte's understanding of a cancer experience a whole new dimension.

Listen to each episode, read transcripts

- [Episode 1: D Day: Diagnosis Shock](#)
- [Episode 2: A Tale of Two Husbands: Emotional Isolation](#)
- [Episode 3: The Showing Up and The Letting Down: Surprises and Disappointments in Relationships](#)
- [Episode 4: The Mirror Image: Body Image Difficulties](#)
- [Episode 5: The Snow Globe Effect: Change of Perspective](#)
- [Episode 6: The Meltdown: Post Treatment Adjustment](#)
- [Episode 7: The Next Version of You: Managing Expectations](#)
- [Episode 8: Learning New Dance Steps: Sexuality and Intimacy](#)
- [Episode 9: Exercise is Annoying \('cos it works\): The Psychological and Physical Benefits](#)
- [Episode 10: The Iron Fist: Fear of Cancer Recurrence](#)

[The Beacon Issue 89, October 2021](#) | [View online](#)

MEDIA RELEASE: 14 November 2021

Third COVID vaccination for people with breast cancer

Breast Cancer Network Australia (BCNA) and the Federal Government are urging women and men with breast cancer to get their third COVID-19 vaccine dose as soon as they are eligible to provide them with maximum protection against COVID-19.

People being treated with chemotherapy, hormone-blocking therapy or radiotherapy can receive a third vaccine two months after their second vaccination, unlike the general population who must wait six months.

Cancer treatment compromises the immune system which could result in severe complications if a person contracted COVID-19. Breast Cancer Network Australia CEO Kirsten Pilatti says now that COVID-19 is circulating in the community a third vaccination is essential for the vulnerable. "If you have breast cancer a third shot should not be an optional extra. It is as important as the first and second doses. We know that those who are immunocompromised may not respond as well to the vaccines, resulting in a weaker defence against COVID."

Federal Health and Aged Care Minister Greg Hunt said nearly half a million Australians are now eligible for their booster dose. 'Two doses provide excellent protection against COVID-19 and a third dose will ensure longer and greater protection.' 'The medical experts recommend that people who are severely immunocompromised should receive a third dose. I encourage all those who are eligible to speak to their medical professional, especially if your health or the health of a loved one is compromised.'

It is recommended that the third vaccine be an mRNA vaccine (Pfizer or Moderna) regardless of what brand the first two doses were.

Individuals should contact their GP or breast cancer specialist to discuss whether they should have a third dose now. BCNA's Helpline can provide general advice - call 1800 500 258. More information is available on [BCNA's My Journey](#).

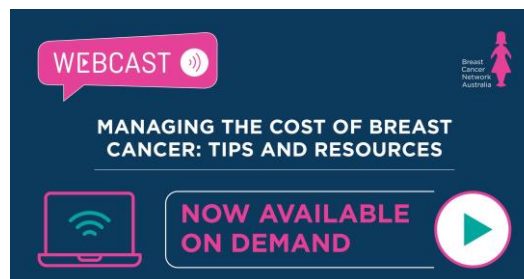
Thriving Together - Living Longer, Living Stronger Virtual Conferenc

[This webcast was held on Thursday, 14 October 2021 and can now be viewed on demand.](#)



**Younger Women's
Cancer Support Group**
ACT & SURROUNDING REGION

Younger Women's Cancer Support Group was launched at St James Anglican Church, Holt, on 13 March. Join at ywcsq.org



Thank you to everyone who tuned into our virtual conference on Managing the cost of breast cancer. If you were unable to join the conference, you can now access the recording on-demand via <https://buff.ly/3gXaWNb>

<https://www.bcna.org.au/webcasts-new/managing-the-cost-of-breast-cancer-webcast-tips-and-resources>

Jodie Lydecker, BCNA Consumer Representative 24 March 2021 [full speech](#)

The Role of Radiotherapy in the Treatment of DCIS and Early Breast Cancer

Available soon as a webcast

<https://www.bcna.org.au/webcasts-new/the-role-of-radiotherapy-in-the-treatment-of-dcis-and-early-breast-cancer/>

NBCF tracking progress to zero deaths from breast cancer by 2030

[READ THE FULL REPORT CARD](#)



Our experts covered libido, body image, psychological impacts, lubrication, research, treatments, how to broach the topic with your doctor and more. You can catch up on the whole Q&A here: <https://www.youtube.com/watch?v=nA-6eEeUkDI>

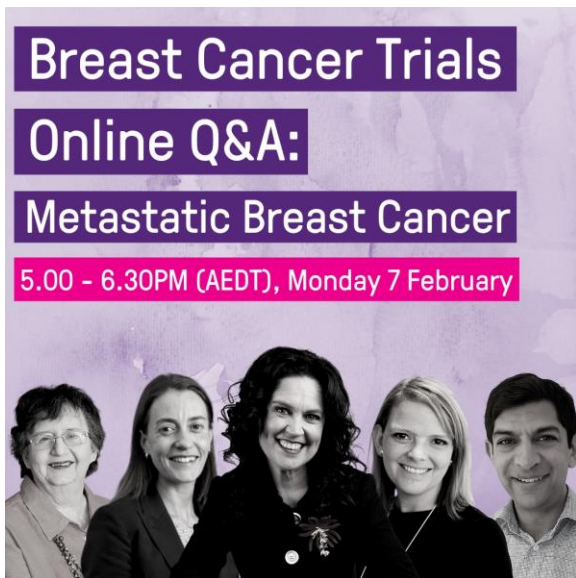


RETREAT: 18-20 MARCH 2022

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

Abridge | Stay on Top of Your Health

<https://www.abridge.com/> Learn how people have made Abridge a part of their health journey. 'It kept my mind focused on my appointments.'



The experience of being diagnosed with **metastatic breast cancer** can affect people in different ways including managing different symptoms and treatments, living with metastatic breast cancer, and how patients and their families cope with an uncertain future.

In our next Q&A event, moderated by TV presenter **Annabel Crabb**, we will be discussing the latest in research for metastatic breast cancer with leading researchers, as well as the psychological impacts of this disease and participating in clinical trials.

Register for this online event today and submit your question on this important topic.

<https://www.breastcancertrials.org.au/qa-registration>



Want to keep up-to-date with the latest breast cancer research? Join IMPACT now:

<https://www.breastcancertrials.org.au/impact-application>

Mammographic density

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



The **Neo-N clinical trial** is looking to optimise immunotherapy treatment for women and men with early-stage triple negative breast cancer. This study aims to find out if a new drug called Nivolumab helps control breast cancer when added to standard chemotherapy. Other studies have shown that this type of treatment may be effective in eradicating cancer cells from the body. This study is needed to work out the best way of giving this treatment. Learn more about Neo-N here:

<https://www.breastcancertrials.org.au/current-clinical-trials/neon?fbclid=IwAR3JtV7HMzxF9bx79KMhhoTZ9TwaUAv39ADcShOen-Fir6UAD7qe7t5DQv0>

The **EXPERT clinical trial** is investigating if a genomic test of breast cancer tissue can be used to identify women with early breast cancer, who can safely **avoid radiation therapy** after breast cancer surgery and the potential side effects of this treatment. This is the first trial developed by our researchers in Australia that Breast Cancer Trials will be coordinating internationally in areas of Asia, Europe and South America. Learn more here:

<https://www.breastcancertrials.org.au/current.../expert>

News

BCNA NEWS 22 NOV 2021

[IMPORTANT- Beware. Suspicious fundraising](#)

BCNA NEWS 26 OCT 2021

[Subsidy for Verzenio \(abemaciclib\) expanded on the Pharmaceutical Benefits Scheme](#)

BCNA NEWS 13 OCT 2021

[When an Employee Needs Leave for Cancer Treatment](#)

BCNA NEWS 16 AUG 2021

[Breast cancer won't pause for COVID - screening is essential](#)

BCNA NEWS 25 JUN 2021

[COVID-19 vaccine: Information for people affected by breast cancer](#)

[Donate through your medications](#)

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

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

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

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

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

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 www.otisfoundation.org.au or call 03 5444 1185
Elsbeth Humphries

Gillian Horton, Colleen’s Lingerie and Swimwear

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

info@colleens.com.au

Colleen's will remain open by appointment only

during the ACT lockdown from 10am - 3.00pm

Appointments can be made via the website

Online shopping remains open 24/7

Phone 02 6285 1311

www.colleens.com.au

email info@colleens.com.au

HeadsUp Kippax Inc.

2/12-16 Hardwick Cres. Holt ACT 2615

Open 10am-4pm Tuesday-Friday

HeadsUp provides a service for ladies who have total or partial hair loss. We sell wigs, hats, scarves and other headwear. Appointments are preferred so that we can provide individual attention in a safe environment.

Shop instore or online at www.headsup.net.au

For assistance call Sue Owen 02 6254 4403

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

Bosom Buddies ACT networking and social activities

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

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

Lymphedonna

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

lymphedonna@positivemotion.com.au

Positive Motion Physiotherapy

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

Rare Cancer Australia

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

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

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

Kerrie Griffin

Consumer Representative


Seat at the Table (SATT) Program, BCNA



Calendar of events

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

Month	Date(s)	Event	Location	Notes
December	Saturday 18	DB ACT Regatta 4 Christmas Mad Hatter Regatta 100m (10s), 200m (10s), 1000m pursuit (20s), 500m Sweepstake	Grevillea Park	TeamApp RSVP
2022	Tuesday 5	First DA Canberra paddle of the year	Grevillea Park	TeamApp RSVP
January	Saturday 8	DA Canberra BBQ at Julie C's	Chisholm	TeamApp RSVP

January	Saturday 15	DB ACT Regatta 5 2km (20s), 200m (10s), 500m Sweepstake	Grevillea Park	TeamApp RSVP
	Friday 21 - Sunday 23	Cross Border Championship 2022	Albury-Wodonga	TeamApp RSVP
	Saturday 22	DA Canberra Come and try session	Grevillea Park	TeamApp RSVP
	Sunday 23 10am	Swim and water assessment Canberra International Sports and Aquatic Centre	CISAC,100 Eastern Valley Way, Bruce	TeamApp RSVP
	Saturday 29 1pm	Swim and water assessment Canberra International Sports and Aquatic Centre	CISAC,100 Eastern Valley Way, Bruce	TeamApp RSVP
February 	Saturday 5	DB ACT Regatta 6 500m (20s)	Grevillea Park	TeamApp RSVP
	Friday 11 - Sunday 13	Nipples on Ripples, Lake Barrington	Tasmania	TeamApp RSVP
	Saturday 19	DB ACT Regatta 7 ~2km (20s), 200m (10s), 500m Sweepstake	Grevillea Park	TeamApp RSVP
	Saturday 19- Sunday 20	Jindabyne Flowing Festival Dragon Boat regatta	Jindabyne	TeamApp RSVP
	Saturday 26	DA Canberra Come and try session	Grevillea Park	TeamApp RSVP
	Saturday 26 - Sunday 27	DB ACT Coaches course – if sufficient interest	TBC	TeamApp RSVP
	March	Saturday 5	DB ACT Regatta 8 2km (20s), 200m (10s), 500m Sweepstake	Grevillea Park
Saturday 19 Sunday 20		ACT Championships Age divisions – Races TBA ACT Championships – Age divisions – Races TBA	Grevillea Park	TeamApp RSVP
April 	Sunday 3	Relay for Life 2022	AIS Walking Track	Amanda Ferris
	Tuesday 5 - Sunday 10	AusChamps, AM Ramsay Rowing Course	West Lakes, South Australia	TeamApp RSVP
	Saturday 30 - Sunday 1 May	2022 –Merimbula Water Dragons 18km Mallacoota Run TBC	Merimbula NSW	TeamApp RSVP
May 	Friday 6 - Sunday 8	Coast to Coast Dragon Boat Festival, Lake Kawana, Sunshine Coast, Qld TBC	Lake Kawana, Qld	TeamApp RSVP
	Saturday 15 - Sunday 16	Nowra Dragon Boat Regatta TBC	Nowra NSW	TeamApp RSVP
	Sunday 15	Battle on Barwon, Geelong TBC	Geelong VIC	TeamApp RSVP
August	Sunday 7	DB ACT Annual General Meeting	TBC	TeamApp RSVP
December	Saturday 3	IBV Pink Paddle Power Regatta, Yarra River	Melbourne	TeamApp RSVP
2023 April	Monday 10 - Sunday 16	IBPCP International Breast Cancer Paddlers Commission Festival Lake Karapiro, Cambridge, https://www.newzealandbcs2022.com/	Lake Karapiro, Cambridge, Waikato, New Zealand	News bulletins IBPCP Festival 2022 Bulletin #8

Dragons Abreast Australia — Mission statement

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

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

Keeping the spirit alive!

Next issue of the DA Canberra newsletter — March 2022

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

Please submit any news, items and images by **6 March 2022** to the newsletter coordinator

Kerrie.griffin22@gmail.com

[Previous newsletters](#)



National Carillon 4 December 2021 *Image:* Lyndall Milward-Bason



Stretching 4 December 2021 *Image:* Lyndall Milward-Bason



DA Christmas party, [Norton Road Wines](#) 12 December 2021
Image: Kerrie Griffin



Kellie and Carl Nissen, Sugar and Kai Masangcay, DA Christmas party, [Norton Road Wines](#)



Janet Olsen, Fiona Maguire, joint recipient of the Rookie Award, Jeannie Cotterell, Amanda Ferris, Julie Chynoweth, Raana Asgar and Kerrie Griffin 14 December 2021 *Image:* Kellie Nissen



Congratulations to Fiona Maguire, joint recipient of the Rookie Award 14 December 2021 *Image:* Kerrie Griffin



Lyndall Milward-Bason and Elly McGinness, DA Christmas party, [Norton Road Wines](#) 12 December 2021 *Image:* Kerrie Griffin



Susan Roraff and Natalie Evans-Sandell, DA Christmas party, [Norton Road Wines](#) 12 December 2021 *Image:* Kerrie Griffin



DA Christmas party, [Norton Road Wines](#) 12 December 2021 *Image:* Janet Olsen



DA Christmas party, [Norton Road Wines](#) 12 December 2021 *Image:* Janet Olsen