



ABREAST of the NEWS

DRAGONS ABREAST CANBERRA

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DA Canberra paddling historic *GoAnna I* (2006) from Lotus Bay to Grevillea Park, the new home of dragon boating in the ACT 24 April 2021 *Image:* Paul Jurak aka [Kayakcameraman](https://www.facebook.com/kayakcameraman) <https://www.facebook.com/kayakcameraman>



DA Canberra paddling historic *GoAnna I* (2006) from Lotus Bay to Grevillea Park, via the National Carillon 24 April 2021 *Image:* Paul Jurak aka [Kayakcameraman](https://www.facebook.com/kayakcameraman) <https://www.facebook.com/kayakcameraman>



Megan Davis and Amanda Ferris were presented with the Narelle Powers Coaching Award by Lucy Cheetham and Donna Lennon, coaches, Julie Chynoweth coordinator 10 April 2021 *Image:* Kerrie Griffin



DA Canberra DB ACT Championships, Day 1 20 March 2021 *Image:* Kerrie Griffin

Coordinator's report

Local regatta season ends

The weather gods were not kind to the **ACT Championships** on 20-21 March. On Saturday, we were lucky compete in most of the program. On Sunday, the heavens opened and it rained. Well done everyone who helped pack up. We only had one regatta cancelled due to bad weather. Congratulations to **Lyndall Milward-Bason** for upgrading to a Level 3 Sweep.

A huge thank you to our members, or their family, who assisted either as volunteers, officials or parking attendants at our DB ACT regattas. We need to ensure for the next and future seasons that this workload is shared so that we are not reliant on the same people all the time.



DA holding up dragon pearls, morning tea with dogs Henry and Amy, National Carillon 27 March 2021 *Image:* Kerrie Griffin

Autumn end of season morning tea 27 March

Thanks to the **Social Committee** who arranged a delicious morning tea as well as to **Lucy Cheetham** who organised a treasure hunt for dragon pearls which keep us pondering for a while. We welcomed newbie **Jen** and welcomed back **Joan White**.



Come and try session 13 March 2021 Image: Julie Chynoweth

Come and Try 13 March

Thank you to the **Come and Try team, Helen Couper-Logan, Jenny Nicholls, Anita Godley and Janet Olsen**, for organising the successful session. Thanks to the morning tea cooks and hosts. Welcome newbie paddlers. We hope to see you back on the water soon.

Narelle Powers Coaching Award 10 April

Our coaches **Donna Lennon and Lucy Cheetham**, agreed they could not split the **Award** and presented to **Amanda Ferris and Megan Davis**. Congratulations to Amanda and Megan!



Nadine Leiba, Che Mortimer and Maureen Wild, DA Canberra, Allycorn pink unicorn, Canberra Balloon Spectacular 6 March 2021 Image: Kerrie Griffin



Kerrie Griffin, Deb Lopert, Jenny Milward-Basin, Katherine Davis Kralikas, Denise Brown, Janet Olsen, Julie Kesby and Anne Baynes, Gecko, Grevillea Park 23 April 2021 Image: Kerrie Griffin

Successful DB ACT move 23 April

DB ACT clubs moved our headquarters from Lotus Bay to our temporary facility at Grevillea Park. Temporary, until our permanent facility is built here. The move transitioned well and thank you to the many helpers. Everyone seems to be settling in well at Grevillea Park. We even have a coffee van onsite on Saturdays.

Many thanks to **Paul Jurak** aka [Kayakcameraman](https://www.facebook.com/kayakcameraman) <https://www.facebook.com/kayakcameraman> for his fabulous images of historic *GoAnna I* (2006) being paddled on 24 April from Lotus Bay to Grevillea Park, the new home of dragon boating in the ACT.



DA Canberra paddling historic *GoAnna I* (2006) from Lotus Bay to Grevillea Park, the new home of dragon boating in the ACT. 24 April 2021 Image: Paul Jurak aka [Kayakcameraman](https://www.facebook.com/kayakcameraman) <https://www.facebook.com/kayakcameraman>

GoAnna I

After months of searching for a new home, I'm delighted that *GoAnna I* will be going to Beechworth, Victoria. This new club is being established and needs a boat to commence their training and is also focusing on their juniors. It is fantastic that *GoAnna I* be used as she should — on the water. The **DA Canberra Committee** is very grateful and thrilled to help Beechworth. Thank you to **Bea Brickhill** as well as **Susan Roraff** who agreed to give the club some of the wooden paddles that are destined for Chile.



Anna Kovacs, DA GoAnna's Gathering. 2 May 2021 Image: Kellie Nissen

GoAnna's Gathering Let's go tropical! 2 May

Some 30 members enjoyed the GoAnna's Gathering at the Ainslie Football Club rooms. Thank you to the **Social Committee** who went out with a very colourful theme *Let's go tropical* and arranged a free venue which was greatly appreciated.

Anna Kovacs, [Golden Spiral](#), guest speaker, is an energy healer who spoke on anxiety, meditation, finding serenity, sound therapy and using the breath to restore calm to anxious moments. Anna led a sound workshop and spoke about alternative therapies and becoming a Reiki and Seichim Master. She is also qualified as a Colour Therapist, a Bach Flower Remedies Therapist, a massage therapist and holistic Life Transformed Coach.

2021 DA Canberra Social and Corporate Regatta

Following Anna's presentation at GoAnna's Gathering, **Jeannie Cotterell**, who is again leading the way with our 2021 Social and Corporate Regatta, gave a brief overview of its planning and travel theme.

This year, there are several Task Teams with each having a Team Leader. We encourage members to put their name down under a task or two as it's fun. Many hands make light work! We are awaiting a confirmation date in October/November. Please look out for more information.



Anna Wellings Booth was selected to be solo on the cover of the *White Pages 2013-14* but Anna insisted that *Dragons Abreast Canberra in GoAnna I* be featured Image: Telstra



Julie Chynoweth presented flowers to Anita Godley for the Swim and water safety assessments, GoAnna's Gathering 2 May 2021 Image: Kerrie Griffin



Susan Pitt, Anne Baynes, Anita Godley, Kerrie Griffin, Jenny Milward-Basin and Donna Lennon, swim and water safety assessment 2 April 2021 *Image:* Maureen Wild

Swim and water safety assessments

Two swim and water safety assessments were conducted over the summer period. Many thanks to **Anita Godley**, and her assistants, for organising and taking us through the assessments. By undertaking this assessment (or a swim test) you do not have to wear a PFD while paddling during the summer months (unless the sweep instructs otherwise). **Jenny Milward-Basin** said: Thank you for running such a fun and useful swim session. I feel very confident should we ever end up in the water. Great work team!

PFDs must be worn by everyone during the winter months from 1 May to 1 September.



Anita Godley conducting the swim and water safety assessment 2 April 2021 *Image:* Maureen Wild



Kim (aka Wendy Ceravolo) with Gecko's head, Mother's Day Classic 9 May 2021 *Image:* Kerrie Griffin



DA Canberra, Mother's Day Classic, Rond Terrace, Lake Burley Griffin 9 May 2021 *Image:* Bina Brown



Kath and Kim (aka Kathy Hayes and Wendy Ceravolo), Anne Baynes and Deb Lopert, Mother's Day Classic 9 May 2021 *Image:* Kerrie Griffin



DA Canberra, Mother's Day Classic 9 May 2021 *Image:* Kerrie Griffin

[Mother's Day Classic](#) 9 May

DA Canberra enjoyed paddling to Rond Place **Mother's Day Classic (MDC)** to cheer on the walkers/runners around Central Basin. Kath and Kim (aka **Kathy Hayes** and **Wendy Ceravolo**) joined us and shared the drumming.

Amanda Ferris and **Kathy Hayes** highlighted the value of the MDC, Dragons Abreast and BCNA in an excellent article by **Bina Brown** in the [City News](#).

Natalie Evans-Sandell supported the MDC with a brilliant interview on ABC 666 Radio on 3 May on metastatic breast cancer and the high costs.



DA composite team with Canberra, Hobart and Mackay 9 May 2021 *Image: DA Mackay*

Coast to Coast Dragon Boat Festival 7-9 May
 Congratulations to, **Denise Brown, Natalie Evans-Sandell, Anita Godley, Gigi Lungu, Lyndall Milward-Bason, Che Mortimer, Janet Olsen and Clare Purcell** at Lake Kawana, Queensland. They won two bronze medals in 20s 500m and 200m races with members from DA Mackay and DA Hobart.



Nine Dragons Abreast teams participated including Canberra, Hobart and Mackay 9 May 2021 *Image: DA Brisbane*



Natalie Evans-Sandell sweeping, Skywhalepapa and Skywhale tour 3 April 2021 *Image: Kerrie Griffin*



Raana Asgar, Fiona Maguire, Lucy Cheetham, Kellie Nissen, Deb Lopert and Janet Olsen 27 April 2021 *Image: Susan Pitt*

Annual General Meetings

There are two important Annual General Meetings (AGMs) coming up which we need to be thinking about as **all positions will be declared vacant.**

DB ACT AGM Sunday 8 August

There are casual vacancies on the Committee that need to be filled if possible **BEFORE** the AGM. These are: Secretary, Events Officer, Development Officer and Safety Officer. Are there any DAC members who would like to 'come and try' a position? If so, please contact **John Corcoran**, DB ACT President.

DA Canberra AGM Saturday 4 September

This will be held at the home of **Julie and Garry Chynoweth**. More information and a formal notice will be circulated at the required time.

We are all survivors of our
 lives, our lessons carved
 across our bodies in scars,
 some visible, some invisible,
 but all ache in the cold, burn
 in the summer heat, and twinge
 at odd moments when we move
 too fast, and forget our
 lessons. We are all survivors
 of something, remember that,
 and be kind to each other, or
 at least, less cruel.

-Laurell K Hamilton

#FanQuote shared by Monica Prenatt
 @Warrior Goddess Training

<https://www.ibcpc.com/post/letter-from-the-president-3>



IBCPC Participatory Dragon Boat Festival NZ **Monday 10 - Sunday 16 April 2023**

Clare Purcell met briefly with **Meri Gibson**, IBCPC President who paddled with MBT, at the recent regatta in Queensland. Meri is pleased with how all the arrangements in New Zealand are progressing.

Registrations will close 31 October 2021 and the final date for payment of registration fees is 31 March 2022.

If anyone has any queries about the Festival, whether you already have your name down or would like to know more, please contact **Clare Purcell** clare@cgpurcell.com The Festival hyperlink is: <https://www.newzealandbcs2023.com/>

News bulletins

<https://www.newzealandbcs2023.com/post/festival-2023-bulletin-1>

Uniforms

Thank you to **Clare Purcell** for organising extra uniforms and the now well-loved winter beanies.

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/>

Julie Chynoweth, Coordinator

Dragons Abreast Canberra

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coordinator.dac@gmail.com

[Dragons Abreast Australia](#)

Celebrating 22 years of breast cancer recovery

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

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

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

This is the ten year anniversary video of our **Indy Surviveoars Dragonboat Team**. If you want to see what we do and how we do it, this 6 minute feature is for you!

<https://www.facebook.com/541797100/videos/10155145932632101/>

<https://indysurviveoars.org/>

[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/>



1 March 2021 newsletter feedback

This is the most astounding compilation capturing the entire ESSENCE of Dragons Abreast Australia. Congratulations on this remarkable expression of Awareness, Participation and Inclusiveness...and to all at Dragons Abreast Canberra. In deepest awe and admiration.

Robyn Moore, DAA Ambassador



Marion Blake sweeping *GoAnna I* at Kingston Foreshore
24 April 2021 *Image: Jeannie Cotterell*

Narelle Powers Coaching Award

This year's worthy recipients of the **Narelle Powers Coaching Award** are **Amanda Ferris** and **Megan Davis**. Both are quiet achievers in the boat, demonstrating their love of being on the water as well as their ability to 'get down' to business in the boat.

As individuals, they have developed their skill and style which they continued to polish throughout the training and regatta season. They also stepped up to embrace new challenges and play their part for the good of the team.

Amanda and Megan meet Narelle's criteria and beyond; the recognition through the Award is well deserved. Congratulations to both of you.

Donna Lennon and **Lucy Cheetham**



DA Canberra DB ACT Championships, Day 1 20 March 2021
Image: Kerrie Griffin

ACT Championships Day 1 20 March

Firstly, a grand thank you to the sweeps, drummers and strokes. Some races were tough; the rest were tougher. **Lyndall Milward-Bason** mastered the 2km; everyone else interchanged and supported each other throughout the day and led the team with panache. Paddlers — you were magnificent even with all the lapfuls of water, fogged glasses and splashes.

Unfortunately, Day 2 was cancelled due to the inclement weather. Thanks to all the members who helped with the pack up in the rain.

Donna Lennon



Lucy Cheetham coaching the Come and try session 13 March 2021
Image: Jenny Nicholls



Donna Lennon coaching the come and try session 13 March 2021
Image: Julie Chynoweth

Coaches' corner

Winter time sees a change in focus. Some people choose to take a break from paddling but for those who want to keep going we aim to provide a fulfilling and exciting program.

In coming weeks, we will focus on reviewing paddling technique. Whether you are new or experienced in paddling there is always room for fine-tuning and improvement. Free from the pressure of the racing calendar, we may invite you to try different things. It can take some time to make these adjustments so patience is required and the dividends will be there if you persist.

Winter is also a good time to work on longer term fitness goals. These will be different for each person. Think about what you want to achieve for yourself and let us know. Do you want to increase your endurance? Do you want to work on strength?

Paddling is not just about physical fitness; mental and emotional well-being comes into it as well. We will be looking at how we can incorporate many of the principles **Anna Kovacs** talked about including breathing, meditation, mindfulness and connection with nature.

Planning ahead is difficult for everyone. But here are some things to think about. Would you like to:

- Find out about what is involved in becoming an assistant coach?
- Try stroking or drumming?
- Try out for [ACT Fire](#) and race for the ACT in South Australia, April 2022? Expressions of interest are usually announced in September and trials are usually held in late October.

Health tips for winter: PFDs are compulsory. If you have a puffer please bring it on the boat. Dress in layers, light wool is a great option. Rest is best for coughs, colds and sniffles. As always be COVID-19 safe.

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/>

Lucy Cheetham and Donna Lennon



Regatta 3 28 November 2020 dragon heads Credit: Paul Jurak [Kayakcameraman](#)

Dragon pearls

On regatta days, everyone loves to see our beautiful dragon boats all decked out with dragon heads and tails. They almost seem to come to life as they race for the finish line. Dragons feature prominently in Chinese mythology as powerful spirits in charge of rivers, seas, storms, everything to do with water. Good to have on your side in water sport!

But have you ever wondered why on race days, each dragon carries a shiny silver ball in their mouth? According to legend and in keeping with their watery associations, each dragon holds a precious pearl in their mouth. Just as in the west, pearls symbolise wisdom and the dragons, being ancient and powerful, guard the most precious of pearls of all.

So to celebrate the end of our regatta season on 27 March, it seemed like a fun idea to have a treasure hunt, not for Easter eggs, but for little 'baby' dragon pearls to symbolise and celebrate the wonderful qualities and wisdom discovered by all who dare to face the challenges of life by 'following the dragon path': strength, courage, adventure, integrity, endurance, fun, enthusiasm, power, liveliness, health, success, excellence, transformation, vigour, energy, inner strength, wisdom, insight, character, happiness, gratitude, awareness, innovation, renewal, perseverance, victory over difficulties... What dragon pearls have you discovered this year?

Lucy Cheetham



Che Mortimer, Natalie Evans-Sandell, Lyndall Milward-Bason, Denise Brown, Clare Purcell, Anita Godley, Janet Olsen and Gigi Lungu displaying their bronze medal in 20s 500 metres 8 May 2021 Image: Che Mortimer

[Coast to Coast Dragon Boat Festival](#) 7-9 May

The allure of a few days in the sun and surf was enough for eight intrepid paddlers from Dragons Abreast Canberra to pack their bags and head for the Sunshine Coast. The event that sparked our interest was the **Coast to Coast Dragon Boat Festival** held over three days at the world-class facility of Lake Kawana.

The DA Canberra paddlers, Janet, Che, Denise, Natalie, Gigi, Lyndall, Anita and Clare joined with DA Hobart and DA Mackay. DRAGON SISTERS was born. We were a powerful east coast team of pinkness. Our team was wonderfully organised by DA Mackay. DA Canberra paddlers met the rest of the team at a meet and greet the night before the regatta commenced and made new friends.

Nine breast cancer survivor teams participated and, as usual, produced some very strong competition.

The first day we competed in the 1000m (1km) BCS 10's race. It was a very tough start but in true DA Canberra style we gave it our all.

We were in for more gruelling paddling on day 2! We started the day racing in the women's over 40, 500m 20's. Over 3 races with our new friends from DA Mackay and DA Hobart, we raced hard and fast and took out the bronze medal. You can imagine the excitement. For **Denise**, the day just got better and better. She was surprised by a visit from her son Adam and his partner Saige. She spotted them from the boat and was absolutely blown away. I think that the medal took a back seat from then on and she had a smile as big as Lake Kawana.

With the excitement over we were back to business, racing in the BCS 500m 10's. No medal for this category but we were competitive and there was not a thing left in the tank at the end of the day.

A pink dinner was held on Saturday night and some great networking fun and frivolity ensued.

Day 3 was the 200m races. We competed in the women's over 55, 200m 20's. Our two youngsters, Che and Natalie cheered us on from the sidelines. We were lucky enough to come away with another bronze medal. We adopted the race start used by Hobart and Mackay. A 5, 5, 5, 5 build up into long and strong. The 200m races were fast and furious.

Next was the BCS 200m 10's. We were on a roll so we chose to stay with the 5,5,5,5 race start and just go for it. Wow, did we go for it! We really showed what we are capable of and we hardly drew breath. All DA Canberra paddlers were individually thrilled with their efforts. The cheering from the sidelines from Frances, Patsy and the rest of Diamond Phoenix spurred us on. We were wonderfully supported by Anita's daughter, Bridget and Nat's daughter, Tilly. Roan Mortimer and Che's mum and dad were thrilled to see Che in action and they captured some great shots of our races. It was a lovely Mother's Day treat for Nat, Anita, Denise and Che to have their children close by. Greg Purcell enjoyed watching our races in the company of the DAM and DAH partners.

It was a fabulous regatta and a great show of pink force. Never underestimate the pink ladies. The medals are going straight to the poolroom!

Denise Brown, Natalie Evans-Sandell, Anita Godley, Gigi Lungu, Lyndall Milward-Bason, Che Mortimer, Janet Olsen and Clare Purcell



Casting for Recovery retreat 19-21 March Image: CfR

Casting for Recovery retreat 19-21 March

Anne Baynes, Kathy Hayes, Fiona Maguire, Sugar Masangcay Angela Spencer, Margaret Stevens, and Joan White enjoyed an amazing, instructive and fun weekend, learning the art of fly fishing.

Casting for Recovery is a program run by the ACT Fly Fishers Club to provide women recovering from breast cancer treatment with an introduction to fly fishing. The actions involved in casting a fly, like paddling, are helpful exercise for those who have experienced breast surgery.



Is that a happy crowd or what? CfR No 6 women and their buddies before they caught fish! Casting for Recovery retreat 19-21 March Image: CfR

The club's extraordinary generosity provides a weekend of comfortable accommodation, meals, transport, equipment, and tuition by experienced and patient fly fishers — all at no cost to participants! This was the sixth retreat (postponed from March 2020).

On Friday, we arrived at the Garden City Hotel, Narrabundah to be met with a warm welcome and a goodie bag including hat, shirt and our own box of fishing flies! After a three-course dinner, we had an introductory talk from a previous participant who had become an enthusiastic fly fisher.

Next morning, we boarded the generously supplied ACT government bus with a friendly driver to Weston Park. There we received introductory casting instructions and met our Fishing Buddies who helped us practice. Then back to the hotel for a relaxing foot and calf pampering session donated by the Arbonne team. Next day off by bus to Rainbow Springs Fly Fishing School at Wamboin where we fished with the help of our patient buddies in the big dam. A great experience in wonderful surroundings. We didn't all catch a fish but Margaret was the champ who caught two!

We were overwhelmed by the generosity of so many people who gave us such a memorable weekend and thank them all. Watch out for the next retreat on www.castingforrecovery.org.au
Joan White

Thank you to our passionate and supportive buddies for a wonderful weekend for breast cancer survivors. The art of fly fishing is important for those who have had axillary lymph node surgery or radiation therapy. The movement involved with fly fishing minimises the impact of lymphedema.

I loved the experience, learning fly fishing, making flies, tying knots as well as the complexity and strategy. Several caught a fish, some more than one. One person caught a turtle. These were returned to the waterway. It was great to meet

other breast cancer survivors, to support each other and to learn something new out in nature. We hope to continue our friendship.

I thoroughly recommend [Casting for Recovery](#). It was a fun opportunity to try something different outside my comfort zone. It enhanced new friendships and it was empowering that others are willing to give so much to support us.

Kathy Hayes
BreastScreen ACT Breast Care Nurse



Karen Adams and Wendy Ceravolo celebrated birthdays, homemade cake courtesy of Susan Pitt, DB ACT Championships, Day 1 20 March 2021 *Image: Kerrie Griffin*

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



Megan Davis, intensive care paramedic 13 March 2021 *Image: ACT Emergency Services Agency*

[ACT Emergency Services Agency](#)

You may recognise [Megan Davis'](#) friendly face, as a member of the pivotal Police Ambulance Clinician Early Response (PACER) program. Megan was a paramedic in NSW from 1996 and commenced with ACT Ambulance Service in 2002 as she studied to become an Intensive Care Paramedic. Megan feels privileged to work in many different areas of ACTAS and would like to publicly thank her three children for their continued support and understanding that, at times, she cannot get home on time. The Canberra community appreciates all that you do, Megan! #WomenInServices #ACTAS

<https://www.facebook.com/actemergencyservicesagency/posts/3866636173419153>



Warm up and training times

Saturday morning:

Extra effort : 7.00 – 8.00am

Saturday morning: 8.00 – 9.30am

Wednesday afternoon: 12.15 – 1.30pm

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

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>

GoAnna I Dragons Abreast Canberra's special pink boat

GoAnna I was officially launched in November 2006. Her creation and final launching was the result of a long campaign instigated by **Anna Wellings Booth**, our late Great Dragon.

The *raison d'être* of Dragons Abreast ACT was to promote awareness of breast cancer in the Canberra community. In Anna's view, it was important to have a name on a boat and be easily recognisable on the water. Dragons Abreast ACT began in 1999 and was well supported by Canberra Dragon Boat Association. Anna hoped for something more.

The members worked tirelessly to raise money to help Anna achieve her dream — a dragon boat of their own. DA were fortunate to receive a donation from **Madeleine Luck**, a great supporter of DA, which was matched by a grant from ACT Sport & Recreation. This enabled the negotiation to begin.

GoAnna I was built by Race 1, a Sydney firm, which built world-class rowing shells. It was a long slow process. **Robyne Kellett** and I recall visiting the factory in Sydney to see the progress in 2005. It took another 12 months of much negotiating to rectify her faults. The head and tail were made here in Canberra from a borrowed mould and painted by Canberra artist [Helen Tiernan](#).

Robyne Kellett told me 'On the day the boat arrived, the paddlers had no idea she was coming and the truck arrived with *GoAnna I* to the beach by the boat ramp in Lotus Bay by the end of the training session or during the training session. I was sweeping and made the team paddle with their eyes closed from the mouth of Lotus Bay to where they could see that truck and *GoAnna I* and then got them to open their eyes to see their new boat. Such a great time.'

GoAnna I has been and is a much loved boat and the flagship of Dragons Abreast in Canberra. Her unique pink has been visible on the lake during training sessions, the annual **DA Canberra Social and Corporate Regatta** and at the **Mother's Day Classic**.

She will be going to a new home in Beechworth where she will be cared for by experienced paddlers and she will continue to carry beginner paddlers. Those of us who have paddled in her over the past 15 years will remember.

Read more about *GoAnna I*'s history in *A Dragons Tale*.

Gillian Styles



Gillian Styles sweeping, Deb Whitfield stroke, DA Canberra, *GoAnna I*, Mother's Day Classic 11 May 2008 Image: Steve Taylor

GoAnna

GoAnna she sits and waits on the shore
She bum she faced to the waves
She feet she would paddle
Where ducks dib and dabble
But she'd rather be out on the waves.

She awkward and clumsy upon the shore
So she sit in the shade of a big leafy tree
She 40 foot long from she tail to she nose
She weight it bear down, hard, on she toes
She glad to sit down by the trunk of the tree.

GoAnna she goes on the water with stealth
She glides smooth and quiet in the brilliant sunlight
She body she moves like an alighting pelican
Dancing on water, then up on wingspan
She be contented on water, and daydreams in sunlight.

GoAnna she hears her name called out loud
She ears hear the call, carried along on the wind
Go Anna the call, she goes faster she seems
Go Anna the call, from the shore if still beams
She glides and she smiles, she goes like the wind.

GoAnna, she pink belly she swells up with pride
She be like a new duckling — all fluffy and nice
But she mighty tough and she mighty strong
Don't think that she weak, she will prove you quite wrong
GoAnna, GoAnna ...

Robyne Kellett 2005

Under the pink umbrella



Breast
Cancer
Network
Australia

www.bcna.org.au

How the 'cancer rollercoaster' changed Amanda

By journalist **Bina Brown** who is a member of the Canberra MDC committee

THE lure of a local community event has spurred Amanda Ferris and her family to sign up for the first Mother's Day Classic run-walk around Lake Ginninderra in Canberra's north.

The 48-year-old, preschool teacher is still finalising her plans for Sunday, May 9, but sees a slow start to the day – a leisurely five-kilometre walk, followed by a celebratory lunch.

Being able to take part in the fundraiser with her partner and children and the many others touched by breast cancer, is an important driver for Amanda, who will this year reach the important five-year mark since being diagnosed with an invasive ductal carcinoma in the right breast.

For Amanda, the 'cancer rollercoaster' was an unexpected mental challenge as well as a physical one.

'Mentally, I had got it into my head that it wouldn't change my life – that was where I was very wrong,' says Amanda.

'I started back at work soon after radiation in 2017 and three months later I hit the wall. I just went into autopilot, not expecting the life changes that were to come,' she says.

'Knowing what I do now, I wish I'd contacted a counsellor from the start'

The mental anguish of a cancer diagnosis is common, with people having to deal with their own mortality as well as the reactions from their children and partners, according to nurse counsellor with BreastScreen ACT and breast cancer survivor **Kathy Hayes**.

'You definitely change as a person physically and psychosocially. The physical side gets looked after well by doctors, oncologists and surgeons but not much attention is given to the psychosocial and financial side of cancer, which can be significant,' she says.

For Amanda, the changes came in the form of memory loss, the ability to find the right words and anger. 'I was verbally angry with everyone. I didn't deal with the diagnosis when I was going through my treatment which included surgery, chemotherapy and radiation,' she recalls.



[CityNews](https://citynews.com.au/2021/how-the-cancer-rollercoaster-changed-amanda/?fbclid=IwAR2fjqYwDlywXb4TDFWE3vVcmPKqbNd9I3J4DUrTyqqZPHpvq-KziB2YISK) front cover April 28, 2021 Amanda Ferris with her children, from left, Laura, James and Sam... 'I had got it into my head that [breast cancer] wouldn't change my life – that was where I was very wrong,' Image: Holly Treadaway <https://citynews.com.au/2021/how-the-cancer-rollercoaster-changed-amanda/?fbclid=IwAR2fjqYwDlywXb4TDFWE3vVcmPKqbNd9I3J4DUrTyqqZPHpvq-KziB2YISK>

There were also three children to consider. James, now 9, and Laura, 14, coped better than Samantha, 18, who was able to access a lot more information online and didn't always believe her mother was going to get through it, recalls Amanda. 'The worst time was when I lost my hair,' she says.

Her tip for anyone going through cancer with teenagers is to make an appointment with the specialist for them to ask their own questions.

Amanda eventually sought professional help and tapped into other support, including Breast Cancer Network Australia, Bosom Buddies, BreastScreen ACT and the Cancer Council. She recommends anyone with a cancer diagnosis do the same, and do it early.

Her other saviour was exercise, particularly dragon boating with Dragons Abreast. It is a sport known to help prevent lymphedema, the painful swelling that can occur after the surgical removal of lymph nodes and one of the most difficult complications of [breast cancer](#).

This year's **Mother's Day Classic** was all about getting active for breast cancer research with two areas for the run/walk: Lake Burley Griffin and Lake Ginninderra. Due to COVID-19 restrictions, participation numbers were capped.

Breast cancer is the most commonly diagnosed cancer – with 55 Australians diagnosed each day. While survival rates are improving all the time, eight Australians die from it every day. mothersdayclassic.com.au

Thank you to **Bina Brown** from all at BCNA.



Cate Wood, [Louise](#) and Ivy Momber, Gillian Styles, Jacqui Reid, Cathy Powell, Mother's Day Classic launch 13 April 2021
Image: Bina Brown

<https://canberraweekly.com.au/mothers-day-classic-ambassador-louise-momber-dreams-of-a-cancer-free-future/>

<https://www.canberratimes.com.au/story/7244529/tears-triumph-joy-mothers-day-classic-a-time-to-come-together/?fbclid=IwAR0Ur961b5T6iJ1Dqwt8yXweZTBelff5d2BZakqD8gFOL7vqsPbkPqxrJ8c>



Sonja & Liza | A Small Fun Bun Makes A Big Difference

Sonja: People don't understand what metastatic breast cancer means.

<https://www.youtube.com/watch?v=gptHCMpV4ts>

It's pink Bun campaign again at Bakers Delight! I am the face of **metastatic breast cancer**. Visit your local Bakers Delight and grab some fun buns until 26 May. 100% of sales going to BCNA.

[BCNA receives Federal Budget funding to extend support](#)

Health Minister Greg Hunt announced funding of \$6.6m over three years to boost BCNA's services on 11 May 2021. Three aspects of BCNA's key work will benefit including the telephone Helpline, Regional and Rural Information Forums and Consumer Representative program.

This year more than 20,000 women and 170 men will be told they have breast cancer. While our hospitals and health professionals focus on providing the very best medical treatment, BCNA is there to provide information, connection, support and to be the voice for those affected.

On 29 April, Breast Cancer Network Australia (BCNA) launched our first virtual conference: [Living the Best Life you Can with Breast Cancer](#). With more than 2,300 registrations.

[You asked, we delivered: My Journey symptom tracker and app](#)



Peta Murphy MP and Chair with Kerryn Ernst and Bethel Holley, McGrath Foundation Breast Cancer nurses; and BCNA members, Parliament House 24 March 2021
Image: Kerrie Griffin

[BCNA goes to Canberra](#)

Breast Cancer Network Australia ([BCNA](#)) was invited to Canberra to speak at the launch of the Parliamentary Friends of Women's Health, co-chaired by **Lucy Wicks MP** and BCNA member **Peta Murphy MP**. The event brought together more than 20 women living with a breast cancer diagnosis and 15 parliamentarians, who heard from BCNA Chair and breast cancer survivor, **Kathryn Fagg AO**, and BCNA Consumer Representative **Jodie Lydeker**, a young woman with a powerful story to tell about the financial and emotional impact of Federal Government policies on her own breast cancer experience.

'If this is not the time for the Prime Minister and the Federal Government to pay attention to the needs of women, then I don't know when that time will be.' Peta Murphy MP said speaking with ABC's Virginia Trioli.



Jodie Lydecker, BCNA Consumer Representative, Parliament House 24 March 2021 *Image: Kerrie Griffin*

Parliamentary women’s health issues inaugural event, Parliament House, Canberra 24 March

Breast cancer used to be thought of as a post-menopausal disease. But today, we know that it can also affect:

- 22 year women with big dreams at the start of big careers
- 35-year-old women juggling 3 kids, a full-time job and aging parents.
- Women in same sex relationships, with a disability or mental health illness.
- Women experiencing family violence, who are refugees, or from remote indigenous communities.
- Women like me, just turned 40, hopeful at the prospects of finally becoming a mother, who instead become infertile as a result of treatment.
- And the small but significant group of men who are diagnosed each year.

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

First Speech: Ms Peta Murphy MP – Parliament of Australia 24 July 2019 *Extract*

Let's be frank: cancer sucks. Don't kick me out for unparliamentary language! It changes the way your body feels and it changes the way you feel about your body. The treatments can make you sick. Sometimes you're scared. Sometimes you're angry. In my experience, you're often both at the same time. You worry about how your family and your friends are coping. You value their support but you resent the fact that you need it. And for too many people, on top of all of this, is the worry about how

to pay the bills if you can't work, about who's going to look after the children while you're getting treatment, how you're going to get to and from your opponents—sorry, appointments; cancer is your opponent—and so it goes on.

As I now know, cancer is not just indiscriminate, it's sneaky. Two weeks ago, a week after being sworn in as the member for Dunkley, I received the unexpected news that my breast cancer had returned. You might say, Murphy's law strikes again. But my mother, Jan, who is a Murphy by marriage, not birth, and therefore able to adopt a less pessimistic personal motto, would say: everything happens for a reason. I am neither unique nor alone in the fight that I am about to take on. Cancer Australia estimates that in 2019 just over 19,000 women will be diagnosed with breast cancer and 145,000 Australians will be diagnosed with some form of cancer. I am neither unique nor alone, but I am someone who has a platform that can be used to benefit others. And as long as the people of Dunkley continue to vote for me to represent them in this place, I intend to use it.

BCNA Podcast: [Episode 27: Vulnerability and strength - Peta Murphy on breast cancer](#)



Kristie Peters, Wiradjuri artist, dedicated the shawls to the memory of her cousin 7 May 2021 *Image: BreastScreen ACT*

Shawls designed to save Indigenous lives

‘To create an art piece for people to see is one thing, but to create and design an art piece for something that can change someone’s life journey is even more special.’

Kristie Peters is a local artist and designer of the beautiful bamboo shawls handed out to Aboriginal and Torres Strait Islander women at the [BreastScreen ACT](#) clinic on 7 May. Participants were invited to receive their free mammogram together with a beautifully designed, culturally appropriate shawl.

Inspired by an award-winning [Cancer Council Victoria](#) project to encourage Indigenous women to check their breasts. [Video](#):

<https://fedsquare.com/events/the-beautiful-shawl-project?fbclid=IwAR007m4CwVwoHWkbthrmV-IP5-sferKutlwySKbE10OybiCR0oin18prnfl>

'Everything that BreastScreen ACT does to ensure that its service is culturally safe, accessible and supportive of Aboriginal and Torres Strait Islander women is extremely important in closing the gap in health outcomes for Aboriginal and Torres Strait Islander women,' said **Minister for Health [Rachel Stephen-Smith](#)**.
[Canberra Health Services](#)



**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

[NBCF tracking progress to zero deaths from breast cancer by 2030](#)

[READ THE FULL REPORT CARD](#)

[Cancer Australia COVID-19 vaccines and people affected by cancer](#)

[Does the COVID-19 vaccine impact screening and diagnostic mammograms?](#)

'There have been some reports internationally about people who have received a COVID-19 vaccine having lymph node swelling which is being mistaken for possible breast cancer. This swelling occurs in the lymph glands in the underarm area and is known as lymphadenopathy.

Lymphadenopathy is an immune system response to an infection or a vaccine. However, as lymphadenopathy is also a symptom of breast cancer, this may lead to a false positive mammogram result; that is, that the mammogram may look abnormal even though there is no cancer actually present.

Clinical experts in Australia are working to develop guidance around whether the timing of a screening mammogram or diagnostic imaging for breast cancer symptoms should be impacted for any people who have had a COVID-19 vaccination recently. This FAQ will be updated when information becomes available.'

<https://www.washingtonpost.com/health/2021/03/19/covid-vaccine-mammogram/>



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BCNA (Breast Cancer Network Australia) lobbied successive Federal Governments to approve these drugs to help people survive.

These proven life-saving drugs all became available because of our **independent clinical trials** research. Millions of women in Australia, New Zealand and around the world are cancer-free today because of the work that we do.

We know there is still a lot more to be done and our researchers are working tirelessly to find and trial new and better treatments for breast cancer. Every day our research is saving the lives of patients. Learn more about clinical trials research here: <https://www.breastcancertrials.org.au/what-is-a-clinical...>

[The Beacon Issue 86, October 2020](#) | [View online](#)

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

<https://bit.ly/3bxliiR>

Cancer Australia's new [Cancer Won't Wait campaign](#) stresses the importance of people seeing their doctor about any symptoms or health issues they have noticed.

BCNA upfront about breast cancer

<https://www.bcna.org.au/understanding-breast-cancer/resources/podcasts>

[Episode 26: Caring for a loved one](#)

[Episode 28: Men get breast cancer too](#)

[Special episode: COVID-19 update for health professionals](#)

[Episode 29: Navigating a breast cancer diagnosis as an Aboriginal or Torres Strait Islander](#)

- [News](#)

BCNA NEWS 14 APR 2021

[Fulvestrant \(Sandoz®\) listed on PBS](#)

It is estimated that this will save Australian families more than \$50,000 in treatment. BCNA's My Journey online tool article about [targeted therapies for hormone receptor \(HR\) positive metastatic breast cancer](#).

Mammographic density

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

Get involved with BCNA

[Community fundraising](#)

[Join our online network](#)

[Advocacy](#)

[Speak out](#)

[Find services & support near you](#)

[Help breast cancer research move forward](#)

Do you want to make a difference to breast cancer research? [Join our Review & Survey Group](#) to participate in the latest research projects and improve breast cancer treatment and care.

[Donate through your medications](#)

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

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

Online network

The BCNA online network connects people affected by breast cancer and brings them together in real time. To join go to

<http://www.bcna.org.au/user/register>

BCNA resources

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

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

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

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

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

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

[Abridge | Stay on Top of Your Health](#)



Gillian Horton, Colleen's Lingerie and Swimwear*

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

info@colleens.com.au

Open: Mon.-Fri. 9.30am to 4.30pm and Sat. 9.30am-1.30pm. Spread the word and that Gillian is also travelling to regional NSW: Cowra, Crookwell, Moruya, Goulburn, Mudgee, Wagga Wagga and Young.

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

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

HeadsUp@Kippax

HeadsUp accepts wigs and headgear for recycling.

HeadsUp is a not-for-profit service established to help women who have lost their hair, either as a result of treatment such as chemotherapy or from permanent alopecia. <http://headsup.net.au>

Kippax Shop 2, 12-16 Hardwick Crescent, Holt

Open: Tuesday to Friday from 10am–4pm

Phone: 02 6201 6579 or 041 6227 595

Sue Owen 0416 227 5959



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/>

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/>

Lymphoedema information night 6.30pm 9 June

Mawson Coffee Group - Tuesday 15 June (Monday's a public holiday) @ the Mawson Club from 9.30am. No need to RSVP as no number limit for this group.

Reconstruction 6.30pm 1 September

Due to COVID restrictions please RSVP via email or phone 0406 376 500.

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

Lymphedonna

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

Positive Motion Physiotherapy

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

Rare Cancer Australia

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

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

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

Kerrie Griffin


Consumer Representative

Seat at the Table (SATT) Program, BCNA



Calendar of events

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

Month	Date(s)	Event	Location	Notes
June	Saturday 5 2pm	<i>Hello.....is there anybody there?</i> Starring our own Joan White Belconnen Community Theatre	Swanson Court, Belconnen	TeamApp RSVP
June	Sunday 13	Chinese Dragon Boat Festival with DB ACT	Nara Park	TeamApp RSVP
August	Sunday 8	DB ACT Annual General Meeting		
	Saturday- Sunday 28-29	Rainbow Region Dragon Boat Club Regatta	Shaws Bay, East Ballina	TeamApp RSVP
September	Saturday 4	DA Canberra – Annual General Meeting	Julie C	TeamApp RSVP
October	14-16	Australian Masters Games, dragon boat events, Champion Lakes Regatta Centre	Henley Drive, Champion Lakes, WA	TeamApp RSVP https://australianmastersgames.com/sport/dragon-boat/
October- November	TBC	DA Canberra Social and Corporate Regatta	TBC	TeamApp RSVP
November	Friday 12 and Saturday 13	PanPacs Masters, dragon boat events Lake Orr Parklands,	337 Christine Ave, Varsity Lakes, Qld	TeamApp RSVP https://www.goldcoastpoint.com.au/events/pan-pacific-masters-games/
2023 April	Monday 10 - Sunday 16	IBCPC 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!

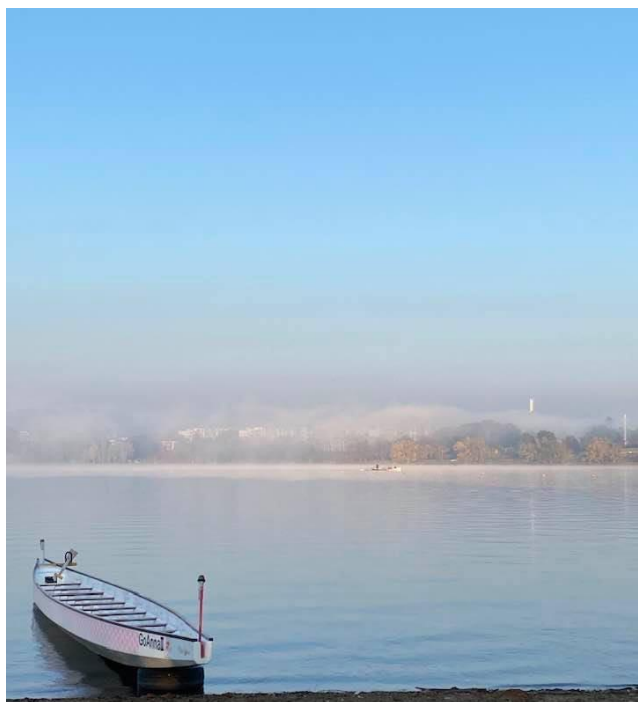
Next issue of the DA Canberra newsletter — September 2021

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

Please submit any news, items and images by **12 September 2021** to the newsletter coordinator

Kerrie.griffin22@gmail.com

[Previous newsletters](#)



GoAnna II, 1 May 2021 *Image:* Lyndall Milward-Bason



Marion Blake sweeping and Jeannie Cotterell, Sullivans Creek ANU 21 April 2021 *Image:* Kerrie Griffin



The Boathouse Restaurant 27 April 2021 *Image:* Susan Pitt



DA Canberra paddling historic GoAnna I (2006) from Lotus Bay to Grevillea Park, the new home of dragon boating in the ACT 24 April 2021 *Image:* Paul Jurak aka [Kayakcameraman](https://www.facebook.com/kayakcameraman)
<https://www.facebook.com/kayakcameraman>



Anna Kovacs, Sound therapy, DA GoAnna's Gathering. 2 May 2021 *Image: Kellie Nissen*



Casting for Recovery retreat 19-21 March *Image: CfR*



Coast to Coast Dragon Boat Festival, Queensland 8 May 2021 *Image: Deb Whitfield*



Jenny Green, Denise Brown and Pene Lee, Go Tropical, Social Committee members, GoAnna's Gathering 2 May 2021 *Image: Kerrie Griffin*



Bea Brickhill joined us on our last paddle from Lotus Bay 21 April 2021 *Image: Kerrie Griffin*



GoAnna I's launch 2005 *Image: Anna Wellings Booth*



GoAnna I, our last paddle from Lotus Bay 24 April 2021 *Image: Kerrie Griffin*