



ABREAST of the NEWS

DRAGONS ABREAST ACT & REGION under the umbrella of Breast Cancer Network Australia

PO Box 7191, Yarralumla ACT 2600 • DRAGONSABREAST.COM.AU • ISSUE 43 • FEBRUARY 2012



Dragons Abreast ACT, Chinese New Year, Darling Harbour, 5 February 2012 2012 Image: John Moyes

Check website for more images:

<https://picasaweb.google.com/106202596061862372523/ChineseNewYear2012?authuser=0&feat=embedwebsite#>

Coordinator's report

Happy New Year Dragons! Welcome to our new members in DA ACT. As usual with DA ACT there is always something happening and the beginning of 2012 is no exception. I apologise for being without email for a month, but it was certainly not by choice. I have really felt 'out of the loop' with the standard method of communication now — email!

I shouldn't start 2012 without thanking **Boerge Alexander** and her family for the lovely Christmas party we had at their home, despite the rain! Thank you so much for your generosity and hospitality. It was great to have **Lyn Mills** from *The Canberra Times* attend for a completely social occasion. We thank Lyn for all her support and friendship over the years for DA ACT. It was also my pleasure to present the Kashgar Cup to **Marion Blake** for all of her hard work and dedication to DA ACT. Our carols paddle was washed out but there is always next time.



Dragons Abreast Australia, *Flowers on the water ceremony*, Chinese New Year, Darling Harbour, 5 February 2012 Image: Cheryl Kelly



Dragons Abreast Australia Regatta, Chinese New Year, Darling Harbour, 5 February 2012 Image: Cheryl Kelly

Australia Day 2012 was a very special day for our own **Anna Wellings-Booth** when she was awarded an OAM. We all knew she deserved it and are so very proud of Anna and thank her for the many hours she has spent ensuring the success of Dragons Abreast. Paddles up to our Anna! We enjoyed the CDBA Australia Day paddle too.



Deb Whitfield, Nan Donaldson, Lyn Mills, Anna Wellings Booth, Theresa Kerby, Susi Gross and Elspeth Humphries, DA ACT Christmas Party, 11 December 2011 Image: Kerrie Griffin



Judy Richmond bestows the annual Kashgar Cup, she brought back from the Silk Road, upon Marion Blake, with Boerge Alexander, Patsy Sheales and Elspeth Humphries, DA ACT Christmas Party, 11 December 2011 Image: Kerrie Griffin



Viki Fox demonstrated lunging to Carol Summerhayes, Di Bradshaw, Val Barger, Julie, Boerge Alexander, Patsy Sheales, Deb Whitfield and Gigi Lungu, DA ACT Christmas Party, 11 December 2011 *Image:* Kerrie Griffin

February rolled around and we had two Chinese New Year celebrations in this year of the water dragon! DA ACT participated in the celebrations in Sydney and had fantastic results. See their stories as I was unable to attend this year and I am sure they will do a much better job. Congratulations to our 'virgin' paddlers at CNY Sydney. That is always a very special event, especially the first time. I do understand there was some serious shopping too!

DA ACT was involved with the very successful Chinese New Year in Canberra. Hats off to our own **Deb Whitfield** (new CDBA Event Coordinator), **Boerge Alexander** and **Gillian Styles** who played major roles. There were pink ladies assisting with every aspect and it was great to see our presence. The *Dam Busters* (DA Melbourne team) participated in the regatta (with a few ring ins **Colleen White**, **Narelle Powers** and me) and socialised with us on Saturday night. On Sunday they had the tourist paddle around our beautiful lake. I think everyone involved would agree it was a friendship building and sharing weekend. I know I am looking forward to **DA Wagga** coming on 10 March for a shared paddle and morning tea. I hope many of us will participate in the morning activities.



Dragons Abreast Wagga members, Chinese New Year, Darling Harbour, 5 February 2012 *Image:* Kerrie Griffin

We had a successful Come and Try on Sunday 19 February with six 'newbies' and supporters. Coach **Narelle Powers** is preparing our training schedule for Pan Pacs 3-11 November. It seems a long way away but we have to train to reach our peak at the right time! We still have a local regatta and the ACT finals. So, we have not been slack and I can't see any let up in the near future!

Coming up is our **Dragon Muster** at 6.30–9.30pm on **Wednesday 21 March** at the Griffith Community Centre. Please RSVP to **Megan Dennis**. There will be information of interest to all and perhaps even some fun! The **Mother's Day Classic** paddle is 13 May.

Please read the weekly updates and if you are not accustomed to reading DAA's national newsletter *In the Loop* check it out [here](#). This month there is an article about Anna and news on the national DAA Convention at Alice Springs 3–6 May 2012.



Lee Milliard, Dragons Abreast Australia Chair with DA ACT, Chinese New Year, Darling Harbour, 5 February 2012 *Image:* Kerrie Griffin

I am trying to get back in the swing of things and apologise for any information left out! Thanks to everyone who helped me out even more than usual during this difficult time without email and a special thanks to **Marion Blake** for her continued patience and support of me in this position. Thanks to **Di Bradshaw** for all her efforts to get teams together this season — not an easy job!

The committee meeting is on the 4th Monday of the month. This enables us to discuss and follow up after the CBDA meetings held on the 3rd Monday of the month. If you have any points you would like discussed, please email me and we can take it to committee.

Our thoughts are with **Sue Drew**, **Penny Birtles** and **Val Barger** and family. I hope to see everyone soon paddling, at coffee or at the Dragon Muster. Paddles up!

Patsy Sheales, Coordinator DA ACT
(new email) shealespatsyterry@hotmail.com



Elly McGinness, Boerge Alexander, Katherine Kralikas and Colleen White, Marigold, 4 February 2012 Image: Kerrie Griffin

Yes we did do well, didn't we? I'd just like to thank everyone for making me feel so welcome on a wonderful weekend. I'll never forget it.

Elly McGinness

Chinese New Year, Darling Harbour

I, being a CNY virgin, thoroughly enjoyed myself on 5 February. It was a magnificent day and we did so well. Thank you to all the people who encouraged me on the day. I found the *Flowers on the water* ceremony very moving and a bit overwhelming but I am so glad I was there. Also thank you Di for the lift to Darling Harbour, Jan for the loan of a paddle and Katherine for being my partner in the boat.

Di Bradshaw and I arrived at Darling Harbour at around 6.30am to beautiful blue skies. I was amazed to see that ladies were already there staking their claim to a space on the steps for their teams. We luckily found a small space next to the Gold Coast team.

Just before 9am we discovered that we would be racing in the very first heat. I was excited and at the same time nervous, but, with so many wonderful team mates encouraging me I began to feel a lot calmer and ready to enjoy myself.

The race was over in a flash and although we had practiced 'lifting' during the race I just paddled flat out for the whole race and I am pretty sure that everyone in the boat had done the same thing. I was very pleased to discover that we were to race in another heat but nearly missed it as the regatta was running about an hour ahead of time. I had to run to catch up with my team in the marshalling area! We all felt we did a little better in this race.

We were sure that we would be in the minor final so you can imagine our absolute surprise and excitement when we heard that we were to race in the major final. What an amazing achievement for our 18 paddlers. This race was even more nerve wracking for me especially as this time it seemed to take a long time to get the boats lined up. Our efforts were rewarded as we tied a respectable 4th. I found the camaraderie and friendship of all the ladies in pink absolutely wonderful. I was also very impressed that every single volunteer we encountered was not only friendly but also extremely encouraging and kind. The best part of the day for me was when I found out that my two 'twenty something' daughters had managed to arrive at Darling Harbour in plenty of time to watch



Gigi Lungu, Boerge Alexander, Viki Fox, Judy Cluse, Carol Summerhayes, Di Bradshaw, Bea Brickhill and Theresa Kerby, DA ACT Christmas Party, 11 December 2011 Image: Kerrie Griffin

my first race, especially as it was my youngest daughter's birthday and neither are early risers!

After the final we stayed in our boats for the *Flowers on the Water* Ceremony. The ceremony, for me, was extremely moving and overwhelming. The singing was so beautiful I cried. I don't know why I cried but I remember thinking that this group of ladies was just a small handful of people affected by breast cancer. Later, my eldest daughter told me that I should be happy that we are all survivors having so much fun, enjoying life and participating in a fantastic sport. She was right, of course! The last touching part of the day was the guard of honour created by all the DA paddlers as they arrived on the wharf. The line of people seemed to go on forever until it was our turn to join them. I have never had so many pats on the back and high 5's. It was a wonderful end to a truly fantastic day that I will always remember.

Theresa Kerby



Judy Cluse and Elly McGinness enjoy a massage, Dragons Abreast Australia Regatta, Chinese New Year, Darling Harbour, 5 February 2012 Image: Kerrie Griffin

A perfect Chinese New Year

Chinese New Year Dragon Boat Festival in Darling Harbour, Sydney was my first experience of going to a regatta with a group of wonderful, enthusiastic members of DA ACT. And it was perfect! What was perfect? The weather was perfect with blue skies and a warm sun which showed up especially for our weekend and regatta. It wouldn't be the same on a rainy day...



Colleen White, Kerrie Griffin, Judy Cluse Deb Whitfield, Joy Tonkin, Annette Dean, Gigi Lungu, Marion Blake and Boerge Alexander, Year of the Dragon, Chinese New Year, Darling Harbour, 4 February 2012 Image: Kerrie Griffin

It was a perfect Saturday afternoon, wandering in the city and shops where we had a lot fun. The evening dinner was good and I had the chance to get to know my team members a little better. The competition day was a perfect Sunday! Darling Harbour was full of enthusiastic teams, Dragons Abreast and corporate teams from all over the country. Everything was very colourful — the teams shirts, the boats, the Chinese New Year dragon festivities and Darling Harbour decorations. The volunteers did a great job and everything went according to plan.

At the end, the *Flowers on the water* ceremony was very emotional. It was important to remember those who have passed away. It was an amazing experience to compete and to win 4th place in the major final, with every Dragon Abreast member receiving a medal — we are all winners. Thank you to everyone — you all are a wonderful group! For me, all of these experiences are great memories.

Gigi Lungu

Well done everyone! Thanks Di for all your hard work (and personally, thanks for being my boat partner). It was great to have CNY virgins on board, I hope you all enjoyed it as much as I did.

Jan Skorich

Well done everyone. Now you know your strength in team work leads too success. Great news.

Gillian Styles

Boy did we do well in Sydney on 5 February. Made the major final with only 18 paddlers and tied fourth, only a whisker. So let's build on that effort!

Carol Summerhayes



Lee Milliard with paddlers, Dragons Abreast Australia Regatta, Chinese New Year, Darling Harbour, 5 February 2012



Marion Leiba, Gigi Lungu, Deb Whitfield, Carol Summerhayes, Di Bradshaw, Susan Pitt, Judy Cluse, Joy Tonkin, Annette Dean and Marion Blake, Marigold, 4 February 2012 Image: Kerrie Griffin

Memories

Darling Harbour was jumping over the entire weekend. Watching the racing, dinner at the Marigold Restaurant then fireworks on the Saturday were fun... Boerge tried some zumba moves on us during our warm ups. We made a final even though a bench short of paddlers.



Susan Pitt and Patsy Sheales with DA Melbourne, Spicy Ginger, 11 February 2012 Image: Kerrie Griffin

Marion was sweep for the first heat, then took up the paddle for the next heat to give us more power and we made use of the Sydney sweep pool. Our Sydney pool drummer Rachel was fantastic.

In the final, the paddlers in front of me paddled so hard I could hardly see through the salt water splashed in my face. I glanced over to see my bench partner Elly had her paddle arm in up to her elbow. So I dug deeper. Paddlers new to this regatta including Gigi, Theresa, Elly and I really enjoyed the *Flowers on the water* ceremony. The DA Brisbane *Missabittatti* crew found the ceremony particularly poignant having lost a team mate days earlier. Thanks to Captain Di for organising the team. Mark your diary for next year's event.

Susan Pitt



Flowers on the water ceremony, Dragons Abreast Australia Regatta, Chinese New Year, Darling Harbour, 5 February 2012 Image: Cheryl Kelly



Pink Connections composite supporter boat winners with captain Joy Tonkin (bench 6), Chinese New Year, Darling Harbour, 5 February 2012 *Image: Kerrie Griffin*

The joys and perils of a CNY supporter

For the past two years I have had the privilege and challenge of being captain of one of the supporter teams that paddle in the Sydney CNY. It is an interesting experience to say the least.

Firstly the challenges or perils: Paddlers come from many different places including Cairns, Sydney, Orange, Adelaide etc. Each has an opinion (and not afraid of voicing it) of how the race should start: paddles in the water, paddles above, 5 long and strong, 10 long and strong, 10 fast, or even faster, and so the list goes on. Placing paddlers in the boat is the next peril, everyone seems to have their favourite seat, side etc and as very few have ever paddled together it make for interesting decisions by the captain. After the first race we gather and discuss what can be done better in the next race! Again lots of opinions and emotions and the need for a calm response is essential!

But the joys are many: the excitement of reaching the finishing line still in the boat and not the water and then not hitting the wall; the enthusiasm of participating in Darling Harbour; and seeing all that pink and knowing that we supporters are part of a great organisation.

Joy Tonkin

Canberra Dragon Boat Association Chinese New Year Regatta and more

DA ACT helped CDBA with their annual corporate regatta on 11 February 2012. This was our opportunity to help the organisation which provides us with so much support, particularly during our own corporate regatta in October. And help out we did. DA ACT provided organisational support, as well as volunteers. We were out on the water, in marshalling, wrangling as well as on the boats.

Sports teams competed in a 2km race before the corporate event. Each of the 17 teams had two races and a final. From my position, down at the water's edge, all I saw during the morning were smiles. There was lots of laughter and excitement as the teams set out and laughter and tall stories



Marion Blake and Colleen White with DA Melbourne, Spicy Ginger, 11 February 2012 *Image: Kerrie Griffin*

as they returned. It certainly appeared that everyone, paddlers, officials and volunteers had a great time.

However, it was a really memorable event for DA ACT *Tickled pink* because DA Melbourne *DAM Busters* joined us. It gave us the opportunity to provide an interstate DA team with local hospitality and in their words they were *Tickled pink*. A tent, chairs and one of Anna's cakes for morning tea were provided by our team in the same spirit as other teams have hosted us. Some of our members even paddled with *DAM Busters* and shared the glory of their division win. Well done.

In the evening, ladies (plus one husband and daughter) joined us for dinner at the Spicy Ginger Cafe. What a hoot. These girls really know how to have a good time and would you believe it Kerrie was even outdone in the photograph stakes. On Sunday morning we showed off our capital with a tourist paddle around Central Basin. The weather was fabulous, the water calm and **Marion Leiba's** recitation set the scene. It was a great way to finish a fun weekend.

Boerge Alexander



Louise Muir with DA Melbourne, Spicy Ginger, 11 February 2012 *Image: Kerrie Griffin*

Tickled pink

Hi Boerge and *Ticked pink*. We were tickled pink to spend time with you and want to thank you for the wonderful time. From the welcoming marquee and chairs awaiting us on Saturday, the delicious morning tea and a scrumptious banquet on Saturday evening to the sensational tourist paddle on Sunday morning — your warm hospitality certainly made us all feel very welcome. We had a fantastic weekend. Thanks from the *DAM Busters!*
Toni Borrett, DA Melbourne DAM Busters



Anna Wellings Booth and Kerrie Griffin with DA Melbourne, Andrea, Spicy Ginger, 11 February 2012 *Image:* Kerrie Griffin

CDBA Chinese New Year Water RETs

Thanks to DA for your support of my corporate team in the lead up and on the day of the Chinese New Year Regatta on 11 February.

The Water RETs (Resources, Energy and Tourism) had a great time training for the event. We were lucky to have **Narelle Powers** as sweep and **Colleen White** as our drummer/stroke trainer. The late comers came out with DA to make up their two practice sessions before the regatta. The Water RETs were very excited on race day and our first race was interesting to say the least. Timing!



Water RETs with sweep Narelle Power and drummer Colleen White, CDBA Chinese New Year, Lotus Bay, 11 February 2012 *Image:* Benjamin Pitt

Narelle's plan to keep us in time worked in our second race. The whole boat counted every stroke aloud and we flew in 57 seconds (about 10 quicker). We were thrilled to be in the B final and enjoyed another race paddling in time. We were robbed of a place I am sure — the race was so close for all boats.

Susan Pitt

The following message is representative of the team's views:
Thanks very much for organising all of this. Even if I never dragon boat again, it has been a great experience to meet and paddle with the Dragon's Abreast team. They have all been so generous with their time and patient with my failed attempts to get the right stroke! An inspiring bunch of women!
Looking forward to race day!

Emily

Thanks **Narelle, Colleen, Boerge, Marion, Carol** in particular who helped with the Water RETs training.

Susan Pitt

Anna Wellings Booth OAM

Citation:

For service to women's health through a range of breast cancer support organisations, particularly Dragons Abreast ACT and Region and Breast Cancer Network Australia.



Carol Summerhayes, Anna Wellings Booth with OAM cake and Patsy Sheales, 28 January 2012

Volunteer helped keep cancer groups afloat



She's not as active in breast cancer organisations as she once was, but Anna Wellings Booth can still regularly be seen out on Lake Burley Griffin, dragon boating with her Dragons Abreast team mates.

ACT News | Wed Jan 25 17:00:00 EST 2012

[Anna Wellings-Booth](#)

www.cdba.com.au/about/lifembrs/17-anna-wellings-booth.html [Cached](#)

Anna Wellings-Booth is the founder, guiding light and advocate of Dragons Abreast ACT and has been inspirational to many and done so much for others in the community. Anna founded Dragons Abreast ACT in 1999 and has since worked tirelessly to support those traveling the breast cancer journey as well as the dragon boating community.

Anna's gong

Kerrie asked me to write some thoughts on my Australia Day Award for the newsletter. What can I say but a simple, heartfelt thank you to those who nominated me, those who supported the nomination and to all of you for your wonderful messages of congratulations I have since learned that there were many people both within the dragon boat community and others who colluded on the nomination and it was honour enough to be nominated by my contemporaries. What surprised and delighted me are cards received from primary school friends in Mt Gambier where I grew up to boarding school friends in Adelaide, colleagues from my years at Foreign Affairs, travelling companions from overseas travels and others I had lost touch with from around the country. That grapevine really works among networks — one friend sparks a chain reaction! It seems trite to say I am truly humbled by this honour, but I am. There are so many, many ordinary women who do extraordinary things who all deserve such an honour so I graciously accept it on behalf of you all. Our greatest gift to the world is our unique combination of talents.

I grew up in a community-minded family and being the eldest of eight, volunteering was just part of life — you saw a need and got on with it. My father said after I suffered third degree burns when I was 13 and spent six months in hospital: 'an experience isn't worth having unless you do something with it'. I didn't know what he meant at that time but never forgot those words. None of us knows what direction life will take but if it makes your heart sing and your soul dance then follow that path. It just happened that I was around at the beginning of organisations such as Bosom Buddies, Dragons Abreast, Breast Cancer Network Australia, Calvary Lymphoedema Clinic and am proud to see the progress and success of them all. The interviews I zoomed in on dragon boating which is great for Dragons Abreast but over the past 20 years I was involved in many other organisations and represented consumers at either a Board or committee level.

All dragons, past and present, have also left their mark on who we are today. It's all very well to initiate something but it can't be successful unless there is the support and belief of a team of amazing women to drive it. Your combined, and individual, talents, commitment and enthusiasm is inspirational and the Old Dragon (do read Wise before Old!) salutes and thanks you all. Long may we carry on the Dragon Spirit and remember it is wonderful to be passionate, but it is even more wonderful to be compassionate. Love and peace. I have a bookmark for you all so you'll have to come to the next muster to get it. I made a deliberate decision not to mention names as it so easy to have a memory lapse but you know who is responsible for getting me on Facebook but don't hold your breath for me to communicate on walls!

Anna Wellings Booth



Warm up and training times

6.15 for	6.30am	Tuesdays
8.00 for	8.30–9.30am	Saturdays
5.30 for	5.45pm	Wednesday
Contact:	Carol Summerhayes	
carol.summerhayes@bigpond.com		

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

Remember water, hat, sunscreen and sunglasses!

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



Corporate team in pink tutus, DAA Regatta, Chinese New Year, Darling Harbour, 5 February 2012 Image: Kerrie Griffin

Sylvia's Fruit Cake

DA Melbourne *Dam Busters* requested this recipe after Anna made it for morning tea for the 11 February regatta.

This is Sylvia's message – it is only ever to be passed on in this original form and be known as Sylvia's Fruit Cake:

Dear paddlers all

Anna referred to a recent committee decision that we, in order to uphold our reputation for being gracious and generous hosts, might provide morning/afternoon tea in the form of fruit cake/fruit/mixed fruits/nuts etc. at the Nationals. I have set out below the crusty old 1970's *Women Weekly* Pineapple Fruit Cake recipe which is totally fail safe and the mother of all moist fruit cakes. Many of us cooked well ahead of time previously and found that it freezes extremely well, has inexpensive ingredients and is as easy as pie to make. Here it is and I'll leave the challenge of conversion to you.

Sylvia's Fruit Cake

1 cup sugar, 15 oz canned pineapple, 1 lb mixed fruit, 1 tspn bicarb soda, 1 tspn mixed spice, 4 oz butter, 1 cup plain flour, 1 cup SR flour, 2 eggs

Place sugar, contents of can of pineapple, mixed fruit, bicarb soda spice and butter into saucepan. Bring to boil, boil for 3 minutes, remove from heat and cool completely.

Sift flours together, mix into cooled fruit mixture with well beaten eggs; place into greased and lined 8 inch cake tin and cover with nuts.

Bake in moderate oven approximately one hour until skewer inserted (ouch!) comes out clean.

*Happy baking!
 Love Sylvia Flaxman*

Anna Wellings Booth

Merchandise

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

Friendship via dragonboats across the world

I heard about *Plurabelle* paddlers from the IBCPC, and having lived in Dublin in the 1990s, wondered where they paddled – on the Liffey perhaps? Well not quite, but they paddle on the Grand Canal Dock, right near the River Liffey, and where both the canal and the Liffey meet the sea.

Immediately after emailing their coordinator, I received a response from Marian O'Dea inviting me to visit them in early January, and paddle with them if they continued through the winter. As 2011 was their first season, they weren't too sure about paddling through Dublin's cool and dampish winter, so opted for on-land training instead. So I didn't get to paddle on the Grand Canal, but I did get to hand over a few little gifts from Australia. Marian was surprised to learn that Canberra is so much colder than Dublin in the winter, but that DA ACT continues paddling throughout that icy weather.



Marian O'Dea, Dublin *Plurabelles*, sports a DAA cap, 2011

I presented the *Plurabelles* with a copy of *A Dragon's Tale*, and DA ACT added a pink cap, some bookmarks, and other Dragons Abreast knickknacks. AusDBF threw in a full set of Australian caps for the whole team, together with stubby holders and other gadgets. Of course, we've invited them to visit any of the DAA teams if any of them are in Australia.

Plurabelle Paddlers are the first dragon boat team in Ireland. From a membership of two and no boat in 2010, they now have 60+ active members, and two dragon boats. They train on the water twice a week from March to November and have members aged from early 30s to 70+. They were all new to the sport and were inspired by the 150 or so breast cancer dragon boat teams worldwide. They paddled in Malaysia in October 2011, winning silver and bronze at the IDBF Cancer Survivors World Cup. So if you are ever in Dublin, look them up, they'll welcome you with open arms. Sometimes having breast cancer can be a blessing in disguise!

<http://www.plurabellepaddlers.com/>

Jan Skorich



Jan Skorich DA ACT *Tickled pink* presents a copy of *A Dragon's tale* to Marian O'Dea, Dublin *Plurabelles*, 2011

Under the pink umbrella



www.bcna.org.au



[Strengthen your Recovery: A Pilates DVD | Breast Cancer Network ...](http://www.bcna.org.au/news/2011.../strengthen-your-recovery-pilates-dvd)

www.bcna.org.au/news/2011.../strengthen-your-recovery-pilates-dvd

Strengthen your recovery: A Pilates program following breast cancer surgery

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

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

No need for alarm over PIP breast implants

Category: News - 10 January 2012

BCNA believes there is no need for women who have had a breast reconstruction with implants to be alarmed about this matter.

Pink Footy & Netball Day

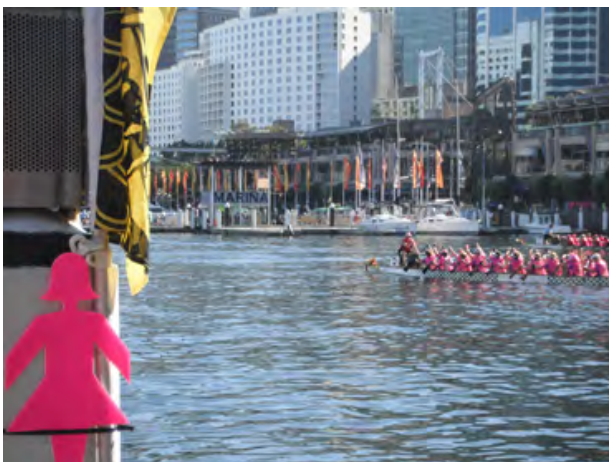
The annual Pink Footy & Netball Day is on again in 2012, so now's the time to add the event to your sporting calendar: Mother's Day weekend, 12-13 May 2012.

Mothers Day Classic BCNA stall 13 May 2012

Volunteers needed! Please contact **Kerrie Griffin 0432 980 061**



Gecko mascot and BCNA pink lady silhouette with DA ACT, Chinese New Year, Darling Harbour, 5 February 2012 *Image:* Kerrie Griffin



BCNA pink lady silhouette, Chinese New Year, Darling Harbour, 5 February 2012 *Image:* Kerrie Griffin

[About the Breast Cancer Treatment Group](#)

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 of the project is to collect and examine data on treatment and outcomes for women with breast cancer.

- [Breast Cancer Treatment Project](#)
- [BCTG patient information](#)

Newsletter 11 - December 2011

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Newsletter 10 - December 2010

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About Breast Cancer Network Australia

BCNA is the peak national organisation for Australians affected by breast cancer, and consists of a network of more than 60,000 individual members and over 300 Member Groups. We are represented by the Pink Lady silhouette, symbolic of our focus on the women diagnosed with breast cancer and all those around her. We inform, empower, represent and link together Australians personally affected by breast cancer.

[Help with research](#)

Join our Review & Survey Group

DRAGONS ABREAST – keeping the spirit alive!



Canberra United Captain Ellie Brush, Professional Golfers Jody Fleming and Nikki Campbell and ActewAGL Director Marketing and Corporate Affairs Paul Walshe present a cheque to Eleanor Bates, Bosom Buddies (4th from left), 16 January 2012

Bosom Buddies

Congratulations to **Eleanor Bates**, new President, [Bosom Buddies](#). [Email the Bosom Buddies office](#) about your interest. Or just come to a social event and let us know you would like to take part. bosombuddies@shout.org.au



Maxine Morand CEO BCNA

<http://www.bcna.org.au/about-bcna/our-people/ceo-maxine-morand>

Maxine brings some great experience and personal qualities to the role. She is a well-respected advocate for women, with extensive experience in the community and health sectors and in government, and is renowned for her collaborative approach and focus on building strong relationships. Maxine has worked as a cancer researcher, coordinated an organ transplant unit for a number of years and was a former state Parliamentary Secretary for Health and Minister for Women's Affairs.

Born in Sydney, Maxine lives in Melbourne for many years and has two children. She was diagnosed with breast cancer in 2011, so she understands what many women have experienced.

She joins us determined to build on BCNA's achievements and to continue our focus on providing quality information and support for those personally affected by breast cancer. Maxine is keen to use her strong advocacy skills to work now on behalf of women diagnosed with breast cancer and ensure their voices continue to be heard whenever decisions are made that affect their treatment and care.

[Helping a friend or colleague with breast cancer brochure](#)

Suggestions from women who have had breast cancer -- the things they found helpful and unhelpful.

Latest BCNA news

[Breast reconstruction position statement](#)

17 Feb 2012

BCNA's new position statement on breast reconstruction has been developed in follow up to the breast reconstruction project in which many of you participated.

[Australia Day Honours for BCNA women](#)

31 Jan 2012

A number of BCNA members have been recognised in Australia Day awards for their contributions to BCNA and women with breast cancer.

[Doxil \(Caelyx\) shortage](#)

12 Jan 2012

BCNA comments on the shortage of the cancer drug Doxil, known in Australia as Caelyx.

[Love and Inspiration](#)

Sussan and BCNA members developed beautiful Love and Inspiration cards on sale now in Sussan stores.

[PBS campaign](#)

The Australian Government announced it will accept PBAC recommendations to list new drugs on the PBS and will review its listing processes over the next 12 months. A number of other drugs that have been recommended by the PBAC since February will also be listed from 1 December. These include the breast cancer drug **Xgeva (denosumab)**, which is used to treat bone metastases in women with secondary breast cancer.

[Sexual Wellbeing after breast cancer](#)

Category: [Media release](#) - 30 September 2011

A new study commissioned by Breast Cancer Network Australia (BCNA) has revealed the true impact of a breast cancer diagnosis on women's sexual wellbeing.

[Lymphoedema information updated!](#) with new information on managing lymphoedema. You can also download our fact sheet on compression garment subsidies and find a link to the National Lymphoedema Practitioners Register (NLPR).

[Suggest or find services in your area](#)

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

The Local Services Directory is designed to help you find breast cancer-related support and services by:

- **Location** -- distance from your postcode
- **Type** -- using categories or key-words
- That are **only online**, and do not have a physical address (eg. amazon.com).

To find a local service, start at [the Directory search page](#).

[Get involved with BCNA](#)

- [Community fundraising](#)
- [Join our online network](#)
- [Advocacy](#)
- [Speak out](#)

[NBOCC merges with Cancer Australia](#)

<http://canceraustralia.nbocc.org.au/breast-cancer/home/home>

[The Beacon Magazine](#)

This issue focuses on 'The joy of giving back' – issue 57, Summer 2011. [Download The Beacon](#)

- [Download The Beacon](#)
- [Download the resource sheet - Government programs](#)
- [Download the resource sheet - Financial and practical support](#)

Past issues of *The Beacon* can be found in [The Beacon archive](#).

[NBCF Launch Register4](#)

The concept is very similar to BCNA's Review & Survey Group, which has been running for 3 years and now has more than 800 members. For more information about the Review & Survey Group, or to join, visit the [BCNA website](#).

[Register4 website](#).
<http://www.bcna.org.au/news/2010-10/nbcf-launch-register4>

[After the treatment website](#)

www.cancercounselling.org.uk/northsouth/extra4.nsf/WebResHarev?OpenView&ExpandAll&Count=500

Courtesy of Marilyn Brookes and Sarah Holmes

[HeadsUp@Bruce](#)

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

Open: **10am to 3pm Wednesdays and Thursdays**

<http://web.me.com/sueowen1/HeadsUp/Welcome.html>

Sue Owen 0416 227 5959

[Otis Foundation retreats](#)

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

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

[Prosthesis recycling](#) Contact Jan Murphy 0402 188

361 janaliveandwell@hotmail.com.au

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

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

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

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

[Real race in cancer is finding its cause](#)

http://www.nytimes.com/2012/02/07/health/breast-cancer-screening-matters-but-prevention-is-the-real-goal.html?_r=2&scp=1&sq=susan%20love&st=cse

For anyone who cares about breast cancer, the very public battle over Susan G. Komen For the Cure and its funding of Planned Parenthood's breast care programs has triggered emotions ranging from anger to dismay to sadness. It's also raised important questions about how breast cancer organizations use the sweat-earned money breast cancer survivors and their family members and friends raise.

That's why I think it's important for us to take this opportunity to use the public awareness about breast cancer funding to refocus attention on the need for research that will take us beyond a cure and figure out what causes this disease, so that we can end it. As I said in [my essay in the New York Times](#), because we do not know what causes breast cancer, we focus on looking for cancers that are already there. We've been doing this since the 1950s, when the first screening study demonstrated a **30 per cent decrease in deaths from breast cancer**. But decades later, the success rate of screening remains nearly the same, even with much better imaging: routine mammography screening results in a 15- to 20-percent decrease in mortality in women over age 50.

Dr Susan Love is president of the [Dr. Susan Love Research Foundation](#) in Santa Monica, Calif. USA

[Army of Women Member Reports Back from San Antonio Symposium](#)

Debbi Knauft, the California Troop Leader for the Army of Women, received a scholarship from the Breast Cancer Care and Research Fund to attend the San Antonio Breast Cancer Symposium. Read her report on her first formal exposure to the world of breast cancer advocacy [here](#).

[Kerrie Griffin](#)

Consumer Representative




Seat at the Table (SATT) Program, BCNA



BCNA Mini Field of Women at the 9th Dragons Abreast ACT Dragon Boat Challenge, 23 October 2010 *Image: Chris Holly*

Calendar of events

Dates and events may change – please check www.cdba.com.au/

Month	Date(s)	Event	Location	Notes
February	Saturday 25	CBDA Regatta 7 200m /2000m	Lotus Bay, Yarralumla	Canberra@dragonsabreast.com.au
March 	Wednesday 7 12.30–3.00pm or 6.30–9.00pm	Sex, health and your life: What women 40+ should know	Reception Room, ACT Legislative Assembly, Civic Sq	Free. Bookings essential 02 6290 2166 or admin@wchm.org.au www.jeanhailes.org.au/events
	Saturday 10	DA Wagga paddle and morning tea	Lotus Bay, Yarralumla	Canberra@dragonsabreast.com.au
	Saturday 17	ACT Championships 500m	Lotus Bay, Yarralumla	Canberra@dragonsabreast.com.au
	Saturday 17 12pm	Relay for Life-Survivors' & Carers' opening lap of Honour	AIS Arena	
	Sunday 18	ACT Championships 200m	Lotus Bay, Yarralumla	Canberra@dragonsabreast.com.au
	Wednesday 21 6.30–9.30pm	Dragon Muster	Griffith Community Centre, Stuart St, Griffith	RSVP to megan@gmail.com
	Sunday 25	Come and try session	Lotus Bay, Yarralumla	Canberra@dragonsabreast.com.au
April	Sunday– Thursday 1–5	Australian Championships	Docklands, Melbourne	Canberra@dragonsabreast.com.au
May	Saturday 12	CDBA Presentation night	tbc	Canberra@dragonsabreast.com.au
	Sunday 13	Mother's Day Classic	Lotus Bay, Yarralumla	Volunteers needed for the BCNA stall!
July	Wed.–Sunday 4–8	World Club Crew Championships	Hong Kong	Canberra@dragonsabreast.com.au
	Monday 30	CDBA Annual General Meeting	Lotus Bay, Yarralumla	Canberra@dragonsabreast.com.au
October  	Saturday 20	Dragons Abreast ACT Corporate Challenge Regatta	Weston Park, Lake Burley Griffin	canberra@dragonsabreast.com.au
	Saturday 20 8am–2pm	BCNA Mini Field of Women at the Regatta	Weston Park, Lake Burley Griffin	Volunteers needed for the BCNA stall!
	Monday 22 Time tbc	BCNA Mini Field of Women at Calvary	Calvary Hospital, Bruce Speakers tbc	Volunteers needed for the BCNA mini field and stall!
	Monday 22	Bosom Buddies Australian Breast Cancer Day dinner	Southern Cross Club, Woden	RSVP bosombuddies@shout.org.au
	Sunday 28	Dragons Abreast Festival	Darling Harbour, Sydney	www.dragonsabreastfestival.com.au 1300 889 566
November	Saturday– Tuesday 3-6	Pan Pacs Regatta	Gold Coast, Qld	2012 Pan Pacific Masters Games Gold Coast, Australia

Dragons Abreast Australia — Mission statement

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

To offer hope and inspiration to those faced with a diagnosis of breast cancer and promote the fact that there is quality of life after breast cancer.

Keeping the spirit alive!

Next issue of the DA ACT newsletter — May 2012

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

Please submit any news, items and images by 16 May 2012 to the newsletter coordinator

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