



ABREAST of the NEWS

DRAGONS ABREAST CANBERRA

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DRAGONSABREAST.COM.AU

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DA Canberra Social and Corporate Regatta 22 October 2022
Image: [Chris Holly](#) Holimage



Flowers on the water ceremony, DA Canberra Social and Corporate Regatta 22 October 2022
Image: [Chris Holly](#) Holimage [Flowers on the Water @ DAC Social & Corporate Regatta](#)



Noise makers (best war cry) Cirque de'Nous, DA Canberra Social and Corporate Regatta 22 October 2022
Image: [Chris Holly](#) Holimage



DOMA won third place, plus Let's Get Physical (Best team warm-up), Go Team (most organised) DOMA Hotel, DA Canberra Social and Corporate Regatta 22 October 2022
Image: [Chris Holly](#) Holimage [Other Presentations @ DAC Social & Corporate Regatta](#)

Coordinator's report

Coordinator's report

Since our AGM on 20 August, my learning curve has been enormous. I have huge shoes to fill and must thank **Julie Chynoweth** for all her work as Coordinator, for leaving everything in good form for me and for her ongoing support (and reminders) as I feel my way into this new role.

I also have to thank current and past committee members for their support, particularly **Joan White** in her role as Secretary, as she has also given me many a reminder. Thank you also to all members for trusting me and being patient with me as I bumble through — I will make mistakes, guaranteed!

It has certainly been a busy few months and quite a few of us are probably sleeping more soundly now after the success of our recent **DA Canberra Social and Corporate Regatta** and **BCNA Mini Field of Women** on 22 October. Damp underfoot and overhead it may have been but nothing dampened the *Circus* atmosphere and the smiles all round. It certainly was a credit to our fearless social/corporate paddlers and to the dragon boating community, which I count myself very lucky to be a part of.

Congratulations are certainly in store for **Jeannie Cotterell** who led us all as chief ringmaster and the Regatta Organising Committee members **Karen Adams-Barker, Julie Chynoweth, Kerrie Gougeon, Julie Kesby Janet Olsen, and Kellie Nissen**.



GeoDragons was awarded the **Pink Lady Shield** and the **Sylvia Flaxman Dragon Spirit Award**, for the team most in keeping with the ethos of Dragons Abreast, and Home Sweet Home (best decorated campsite), DA Canberra Social and Corporate Regatta 22 October 2022 *Image: Chris Holly Holimage*
[Trophy Presentations @ DAC Social & Corporate Regatta 2022](#)

Thanks also to **Elly McGuinness** who organised the trophies as well as the raffle and raffle donors including **Jenny Nicholls** and Thursday Friendship Group at Addicted to Fabric in Phillip ACT. Thanks to everyone in DA Canberra (and their families and friends) who contributed in any way to the success of the day. Special thanks to the **DB ACT** executive committee and all DB ACT clubs who provided sweeps, drummers, paddlers and volunteers, to **Ice Dragons** for the BBQ, to **DAA**, all vendors, paddlers and supporters — without your support our regatta could simply not have happened. Stay tuned for an announcement of how much we raised and check out this newsletter for photos from the day. Thank you to **Chris Holly** our volunteer photographer who did amazingly well under difficult conditions. Well done to all!

Thanks to **Nick Fuller** at the *Canberra Weekly*, **Joan White** and **Jeannie Cotterell** for this informative article on 29 October which attracted many to our Come and try session on 12 November:

[ACT dragon boating regatta supports breast cancer survivors | CW](#)

<https://canberraweekly.com.au/canberra-dragon-boating-regatta-supports-breast-cancer-survivors/>

Susan Pitt summed up the regatta as *simply a great roll up to the big top.*



Pene Lee, DA Canberra Social and Corporate Regatta 22 October 2022 *Image: Susan Pitt*
[Team Warm ups @ circus-themed DAC Social & Corporate Regatta](#)
[Volunteers @ circus-themed DAC Social & Corporate Regatta](#)

Pene Lee said that *I love the chook in the background! What a great day! One of DA's best regattas I think. The joy in the sodden community, the dancing in the rain, the kids jumping in puddles in their gummies! So many people thanked us sincerely for the fruit, everyone was polite, no one complained, the gods stopped the rain for Flowers on the water, it was a really lovely day. So happy to be there.*

Gillian Horton, [Colleens Lingerie and Swimwear](#), enthused that *the rainy day certainly didn't dampen spirits! A fantastic event! Thanks so much for the invitation and sharing the photographs.*



Ringmaster Jeannie Cotterell, Donald Jenkin DB ACT President, Anita Godley, Jenny Milward-Bason and Janet Olsen, Pink Central, DA Canberra Social and Corporate Regatta 22 October 2022 *Image: Kerrie Griffin*



Che Mortimer and family, BCNA Mini Field of Women, DA Canberra Social and Corporate Regatta 22 October 2022
Image: Chris Holly Holimage
[Teams in the BCNA Mini Field @ DAC Social & Corporate Regatta -](#)

With Christmas approaching (and our short break from paddling), there is still plenty happening: **Come and try session and morning tea** (18 February); DB ACT regattas; social events; the **[Pink Power Paddle Regatta](#)** in Melbourne on 3 December ([Pink Paddle Power 2022 | Dragon Boat Victoria Inc.](#)) that many of us are attending; and our regular training sessions (and DAC Lite). Keep an eye on your emails and/or TeamApp for updates and further information about everything happening.

Special mention to our hardworking **DA social committee** for their above-and-beyond organisation of several social outings and events, taking us through to next year. We've already had some wonderful gatherings, including *Great expectations*, *Mrs Harris goes to Paris*, a visit to Tulip Top Gardens and there is more to come:

Strathnairn Art Gallery and Cafe (26 November)

DA Christmas party (10 December)

Pizza night and an art afternoon early in 2023

A huge thank you to **Steve Taylor**, Parkcare volunteer, who led a **Tidbinbilla Guided Walk** on 6 November. Everyone had a wonderful time. We appreciate the effort Steve put in to preparing the walk and keeping everyone up to date with road closures and other details. Thank you, also, to **Helen Couper Logan** for liaising with Steve.



DA Tidbinbilla Sanctuary guided tour with Steve Taylor 6 November 2022 Image: Helen Couper Logan

New Zealand

Clare Purcell continues to do a marvellous job of liaising with the **IBCPC Committee** and passing information onto our paddlers and supporters who are travelling to New Zealand in April 2023. Thanks to Clare and to the **NZ Regatta Committee**.

DB ACT sub-committee

Many of you may be aware that DB ACT are currently brainstorming ways to bring more people into the sport of dragon boating, for all clubs. They have set up a sub-committee to investigate ideas for how we can attract and retain 'active' members to clubs. (Thank you to **Janet Olsen** and **Helen Couper-Logan** who agreed to attend these meetings on behalf of DA Canberra.) The point is, we can all do our bit to spread the word about how wonderful dragon boating is ... we all know this and find paddling easy to talk about because we love it so much. However, just because we know about it doesn't mean everyone does and I, for one, am constantly surprised when people say 'Oh, dragon boating? So, what is that anyway?'

Just today, when I was taking Louis (my now 10-month-old pug) for a walk, I stopped to chat to a lady and her terrier who we often cross paths with. She commented on my hair, which I've recently had re-coloured and one thing led to another ... it turned out that she has come out the other end of active treatment for breast cancer and is looking for ways to get out and get active again.

"Come along to dragon boating," I said.

"What's that?" she replied.

And so, the conversation continued. She's keen. I hope to see her on the water with us one day.

It's that easy.



Kellie Nissen and Louis, Tulip Top Gardens 13 October 2022
Image: Kerrie Griffin



Gillian Styles, Megan Davis, Jo Baumgartner and Deb Whitfield Chief Official DA Canberra Social and Corporate Regatta 22 October 2022 *Image:* Kerrie Griffin

New member welcome and congratulations

A warm welcome to our newest member, **Joanne Baumgartner**. We thank her for volunteering as an official at Regatta 1 and in Melbourne in December.

Well done to **Joanne Baumgartner**, who is a finalist in the *Sue Salthouse Award for Championing Human Rights and Equality*. This is an amazing achievement based on healthcare consumer work over 30 years. Jo conducted workshops with the ACT Human Rights Office and completed a postgraduate law program in International Human Rights Law at the ANU. Jo also gave a seminar for Aboriginal languages protection in Darwin. Good luck at the awards.

One Sport Uniform Shop Orders

Thanks to **Clare Purcell** for organising us all uniform-ed up. Our orders have been distributed. This was a mammoth task, which Clare handled with her usual calm.



Helen Murray, Betsy Dixon and Gillian Styles Chief Official DB ACT Regatta 1 15 October 2022 *Image:* Kerrie Griffin



DA Come and try 12 November 2022 *Image:* Megan Davis

Come and try session 12 November

How brilliant was our Come and try! TEN newbies who all had a wonderful time and paddled like they were NOT newbies. ONE assistant coach (**Jenny Milward-Bason**) who stepped right up and did an amazing job in her first coaching session with inexperienced paddlers. TWO sweeps (**Lyndall Milward-Bason** and **Jeannie Cotterell**) who supported Jenny with instructions and organisation of the two boats. A host of DA Canberra paddlers who made all our newbies feel welcome and safe and happy. Plus THREE wonderful, hard-working Come and try coordinators (**Megan Davis, Fiona Maguire** and **Clare Smyth**) who worked tirelessly behind the scenes, prior to the day, and front and centre on the day to make sure it was a success. (They're so good they even orchestrated perfect weather!) Thank you to everyone. (The work doesn't end here — especially for the C&T crew and buddies — because we want the newbies to keep coming back.)

We are looking for THREE members to shadow Megan, Fiona and Clare in the lead-up to the next Come and Try on 18 February. If you don't currently have a role (on the committee or any sub-committee), we will be looking to you. This is the perfect opportunity for our newer members, who have recently been a recipient of the C&T welcome, to give something back to our club.

Kim Tito said *Excellent day out on the water. Can't thank you all enough for the time and effort you put in to make this the best fun I've had in a long time.*



DA Come and try 12 November 2022 *Image:* Megan Davis

Welcome to our newest Dragon Pass members: **Kim, Cate, Bernadette, Emma, Heather, Jennifer, Shelley, Tarryn and Yvonne.** We hope to see you all on the water soon.

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 **Kellie Nissen** 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/>

[DAA In the loop October 2022](#)

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

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



Helen Rowcliffe and Diane Wilkinson DA Canberra Social and Corporate Regatta 22 October 2022 *Image:* Kerrie Griffin

Feedback from DAA Ambassador Robyn Moore on the August 2022 newsletter:

This newsletter is always enormously inspiring. I love the members' stories and those shots of the sunrise paddle...breathtaking! My head is spinning looking at your events diary...you all need an award for 100% participation (even when the going gets tough!).

Thrivers, not survivors? Stronger together
DAA Ambassador Robyn Moore delivered an inspirational and motivational DAA Zoom workshop for all DAA members on 8 November.

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.

Kellie Nissen, Coordinator
Dragons Abreast Canberra
0403 444 884
coordinator.dac@gmail.com

Fernwood Belconnen Thank you for your support of DA Canberra.

Dragons Abreast Australia's National Ambassador, Dr Kellie Toohey has devised a fantastic at home work out that anyone can do!
<https://youtu.be/kWXi6L5GHlo>

JPX2 now has paddling pants in stock!



Some 17 of us descended on the Belconnen Community Theatre to be entertained by 'our Joan White' playing the lead role of Miss Havisham in *Great expectations*. A truly wonderful evening. 17 September 2022 *Image: Mark Olsen*



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

Monday 10 - Sunday 16 April 2023
New Zealand update

Planning for the New Zealand IBCPC Festival continues, and the excitement is building. All travellers will by now have paid the final accommodation instalment and individual travel plans can be bedded down.

Thanks to **Donna Lennon** for commencing the Lite training sessions to enable those with injuries to get back onto the water in a measured and safe way.

Welcome to our newest travelling members, **Jeannie Cotterell** and **Joanne Baumgartner**.

Keep watching for updates over the next few months. To keep up to date please access the New Zealand information at the following link:

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

Clare Purcell clare@cgpurcell.com

Hyperlink [to IBCPC NZ paddles and jewellery to order online](#)



Warm ups DA Canberra Social and Corporate Regatta 22 October 2022 *Image: Chris Holly Holimage*



The Anna Wellings-Booth Memorial Trophy was presented to Reduced Stroke Risk Dept of Health who also came second and won the It's about us (best team bio) DA Canberra Social and Corporate Regatta 22 October 2022 *Image: Chris Holly Holimage*

[Lake Burley Griffin turns pink \(and red and orange and green and blue ...\) for the 2022 DA Canberra Social and Corporate Regatta](#)

Roll up! Roll up! (But don't forget your wellies!) After a two-year 'break', much anticipation and more than a few nerves about the weather we slogged ahead with our 'annual' fundraising **Dragons Abreast Canberra Social and Corporate Dragon Boating Regatta** at Grevillea Park on Saturday 22 October.

Yes, it rained most of the day but nothing dampened the spirits and the grins of the 200 or so novice paddlers who descended on Grevillea Park with their red noses, crazy hair, clown suits, ringmaster jackets, bunting and even the odd lion mane to paddle to support those touched by breast cancer.

Led by 'ringmaster' **Jeannie Cotterell** and her circus troupe of Dragons Abreast Canberra members, families and friends, the 'big top' and 'sideshow alley' were erected in the early hours of the morning, ready for the crowds to descend from 7.30 am — coinciding with the onset of the rain.



Marshall volunteers, DA Canberra Social and Corporate Regatta 22 October 2022 *Image: Chris Holly Holimage*



Susan Pitt, Paddle guard of Honour, DA Canberra Social and Corporate Regatta 22 October 2022 Image: Chris Holly Holimage



Wendy Ceravolo, Pene Lee, Denise Brown, Joan White and Julie Chynoweth DA Canberra Social and Corporate Regatta 22 October 2022 Image: Kerrie Griffin



Jeannie Cotterell, ringmaster DA Canberra Social and Corporate Regatta 22 October 2022 Image: Chris Holly Holimage

Ringmaster Jeannie kicked the morning off with a welcome to everyone and a good round of the *Chicken dance* to warm up the paddlers before their first races.

Everyone was kept busy throughout the morning, browsing the stalls, getting massages, paddling, playing sideshow games and jumping in ever-deepening mud puddles.

The ground was unfortunately too wet for our scheduled [lion dancers](#) (although they did come to say hello) so the *Flowers on the water* ceremony was pushed forward. It could not have been timed better if we'd tried with the rain stopping as we loaded the boats and only starting again as we pulled in to shore. The one solemn moment in a day of fun and frivolity, everyone stopped for a minute's silence to remember loved ones lost and send strength to those who are dealing with breast cancer, as two boats of breast cancer survivors, swept by **Gillian Styles** and **Frances Heaney**, paddle-tapped a slow circuit, leaving behind a sea of flowers.



Flowers on the water ceremony DA Canberra Social and Corporate Regatta 22 October 2022 Image: Chris Holly Holimage



DA Canberra Social and Corporate Regatta 22 October 2022 Image: Chris Holly Holimage



GeoDragons DA Canberra Social and Corporate Regatta 22 October 2022 Image: Chris Holly Holimage



GeoDragons DA Canberra Social and Corporate Regatta 22 October 2022 *Image:* Chris Holly Holimage



DA Canberra Social and Corporate Regatta 22 October 2022 *Image:* Chris Holly Holimage

Back to the racing, ten crews continued to battle it out, both on water and on land with racing over 200 metres, relays and obstacle courses. For sure, there were prize-winners but as far as Dragons Abreast Canberra are concerned, everyone — including the generous sponsors, DB ACT volunteers and other individuals — was a winner.

Kellie Nissen

See all images:

https://www.facebook.com/DragonsAbreastCanberra/photos/?ref=page_internal&tab=album



DA Canberra Social and Corporate Regatta 22 October 2022 *Image:* Chris Holly Holimage



The Highest Fundraiser Shield was presented to Dept of Finance DA Canberra Social and Corporate Regatta 22 October 2022 *Image:* Chris Holly Holimage



Rain reflections DA Canberra Social and Corporate Regatta 22 October 2022 *Image:* Chris Holly Holimage



NIAA, DA Canberra Social and Corporate Regatta 22 October 2022 *Image:* Chris Holly Holimage



DA Canberra, DB ACT Regatta 1 15 October 2022 *Image:* Kerrie Griffin

The Dragon Spirit Award and the benefits of volunteering

Kerrie asked me to write a little about the **Dragon Spirit Award** that I received at the AGM. It's a wonderful award to receive and I felt very honoured to be this year's recipient.

Rather than talk about why I received the award, I would prefer to talk about what it means to be able to volunteer for a group such as Dragons Abreast, or indeed any other group or charity.

Volunteering is a huge part of our social fabric. Where would we be without the SES volunteers who respond to all the natural disasters that have befallen our wonderful country in the last number of years? Can you imagine how many charities, hospitals and sporting organisations that would struggle if it were not for volunteers?

Volunteering not only benefits the organisation, but it also provides important personal benefits. Volunteering provides a sense of connectedness and a sense of community. It enhances skills that you never thought that you had. You make new friends from all walks of life and self confidence and self-esteem may increase.

I can say from personal experience that volunteering, in whatever capacity you can manage, is worthwhile. For me, volunteering for DA Canberra has meant a lot. It is challenging at times but overall, it's an experience that I have enjoyed and will continue.

Sporting groups like DA Canberra and DB ACT would not exist without volunteers. We are so lucky that we have members who are more than willing to give up large amounts of time to ensure the smooth running of our club. You only have to look at the success of the DA Canberra Social and Corporate Regatta to see that.

May the voluntary nature of DA Canberra and DB ACT continue for many years into the future.

Clare Purcell

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



Lake Karapiro, New Zealand [Home | 2023 IBCPC Dragon Boat Festival](#)

Coaches' corner

The Christmas decorations have hit the shops which means we're into DB ACT regatta season and NZ is just around the corner. Remember that we're using local regattas to prepare and train for our [2023 Lake Karapiro](#) adventures. Look at the photo... I imagine the water is cold to touch, and the quiet stillness is just waiting to be shattered by chatter and drums. Exciting!

It's time to be paddle-fit and ready by attending regular training sessions and regattas. Don't forget we have a break in December so it would be great to be in the boat *now*. We're a team and your contribution is as important as everyone else's; we need to train as team, work as a team and support each other along the way. Engage your core for the cheesy bit: **Team work makes the Dream work!** Let's get back on the water *together*.

A shout out and thank you to **Jeannie Cotterell**, **Denise Brown** and **Kathy Hayes** for creating our new look boat plan. Jeannie's super template with pink dragon. Denise kindly donated the rope and hooks to hang the plans in the tent. Thanks Kathy for the colourful Sharpies –. Job well done.

Our wonderful club relies on, and benefits from, the commitment and interest of its members — the whole being much bigger than the sum of its parts. As such, the capacity of the club is maintained by you and me now, along with others into the future. Currently, we have one coach, one paddler working towards their accreditation and (always) room for more. Could it be you? I would love to hear from anyone interested in picking up a coaching role; there is a course in February that might be just right for you in terms of timing. Coaching is an opportunity to support paddlers to achieve individual and team goals, to be creative and have fun. I can't think of a reason not to do it! Please consider. Happy paddling!

Watch the [TeamApp](#) for comments linked to each training session for any warnings, advice or cancellations. See future editions of the *Coaches' corner*. <https://www.revolutionise.com.au/dacanberra/>

Donna Lennon



Lyndall Milward-Bason boat captain, Isabella Haines and Donna Lennon coach, DB ACT regatta 1 15 October 2022 *Image:* Kerrie Griffin

Isabel Haines — newbie story

Hi my name is Isabel Haines and in July 2021 I sold my grooming salon and in August I was diagnosed with breast cancer in both breasts.

It was a shock as I thought the lump I found in my right breast was just dog hair! I started chemotherapy in October, followed by surgery with a double mastectomy with immediate reconstruction. Then I had radiation and at the end of May 2022 I finished active treatment.

One evening I was on Facebook and saw a Dragon Abreast post in Melbourne. I reached out to a friend **Nicky** to see if Canberra had a group and here we are. I love going dragon boating even though I'm still not as fit as I would like to be.

It's the best decision I have made and the beautiful ladies I have met are friendly and supportive. Thank you for welcoming me to the team.

Isabel Haines



Isabella Haines, 3 September 2022 *Image:* Kerrie Griffin



Di Bradshaw and Henry in their new place at Crace. Thank you to all the Dragons and their families for all your support over the last two and a bit years. Di is looking forward to getting back on the water. Paddles up! 10 October 2022 *Image:* Susan Pitt

Come and try testimonial!

Joining Dragons Abreast was a great step for me in my recovery from cancer, and finding my way back to fitness/wellness. Highly recommended.

Judith Smith, former DA Canberra member now living life on the south coast



Secrets of Women's Healthy Ageing, Cassandra Szoeki

Professor Cassandra Szoeki is the keynote speaker at the **Pink Power Paddle Ball** on 3 December at the Marvel Stadium, Docklands.

The findings cover brain, heart and gut health, diet, sleep, exercise, and the benefits of socialising. But importantly, they highlight how the results relate directly to women's wellbeing.



Lisi Bromley, author Kaaren and Andrew Sutcliffe enjoyed a paddle with Dragons Abreast Canberra with Natalie Evans-Sandal as *Glide* (sweep) 28 September 2022 Image: Susan Pitt

Book review by Susan Pitt

***Undercover Mage* by Kaaren Sutcliffe**

Book 1 of the Mage and the Bird Caller

Finally, someone has written a fantasy tale with a female dragon boat sweep/coach as the lead! There's a dragon boat festival as the culmination of the first book in what will be a trilogy. Do read it. I loved it.

Even if fantasy is not your genre you will enjoy this book with its stunning romance between the undercover mage spy and our feisty sweep heroine as well as four fiercely competitive dragon boat teams and some real river dragons. The novel captures the competition and the camaraderie of a great regatta.

When I first met Kaaren she was a competitive distance runner, writer and editor, living just over the Canberra border with her equine and other family members. Although diagnosed with breast cancer in 2005, Kaaren didn't take up the sport of dragon boating and ocean swimming until after her move to the South Coast in 2017.

Kaaren joined **Dragons Abreast Australia** and competed in the 'pink races' in the **Australian Masters Games** in Adelaide in 2019. She says the words from the DAA website absolutely capture the importance of 'being able to paddle and socialise in the company of others who have travelled the same path' which has definitely helped to restore her spark and sense of adventure — also providing great ideas for her story.

Her new sport lifted her spirits when a diagnosis of metastatic breast cancer and major surgery on her

spine required all her fortitude. The surgeon said she was an 'ideal candidate' for the long and complex operation due to her paddling strength and fitness.

During her treatment and recovery from surgery, and the dark times of COVID-19 lockdowns, she wrote this marvellous story.

She was welcomed back into a **Nature Coast Dragon Boat Club** boat on Sunday 18 September to celebrate her recovery and the new book. They were joined by **Sussex Inlet River Dragons**, **Narooma Blue Water Dragons** and **Nowra** to showcase the sport in a series of races and skill displays.

Part of the proceeds of the book sales go to support **Dragons Abreast Australia** and the **McGrath Foundation**.

Kaaren writes 'As a survivor who has benefitted from the advice and compassion of a breast care nurse, the author is also pleased to be able to offer the **McGrath Foundation** some of the proceeds from the book sales'.

Contact: info@kaarensutcliffe.com.au

To find a book (print or eBook) visit www.kaarensutcliffe.com.au or <https://www.inspiringbookshop.com/b/uc-mage>

Editor's note: **Kaaren Sutcliffe** will be attending the **Pink Power Paddle and Ball**.



Kaaren Sutcliffe addresses the audience at her book launch, Gorman House 6 October 2022 Image: Susan Pitt



Timekeeper volunteers in action, including Anita Godley DB ACT Regatta 2 19 November 2022 *Image:* Kerrie Griffin



Helen Murray and Kellie Nissen and administration volunteers DB ACT Regatta 2 19 November 2022 *Image:* Kerrie Griffin



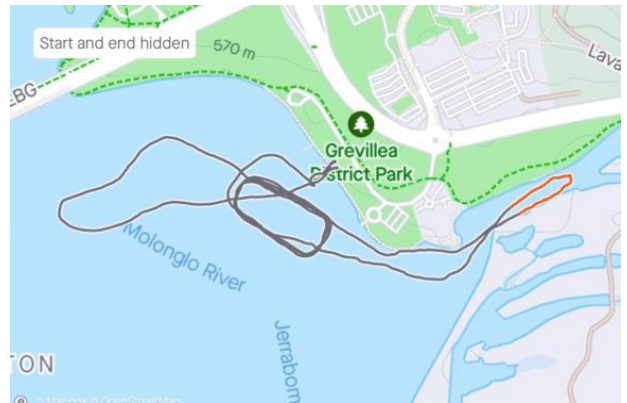
Clare Smyth and Gillian Styles, Paddle guard of honour DA Canberra Social and Corporate Regatta 22 October 2022 *Image:* [Chris Holly](#) Holimage



Spring blossoms, Lake Burley Griffin 10 September 2022 *Image:* Jeannie Cotterell



Megan Davis, April Weiss, Lyndall and Jenny Milward-Bason, Janet Olsen and Clare Smyth DB ACT Regatta 1 15 October 2022 *Image:* Kerrie Griffin



Map of App tracker of paddling circuit in *Gecko* 27 August 2022 *Image:* Lyndall Milward-Bason

Warm up and training times

Saturday morning:

Extra effort: 7.15 – 8.00am

Saturday morning: 8.00 – 9.30am

Wednesday evening: 5.30 – 7.0pm

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.eldersweather.com.au/act/act/canberra>



Elly McGinness sporting her BCNA poncho, Paddle guard of honour DA Canberra Social and Corporate Regatta 22 October 2022 *Image: Chris Holly Holimage*

Under the pink umbrella



www.bcna.org.au

Breast Cancer Network Australia

THE BEACON [Issue 92, September 2022](#)

URGENT action required!

[Have your say on the Australian Cancer Plan and attend an interactive webinar to have your say!](#)

Cancer Australia invites your feedback on the public consultation for the [Australian Cancer Plan](#) (ACP), which sets a **10-year plan** to provide lasting change and improve outcomes for all people affected by cancer.

As discussed in the BCNA Get Together on 16 November, BCNA strongly encourages you all to review the 24 page summary draft and provide feedback, especially on **BCNA's work with making metastatic breast cancer count!**

Metastatic breast cancer (in fact, any mets cancer) is MISSING.

Deadline: 16 December 2022

To provide your feedback, click [here](#).
<https://engage.australiacancerplan.gov.au/>



You're invited to join **BCNA** on the [Twelve Apostles Lodge Walk](#) **March 2023**



Lara Woollcombe, Marion Blake, Mabel Sansom, Elspeth Humphries BCNA high tea at the farm BCNA fundraiser 9 November 2022 *Image: Kerrie Griffin*

BCNA high tea at the farm fundraiser

Thank you to **Marion Blake** for hosting an afternoon tea at the farm [#bcna](#) fundraiser on 9 November in glorious spring sunshine. Marion says:

BCNA has greatly assisted me along my journey by advocating for PBS drugs and providing information and support services. So to support them and challenge ourselves, my daughter Katy and I are participating in their 3 day fundraising walk to the [12 Apostles](#) along the Great Ocean Road in Victoria in March 2023.

Donations welcome:

http://bcna.force.com/Donations/CICD_Fundraise...

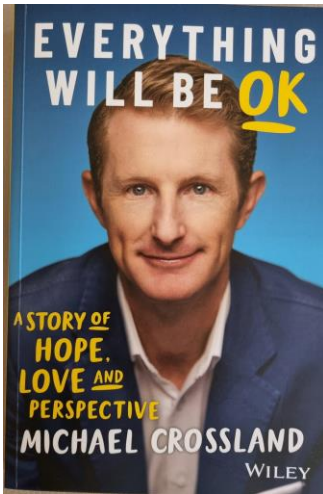


Kerrie Griffin, Sarah Mamalai, Kellie Toohey and Susan Pitt Thrive NPC 9 November 2022 *Image: Kerrie Griffin*

#DAA national Ambassador Kellie Toohey is Assistant Professor of exercise physiology at University of Canberra (UC) and co-chair of the PACES research team and wants everyone to have access. [Thrive, a celebration of hope](#), fundraising lunch for equity and optimal MDT approach for the UC. [PACES Research Group](#) cancer program and the [UC Cancer Wellness Clinic](#).

[Donations](#) welcome for this vital research:

<https://www.canberra.edu.au/cancer-recovery/home/donate-now>



We were blown away by [Michael Crossland](#) and his address on the Power of Perspective. It was a privilege to hear his phenomenal story. Although his book sold out, [Thrive](#) have more coming, please contact us [via email](#).

[Breast cancer statistics](#)

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

[READ THE FULL REPORT CARD](#)

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.

[Hope and Healing: Launch of the Our Mob and Cancer website](#)

The *Our Mob and Cancer*, is developed for Aboriginal and Torres Strait Islander people by Aboriginal and Torres Strait Islander people. Here you can find information about cancer, including cancer types, [prevention](#), [diagnosis](#), treatment living with cancer, finding support, [clinical trials](#) and much more. [View some messages](#) from Our Mob and Cancer's Aboriginal and Torres Strait Islander Expert Reference Group. www.ourmobandcancer.gov.au

[I wish I'd known more](#)

Lisa Tobin is a Consumer Representative for Breast Cancer Network Australia (BCNA). She has been living with metastatic breast cancer since 2012, and shares her story and experience to help others access the best care available to them today.

Metastatic Breast Cancer Day 13 October

[Making metastatic breast cancer count](#)

BCNA issues paper launched at AIBC

<https://www.bcna.org.au/news/2022/10/making-metastatic-breast-cancer-count/>

[Surviving and thriving after breast cancer treatment](#)

Christobel M Saunders, Lesley Stafford and Martha Hickey



Register your interest for Field of Women 2023

Every five years, more than 10,000 individuals, families and groups of friends from BCNA's network across Australia gather in Melbourne. Together they stand in the centre of the **Melbourne Cricket Ground** and form the *Pink Lady silhouette* to raise awareness of the impact of breast cancer while paying tribute to all those diagnosed.

This is the iconic [Field of Women](#) and we want you to be part of it.

The next Field will be in mid-2023 to mark BCNA's 25th anniversary. The thrill of walking onto the ground in solidarity with thousands of others affected by breast cancer is complemented by a full weekend of events. [Register](#) your interest here to receive all the latest updates.

<https://www.bcna.org.au/news-events/events/2023-field-of-women/>

[Australasia International Breast Congress](#)

I was privileged to attend the Congress, 13-15 October 2022, in Brisbane. It was held in conjunction with the **Australasian Society for Breast Disease, 6th World Congress on Controversies in Breast Cancer, and Breast Surgeons of Australia and New Zealand**. The aim of the Congress was to discuss key issues experienced by clinicians in daily practice with reference to medical and radiation oncology, surgery and reconstruction, breast imaging, pathology, allied health, and survivorship concerns.

I was one of the 1200 professionals who attended over the three days, however, more professionals Zoomed in. It was inspiring to see so many interested in one cause — the detection, treatment, and ongoing care for those diagnosed with breast cancer. Several professionals attended from Canberra. I talked with professionals from many parts of Australia, as well as from New Zealand.

Unfortunately, many presentations that I wished to attend ran concurrently. It is reassuring to hear of the developments, studies, and advancements regarding breast cancer. The last presentation related to where we will be in 2030, it inspired me to reflect on the progression over the last 10 years.

[Kirsten Pilatti \(CEO BCNA\)](#) gave the final inspiring presentation, highlighting the disparities in breast cancer care, the difficulties experienced by those diagnosed with breast cancer and areas to address into the future. I sincerely hope that these areas will be addressed.

I explored the exhibits from government, radiological devices, pharmaceuticals, BCNA, Amoena and others. The posters, including one from Canberra, on display were also interesting.

I hope that the developments discussed will be integrated into the care of the person diagnosed with breast cancer, and that further research into breast cancer continues to improve outcomes.

Kathy Hayes

BreastScreen ACT nurse counsellor



Kate Reid, Gillian Horton, Janet Olsen and Kerrie Griffin DA
Canberra Social and Corporate Regatta 22 October 2022
Image: Kerrie Griffin

Because hope deserves to be celebrated, whatever the weather! Taking my [@merrypeople](#) wellies in my signature colour mix up, to walk beside warriors at the [@dragonsabreastaustralia](#) regatta on a very soggy Saturday morning. Gillian Horton [Colleen's Lingerie and Swimwear](#)

[This airport is trying to end 'scanxiety' for cancer survivors](#) video

[Canberra Airport security scanner staff trained in sensitively helping passengers with prostheses](#)

By [Emma Thompson](#) Sun 13 Nov 2022

[Canberra Airport and Cancer Council ACT pave the way for accessibility with security training](#)

Canberra Weekly courtesy Joan White



Kerrie Griffin, Beth LeFerve and Gillian Horton, [Colleen's Lingerie and Swimwear](#) 5 October 2022 Image: Kerrie Griffin

[Australasia International Breast Congress](#)

Brisbane 13-15 October

I attended the **AIBC conference** as an ambassador for [Pink Hope](#) and patient advocate. I attended sessions on breast cancer in young women, fear of cancer recurrence, metastatic breast cancer, controversies in reconstruction, menopause, survivorship and clinical updates in radiation oncology as well as the latest research on a variety of topics. I was really struck by all the changes made to treatment since my own diagnosis in 2008 thanks to research and clinical trials. For example: the increase in targeted therapies for HER2 positive and TNBC (triple negative breast cancer) leading to fewer deaths and better quality of life and reducing the amount of radiation treatments has the same benefits as longer treatments but the side effects such as pain, skin sensitivities are significantly reduced as well as the time factor which can be significant for many women living in regional areas.

There are more options for treatment than ever before, especially in reconstruction. It was stressed that women be given the choices that are available to them so that they can make informed decisions about their own health.

As a family identified as high risk, who doesn't carry the BRCA1 or BRCA2 mutation, I was particularly interested to hear that women who have previously had genetic screening with results as inconclusive can be asked to be re-tested as there are now more Panel tests available which look for variants in more than one gene.

It was very worthwhile attending and I'm happy to share more if anyone is interested.

Gillian Horton, Director, Colleens Lingerie and Swimwear <https://www.colleens.com.au/>

[Fiji update](#)

In August **Heather Tait**, **Gillian Horton** and **Jeannie Auld** travelled to Fiji to fit women with breast forms and bras after their breast cancer surgery. Our trip nearly didn't go ahead due to the bras and breast forms sent ahead of us in April unable to leave the dock. With a last minute shout out around the country for donations, we travelled with over 250kgs of luggage and received a very warm welcome.

In collaboration with the [Fiji Cancer Society](#) this time we were able to fit 140 women with 270 bras and 117 prosthesis in Lautoka, Suva and Labasa. Thanks to your generosity in donations, these bra fittings have helped women find a renewed sense of self-confidence in themselves after a very tough time in their lives.

The Fiji Cancer Society is very proactive in raising awareness of cancer in the community especially breast cancer. In 2019, Colleen's customers generously donated money to purchase 'awareness breast forms' which can be felt for lumps and also show that breast cancer can present in other ways. Due to COVID-19, these were finally presented to Margie of the [Western Support Group for Cancer](#) and have already been used at various community events. Early detection is so important and these are a great conversation starter!

Having timely access to a breast form and bra fitting not only restores physical symmetry but gives women the confidence to be a part of their community, reduces stress and gives hope that they can continue with their lives. In 2023, Gillian would like to train local volunteers and staff on how to fit bra and breast forms so that women can access fittings as needed and not have to wait 6-12 months for Australian although we love doing it. If women are fitted as soon as their surgery allows (usually after 6 weeks) instead of waiting, this will make a huge difference to their emotional recovery, reducing stress and anxiety and give women confidence to be out in their community. If you can help Gillian find a way to do this, please contact her info@colleens.com.au

Sincere acknowledgement to all the generous donors and individuals, our Australian vuvale (family) whose donations make a difference in the lives of Fijians - **Vinaka Vaka Levu** (thank you very much) from the [Fiji Cancer Society](#).

Colleens accept donations of pocketed bras and breast forms. If you would like to buy a bra to donate, please contact info@colleens.com.au or call **02 6285 1311**. Your donations truly change lives!
Gillian Horton



Catherine Rider-Aichholzer, Bosom Buddies Executive Officer
6 September 2022 *Image: Kerrie Griffin*

Bosom Buddies ACT Inc. update

Catherine Rider-Aichholzer joins **Bosom Buddies** (BB) as the new Executive Officer and comes with many years of experience in the corporate, public and Not for Profit sectors.

Bosom Buddies was established more than 25 years ago by a group of women diagnosed with breast cancer who believed that there was a need to support the Canberra community and surrounding NSW areas. It relies on the support of volunteers and the generosity of donations. **Anna Wellings Booth** was a founding member of BB, Dragons Abreast and BCNA.

We provide one-on-one peer support, a 'buddy', to people diagnosed with breast cancer. Support team volunteers don't counsel or give medical advice but they share their experience and offer encouragement to show that after treatment people can get on with enjoying life.

Bosom Buddies volunteers conduct workplace and community presentations and distribute shower tags explaining how to check for early signs of breast cancer, as well as other activities such as coffee mornings and after-work catch-ups where members can access peer support, information and interact in a relaxed, social setting.

We provide useful information about the services available in the region and hold sessions on relevant topics throughout the year.

In collaboration with other charities, Bosom Buddies provide helpful items including drainage bags and cushions as well as information for use post-surgery. These are packed in 'Buddy Bags' and are provided to patients by breast care nurses. This year 800 bags have been assembled by our Bosom Buddies volunteers at Calvary Hospital.

Bosom Buddies looks forward to continuing to work with BCNA, Dragons Abreast and other organisations to ensure that those in the community who are experiencing breast cancer are fully supported.

If you would like to speak to a Support team member or for further information, please call **0406 376 500** or email admin@bosombuddies.org.au.

Website: www.bosombuddies.org.au or Facebook: <https://www.facebook.com/bosombuddiescanberra>

[Leo's Place - A Place to Rest](https://www.leosplace.org.au)

[Awhile](https://www.leosplace.org.au)

Leo's Place is a beautiful, comfortable residential home open to clients aged over 18 years who have been medically diagnosed with a life limiting illness. <https://www.leosplace.org.au/virtual-tour/>

[Leo's Place, a home of comfort and respite at life's end](https://hercanberra.com.au)

<https://hercanberra.com.au> > life > why-will-canberras-... **Leo's Place** provides non-clinical respite to patients and carers along with services such as counselling and emotional support..

Leo's Place

I've known **Shirley Sutton** for nearly 50 years. She was my boss when I joined Community Nursing in 1973. When **Home Based Palliative Care** was fought for, and established, by Shirley I started working for Home Based Palliative Care, at first on call at night and later on evening shifts. Shirley was the driver of Palliative Care Services in Canberra. Shirley and Leo Sutton became a formidable couple working towards setting up the original **Hospice** at the old **Canberra Hospital**, and then at **Clare Holland House**, as well as the **Home Based Palliative Care Service**, where I worked for many years. Leo also worked in many volunteer organisations such as Lions, Rotary etc. He was a gentle quietly spoken man but supported Shirley totally. I was very sad when he died. What a lovely tribute to a lovely man.

Elly McGinness

[New breast cancer risk screening centre spearheads holistic approach](#)

The **My Breast cancer RISK Centre (MyBRISK)** will apply a holistic risk-based approach to breast cancer screening by considering multiple aspects of a woman's risk of breast cancer. MyBRISK aims to enhance the benefits of screening and reduce the number of deaths arising from breast cancer.

[Griffith Base Hospital becomes leader in breast cancer surgery technology using metallic seeds](#)

FOOD AND MOVEMENT WHEN LIVING WITH METASTATIC BREAST CANCER

WEDNESDAY 23 NOVEMBER 7.00 - 8.30 PM AEDT

WEBCAST

REGISTER NOW

DR EVA ZOPF Exercise Physiologist
ERYNN SOTIRELIS Dietitian
LAURA YAMMOUNI BCNA member
LISA TOBIN BCNA Consumer Representative

BCNA's upcoming webcast on Wednesday 23 November 7pm AEDT. Have any questions for our speakers? Ask them in the comments below!

[Register](https://bcna.live/foodmovementwebcast) now via the following link: <https://bcna.live/foodmovementwebcast>

The age to be eligible for a subsidised MRI for people who don't have symptoms but have a high risk of developing breast cancer has changed.

Good news! The eligibility for a subsidised MRI for people who don't have symptoms but have a high risk of developing breast cancer has expanded.

This eligibility has changed **from under 50 to under 60** years, meaning more people could now be eligible. Your GP will determine if you are at high risk and meet the Medicare criteria for an MRI.

We are aware not everyone qualifies for this subsidy, and that's why BCNA continues to advocate for greater access to subsidised treatment and care. If breast cancer is found early, there are more treatment options and a better chance for survival. For more information and to check your eligibility visit: <https://bit.ly/MedicareMRI>

BCNA webcast: In recognition of Male Breast Cancer Awareness Day 20 October

[Men and breast cancer – Treatment, managing side effects and finding support](#)

In 2022, it is predicted that 212 men will be diagnosed with breast cancer.

[Breast Reconstruction Awareness Day](#)

19 October <https://bcna.live/BreastReconstructionWebcast> or breast reconstruction here: <https://myjourney.org.au/article/2200>



Who is Breast Cancer Network Australia?

'The thing that makes BCNA special is the fact that we care about the individual, we care about their families, we link them together, and we help them get on with their lives' **Raelene Boyle, BCNA Ambassador.**

Hear from BCNA's CEO Kirsten Pilatti, BCNA Founder Lyn Swinburne, and BCNA Ambassador Raelene Boyle about who BCNA is, and how we became who we are today.

You can watch the full video on our YouTube here: <https://youtu.be/kxGnq75vjjs>

Financial impact of breast cancer

BCNA launched an updated [financial factsheet](#) that explains the medical costs of breast cancer and provides advice on understanding financial consent, your income options, and where to find help. You can read this now via *My Journey*. <https://www.bcna.org.au/about-us/advocacy/>

BCNA 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](#).

[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/>



[Episode 10: Upfront About Breast Cancer – What You Don't Know Until You Do, with Dr Charlotte Tottman: The Iron Fist: Fear of Cancer Recurrence](#) <https://bit.ly/3C90WvR>

Breast Cancer Network Australia have many free digital resources available covering a variety of topics.

[Episode 45: In Conversation with Harry and Pieter: Raising awareness for men with breast cancer](#)

[Upfront About Breast Cancer podcast](#), which provides raw, real, and honest stories from those who have had their own breast cancer experience as well as providing access to the latest information from healthcare professionals and experts. Listen or view at your convenience at any time! Check out BCNA's large library of free digital resources here: <https://buff.ly/3JFyxhh>

[Breast Cancer Trials](#)

Breast clinical trials are the critical tool to identify new, improved treatments which can save and protect lives.

[IMPACT](#)

Want to stay up to date with breast cancer clinical trials research? IMPACT is open to anyone who has an interest in our research and membership is free. IMPACT aims to recognise the important contributions made by women to breast cancer clinical trials, and provide members with reliable, up to date information about breast cancer clinical trials and research.

Join IMPACT and be the first to receive invitations to online events, newsletters and research updates:

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

To learn more about the different types of breast cancer, visit: <https://www.breastcancertrials.org.au/types-of-breast.../>

[News](#)

[BCNA NEWS 26 AUG 2022](#)

[Enhertu not recommended for PBS](#)

[MEDIA RELEASES 3 OCT 2022](#)

[Helping Australians access the best breast cancer care](#)

[BCNA NEWS 13 OCT 2022](#)

[Making metastatic breast cancer count](#)



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

The Younger Women's Cancer Support Group ACT & Surrounding Region (YWCSG) supports these women: to ask questions, vent, socialise and support each other, raising awareness of these challenges, standing up to make a difference and ultimately close up the gaps. Join at: www.ywcsq.com
ywcsq.act@gmail.com www.facebook.com/ywcsq
www.linkedin.com/company/ywcsq

Beth LeFerve, Founder



RETREAT 2023

24-26 March 2023 [Casting for Recovery](http://www.castingforrecovery.org.au/), 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.'

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

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

View the [video](https://mail.google.com/mail/u/0/?tab=rm&ogbl#label/BCNA%2FBCNACTION+updates/FMfcgzGpGwkJXZtvVVqgHtdpWqpxbrJG?projector=1):
<https://mail.google.com/mail/u/0/?tab=rm&ogbl#label/BCNA%2FBCNACTION+updates/FMfcgzGpGwkJXZtvVVqgHtdpWqpxbrJG?projector=1>

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

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

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



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>

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

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 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.

HeadsUp Kippax Inc.
2/12-16 Hardwick Cres. Holt ACT 2615
Open 10am-4pm Tuesday-Friday
HeadsUp provides a service for women 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

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

The difference between genomic and genetics

Article on genomic testing (tumour profiling):
<https://myjourney.org.au/article/2181>

Article on genetics and risk of breast cancer:
<https://myjourney.org.au/article/3645>

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	Friday 2- Sunday 4	DB Vic Pink Paddle Power Regatta and Sunday Yarra River paddle	Docklands Melbourne	TeamApp RSVP
	Sunday 11	DB ACT Molonglo Reach 8km Challenge	Grevillea Park	TeamApp RSVP
	Saturday 10	DA Canberra Christmas Party	Clare Purcell	TeamApp RSVP
	Date tbc	DA Canberra Christmas carol paddle	Grevillea Park	TeamApp RSVP
2023 January	Saturday 14	DB ACT Regatta 4 Mad Hatter 2km (20s) 200m (20s)	Grevillea Park	TeamApp RSVP
	Saturday 21	DB ACT Regatta - optional)	Grevillea Park	TeamApp RSVP
 February	Saturday 4 – Sunday 5	Bei Loon Reach 8km Challenge Race	Bei Loon Sydney	TeamApp RSVP
	Saturday 11	DB ACT Regatta 5 500m (20s)	Grevillea Park	TeamApp RSVP
	Saturday 18	DA Canberra Come and try session and morning tea	Grevillea Park	TeamApp RSVP
	Sunday 19	DB ACT sweep school	Grevillea Park	TeamApp RSVP
	Saturday 25 – Sunday 26	DB ACT coaches course	Grevillea Park	TeamApp RSVP
 March	Saturday 4	DB ACT Regatta 6 2km (20s) 200m (10s)	Grevillea Park	TeamApp RSVP
	Saturday 18 – Sunday 19	ACT Championships Regatta	Grevillea Park	TeamApp RSVP
	Friday 24 – Sunday 26	Casting for Recovery here: http://www.castingforrecovery.org.au/	TBC	info@castingforrecovery.org.au to register for the waiting list
	Saturday 25	DB ACT Regatta - optional	Grevillea Park	TeamApp RSVP
	Saturday 25 – Sunday 26	NSW State Championships Regatta	NSW	
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

	Thursday 20 -Monday 24	AusChamps - Australian Dragon Boat Federation	Albury- Wodonga	TeamApp RSVP
May	Saturday 20 – Sunday 21	Nowra Dragon Boat Regatta	Nowra	TeamApp RSVP
	Friday 27 – Sunday 29	Coast to Coast Dragon Boat Festival	Lake Kawana Qld	TeamApp RSVP
July	Sunday 23	Battle on the Barwon Regatta TBC	Geelong Victoria	TeamApp RSVP
August	Sunday 6	DB ACT Annual General Meeting (AGM)	TBC	TeamApp RSVP

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 — February 2023

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

Please submit any news, items and images by **15 February 2022** to the newsletter coordinator

Kerrie.griffin22@gmail.com

[Previous newsletters](#)



Janet Olsen, Denise Brown, Kellie Nissen, Cliff and Joan White, Tulip Top Gardens 13 October 2022 *Image: Kerrie Griffin*



Flowers on the water ceremony, DA Canberra Social and Corporate Regatta 22 October 2022 *Image: Chris Holly Holimage*



Flowers on the water ceremony, DA Canberra Social and Corporate Regatta 22 October 2022 *Image: Chris Holly Holimage*



Donna Lennon, Amanda Ferris, Julie Chynoweth, Fiona Maguire and Elly McGinness, cake stall DA Canberra Social and Corporate Regatta 22 October 2022 *Image: Kerrie Griffin*