



ABREAST of the NEWS

DRAGONS ABREAST CANBERRA under the umbrella of Breast Cancer Network Australia

PO Box 7191, Yarralumla ACT 2600 • DRAGONSABREAST.COM.AU • ISSUE 56 • MAY 2015



Dragons Abreast Canberra paddling, Canberra Balloon Spectacular 10 March 2015 *Image* Frances Heaney



Elly McGuinness, Frances Heaney, SES volunteer, Clare Purcell and Maureen Wild, Mothers Day Classic 10 May 2015 *Image* Kerrie Griffin

Coordinator's report

DA has been very busy over the last few months.

DA has a new Patron: Senator Katy Gallagher
Katy's reply, 'I would be delighted to accept your invitation to be Patron of Dragons Abreast Canberra. I have always been very impressed with the work that your organisation does in promoting awareness of breast cancer within our region as well as providing crucial support to survivors'. 'I look forward to continuing to work with you to support your efforts'.

Senator Kate Lundy: A thank you letter was written to Kate Lundy for her role as a fantastic Patron of DA Canberra over many years.

The **Lake Jindabyne Flowing Festival** in mid-February was once again a great weekend away and a terrific day of racing.

We participated in **all the DBACT regattas** this year improving our times with each race, well done team. Welcome to **new members Val Smart, Jenny Green, Pamela Klemke, Pene Lee, Penny Ovington, Sue Smith, Louise Walmsley and Joan White** who joined since February. Some have a few regattas under their belts and thoroughly enjoyed the racing and social aspects.

The **DBACT National Capital Dragon Boat Festival** was a fabulous event held over 28–29 March. We teamed up with our **DA Wagga Bidgee friends** for the 2 km race also catching up for a lovely evening at the Kingston Hotel for dinner on the Saturday night.

Our Come and Try team, **Elly McGuinness, Clare Purcell** and **Maureen Wild** represented DA at the **Community Expo** at the Old Bus Depot Markets on 28 March fielding many enquires for Dragons Abreast and dragon boating in general. Clare was also interviewed by the media.

We were involved in a few **media appearances** for the **Mothers Day Classic event**, the launch on 1 April and again on the 6 May meeting up with **Chief Minister, Andrew Barr** and other MLAs.



Frances Heaney, Patsy Sheales, Chief Minister Andrew Barr, Gillian Styles and Susan Pitt, tribute wall launch, Mothers Day Classic 6 May 2015 *Image* Frances Heaney

Mothers Day Classic Unfortunately, we were unable to paddle over in *GoAnna* due to poor weather. However, we did have a presence at the starting line for the 5km runners and 5km walkers, clapping and cheering as they started off; a few of us actually joined in the 5km walk. Thank you to **Gillian Styles** who coordinated the **BCNA stall** with **Cathy Powell** and **Louise Muir** as well as **Bosom Buddies** and **BreastScreen ACT** volunteers. See <https://www.facebook.com/pages/Dragons-Abreast-Canberra/448649108487643?ref=hl>



Frances Heaney and Elly McGinness stroking and Susan Pitt sweeping 26 May 2015, Image Paul Jurak [Kayakcameraman](#)

Australian Dragon Boat Nationals, Perth mid-April. Quite a few **dual DA members** paddled in the State team **ACT Fire** in various categories and also with **Diamond Phoenix** and **Dragon Flyers**. Some were lucky enough to come home with gold and silver medals. Many of us took advantage of being way out West and did a bit of sightseeing. The **Margaret River Region, Kings Park** and **Fremantle** were favourite places to visit. Next year the Nationals will be in Adelaide.

Springbank Island paddle on 2 May. It was great to get two boats over to the island for morning tea with lots of delicious treats on the table.

A few events coming up to mark in your diary: 10am, Thursday, 28 May, **World's Biggest Morning Tea** at the **Forrest Hotel and Apartments** in Forrest, Dorothy is a big supporter of DA and many of us attend to support Dorothy raising money for the ACT Cancer Council.

DA Muster 6.00–9.30pm, Tuesday, 16 June, at the **Griffith Community Centre** at the **Griffith shops**. Look out for the pink lady silhouettes out the front. The Muster is not only used as an annual get together, where we have hot soup, fresh bread and an assortment of desserts it is also used to sign up for jobs for the **DA Corporate and Social Regatta, Saturday, 17 October**. For instance, help with the fruit stall, cupcake stall, set up and pack up including the boats and BCNA Mini Field of Women, keeping the portoloos clean and nice!, organising raffle prizes (8) maximum getting permit and organising printing and lots of jobs on the day.

20 Year Celebration: Abreast in a Boat
At the DA Muster we also want to celebrate 20 years of Dragon Boating for breast cancer survivors. **Abreast in a Boat** (started by **Dr Don Mackenzie** as a six month experiment). The first ever DA dragon boat team from Vancouver, Canada asked all Dragons Abreast teams to pink up. Please bring any paraphernalia including old racing shirts, flags, medals, trophies etc. We will send a few images of our celebrations to DAA and



Springbank Island paddle 2 May 2014 Image: Wes Forrest

the [International Breast Cancer Paddlers Commission](#) to put in the worldwide celebration newsletter.

Please RSVP to **Annette** annetted@pcug.org.au by **9 June** with what you are bringing ie hot soup, fresh bread, dessert, cheese and biscuits. **BYO!**

澳洲龍 = Aussie Dragons

Doesn't the first symbol look like a person with a paddle and the second one boats (mostly) going in one direction? (Donna Lennon being visually poetic)

Some members are doing extra training early Saturday mornings to prepare for the **Hong Kong Dragon Boat Festival in June–July**. Five **DA Wagga Bidgee** paddlers are meeting, **Deb, Katherine, Elly, Donna, Annette, Cheryl** (flying over from Washington DC) and **Frances** to compete in the **International Women's** section at **Stanley Beach** 28 June.

HKDBA is holding a special **Breast Cancer Survivors** championship at **Victoria Harbour HK** on Friday 3 July. **Patsy, Kerrie, Susan, Denise** and **Val** are flying to HK on 1 July to join us along with four fabulous ladies from the [Abreast in a Boat \(Vancouver, Canada\)](#). we will also compete in the **International Women's racing** on 4 and 5 July on Victoria Harbour.

Well done team! We had two boats again on Saturday 23 May let's keep it going. Some great images on [Facebook](#) and a few new articles just click on the link: <https://www.facebook.com/pages/Dragons-Abreast-Canberra/448649108487643>

Nice to see **Di Bradshaw** waiting onshore to join us for coffee. Thanks to **Patsy Sheales** for delicious biscuits for morning tea. **Mim Forrest** volunteered to bake for 30 May, but feel free to bake something and bring it along for morning. Some of the **DA Wagga Bidgee** paddlers are coming 30 May to train with both the **Aussie Dragons Hong Kong** team followed by our regular DA paddle. So please let's have two boats out again.



Dragons Abreast Canberra DBACT 500m regatta 14 March 2015 *Image: Ross Peake*

National DAA Convention and Regatta, Tweed Heads 25 and 26 July will be terrific. Some of us are already booked and paid the early bird fee, it will be a fabulous weekend. All welcome.

The **AGM** is on **15 August**. All committee positions will be on offer: **Coordinator, Assistant Coordinator, Secretary, Treasurer** and **3 general committee positions**. Please consider nominating for a Committee position, this is a one year commitment.

Please remember those in our group who cannot get out on the water at the moment. **Di Bradshaw** is taking a reluctant break from paddling to rest a troublesome back. Di is still up for coffee though. **Mary Lou Reid, Patty Pie, Nan Donaldson** and **Jan Skorich** are just a few of those paddling kayaks on Lake Ginninderra. Send a howdy to those who are on a foreign adventure including **Julie Richardson** (world tour), sisters **Marion Blake** and **Viki Fox** (South America) and **Cindy Young** (student of all things Italian). Good to see **Lyn Mills** has taken to the DA Movie Group, along with a number of other Dragons, on a Tuesday.

Frances Heaney
Acting Coordinator, Dragons Abreast Canberra
canberra@dragonsabreast.com.au
<http://www.dragonsabreast.com.au/>
<http://www.dragonsabreast.com.au/act/>

Thank you

Special thanks to Assistant Coordinator **Frances Heaney** for taking on the reins while Coordinator **Di Bradshaw** is out of action.

Congratulations to **Frances Heaney** who was presented by **Deb Whitfield** with a certificate for the *National Coaching Accreditation Scheme, Level 1 coach for Dragon Boating* on 13 February 2015.
Kerrie Griffin editor and team



Dragons Abreast Canberra are kindly sponsored by Fernwood Belconnen 30 April 2015 *Image: Kerrie Griffin*

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



Thank you Greg Whitfield! Annette Dean admires the new wooden DA paddle holder kindly designed and made by Greg Whitfield, DBACT regatta 14 March 2015 *Image: Kerrie Griffin*

DA Corporate and Social Regatta

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

2015 Dragons Abreast Canberra Corporate Regatta: Saturday 17 October 2015, Grevillea Park, Lake Burley Griffin

Dragons Abreast Canberra Regatta Poster

If you are new to this regatta and wondering what that means a few tips on how to make use of the theme are:

- *Have a team name to go with *Superheroes*
- *Incorporate the theme into a chant
- *Decorate your team's site with lots of colourful paraphernalia.

Frances Heaney

Regatta organiser DAregatta2014@gmail.com



DA Canberra picnic, Springbank Island 2 May 2015 *Image: Wes Forrest*



Susan Pitt and Narelle Powers discovered giant mushrooms on Springbank Island 2 May 2015 *Image: Wes Forrest*



Dragons Abreast Canberra DBACT 500m regatta 14 March 2015 *Image: Ross Peake*



Lip service! Jen Green, Patsy Sheales, Mim Forrest and Louise Walmsley 16 May 2015 *Image: Wes Forrest*



Judy Cluse's retirement party after paddling, Beijing Garden 25 February 2015 *Image: Kerrie Griffin*

[Celebrating Judy's retirement from the work force today at Lake Burley Griffin](#)

Narelle's research

I was asked to write some words about the study I have undertaken as part of my Bachelor of Psychology (Honours), so here goes.

I should probably explain that I started studying the degree in late 2003 as a result of being diagnosed with breast cancer. I decided I needed a Plan B, because being an Army Officer can be physically demanding, and I wasn't sure my body would be up to it for years to come. Hence I started studying psychology in my spare time.

Towards the latter part of the degree, my marks were good enough to get me into the honours stream, and I was therefore able to choose a topic area to research for my dissertation. Not surprisingly I chose breast cancer; however I didn't want to add to the mountain of quantitative statistics that already exists.

I wanted women to be able to talk about their experience, outlining what their thoughts and feelings were; whether significant, upsetting, surprising, disgusting, funny, or whatever — it had to be their story.

I faced a slightly unique situation in undertaking this research, because in addition to being the primary researcher, I was also 11 years post breast cancer diagnosis at the time the research commenced. My interest in exploring others' experiences of breast cancer was borne from my memories of my own breast cancer journey and survivorship. As such, I faced the challenge of being an inside member of the population being interviewed, but also possibly being perceived as an outside researcher by the participants. While this was challenging, I think it also provided me with a unique perspective to the research and analysis.

I have **Dragons Abreast Canberra** to very much thank for assisting me to find participants for the study. It was through your networks that I was able to find participants. Ethics considerations prevented me from interviewing people with whom I had already formed a relationship through dragon boating.

In addition to completing my degree, my research was published in the [Journal of Health Psychology](#) in October 2014. The article link: <http://hpg.sagepub.com/content/early/2014/10/16/1359105314553963>

In order to add to the public discussion about breast cancer and life afterwards, I have also submitted an application to present these findings at this year's **Australian Psychological Societies Annual Conference**. I'm not sure if my application has been accepted as yet, so my fingers remained crossed that I might get the opportunity to publically speak about my findings.

Narelle Powers, sweep and also coach of a winning women's ACT Fire national team



Louise Walmsley April 2015 Image: Wes Forrest



Louise Walmsley April 2015 Image: Wes Forrest

Come and try convert

One Saturday early in February I was coerced by my lovely daughter-in-law to come and try dragon boating with Dragons Abreast.

I thought I would just give it a go, all the while thinking it was unlikely anything could routinely lure me away from my treasured Saturday morning sleep in.

I was hooked from my first paddle. It was a lovely warm morning (which helped) and we started with some 'dry land' training in the skills of paddling (not rowing, rowers go backwards!). We filed into the boat and what a buzz it was! Everyone was very supportive and welcoming, so the following Saturday I returned.

My first regatta was at the end of March. I wasn't entirely sure I was ready but after some encouragement from Frances, I was there. What ensued was two full days of paddling, some fog, lots of coffee and a heap of fun. If I wasn't hooked before, the regatta certainly had me convinced.

Thanks to **Wendy Ceravolo**, my paddling partner from the regatta weekend, for lots of encouragement and support. More recently, I've found myself at the front of the boat in the stroke's position. I'm not totally sure if it was by design, but perhaps by chance lining up one morning; suddenly I was the last person into the boat.

At least (I thought to myself) I didn't have to worry about wetting the person in front of me. Last Saturday I was again in the front seat in fairly windy and somewhat rough conditions. Let's just say I now know how drenching the front seat can be!

Thanks to all the DA paddlers for their support. Each of you has made me feel very welcome. You're a great group of caring people.

I was diagnosed in January 2013 and found the journey to be a little lonely at times. It's funny how some people suddenly didn't know how to talk to me because of what I had experienced or because I was 'different'.

I would thoroughly recommend Dragons Abreast to anyone who has had breast cancer and wants to be part of an amazing group of women. Give it a go, you will love it too.

Louise Walmsley (newbie paddler)

Notes from a newbie

All my friends and family were amazed when I started dragon boating at the age of 68, as I have never been a very sporty person. But, none were as amazed as me when I found how much I enjoyed it!

I came to the Dragons Abreast come and try day in February not knowing what to expect and was overwhelmed with the warm welcome I received. In the following weeks, all the team were so friendly and helpful, encouraging my paddling efforts and always ready with a helping hand — literally, as I tried to keep my balance stepping over the benches!

I have lived in Canberra for 30 years and I am used to walking, riding and driving round Lake Burley Griffin, but nothing compares with being in the middle of the lake as the sun rises and seeing all the familiar landmarks reflected in the calm water. Visiting Springbank Island on one of our practice paddles was also a welcome new experience for me.

The exercise of paddling is very beneficial for those of us who have had breast surgery and I feel myself getting stronger and more confident, as well as losing a bit of weight. Taking part in my first regatta was a great thrill, as I said to myself, 'Is this really me, doing this?'

Many thanks to all who have helped me enjoy this new lease of life!

Joan White



Joan White 16 May 2015 Image: Wes Forrest



Val Smart Bakers Delight Civic 21 May 2015 Image: Kerrie Griffin

Please find a cure so I can stop wearing pink!

Joining Dragons Abreast provides an opportunity to look after me, to achieve fitness goals (which research suggests may increase survival) and meet people who have fought similar battles. I must admit I have never liked pink and hope as one slogan states: 'please find a cure so I can stop wearing pink!'. In saying that, I am so empowered and proud to stand united in my pink uniform with pink paddle in tow.

To paddle on Lake Burley Griffin in the wee hours is such a peaceful, spiritual experience; so good that despite my body not wanting to leave my warm cosy bed, my mind wills movement by recalling the feeling and memories of being witness to the sunrise while standing with my team. Once on the lake you do exercise, all at different levels, but together as one team mastering strokes; under the guidance of the best support network you have ever known.

Everyone on the boat appreciates, values and knows how to enjoy every moment. Paddling correctly takes time but as we gain this new skill we get to explore the lake, joke, see new nooks and crannies, celebrate and see all the lake has to offer. Occasionally, people around the lake will cheer and encouragingly wave to the Pink Ladies of the lake.

Experiences do extend past the lake and soon some of us will be leaving to compete and represent our members in Hong Kong. The many paddling sessions and other opportunities are made available without pressure — do what you want and what you are able to do. I love that we have Dragons Abreast.

Val Smart



Truus Ford, Susan Pitt sweeping under Debbie Whitfield's excellent coaching, Canberra Balloon Spectacular 10 March 2015 Image: Kerrie Griffin



Judy Cluse's retirement party after paddling, Beijing Garden 25 February 2015 Image: Kerrie Griffin

Merchandise

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



Gillian Styles, Cate Wood, MDC organiser, and Kerrie Griffin, Tribute wall, Mothers Day Classic 10 May 2015 Image Kerrie Griffin

Australian Dragon Boat Championships Perth, April 2015

Committing oneself to benchmarking and then, if selected, extra training both on and off water takes determination and understanding of the process. You become a member of the team and commit to working with and for the outcome for that team. It all sounds exhausting!

For those of us dual members in DA and Dragon Flyers we were scooped up into the pot of our sports club. Secretly we love the challenge of competition and pinch ourselves when we benchmark well. We know we are fortunate. **Colleen Powell, Boerge Alexander** and I all competed in the Senior C club racing. Our team did not disgrace itself although podium finishes were not for us.

The Perth Champion Lakes course was very well laid out and the team tents and viewing area allowed for close engagement with the racing. Teams were well supported by clubs cheering. As an overall record, ACT clubs did very well and left the impression on other states that our relatively small population base can produce able dragon boaters.

The funniest story of the event for me is our first race. Boerge drumming, myself sweeping, both of us newbies at this level and somewhat nervous, we set off across the line of boats in their start pontoons to reach lane 7. A couple of voices muttered 'there are men in those boats'. I replied 'keep paddling'. Over the loudspeaker a voice said 'boat 7 this is not your race but flex your muscle and keep coming'. I again said to the crew 'keep paddling'. My goodness, how did we all keep smiling? Boerge and I both managed to stay on the boat for later races too!

Gillian Styles

Thanks to those who volunteered at the **Handmade Market**. The next one is for both 26 and 27 September at the new venue **Exhibition Park in Canberra (EPIC)**. We thank **Julie Nichols** and encourage members and friends to support the Handmade Market and [Shop Handmade Canberra](http://www.handmadecanberra.com.au/our-story.html).



Warm up and training times

6.00 for	6.30am	Tuesdays
12.00 for	12.30pm	Wednesday
8.00 for	8.30–9.30am	Saturdays

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

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

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

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

Weather watch

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



Frances Heaney, Clare Purcell, Pene Lee on pink Harley Davidson motorcycle, Elly McGuinness and Maureen Wild, Mothers Day Classic 10 May 2015 *Image* Kerrie Griffin



Patsy Sheales and Frances Heaney, Bakers Delight Belconnen 16 May 2015 *Image:* Frances Heaney



Elly McGinness, staff and Theresa Kerby, Bakers Delight Weston 18 May 2015 *Image:* Elly McGinness

Under the pink umbrella



Breast
Cancer
Network
Australia

www.bcna.org.au



Dr Anne Bicknell (2nd left), Cate Hale, (4th left), Shelley Atkins Bosom Buddies President (5th left) and volunteers, Mothers Day Classic 10 May 2015 *Image* Kerrie Griffin

Mothers Day Classic

It was a great event. For me one of the special things was meeting up with women there whom we had diagnosed at BreastScreen not so long ago who are now fit and well and able to walk and run in the Classic. It makes it so worthwhile. Looking at the photo you could be lulled into thinking it was a bright warm sunny day...we were glad of the shelter your tent gave us!

Dr Anne Bicknell MB.BS. MPM.

Clinical Coordinator BreastScreen ACT

Mothers Day Classic Unfortunately, we were unable to paddle over in *GoAnna* due to poor weather. However, we did have a presence at the starting line for the 5km runners and 5km walkers, clapping and cheering as they started off; a few of us actually joined in the 5km walk. Thank you to **Gillian Styles** who coordinated the **BCNA stall** with **Cathy Powell** and **Louise Muir** as well as **Bosom Buddies** and **BreastScreen ACT** volunteers.
<https://www.facebook.com/pages/Dragons-Abreast-Canberra/448649108487643?ref=hl>



Pene Lee, Kerrie Griffin, Wendy Ceravolo, Maureen Wild, Elly McGuinness, Clare Purcell, Annette Dean, Kathy Powell, Frances Heaney and Cate Hale, BCNA Stall, Mothers Day Classic 10 May 2015 *Image* Kerrie Griffin

The Pink Bun campaign

The annual national Bakers Delight campaign (11 May-3 June) raises funds for Breast Cancer Network Australia (BCNA). 100% of the sales of pink buns, pink ladies and greeting cards is donated to BCNA. **Bakers Delight has supported BCNA's work for 15 years!** Many DA members were scattered around town after paddling 16 May, at various Bakers Delight stores selling buns and promoting breast cancer awareness.

Thank you to Dragons Abreast Canberra members **Patsy Sheales, Frances Heaney, Gillian Styles, Sandi Avis, Susan Pitt, Gigi Lungu, Elsa Priest, Katherine Davis Kralikas, Val Smart, Pene Lee, Mim and Wes Forrest, Clare Purcell, Maureen Wild, Elly McGinness, Marion Leiba, Judy Cluse, Denise Brown, Donna Lennon, Sandi Avis, Sue Drew, Mary-Lou Reid** as well as Bosom Buddies **Theresa Kerby, Larissa and Vicki Sinclair.**

Kerrie Griffin

BCNA Consumer Representative



Maureen Wild, Ingrid and Clare Purcell, Bakers Delight Manuka 16 May 2015 *Image: Marion Leiba*

Bakers Delight Manuka – thank you!

This morning Maureen and I attended Manuka Bakers Delight as part of the Pink Bun Campaign. We are members of Dragons Abreast Canberra (dragon boating club) and are breast cancer survivors.

It is such an incredible opportunity to be able to be a part of this campaign and assist Bakers Delight in raising funds and awareness for breast cancer.

BCNA and Bakers Delight have such an amazing partnership and as breast cancer survivors we would like to thank you for allowing us the chance to help in such a small way with the initiative. Congratulations on achieving 15 years of support for BCNA.

Maureen and I would like to especially thank Holly Rayners. This is our third year at Manuka and Holly has always been so helpful and welcoming and always has the store looking amazing decked out in pink with the pink ladies adorning the shop. We also met Ed this morning and again he could not have been more welcoming. Special thanks to all the bakers at Manuka who bake all the pink buns. They are very delicious!
Clare Purcell and Maureen Wild



Marion Leiba, Judy Cluse, Denise Brown and Donna Lennon, Bakers Delight Woden 16 May 2015 *Image: Marion Leiba*

Bakers Delight Woden – thank you!

Four of us did Pink Bun at the Bakers Delight store in Woden Westfield. A number of people bought pink buns and we also collected quite a lot of money in donations from people of all ages and both sexes.

We were well received and the Bakers Delight staff were friendly and supportive. As the donations went into a tin, we don't know how much we collected, but a number of people gave notes.

I think it was a bit quieter than last year, possibly because of the public service cut backs.

Marion Leiba, BCNA



Val Smart, Wes and Mim Forrest, and Pene Lee, Bakers Delight Civic 21 May 2015 *Image: Kerrie Griffin*



Kerrie Griffin, Synden, Bakers Delight Manager, Pene Lee and Val Smart, Bakers Delight Civic 21 May 2015 *Image: Kerrie Griffin*



Wes Forrest, Luke Sartor, researcher, and Chris Hansen, Cancer Research Consumer Representatives Meeting ANU 10 February 2015 *Image:* Kerrie Griffin



Geraldine Robertson, Susi Gross, Mim and Wes Forrest, Dr Anneke Blackburn, Dr Aude Fahrner, Chris Hansen and Kerrie Griffin, Cancer Research Consumer Representatives ANU Meeting, John Curtin School of Medical Research, ANU 10 February 2015 *Image:* Kerrie Griffin



Dr Kate Pumpa presents to the Breast Cancer Treatment Group Meeting ANU on the benefits of exercise 23 March 2015 *Image:* Kerrie Griffin



Catherine McCoy, a naturopath and Gillian Horton, An evening at [Colleens Post Mastectomy Connection](http://www.colleens.com.au/blog/an-evening-at-colleens/), Ways to manage your stress and overwhelm after a breast cancer diagnosis 9 April 2015 *Image:* Gillian Horton <http://www.colleens.com.au/blog/an-evening-at-colleens/>

Monthly evening at Colleens

I have introduced monthly Evening at Colleens with guest speakers as a way to share information and offer support to those affected by cancer.

The speaker for our first evening was **Catherine McCoy** from [iNaturally](http://www.colleens.com.au) who spoke about ways to manage stress and being overwhelmed after a breast cancer diagnosis. Some tips included:

Food for mood

Having a healthy diet with plenty of protein, fresh fruit and vegetables and good fats will help you to not only feel better physically, but mentally/emotionally as well. Catherine talked more about nutrition on Thursday 21 May: 'Eating for a healthier version of you'.

A good night's sleep

Over time, your stress response can disrupt your normal circadian rhythms (your eat/sleep/wake cycle). This cycle is governed by the stress hormone cortisol which comes from your adrenal glands. To help reset, try the following:

- Sunlight triggers your cortisol waking response. Try to go outside in the sunlight within a half hour of waking up for about 5 minutes. Also, try to eat breakfast within 1 hour after waking
- Try to go to bed at the same time and get out of bed at the same time every day (including weekends)
- Your deepest sleep occurs in the earlier portion of the night before midnight – make sure you don't go to bed too late
- Don't have your bedroom or bed too hot — your body temperature needs to drop for you to get good quality sleep. Keeping the bed cool when the chemo induced hot flushes grip us is not that easy!

Exercise

Exercise produces endorphins (our feel good chemicals) and releases tension and stress. Try to exercise once every day, even if it is a short walk around the block. [YWCA Encore](http://www.colleens.com.au) program offers a free 8 week program for women with breast cancer.

Yoga is very good for stress management. [Vitalyoga](http://www.colleens.com.au) offers a class for those recovering from a serious illness for the cost of a donation.

Meditation

The benefits of meditation on reducing stress levels are well known Even meditating for 5 minutes most days is very beneficial.

Breathing

Our body fluctuates between the 'rest & digest' state and 'fight or flight' state. We naturally move back and forth between these states in an approximate 90 minutes cycle (ebb and flow). Sometimes when under stress, we tend to get stuck in 'fight or flight'. To work on getting back to a healthy regulating rhythm, try the following breathing technique:

Yoga nostril breathing technique:

Block right nostril, breath in for 2 seconds, hold for 2 seconds, swap finger to left nostril and breath out the left nostril for 2 seconds. Keep finger blocking left nostril and repeat with sequence, swapping sides back and forth for about 3 minutes.

Massage

Massage can not only help to relieve tight and tense muscles and increase circulation, but it is a perfect relaxation therapy. There is nothing nicer than a relaxing and gentle massage using essential oils. Enjoy!

Journalling

Having a private and safe space to download your thoughts, fears, ideas and goals is extremely helpful to sort through your feelings.

I look forward to welcoming you to an Evening at Colleen's in the near future.

Gillian Horton



Susan Pitt, Marion Leiba, Chrissy and Katherine Kralikas, Bakers Delight Gungahlin 22 May 2015 Image: Wes Forrest



**[Dragons Abreast Melbourne/DAM](#)
**[Busters at Melbourne Cricket Ground \(MCG\)](#)
Fantastic pink scene at the Melb vs Syd footy game in support of the wonderful BCNA!****

[Doctors are starting to prescribe exercise for cancer](#)

There is a growing feeling among doctors that fitness protects people during cancer treatment and may even play a role in prevention.

[Canberra breast cancer survivor has scars tattooed](#)

The friendship between a tattooist and a breast cancer survivor seems an unlikely one. Following two mastectomies breast cancer survivor **Sherry McGregor** decides to get large tattoos applied to disguise scars left after double breast reconstructions and failed nipple reconstructions. Sherry and Canberra tattooist **Ben Angelidis of Freestyle tattoos** are friends now.

Mr Angelidis has been so touched by Mrs McGregor's story, he has offered to discount his rates for others considering tattooing over their breast cancer scars.

For Mrs McGregor, her tattoos have given her a confidence she hasn't had in a long time. 'What Ben gave me back was the feeling of femininity again and the feeling that I'm in control which is really important to me but I don't for one minute take it for granted because it could all change, but for today it's good,' she said.

One in eight Australian women will be diagnosed with breast cancer by the time they turn 85. It is estimated 15,500 women and 145 will be diagnosed with the disease this year, according to the Breast Cancer Network Australia.

A growing number of breast cancer survivors are now turning to tattoos to cover their scars and **BCNA head of programs Fiona Patterson** said anything which helped people "embrace that new sense of their own body image" was a positive thing.

She said the stories of those people were also important because it helped promote discussion around breast cancer.

'Anything that helps keep the discussion about breast cancer going in the community is very important and anything that helps people to feel like they're able to discuss their treatment and not feel embarrassed or ashamed is very positive,' she said.

Ms Patterson said breast cancer could be "quite a daunting package" for many women.

'It can be extremely difficult ... that's where we find women having access to speak to other women about their experiences is a really important part of the journey,' she said.

For more information or support, visit bcna.org.au.
<http://www.canberratimes.com.au/.../canberra-breast-cancer-su...>

Online Network

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

BCNA Resources

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

Research Bulletin

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

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

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

Review & Survey Group

Participation will give you an opportunity to assist researchers to solve some of the puzzles around breast cancer, by contributing your own experience. All you need is an email address, and a willingness to be involved. When there is an important breast cancer survey being conducted, BCNA will email you with the details. It's then up to you to decide if you are interested in participating or not. The choice is entirely yours. To register for the Review and Survey Group click on the following link <http://www.bcna.org.au/news/about-bcna/get-involved/speak-out>

BCNA Forums Team

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

Nicky's group gives people with **secondary breast cancer in the ACT and region**, the opportunity to meet, share issues and ideas, learn more about secondary breast cancer and even have a laugh! Join us at at Rodney's Plants Plus at Pialligo, in 'Jungle Fever' a private room. Feel free to bring a friend or family member. There is also a great park for the kids. 'Nicky's Group' is supported by **Bosom Buddies**, for more information **0406 376 500** [Mon.-Thurs. 9am-3pm].

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

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

Help from your GP

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

A recent survey by BCNA into the **needs of women living with secondary breast cancer** found that only 21 per cent of respondents had a GP Management Plan. For more information about these plans, visit the financial and practical assistance page in the secondary breast cancer section of the BCNA website, www.bcna.org.au.

Geraldine Robertson, BCNA Consumer Representative, Cancer Australia Committee

BreastScreen ACT

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

Phone BreastScreen ACT on 13 20 50.

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

susan.pitt@netspeed.com.au if you have queries about screening services in the ACT. Read more <http://health.act.gov.au/c/health?a=sp&did=10108867>

Susan Pitt, BCNA Consumer Representative, BreastScreen ACT Advisory Committee

Painting the big picture in cancer care

Yanping Zhang is not a doctor. But her contribution to breast cancer research in the ACT has potentially helped save lives. ACT screening at five-year high but breast cancer rate still most serious in the country
<http://www.abc.net.au/news/2013-10-25/act-women-not-taking-advantage-of-free-breast-screening/5045458?section=act>

Epigenetic signatures that differentiate triple-negative breast ...

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

Abortions do not increase the risk of breast cancer

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

Support your partner through breast cancer

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

Ten years of tamoxifen may be better than five

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

BCNA News



Breast Cancer Network Australia

We've developed a new fact sheet called *Beware Dr Google: A guide to reliable breast cancer information*. The fact sheet includes a list of Australian and international websites.

[See More](#)

[Participate in lifestyle research](#)

BCNA News 22 May 2015

Pink Lady Match

\$80,000 raised to support Australians affected by breast cancer.
BCNA News 15 May 2015

□ BCNA News 13 May 2015

2015 Federal Budget

BCNA News 09 May 2015

PBS listing for secondary breast cancer drugs

Media releases 07 May 2015

Superannuation access for terminal patients

Media releases 05 May 2015

BCNA greeting cards available in Bakers Delight bakeries!

BCNA News 01 May 2015

Study addressing fear of cancer recurrence

BCNA News 14 Apr 2015

Honorary doctorate for Lyn Swinburne

BCNA News 13 Apr 2015

BCNA welcomes BreastScreen Australia changes

BCNA News 10 Apr 2015

Beware Dr Google: A guide to reliable breast cancer information

BCNA News 27 Mar 2015

Active and Well After Breast Cancer information day success!

BCNA News 26 Mar 2015

Registrations open for BCNA's Pink Sports Day 2015

Media releases 17 Mar 2015

Pink Ladies and Bakers reach \$15m milestone in 2015

BCNA News 04 Mar 2015

BCNA launches new website

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

22 January 2015

BCNA applauds decision on new secondary breast cancer drug

19 December 2014

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

Useful links

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

Associate members including Dragons Abreast

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

Bosom Buddies is a member group

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

Read about how BCNA does advocacy

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

Read about how BCNA nominates community liaisons

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

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

Get involved with BCNA

- [Community fundraising](#)
- [Join our online network](#)
- [Advocacy](#)
- [Speak out](#)
- [Find services & support near you](#)
- [The Beacon](#)
- [Sharing the journey](#) – issue 70, Autumn 2015
- Past issues of *The Beacon* [The Beacon archive](#).
- [Help with research](#) Join our Review & Survey Group
- <http://www.bcna.org.au/store/Merchandise>
- **BCNA updates to share their work with ACT members in case you are interested in being more involved:**
- **The BCNA Networker** [Download your electronic version](#)
- [Connecting BCNA Member Groups online group](#)
- [BCNA Community Liaison online group](#)
- [2013 Seat at the Table Year in Review](#), outlines many of the work the BCNA Policy team has achieved that may inform your own work in the future.
- **[- Seat at the Table training - 22 women affected by breast cancer participate in BCNA's Science & Advocacy training](#)**

Otis Foundation

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

Bosom Buddies

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

YWCA Encore

www.ywcaencore.org.au

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

Gillian Horton, Colleen's Post Mastectomy Connection

Open: Tues-Fri 9.30am to 4.30pm
3/60 Dundas Court, Phillip | T: 02 6285 1311 | E: bravellesw@gmail.com

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

HeadsUp@Kippax

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

<http://headsup.net.au>

Kippax Shop 2, 12-16 Hardwick Crescent, Holt

Open: Tuesday to Friday from 10am–4pm

Phone: 02 6201 6579 or 041 6227 595

Sue Owen 0416 227 5959

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

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

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

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

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

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

Susan Pitt, Secretary BTAA

Improve your brain health and performance

Build your Personalised Training Program

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

****DA Canberra newsletter February 2015****

[DA Canberra newsletter June 2014](#)

[DA Canberra newsletter March 2014](#)

Kerrie Griffin


Consumer Representative

Seat at the Table (SATT) Program, BCNA



Calendar of events

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

Month	Date(s)	Event	Location	Notes
	11 May– 3 June	The Pink Bun Campaign BCNA annual fundraiser	8 Bakers Delight ACT shops plus 3 Queanbeyan	Please contact Kerrie Griffin 0432 980 061
	Thursday 28 10am	Biggest Morning Tea	Forrest Hotel & Apartments 30 National Cct, Forrest	\$10 donation ACT Cancer Council https://www.facebook.com/events/470766566422121/
	Saturday 30	<i>ConSOUL Food: Food to lift the spirit</i> cookbook — recipes submissions	BCNA fundraiser	Cate Hale www.PublishedAuthors.com.au
	Sunday 31	DBACT annual clean up, sheds.	Lotus Bay	canberra@dragonsabreast.com.au

DRAGONS ABREAST – keeping the spirit alive!

June	Monday 1 11am and 12.30	Music at Midday Canberra Theatre - <u>2015- 11:00 & FREE</u> with the support of Canberra Labor Club. The proceeds of the concert will go to Bosom Buddies.	Canberra Theatre Centre together with the Royal Military College Band	https://www.canberratheatrecentre.com.au/site/what-is-on.php?detail=music-at-midday-0038
June	Friday 12	DBACT Annual Presentation night:	Marquee Southern Cross Club	RSVP by 8 June admin@dbact.com.au
	Tuesday 16 6-9.30pm	Dragon Muster and 20 Year Celebration: Abreast in a Boat	Griffith Community Centre, 55 Stuart St	canberra@dragonsabreast.com.au
July	Sunday 28	Hong Kong Dragon Boat Festival: Stanley Main Beach 200m Regatta	Stanley Main Beach, Hong Kong	francesheaney.dacanberra@outlook.com
	Friday 3 Saturday 4 Sunday 5 TBC	Hong Kong International Dragon Boat Races 500M	Victoria Harbour, Hong Kong	francesheaney.dacanberra@outlook.com
	25-26	DAA Convention and Regatta	Twin Towns Resort, Tweed Heads	http://www.dragonsabreast.com.au/headoffice/2015-national-convention/
August	Saturday 15	AGM after training New Committee announced	Canberra Yacht Club	
October	Saturday 17	Dragons Abreast Canberra Corporate Regatta BCNA Mini Field of Women at the Regatta	Grevillea Park	Volunteers needed
	Saturday 24	Dragons Abreast Festival National fundraiser regatta	Darling Harbour, Sydney	http://www.dragonsabreastfestival.com.au/ Volunteers needed

Dragons Abreast Australia — Mission statement

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

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

Keeping the spirit alive!

Next issue of the DA Canberra newsletter — August 2015

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

Please submit any news, items and images by 21 August 2015 to the newsletter coordinator

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

Corporate Challenge 20 September 2014

Dragons Abreast Canberra 2014 Corporate Regatta *Image:*

Chris Holly

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



Jindabyne Flowing Festival dragon boat regatta 15 February 2015
Image: Frances Heaney



Goodbye Cusco from Marion Blake and Viki Fox. The lady from the shop where we bought lots of shawls dressed us and took this!
Image: Marion Blake