



ABREAST of the NEWS

DRAGONS ABREAST CANBERRA

PO Box 7191, Yarralumla ACT 2600

DRAGONSABREAST.COM.AU

ISSUE 84

FEBRUARY 2023



Julie Kesby, Sandie Parkes and Kellie Nissen, The Green Shed donation \$10,000 28 December 2022 *Image:* Alison Kesby

Coordinator's report

Happy Lunar New Year! 2023. The Year of the Rabbit. In Chinese culture, rabbits symbolise longevity, prosperity and peace — after the last few years, let's hope this comes to fruition. The year has certainly started extremely well from our perspective with four big 'happenings' to celebrate:

Donation from The Green Shed

On behalf of everyone in Dragons Abreast Canberra, I'd like to express my heartfelt appreciation to **Sandie Parkes** and her team at [The Green Shed](#) for their very generous donation of \$10,000 to Dragons Abreast Canberra.

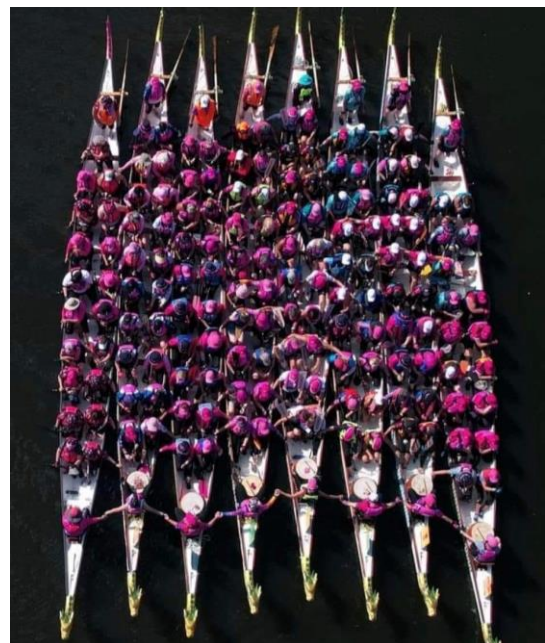
Currently, all of our funds come from the hard work of members through events such as our **DA Social and Corporate Regatta**. Sandie, who is co-owner of The Green Shed, was astounded when we told her that we had no other monetary sponsorship. You can read more elsewhere in this newsletter about the donation but for now, I'd like to give special thanks to **Julie Kesby** who, (along with **Susan Pitt**), first orchestrated this process several years ago but kept tabs on progress and continued to liaise with The Green Shed right up until the official announcement.



Susan Pitt, Lyn Swinburne AO, founder BCNA, and Kerrie Griffin OAM Pink Power Paddle (PPP) Ball, Marvel Stadium 3 December 2022 *Image:* Kellie Nissen

Kerrie Griffin OAM

Absolutely grand news received officially on 26 January that our very own **Kerrie Griffin** was awarded a **Medal of the Order of Australia (OAM)**. The OAM is awarded for 'service worthy of particular recognition'. In Kerrie's case, this was for 'Service to Community Health' or, more specifically 20 years of behind-the-scenes breast cancer advocacy work with [Breast Cancer Network Australia \(BCNA\)](#) and [Dragons Abreast Canberra](#). From DA Canberra's perspective, Kerrie is always there, supporting us, doing stuff and keeping us informed through this newsletter (since 2004) and currently as one of our wellbeing officers. This OAM just confirms everything we know about Kerrie and we could not be more pleased that she has received this recognition.



DAA *Flowers on the water*, Docklands 3 December 2022 *Image:* DA Pink Phoenix



Yvette Berry MLA Minister for Sport and Recreation with Gillian Styles [#CBRSportAwards](#) 26 November 2022 *Image:* [#CBRSportAwards](#)

2022 CBR Sport Award

Congratulations to **Gillian Styles** for the **Outstanding Service to Sport Award** at the 2022 Canberra Sports Awards on 26 November. A wonderful recognition of **Gillian's** outstanding contribution to dragon boating. Well deserved!



Isabella Haines, Jenny Milward-Bason coach and Kim Tito 7 January 2023 *Image:* Kerrie Griffin

Our newest accredited coach

We congratulate **Jenny Milward-Bason** on achieving her coaching accreditation in January and welcome her to the coaching team. We're looking forward to more of Jenny's sessions as she and **Donna Lennon** plan for our training year ahead, particularly leading up to ACT Champs in March and New Zealand in April. Well done, Jenny and thank you for stepping up as well as being our Treasurer.

Despite, or perhaps due to, the hustle-bustle of Christmas and associated end of year events, many happenings occurred since our last newsletter and while we took a short paddling break between Christmas and New Year, both ends of this period were chock-full.



Shelley Owen, Che Mortimer and Kim Tito 12 November 2022 *Image:* Elesa Kurtz published 23 November 2022 [The Canberra Times](#)

DA Come and try session 12 November

With thanks to our amazing DA Come and try team, **Clare Smyth, Megan Davis** and **Fiona Maguire**, we had one of the biggest and most successful Come and try sessions I've seen for quite some time. Around 12 first-time paddlers came along, meaning we needed two boats. The weather was divine and with **Jeannie Cotterell** and **Lyndall Milward-Bason** at the sweep oars and **Jenny Milward-Bason** coaching, we had a fabulous paddle that was thoroughly enjoyed by all paddlers including newbies. Extra thank you to all DA Canberra members who stayed back and buddied our first-timers as well as providing morning tea.

We look forward to the next Come and try session and morning tea on **18 February** with all hands on deck.



Clare Purcell, Elly McGinness and Maureen Wild prepare flowers for the DAA Flowers on the water ceremony, PPP Regatta, Docklands 3 December 2022 *Image:* Kerrie Griffin



DA Canberra, PPP Regatta, Docklands 3 December 2022
Image: Kerrie Griffin

Pink Power Paddle regatta and ball

More than 20 DA Canberra paddlers headed off to Docklands, Melbourne on 3 December for the inaugural [Pink Power Paddle \(PPP\)](#) regatta, hosted by [DB Victoria](#) and brand-new DA club, [DA Melbourne Pink Phoenix](#) and supported by [DAA](#). [Kirsten Pilatti, CEO BCNA](#), opened the regatta. Kirsten and [Lyn Swinburne, founder BCNA](#), attended the ball.

Contending with ferry arrivals and departures in Victoria Harbour, both our 10s and 20s crews did themselves proud with consistent first and second placings over 200 metres — proving to ourselves that we are strong against our peers.

After racing, the **DAA Flowers on the water ceremony** was very moving with composite DAA boats rafted together to observe a minute's silence for Angels Abreast and those undergoing treatment. There were two special songs and the spreading of petals. **Natalie Evans-Sandell** swept one boat and **Kathy Hayes** was their drummer.

Following a hefty (and long) day of racing, we turned around, glammed up and headed off to the **PPP Ball at Marvel Stadium**, where we ate the most amazing food and danced till we dropped.

Day 2 was a glorious recovery 8 km paddle along the Yarra River, where nine boats, with mixed crews, enjoyed the scenery.



DA Canberra and NZ composite team, PPP Yarra River 8 km paddle, Docklands 4 December 2022 Image: Susan Pitt



Anne Baynes, team manager, Pearl Lee DAA chair and Kellie Nissen, DA Canberra coordinator, PPP Regatta, Docklands 3 December 2022 Image: Kerrie Griffin

Thanks must go to **Anne Baynes** (team manager) and **Donna Lennon** (coach) for getting us organised, and **Janet Olsen** (accommodation) for making this weekend so wonderful. Extra thank you also to **Lyndall** and **Jenny Milward-Bason** and **Kaaren Sutcliffe** for transporting some of our paddles.



Inaugural **Jenny Howlett Memorial Race**, her sons above, came to honour their mum. Kerrie Griffin, Mim Forrest and Susan Pitt, PPP Regatta, Docklands 3 December 2022 Image: Susan Pitt

Huge thanks to **Susan Pitt** who, along with the other organisers from **DA Melbourne Pink Phoenix** and **DB Victoria** pulled everything together successfully.



DAA boats rafted for the **DAA Flowers on the water** ceremony, Docklands 3 December 2022 Image: Kerrie Griffin



DAA *Flowers on the water* ceremony, PPP Regatta, Docklands 3 December 2022 *Image:* Kerrie Griffin



Janet Olsen, Kathy Hayes and Natalie Evans-Sandell, DA Canberra, PPP Ball, Marvel Stadium, Docklands 3 December 2022 *Image:* Kerrie Griffin



Anita Godley, Donna Lennon, Joan White, Clare Purcell, Lyndall Milward-Bason, Kellie Nissen, Kerrie and Jenny Milward-Bason, Travelodge Docklands 3 December 2022 *Image:* Kerrie Griffin



Anita Godley, Donna Lennon and Janet Olsen, DA Canberra, PPP Ball 3 December 2022 *Image:* Lyndall Milward-Bason



Gigi Lungu and Denise Brown, DA Canberra, PPP Regatta, Docklands 3 December 2022 *Image:* Kerrie Griffin



Flowers from Susan Pitt's Canberra garden for the DAA *Flowers on the water* ceremony, PPP Regatta, Docklands 3 December 2022 *Image:* Kerrie Griffin



Gigi Lungu and Anne Baynes DA Canberra, [Strathnairn Art Gallery and Cafe](#) afternoon tea 26 November 2022 *Image:* Kerrie Griffin

DA social events

I'm not sure how, but we managed to squeeze in several social gatherings in the lead-up to Christmas.

The [Tidbinbilla Guided Walk](#) by **Steve Taylor**, Parkcare volunteer, was, mentioned in the last newsletter but worthy of mention again for the positive feedback received. **Helen Couper-Logan** organised tickets for two groups of movie lovers to head off to see *Mrs Harris Goes to Paris* in November.

Plus, a large group had a thoroughly enjoyable afternoon chatting and nibbling under the trees at [Strathnairn Art Gallery and Cafe](#) on 26 November.



DA Arty Arvo 4 February 2023 *Image:* Kerrie Griffin

We loved the **Arty Arvo** on 4 February and some are looking forward to the painting and glass bead making **Arty Arvo** on 18 February.

Thank you to our hardworking **DA Social Committee** for keeping us all connected with outings and events to suit all tastes.



DA Christmas carol paddle around Kingston Foreshore was the best ever, Jenny Milward-Bason and Donna Lennon, coaches, and Lyndall Milward-Bason, sweep 22 December 2022 *Image:* Lyndall Milward-Bason

DA Christmas party 10 December

We thoroughly enjoyed our annual DA Christmas party, this time generously hosted by our wonderful **Clare Purcell**. Once again, our **DA Social Committee** outdid themselves with the catering and organisation and a wonderful time was had by all. A special thank you to **Denise Brown**.

The Christmas party is also when we hand out two very special awards.

Rookie Award

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



Clare Smyth and Megan Davis presented the Rookie Award wooden paddle to Joanne Widdup (and April Weiss in absentia) DA Christmas party 10 December 2022 *Image:* Kerrie Griffin



Clare Smyth and Megan Davis presented the Rookie Award Dragon trophy to Joanne Widdup (and April Weiss in absentsia) with Robyn Chen and Kellie Nissen DA Christmas party 10 December 2022 *Image:* Kerrie Griffin

The [Rookie Award](#) is for members who are new to the club and have shown commitment to DA Canberra events and embrace the DA Canberra spirit.

The criteria for the Rookie Award:

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

Recipients are selected by the DA Come and try team and share a wooden paddle trophy (donated by **Megan Dennis**), and a dragon-themed trophy (donated by **Robyn Chen**). This year's well-deserving recipients were **April Weiss** and **Joanne Widdup**. [citations](#)



Clare Smyth with Kellie Nissen present Joanne Widdup and April Weiss with the Rookie Award for 2022, and Deborah Lopert DB ACT regatta 4 14 January 2022 *Image:* Kerrie Griffin



Kellie Nissen presented the Kashgar Cup to Jeannie Cotterell DA Christmas party 10 December 2022 [Citation](#) *Image:* Kerrie Griffin

The [Kashgar Cup](#) is a very special award presented to a member who has 'made an extraordinary contribution to the work of DA Canberra'. This award is determined by the DA Canberra Committee who consider potential recipients' participation, volunteering and overall commitment to everything DA Canberra does from paddling to social events. This year's recipient was a very easy choice and congratulations went to **Jeannie Cotterell**. (Funny story: When reading out Jeannie's citation for the award, I decided not to mention her name until the end. Within the first three to four paragraphs, everyone knew who I was talking about — except Jeannie, who was genuinely surprised and did the best double-take ever when I read out her name. On a serious note, I think this just goes to show how the most hardworking and deserving people do not do what they do for the recognition!) [Citation](#)



Susan Roraff kindly arranged to repurpose and freight the DA Canberra wooden paddles and presented them to her grateful new Chilean team 21 November 2022 *Image:* Susan Roraff



DA Canberra with former paddler Jodi Fraser, DB ACT regatta 4 14 January 2022 *Image: Kerrie Griffin*

DA ACT Regatta 4 14 January

This first regatta of 2023 has a special mention because it was the first time, this season, that we've been able to field a 20s crew for the 2 km event. It felt fabulous. Special mention also to **Natalie Evans-Sandell** who swept us very efficiently — in her first-ever time sweeping a 2 km and to our three 2 km-newbies, **Isabella Haines**, **Kate Reid** and **Kim Tito**.

Thanks, as always, to **Lyndall Milward-Bason**, boat captain, **Donna Lennon** and **Jenny Milward-Bason** coaches, **Jo Baumgartner** and **Anne Baynes** officiating volunteers and parking peeps, **Di Bradshaw**, **Denise Brown**, **Kerrie Griffin**, **Elly McGinness**, **April Weiss**, **Joanne Widdup** and **Maureen Wild**.

We welcomed back **Di Bradshaw** after some time away, so great to have her back. Thanks to **Jill Evans** and **Cindy Young (Dragon Flyers)** for jumping on board for the 2 km race so we could enter with 18 strong paddlers. Well done to the whole crew.



DA Canberra DB ACT regatta 4 14 January 2022 *Image: Ron Tito*

DA Canberra heading out for the 200m race DB ACT Regatta 4 14 January 2023 *Video: Ron Tito*
<https://www.facebook.com/lebouffon/videos/703544201152525>



Water Safety Session 15 January 2023 *Image: Anita Godley*

Water safety session 15 January

Huge thank you, again, to **Anita Godley** for running another of her fun and fabulous water safety sessions. These sessions are not only about ticking off AusDBF's swim test requirements but also (and more so) about ALL members knowing what to do 'in the unlikely event of a capsize'. As we saw at the last regatta, a capsize can happen when you least expect it and keeping a calm head and working together as a team is paramount — this is what Anita's sessions are all about.

DB ACT Come and try 21 January

In true DA Canberra spirit, we supported DB ACT by providing a large number of volunteer paddlers and sweeps to help with the 65 first-time paddlers who'd ventured out in beautiful weather to give dragon boating a shot. At last count, 14 of these newbies signed up for a **Dragon Pass** and while DA Canberra don't stand to gain new members, it was fabulous to see so many supporting the dragon boating community as a whole.

DeafACT community training

Some time ago, DB ACT received a grant to use towards community collaboration with DeafACT. After a bit of a hiatus (thanks to COVID-19), the money has finally been actioned to provide training opportunities for the hearing-impaired community, through DeafACT, to have a go at dragon boating. Part of the grant was put towards the development of AUSLAN sign language specific to dragon boating calls while on the water. DA Canberra members, **Fiona Maguire**, **April Weiss**, **Lyndall Milward-Bason** and **Kerrie Griffin** have volunteered over four Sundays to support the 15 DeafACT registered participants learn to paddle and prepare them for a couple of 200 m races during DB ACT Regatta 5.

New members welcome

A warm welcome to our newest members, **Jennifer Bulling**, **Carol McAlwee**, **Shelley Owen** and **Kim Tito**, who joined following our DA Come and try on 12 November. It's fantastic to see them at training and regattas (locally and interstate). Welcome aboard — all four of you are a wonderful addition to our club.



Kim Tito, Clare Purcell, Anita Godley, and Diane Wilkinson and Natalie Evans-Sandell, DAA Lunar New Year regatta, Darling Harbour, Sydney 29 January 2023 *Image:* Ron Tito

Sydney Lunar Festival 29 January

Congratulations to **Natalie Evans-Sandell, Anita Godley, Clare Purcell, Kim Tito and Diane Wilkinson**, participated in the dragon boating regatta on Darling Harbour to celebrate the Lunar New Year. They paddled in a DAA composite crew. It's terrific to see many of our members taking up every opportunity to paddle when time permits.



PPP Regatta Opening Ceremony, Docklands 3 December 2022 *Image:* Kerrie Griffin

New Zealand April

Not long now! **Clare Purcell** continues to do a marvellous job of liaising with the **IBPC Committee** and passing information onto our paddlers and supporters. We now have goanna parade shirts and more news about training sessions and social events. Thank you Clare and the **NZ Regatta Committee**.



Marion, Courtney, Nadine and Griffin Leiba, DA Christmas party 10 December 2022 *Image:* Kerrie Griffin



DA NZ paddlers, Kellie Toohey exercise class, Scullin <https://changevoga.com.au/> 5 February 2023 *Image:* Kerrie Griffin

Related to New Zealand, thank you to **Kellie Toohey** who has again agreed to run her **tailored exercise classes** for some of our members in preparation for the NZ regatta in April. **DAA Director, and former DAA national Ambassador Kellie Toohey**, is Assistant Professor of exercise physiology at the University of Canberra (UC) and co-chair of the PACES research team.

DAA welcomed new Board members Annie Boulton and Dr Kellie Toohey DAA Facebook 21 November 2022



DA Christmas party 10 December 2022 *Image:* Kerrie Griffin



Diane Wilkinson and Helen Rowcliffe strokes, Central Basin, Lake Burley Griffin 6 December 2022 Image: Jeannie Cotterell

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.

Wow, [Dragons Abreast Canberra Facebook](#) site was recognised for our contribution to promoting the sport of dragon boating. [Sep-Nov 2022 Content King](#) 1,754 Reactions, Comments & Shares.

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

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

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



PPP Regatta beautiful participatory medal designed by Linda Papworth, Docklands 3 December 2022 Image: Kerrie Griffin



Central Basin, Lake Burley Griffin 28 January 2023 Image: Lyndall Milward-Bason

<https://www.ibcpc.com/keepingabreast-december-2022>

[DAA In the loop February 2023](#)

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>



[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

It's not long to go before the New Zealand travellers will be packing their bags and hitting the airport. It's hard to believe that we started planning for this trip three years ago. But finally, it's a reality. IBCPC Festival, here we come!

There have been so many ups and down in the planning, largely thanks to COVID-19. At one stage, it was a possibility that we would not be travelling at all. But New Zealand persisted and, to their credit, they fought the good fight and postponed the festival for one year rather than cancel.

Dragons Abreast Canberra will be entering two teams at the festival. Some 22 paddlers will be in one boat, aptly named Dragons Abreast Canberra (what a surprise). The remaining seven DA Canberra paddlers will be in a composite boat made up with paddlers from Romania and Canada. Who knows who else will be in the boat? It will be an international delight. **Greg Purcell** has put his thinking cap on to come up with a team name (he likes things like that) and even the team captain from Romania loved his suggestions. So, stay tuned and you will find out the name soon.

Who can forget our fabulous supporters that will be cheering from the sidelines? **Shawn Mortimer** will be jumping in the supporter's boat along with **Donna Lennon, Alison Kesby** and **Jenny Milward-Bason**.

As the team manager of the travelling contingent, I can honestly say how much I am looking forward to the adventures that are ahead for each and every one of us. I am so proud that although we are participating as two teams, we will be displaying the DA Canberra spirit most proudly.

United as one team. Paddle hard DA Canberra!

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

Clare Purcell clare@cgpurcell.com

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



DA Canberra, DB ACT Regatta 4 14 January 2023 *Image: Ron Tito*

DB ACT DeafACT

[DB ACT](#) is training the [DeafACT](#) to dragon boat as a team. It's been so much fun to work with the team members and to watch them progress so quickly! By the third session, they completed not one, but, two 200m practice races! Two boats with a composite team of DB ACT volunteers and DeafACT members competed to bring out the competitive spirit. By this time, paddle clashes were a thing of the past and everyone focused on their timing and winning! But, it's not all work...it has been wonderful meeting new people like my buddy Ali and being part of a warm community. The jokes are so funny with one coach thinking they were signing 'pay attention' when it could also mean 'everyone to Mooseheads pub'.

April Weiss

<https://canberraweekly.com.au/dragon-boat-act-and-deafact-paddle-towards-inclusivity/>



Donna Lennon and Susan Pitt, Central Basin, Lake Burley Griffin 28 January 2023 *Image: Lyndall Milward-Bason*



Kellie Nissen, Donna Lennon and Anita Godley, DA Canberra, PPP Ball, Marvel Stadium 3 December 2022 *Image: Kerrie Griffin*

Coaches' corner

Congratulations to **Jenny Milward-Bason** on achieving her coaching accreditation. We now have a coaching team! We're looking forward to the coming year and supporting you all in the lead up to New Zealand and beyond.

Thanks to **Anita Godley** who held another fabulous Water Safety Session with new insights and experiences for paddlers. Each of these sessions enables us to test what we know and discover something we didn't know. Each time we do this, we can be more confident about our response should our boat ever capsize. All paddlers are strongly encouraged have the full experience of being in the water fully clothed; plus or minus a PFD; to understand your own response and how we support each other as a team. If you haven't been yet, please make the next session a priority.

Our other work currently is building up for the [IBCPC Participatory Dragon Boat Festival NZ](#) in April. The team is coming along fabulously; the commitment and effort of each member is evident every we go out in the boat. We have dual paddlers and supporters coming alongside our usual crew to create a progressive momentum that is positioning us well for New Zealand. An amazing team!

Our team is always a delightful mix of paddlers who are new to the club through to those well experienced. As such, we seek to create different sessions to accommodate all paddlers. **DAC Lite** is now a regular session for newer and returning paddlers and the **Extra Effort** session is now 45 minutes for those who want to go harder for longer. Wednesday is our social 'paddle-chat' outing and Tuesday / Saturday sessions are our 'all round' moderate sessions. If you're not sure where you fit, or want to go further, be sure to talk with Donna or Jenny and we'll do our best to ensure your goals are being met, including sweeping, drumming and stroking.



Joan White, Angela Spencer and Donna Lennon, DA Christmas party 10 December 2022 *Image: Kerrie Griffin*

Well done to our five paddlers who participated in the **Lunar Festival** at Darling Harbour, Sydney. **Natalie Evans-Sandell, Anita Godley, Clare Purcell, Kim Tito** and **Diane Wilkinson** were part of a DAA composite team. It was a first 'away' regatta for Kim and Diane as well. Thanks for flying the DA Canberra flag!

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



Kellie Nissen, Jenny Milward-Bason, Clare Purcell and Janet Olsen, DA Canberra, PPP Ball, Marvel Stadium, 3 December 2022 *Image: Kerrie Griffin*

I'm a real coach now!

It's been a longer journey to becoming an accredited coach than I had expected. The possibility of training as a coach came up in 2019 after a chat with **Lucy Cheetham**. The course was in October, but I was already committed for that weekend and couldn't attend. I mean, there's always next year. Little did I know what was to come in 2020...yep, the world had changed and among all those changes, no coaching courses for two years.



Lyndall and Jenny Milward-Bason displaying their new earrings, Arty Arvo 4 February 2023 Image: Kerrie Griffin

After a long hiatus, the first coaching course was scheduled for January 2022, I jumped at the chance. I completed all the prerequisites for a coaching accreditation other than on water coaching. My bad, I went to the south of France for almost six weeks instead. When the next course opened up in August, I signed up again. Despite heading up north for three weeks in September (there's that life thing again!) and coming back with COVID-19, I managed to run the necessary on water sessions and have them assessed by **Donna Lennon**.

Now I'm enjoying the chance to help our crew be the best paddlers they can (or choose) to be. I'm learning so much from Donna, our wonderful head coach. There have been some amazing highlights already, such as the chance to help run a coaching session for new paddlers at a DA Come and try and running a few extra effort sessions. I love seeing and feeling the power we have in that boat.

I'm looking forward to doing everything I can to help our New Zealand team become fitter and stronger paddlers. After our amazing paddling performance in Melbourne, we can definitely make our mark over there in the land of the long white cloud! I'm also looking forward to nurturing our new paddlers as they begin their paddling journey.

It's a privilege to be part of the coaching team. I'm very thankful to Lucy for suggesting it and for the support and encouragement of Donna as it's come to fruition. I hope to make a difference in this new role. Thank you and paddles up!

Jenny Milward-Bason, treasurer, coach and drummer



Jeannie Cotterell, Clare Smyth, Karen Dahlstrom, Lisi Bromley and Lyndall Milward-Bason 11 January 2023 Image: Natalie Evans-Sandell

8 km Molonglo Challenge adventure

On Sunday 11 December, **Fiona Maguire** and I paddled harder than ever before! We took part in the annual **8 km Molonglo Challenge** organised by **Komodo** as a friendly challenge for **DB ACT** clubs. We paddled in a composite team and rocked up to Grevillea Park looking forward to finding our buddies. We quickly learned we'd be in the 'sprint room' of the Komodo mixed boat! It was a little bit intimidating and I was pretty nervous initially. The Komodo crew, especially **Kim T**, were very welcoming and explained their race start. When we asked what they meant by 'up the rate' in the second half of the start sequence we were told 'just double it and you'll be fine'. I'm pretty sure it was at that point I started wondering if we'd make it!

So, off we go and things are going well with Fiona and I in bench 9. We kept up with the race start and settled into the rhythm. We learned what the 'sprint room' does on a Komodo boat. The sprint room is the back few benches, what we call the trimmers, and Kim explained that we'd be responsible for giving the boat a push through the race. Kim would call 'Sprint room UP and GOOOO!' and we'd go like the clappers! Wow, they can move a boat!

It was just after the turn, at the halfway point, that we had to swap sides on the move. We fumbled and bumbled our way to the other side of the boat — definitely not as smooth as the others but we made it. The second half of the race required some serious mental fortitude. We both pulled in for a while every now and then. When we crossed the finish line I was so proud of myself and Fiona for giving it everything. Kim said we'd actually paddled 10 km because there was no safe place for the turn at 8 km so why not do an extra km or two!

Jeannie Cotterell, [Kashgar Cup](#) recipient



Timekeeper volunteers in action, including Anne Baynes, DB ACT Regatta 4 14 January 2023 *Image: Kerrie Griffin*

[Successful Green Shed submission](#)

Both **Kellie Nissen** as our current Dragons Abreast Coordinator, and myself, as a former Coordinator, were very pleased to accept the \$10,000 from [The Green Shed](#) co-owner **Sandie Parkes** (28 December 2022) for our successful Green Shed submission to their call to charities and non-profit organisations in February 2018 (<https://www.canberratimes.com.au/story/6022784/calling-all-charities-the-green-shed-wants-you/>).

The successful Dragons Abreast Canberra 28 March 2018 submission was compiled by **Julie Kesby** (Coordinator 2016-18) and **Susan Pitt** (Assistant Coordinator 2017-18) and supported by the DA Canberra Committee at the time. We were very excited to be notified on 27 April 2018 by one of the co-owners **Elaine Stanford** that we were to be the recipient of the full \$10,000 as part of The Green Shed (TGS) Charity Day. The TGS owners, at the time, checked 140 requests and selected organisations for the next round of recipients. All local not-for-profit organisations were eligible, but applicants were ranked according to their needs, and the community benefit they offered. We were advised to be patient as it could be up to 24 months (or more) for our club to be 'Green Shed Club of the Month'. This meant receiving publicity for the club, and The Green Shed sales on the last Wednesday of the month, (where 100% of the total sales for that day from Mitchell and Mugga Lane sheds goes towards the chosen charity or not-for-profit organisation for that month) until reaching the magic figure of \$10,000!

Wow! Our persistence with our Green Shed submissions paid off. I first made a submission to The Green Shed in 2014 and obtained \$500 towards the design of our IBCPC parade T-shirt for Sarasota, Florida. This had been their last call for their charity/not-for-profit listing. It took four years to get through their listing after the call in 2014, before their next call in 2018.

Many thanks to **Susan Pitt** for her advice in the preparation of the successful 2018 The Green Shed submission, for which we received \$10,000 in 2022!

Some of the delay in receiving these funds in 2022 was due to our place in the listing, but, was also mainly due to both sheds being shut down during the COVID-19 pandemic. Co-founder **Elaine Srejjic** kindly notified us on 25 March 2020 that they were suspending TGS Charity/Non-for-profit collection day/process until further notice as they had to close two of their outlets due to COVID-19, and were unsure what the future held for the two sheds. There was a change in the TGS partnership of four (Elaine, Sandra, Tiny and Charlie) to two (**Sandie** and **Charlie**). **Sandie Parkes** advised me on 25 October 2022 that they would begin collecting for Dragons Abreast Canberra at their Mugga Lane and Mitchell Green Sheds. We would be advised when the \$10,000 target was reached. I received the good news on 19 December 2022 from Sandie that they collected enough on our 'Green Shed Club of the Month' days to pay us The Green Shed donation of \$10,000.

Finally, on 28 December 2022, **Kellie Nissen** and I were photographed with Sandie Parkes to celebrate the receipt of the \$10,000.

We sincerely thank **Elaine, Sandra, Tiny** and **Charlie** of The Green Shed (TGS) for their support of our Dragons Abreast Canberra 2018 submission.
Julie Kesby
Former DA Canberra Coordinator (2016-18)
Membership Officer 2018-present



Deb Whitfield chief official, Betsy Dixon announcer, and administration volunteers DB ACT Regatta 4 14 January 2023 *Image: Kerrie Griffin*



Gillian Styles chief marshal and marshal volunteers DB ACT Regatta 4 14 January 2023 *Image: Kerrie Griffin*



Jo Baumgartner with Princess and Charlie 28 January 2023
Image: Jo Baumgartner

Joanne Baumgartner

I started dragon boating in 2010 when I was driving over Commonwealth Avenue Bridge one Saturday morning listening to the radio and heard an advertisement from Dragons Abreast to Come and try dragon boating. I had a lot of health issues at the time and I wanted to do something positive. I thought that if women battling breast cancer could paddle the boat then maybe I could. So, I had a go and was flat out paddling from the yacht club to the Commonwealth Avenue Bridge. I joined **Ice Dragons** and paddled competitively for eight years and started volunteering at regattas in 2012, and at AusChamps in 2013.

I became an **AusDBF Race Official** in 2013 and have volunteered on the AusDBF team for AusChamps most years since. Over the years, I've also been fortunate to have paddled with Dragons Abreast during the time of **Anna Wellings-Booth** and I valued her support and encouragement. I was on the ACT Team for three years as a Great Grand Dragon and we had lots of fun together and won a silver medal in Canberra at AusChamps in 2011. I am now mostly an Official and enjoy a social paddle after having both hips and both shoulders replaced in recent years.

Joanne Marie Baumgartner

Editor's note:

Congratulations on being a finalist in the [Sue Salthouse Award for Championing Human Rights and Equality](#).

Finalists for the [2022 ACT Chief Minister's Inclusion Awards](#):

Category 4 – Championing Rights Protection and Justice

Sue Salthouse Award for Championing Human Rights and Equality - Recognises an individual, organisation or service who demonstrates excellence in the promotion and fulfilment of human rights.

- Kerry Snell, Disability Reference Group member
- ACT Witness Intermediary Program Team
- **Joanne Baumgartner, advocate for people with disability**



Lara and Jo Baumgartner, Fiona Maguire and Lyndall Milward-Bason, Arty Arvo 4 February 2023 Image: Kerrie Griffin



Kim Tito, Clare Purcell, Anita Godley, and Diane Wilkinson, Natalie Evans-Sandell, with composite DA Sydney team, DAA Lunar New Year regatta, Darling Harbour, Sydney 29 January 2023 Image: Ron Tito

DAA paddle guard of honour video:

https://www.facebook.com/reel/747862320115201/?s=single_un
[it](#)

My first away regatta and it's spectacular Darling Harbour! 29 January

It was hot and steamy and the excitement was palpable. DA Canberra managed to find each other and the rest of our disparate composite team, and we had a ball doing some fun warm ups and providing a bit of light entertainment to the crowd.

Our first race was fun but rough — most of us hadn't been together before so that added to the excitement. Race 2 had our usual out of water start, and we enjoyed good timing thanks to **Clare Purcell** and her stroke partner. Race 3 we started with our paddles in the water because others in the team were more comfortable, but it didn't go so well and we got a bit out of whack.

I learned that in a composite boat, you should think about adapting your style and understand that others might have different techniques and use different commands. Keep a smile on your face no matter what those around you are doing or saying, enjoy the fresh air and sunshine and be grateful for your home team — there really is no 'I' in team.

Kim Tito

Three decades of care with Denise Brown

When Goodwin first started providing home care services, there were just three travelling carers and one coordinator for them. One of those first carers was Denise Brown, who will be celebrating thirty years with Goodwin in February 2023. Denise shows us the meaning of dedication and commitment to her clients above all else.

Denise first started with Goodwin in 1993 after spending twenty years in the public service. 'I needed to change to a flexible job that timed well with my son's school times to pick him up. I never really thought I'd work in aged care, but now I get a lot of enjoyment out of helping people, and I know that a lot of people care that I come.'

Over three decades, Denise has seen Goodwin grow and change in many ways.



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Goodwin Life

One of her favourite changes has been the way in which Goodwin has become a part of the local community, aided by the distinctive new uniforms. She says, 'You walk into Woolworths now and people recognise you, we get acknowledged a lot.'

When asked if she has ever considered moving, Denise said, 'I've been offered other jobs lots of times, but I've always said no I'm quite happy where I am. I like the people, and there were clients that would miss me and I'd miss them.'

Denise describes being a carer as 'being a window to the outside world' for many clients, and explains the joy they have brought her, too. 'I've learnt so many things. There are excellent cooks, and there are people who love gardening, which I love, and there are quilters and more. Everyone has something interesting and special about them.'

Having cared for some clients for over ten years at a time, Denise says continuity is really important. 'People like to see the same face, and trust that I know what they need. And when you know someone, you can always tell if they are not themselves, or need cheering up.'

The only significant time Denise has had away from Goodwin was when she battled with cancer. 'People said, you're not going to go back to caring now are you? But that's what I did.'

Today, Denise's greatest passions are her clients and the spectacular sport of dragon boating, which she has done for nine years now. Her dragon boating team is made up of other cancer survivors who 'get out on the water and enjoy life'. The sport has



taken her all over the world, with Denise rowing in America, Hong Kong, Stanley Harbour, and completing a 55km, 7 hour dragon boating course in Western Australia. In April next year, she will compete in the International Breast Cancer Paddling Commission dragon boat regatta in Lake Karapiro, Waikato, New Zealand.

Denise's accomplishments both in and out of Goodwin are truly inspirational. Her passion and commitment to care has made a huge difference in the lives of many and continues to do so every day. We thank her for sharing her inspiring story, and for the positive impact she has had on everyone at Goodwin.



December 2022

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Congratulations to **Denise Brown** who shares her story of working at Goodwin for 30 years in their December 2022 issue *Goodwin magazine*

<https://view.publitas.com/goodwin/goodwin-life-december-2022/page/1>

[Pool of Life, Breast Cancer Survivors' Dragon Boat Team](#)

on BBC Morning Liv ! A beautiful story highlighting the benefits of exercising post breast cancer

[#exerciseismedicine](#)

<https://www.facebook.com/watch?v=3283485118570377>



Shelley Owen 24 January 2023 Image: Susan Pitt

Newbie Shelley's thanks

I first thought about dragon boating when I saw the Dragons Abreast Come and try flier at National Capital Private Hospital when I was in there one day for a treatment. I was at a bit of a loss following my breast cancer diagnosis in February 2022 and the chemo, radiation and other treatments I've had; and other big changes in my life in 2022. I thought I'd to give it a go. I thought it would be good for upper body exercise, might be good to be around people who had been through some similar life changes, and was a new challenge for me. Part of the challenge was just saying yes and coming along.

It started first with **Clare Smyth's** welcoming response to my email; then the DA Come and try day on 12 November was such a beautiful Canberra day. Everyone was so friendly, non-judgmental and supportive. Would you believe it; I even knew someone from years back (hey **Fiona Maguire!**). I have very much enjoyed the Tuesday morning trainings I've been able to attend. I think what I like the most about dragon boating is that I don't need to worry about where I am or where I'm going, just being in the moment focusing on my technique or the vista or on nothing. It's great. Thanks to all, with a special thank you to **Che Mortimer** for being my buddy/mentor.

Shelley Owen



Breast cancer survivor race, DAA Lunar New Year regatta, Darling Harbour, Sydney 29 January 2023 *Image: Ron Tito*

Don't look back, you aren't going that way

In a past life, I was an IT Manager with a big team of software developers to wrangle, but in 2020 a new boss offered sizeable redundancies to the management layer, and I can write a mean business case, so now I'm semi-retired. I work very casually as a recruitment scribe eavesdropping on job interviews, calling referees and writing up reports.

I was diagnosed through a routine mammogram in August 2021 with a small ++- IDC (invasive ductal carcinoma) with 2 nodes involved. I had a lumpectomy, 4 x nodes removed, 6 x chemo and 15 x rounds of radiation and finished active treatment in March 2022. None of that that has stopped me getting on with life. I couldn't wait to get that hopefully temporary blip on the horizon done with and get back out into the world.

You might find me doing any one of the things on my list below, and I'm delighted to add dragon boating with you lovely bunch to the list.

- Volunteering for [Rise Above, Capital Region Cancer Relief](#) — probably shaking a donation bucket in your face
- Annoying my classically trained musician husband by playing one of my ukuleles
- Crocheting — been a hooker since I was 10
- Riding motorcycles — our last big riding trip was around Vietnam
- Caravanning with the bloke and our two French bulldogs
- Stewarding at a dog show, my next gig is as an official at the upcoming **Royal Canberra Show**
- Riding our e-bikes
- In our new two-person inflatable kayak (a great addition to the caravan and e-bikes)
- Leading a walk somewhere in Canberra with a body positive walking group called [Escaping your Comfort Zone \(EYCZ\)](#).

I'm truly grateful for the warm welcome I've received, and the honesty and assistance I've been given to enable me to one day master the

technique. Having one old dirt bike accident injured shoulder and movement in the other shoulder slightly impacted by breast cancer has been a challenge, but, I'm confident dragon boating and gym work will help these injuries exponentially. I'm looking forward to getting better at paddling and being more involved off the water to ensure the continued success of the team.

Many thanks to **Natalie Evan-Sandell** for showing me how fabulous it was being out on the lake through dragon boating. Joining your ranks when I felt well enough was a *fait accompli* thanks to Nat, she's a great ambassador. See you on the water, hopefully not embarrassing myself.

Kim Tito



[Secrets of Women's Healthy Ageing, Cassandra Szoeké](#)

Professor Cassandra Szoeké was the brilliant keynote speaker on her book at the **Pink Power Paddle Ball** on 3 December at the Marvel Stadium.



Jeannie Cotterell, Clare Purcell, Kaaren Sutcliffe and Kerrie Griffin, DB ACT Regatta 4 14 January 2023 *Image: Kerrie Griffin*

[Kaaren Sutcliffe](#) also spoke and entertained us at the **Pink Power Paddle Ball** about dragon boating and writing fantasy novels with a sweep/glide.

Undercover Mage by Kaaren Sutcliffe **Book 1 of the Mage and the Bird Caller**

Part of the proceeds of the book sales go to support **Dragons Abreast Australia** and the **McGrath Foundation**. Contact: info@kaarensutcliffe.com.au



App tracker map of paddling circuit 31 January 2023 *Image: Jeannie Cotterell*



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>



Shelley Owen, Helen Rowcliffe, Jeannie Cotterell sweep, Di Bradshaw, April Weiss, Kim Tito, and Fiona Maguire, DA Canberra had fun in ethereal and foggy paddle in unusual summertime weather 24 January 2023 *Image: Susan Pitt*



Kerrie Griffin was interviewed by ABC TV News about the OAM 24 January 2023 *Image: Susan Pitt*

ABC TV News 26 January 2023 starts with local honours at 10.35 minutes into the hyperlink:

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



Jenny and Lyndall Milward-Bason, Romy and Ben Collier, PPP Ball, Marvel Stadium 3 December 2022 *Image: Kerrie Griffin*

Under the pink umbrella



Breast
Cancer
Network
Australia

www.bcna.org.au

Breast Cancer Network Australia



Kirsten Pilatti CEO BCNA, DB Victoria rep and Pearl Lee DAA Chair open the Pink Paddle Power (PPP) Regatta at Docklands 3 December 2023 *Image: Kerrie Griffin*

THE BEACON [Issue 93, December 2022](#)

[Pink sings beautiful tribute to Olivia Newton-John](#)

Pink sang her heart out at the American Music Awards, receiving a standing ovation for honoring the late **Olivia Newton-John** with a tear-jerking performance of [Hopelessly devoted to you](#).
<https://www.facebook.com/KidspotAustralia/videos/825924491955415>

[2023 Australian of the Year Taryn Brumfitt's speech in full – ABC](#)

<https://www.abc.net.au/news/2023-01-26/transcrip...>

[Making Metastatic Breast Cancer Count – No longer Hidden in Plain Sight](#)

BCNA issues paper launched at AIBC
<https://www.bcna.org.au/news/2022/10/making-metastatic-breast-cancer-count/>

Have your say on voluntary assisted dying in the ACT **7 February**

The ACT Government has begun consultation on a proposed voluntary assisted dying (VAD) law and wants to hear from you. Feedback can be given via an online survey or a written submission by **6 April**. Find out more at the **ACT Government's [YOUR SAY website](#)**



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

Register your interest for Field of Women 18-20 August 2023

Every five years, more than 10,000 individuals, families and groups of friends from BCNA's network 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 during 18-20 August 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/>



BCNA on the [Twelve Apostles Lodge Walk](#) March

Marion Blake 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:

<https://bcna.grassrootz.com/bcna-twelve.../katy-marion>



Kerrie Griffin OAM 27 January 2023 Image: Steve Taylor

Kerrie Griffin OAM

BCNA is thrilled to congratulate **Kerrie Griffin** for receiving a Medal of the Order of Australia for her advocacy in helping to improve the lives of those affected by breast cancer.

At BCNA we believe the most powerful way to bring about change is to draw on the views and experiences of people who have experienced breast cancer.

As a consumer representative, Kerrie has ensured those affected by breast cancer have a seat at the table of policy makers and service providers across Australia by speaking on their behalf.

As part of her advocacy, Kerrie has been a consumer reviewer on the National Health and Medical Research Council, a consumer reviewer on Cancer Australia's grants committee and a consumer representative on the Impact Breast Cancer Trials.

BCNA also congratulates all those advocating for better cancer care named on the Australia Day 2023 Honours List. [#BCNAPinkLady](#)

Thank you response

It's an honour. It's recognition of Dragons Abreast Canberra and Breast Cancer Network Australia (BCNA).

We are standing on the shoulders of giants who went before us like **Anna Wellings Booth**, (BCNA and Dragons Abreast Canberra founder and founding member of Bosom Buddies ACT) and **Lyn Swinburne, Founder BCNA**.

I urge everyone who hasn't done the **MCG** before to go! <https://bcna.live/FieldOfWomen2023>

See the full honours list: <https://bit.ly/3HbtmWP>

Kerrie Griffin OAM

ACT Health or Canberra Health Services 30 January

We're excited for construction to start on our new [Cancer Research Centre](#). **Dr Paul Craft** said that this a great step forward as cancer treatment is often combined with cancer research.

'One of the pieces to the puzzle to providing high quality cancer care is to have a vibrant research program integrated within the service. That's what we aim to do.'

The research centre will expand and improve cancer facilities at the **Canberra Region Cancer Centre**. Once complete, our cancer centre will be transformed into a world class comprehensive cancer centre providing treatment, research, supportive therapies and emotional support.

'This is great for our patients and staff, as I think it'll be a catalyst for increased research activity, certainly clinical trials.'

'More clinical trials mean earlier access to more innovative treatments, and it will also help create a culture between staff of enhanced enquiry, pursuit of excellence and quality of care.'

[Canberra Health Services](#)

[Beth Lefevre](#), now almost 40, is a strong advocate for younger women dealing with cancer. She finds the theme of **World Cancer Day, 4 February, Close the Care Gap**, especially relevant.

'What we're all trying to do — community groups as well as government and medical service providers — is work together to better support each other.'

'It's also important to recognise the role of carers and friends. A housemate or close friend can go through the same stages of grief as a family member, which should be recognised.'

'My ongoing care at **Canberra Region Cancer Centre** has been positive overall, I can't express my praise and gratitude for Canberra Hospital's department of radiation oncology enough. The whole division works so brilliantly. The care, compassion and, most importantly, communication, not just to patients but to other doctors and health care providers looking after you, has been exemplary.' This World Cancer Day, Beth offers some tips for anyone dealing with cancer.

'There's a lot of advice out there. But advice from anyone other than your medical team is just an opinion. You don't have to follow it. Do what works for you. Cancer is quite different and unpredictable for us all. There's no harm in asking for help.'

[BCNA's Online Network](#)

Our new-look network is more inviting, better looking and easier to use.



Kathy Hayes, Linda Papworth, Kerrie Griffin, PPP Ball, Marvel Stadium 3 December 2022 *Image:* Kerrie Griffin

Breast cancer research in MJA top 10

BCNA celebrates **Dr Sally Lord** and her colleagues for being acknowledged for their research on the long term of risk of metastatic breast cancer after a breast cancer diagnosis.

Their research was named in the top 10 of original research articles published in 2022 by the MJA's editor-in-chief.

They found distant metastasis (DM) in women with non-metastatic breast cancer risk declines with time from diagnosis of non-metastatic breast cancer, and the annual risk of dying from breast cancer declines with time from initial DM detection.

These findings can be used to inform patients at follow-up about changes in risk since diagnosis and for planning health services.

In 2022, Sally also informed modelling used by BCNA for its issues paper [**Making Metastatic Breast Cancer Count – No longer Hidden in Plain Sight**](#) released last year.

The MJA article can be found here:

<https://www.mja.com.au/.../long-term-risk-distant...>

[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.

Peter Mac World Cancer Day International Symposium 2023 Closing the Care Gap

Andrea Casey, BCNA Consumer Representative, was a presenter as a Peter Mac Aboriginal Support Officer (circa 43 minutes):

<https://www.youtube.com/watch?v=zmQQ7K3b2b8>

MANAGING STRESS AND IMPROVING WELLBEING WITH MINDFULNESS AND MEDITATION

WEBCAST

WEDNESDAY 15 FEBRUARY
7.00 - 8.15 PM AEDT

PROFESSOR CRAIG HASSED OAM
Mindfulness Expert

DR EMMA WARNECKE
Medical Practitioner and Associate Professor

IRIS BAR
BCNA member

A breast cancer diagnosis, treatment and ongoing care often prove to be an extremely difficult and emotional experience. BCNA's upcoming webcast on **15 February 7pm AEDT**. Register now via the link: <https://bcna.live/MindfulnessWebcast>

[**Food and movement when living with metastatic breast cancer**](#) Register and watch on demand now <https://kapara.rdbk.com.au/landers/f0bdf1.html>

Sign up to [My Journey](#) to further access all the latest information about your breast cancer diagnosis. Featuring 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.

Breast Cancer Trials Online Q&A:

Side Effects of Treatment

Thursday 23 February, 5:00 - 6:30pm (AEDT)

Moderated by Author and Journalist Annabel Crabb

Register now for this free event on **23 February 5-6.30pm AEDT**

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

[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>



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

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/FMfcqzGpGwkjXZtvVVqpHtdpWqpxbrJG?projector=1>

Elsbeth Humphries

Colleen's Lingerie and Swimwear

Colleen's post surgery fashion lingerie range including [Megami](#)

Fiji update

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

22 Garran Place, Garran. 2605 | T: 02 6285 1311 | E: info@colleens.com.au

Monday, Tuesday, Thursday and Friday 9.30am to 4.30pm, Wed 9.30am to 5.30pm

Appointments can be made via the website.

Online shopping.www.colleens.com.au

<https://www.colleens.com.au/page/support-the-girls/>

[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



RETREAT 2023

24-26 March 2023 [Casting for Recovery](#), a program run by the ACT Fly Fishing Club for women who have had breast cancer at any time in their lives. <http://www.castingforrecovery.org.au/>

Abridge | Stay on Top of Your Health

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

Mammographic density

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



Tips from Kellie Toohy

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.

Bosom Buddies ACT Inc.

Throughout the year, Bosom Buddies hold regular morning teas, after work drinks, Young Women's Group and a variety of social events and outings. These get-togethers provide the perfect environment to meet other members, build networks and catch up with old friends!



Bosom Buddies
Canberra Support Groups 2023

MONDAY WODEN	WEDNESDAY TURNER	THURSDAY NICHOLLS
Southern Cross Club	The Rugby Union Club	Gold Creek Cafe
10am - Noon	5.30pm - 7.30pm	2pm - 4pm
16th January	22nd February	19th January
13th February	8th March	23rd February
6th March	19th April	30th March
3rd April	31st May	27th April
8th May	14th June	25th May
5th June	12th July	29th June
10th July	23rd August	27th July
14th August	4th October	31st August
11th September	15th November	28th September
9th October	20th December	26th October
13th November		30th November
11th December		14th December

Monday - Thursday 9.00am - 2.00pm
Contact us on 0406 376 500
admin@bosombuddies.org.au
www.bosombuddies.org.au
If you would like formal support please give us a call

Bosom Buddies also runs information sessions where you can receive information about the support services and activities that are available across the ACT and surrounding region. Information on exercise, dental care, first aid, nutrition, fertility, genetics, sexuality and reconstruction.

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>

Catherine Rider-Aichholzer, Bosom Buddies (BB) Executive Officer

[Bras, Breasts & Beauties High Tea & Fashion Parade](#)

Pialligo Estate Glasshouse 5 March

An afternoon of delicious food, lots of laughter, fabulous fashion and plenty of prizes while supporting a preventative health charity focused on those at high-risk of developing breast, ovarian or prostate cancer.

<https://www.pinkhope.org.au/event/pink-hope-high-tea-fashion-parade>

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>

[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

Kerrie Griffin OAM



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
February	Saturday 18	DA Canberra Come and try session and morning tea	Grevillea Park	TeamApp RSVP
	Saturday 18	DA Arty Arvo	Fyshwick	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
	Sunday 5 2-5pm	Lenyss Snellen's first art exhibition Queanbeyan Arts Society	6 Trinculo Pl, Queanbeyan	Friends welcome for the opening. It runs for a month.
	Sunday 5 2-5pm	Pink Hope Bras, Breasts and Beauties High Tea and Fashion Parade	Pialligo Estate Glasshouse	https://www.pinkhope.org.au/event/pink-hope-high-tea-fashion-parade
	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
April 	Saturday 1 – Sunday 2	Relay for Life Cancer Council ACT	AIS	
	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 	Sunday 14	Mother's Day Classic (MDC) paddle and/or MDC BCNA Stall, Rond Terrace https://www.mothersdayclassic.com.au/act-canberra-lakeburleygriffin	Rond Terrace	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 — May 2023

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

Please submit any news, items and images by **26 April 2023** to the newsletter coordinator

Kerrie.griffin22@gmail.com

[Previous newsletters](#)



Janet Olsen and Susan Pitt, PPP Ball dragon boat photo booth, Marvel Stadium 3 December 2022 *Image:* Kerrie Griffin



Kellie Nissen, Clare Purcell, Janet Olsen, Anne Baynes, Gigi Lungu, Maureen Wild, Marion Blake, Elly McGinness, Denise Brown and Deb Lopert, DA Canberra, [Strathnairn Art Gallery and Cafe](#) afternoon tea 26 November 2022 *Image:* Kerrie Griffin



Kate Reid, Helen Couper Logan, Jenny Milward-Bason, Di Bradshaw and Jenny Green, DA Canberra, [Strathnairn Art Gallery and Cafe](#) afternoon tea 26 November 2022 *Image:* Kerrie Griffin