



ABREAST of the NEWS

DRAGONS ABREAST CANBERRA

PO Box 7191, Yarralumla ACT 2600

DRAGONSABREAST.COM.AU

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MAY 2023



Jenny Milward-Bason and Denise Brown hold the ACT flag, DA Canberra, Pink Parade, NZ 14 April 2023 *Image: Kerrie Griffin*



[Pink Dragon Ladies Sweden](#) and DA Canberra, Pink Parade, Cambridge, NZ 14 April 2023 *Image: Steve Taylor*



Most of the DAA contingents [2023 IBCPC Participatory Dragon Boat Festival, Lake Karapiro, New Zealand](#) 16 April 2023 DAA



DA Canberra, Lake Karapiro, NZ 16 April 2023 *Image: Katrina Tull*

Links to [2023 IBCPC Participatory Dragon Boat Festival, Lake Karapiro, New Zealand](#) website images and drone videos: <https://www.ibcpc.com/>

[The women strike back 20 April 2023](#)

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

[Haka performance](#) 13 April 2023

[NZTV regatta coverage 17 April 2023](#)

<https://www.facebook.com/dragonsabreast/videos/1310936009458677>

Coordinator's report

After a very busy start, things are finally slowing down as we move into the 'winter season'. For DA Canberra, however, this doesn't mean we stop training — we'll be out there, cracking ice off the boat and enjoying the crisp autumn and winter air on Tuesday and Saturdays, and the warmth of the midday sun on our Wednesday social paddles. Of course, prior to this winter (slight) slowdown, we did have a couple of rather large happenings.

[International Breast Cancer Paddlers Commission \(IBCPC\) dragon boat festival, Lake Karapiro, New Zealand](#)

Normally held once every four years, this amazing regatta is always the highlight on our calendar. Breast cancer survivors and supporters from all over the world gather to mingle, connect and re-connect ... and paddle ... over a week of events that culminate in two days of racing.

The lead in to this regatta was longer and more full-on than most. Originally scheduled for February 2022 — the organisers were stymied by COVID-19 restrictions. We all held our breath as alternative dates were discussed, and crossed our fingers and toes that the event wouldn't be cancelled. It wasn't! After many emails between the organisers and team managers over the world, the regatta went ahead — albeit a year late.

You will read about all the details, the highlights and the energy that was this year's IBCPC Dragon Boat Festival elsewhere in this newsletter, but on behalf of all the DA Canberra members who



Donna Lennon, Megan Davis, Clare Purcell, Katherine Davis Kralikas, Gigi Lungu, Maureen Wild and Elly McGinness, DA Canberra, Pink Parade, NZ 14 April 2023 *Image: Kerrie Griffin*

attended, I would like to extend my heartfelt thanks to Team Manager extraordinaire, **Clare Purcell**, who I'm sure rarely left her computer as she kept us all informed of the latest news, changes, more changes, necessities, offers and still more changes.

Clare was, ably assisted by her sub-committee (**Janet Olsen, Jenny and Lyndall Milward-Bason, Maureen Wild, Dianne Bradshaw and Julie Chynoweth**) who worked tirelessly behind the scenes under Clare's able direction.

I'd also like to thank: our coaches, **Donna Lennon** and **Jenny Milward-Bason** for getting us there, fully prepared and fit; our sweeps, **Lyndall Milward-Bason, Jill Evans** and **Deb Whitfield**, for keeping us safe and upright as they navigated waters of considerable turbulence and nasty undercurrent; our paddling supporters, **Donna, Jenny, Alison Kesby** and **Shawn Mortimer** (so happy you all had a race); our NZ ambassadors, **Sueze** and **Wayne Morris**; and our non-paddling supporters (various husbands, **Robyn Chen, Katrina Tull, Jo Baumgartner** (via WhatsApp) and especially our biggest fan and funny-man, 6-year-old **Roan Mortimer**.

Final thanks go to the amazing crew from the **Pink Dragon Ladies Sweden** who paddled with some of our members in our composite boat — incredible women and so much fun. Now we have the **Swedish duck (anka) dance** for our warm ups.

Well done to the NZ organising committee, led by **Meri Gibson**, who not only worked tirelessly to get us to Lake Karapiro but ran a superbly organised and seamless regatta and, despite the weather, managed to orchestrate a slightly different but equally as moving **Flowers on the Water** ceremony. Participants from 37 countries and 82 teams. What an event. Can't wait to find out where the next one will be. (And no, they didn't tell us!)



DA Canberra Wanderers and **Pink Dragon Ladies Sweden**, Lake Karapiro, NZ 16 April 2023 *Image: Katrina Tull*



Che, Shawn and Roan Mortimer, Pink Parade, NZ 14 April 2023 *Image: Kerrie Griffin*



DA Canberra, Lake Karapiro 15 April 2023 *Image: Janet Olsen*



DA Canberra team, DB ACT regatta 6 4 March 2023 *Image:* Susan Pitt

End of the ACT regatta season

How wonderful that we could end the DB ACT regatta season on a bit of a high. For various reasons, DA Canberra has struggled a bit in the last year to get bums on seats at our local regattas. We managed to put in at least one crew in all regattas, although we withdrew from some races on the schedule. It happens, but we thank all who were available to paddle, as well as everyone who volunteered in some capacity (sometimes multiple times) over the season.



Kellie Nissen chief wrangler and marshall volunteers, DB ACT regatta 6 4 March 2023 *Image:* Susan Pitt



Deb Lopert and time keeper volunteers, DB ACT Championships 18 March 2023 *Image:* Kerrie Griffin



DA Canberra team, DB ACT Championships 500m 10s and 20s 19 March 2023 *Image:* Kerrie Griffin



DA Canberra team, DB ACT Championships 18 March 2023 *Image:* Kerrie Griffin

ACT Championships (held over two days, 18 and 19 March) is the culminating event on the DB ACT regatta calendar. We fielded crews on both days, with particular accolades going to those hardy women who raced 500m in 10s boats, jumped off, remarshalled, and immediately jumped back on the 20s boat to do it again. Very impressive.

Once again, thanks go to our coaches, **Donna** and **Jenny**, our sweeps, **Jeannie Cotterell**, **Lyndall Milward-Bason**, **Natalie Evans-Sandell** and **Susan Pitt** (for without you, we cannot paddle), and our hardworking boat captain, **Lyndall Milward-Bason** (ably assisted by **Jenny**) — you all get us there and keep us motivated and moving forward. Bring on next season.



DA Canberra team, DB ACT Championships 19 March 2023 *Image:* Karen Dahlstrom



DA Canberra patron, Deputy Chief Minister Yvette Berry with DA members, Susan Pitt, Marion Leiba, Natalie Evans-Sandell, Joanne Widdup, Jenny Milward-Bason and Katherine Davis Kralikas, sod turning 3 April 2023 *Image: Susan Pitt*

The 'new shed'

The first 'sod' was turned on 3 April, marking the commencement of the [new building](#) that will soon house all **DB ACT** boats and associated gear. The official sod-turning was attended by members from all clubs, as well as **DA Canberra patron, Deputy Chief Minister Yvette Berry**, and the builders. It was, from all accounts, quite the celebration. We all look forward to finally having a permanent home and can't wait to 'move in'.

Relay for Life — Survivors' Lap 1 April

While we didn't have the numbers to field a team for the entire Relay for Life (cue NZ preparations getting in the way), several members gathered for the Survivors' Lap opening. It was terrific to have some representation in this wonderful event and we hope to once again field a full team next year.

Thank you to all members who were able to attend, and especially to **Amanda Ferris** for coordinating the event and keeping us all informed.

Stretch and strength classes with Kellie Tooney

The wonderful **Kellie Tooney** has had a long association with DA Canberra and is always ready to help our members out with fitness needs. In the weeks leading up to our NZ event, around 25 of our members enjoyed weekly sessions at Kellie's [Change Yoga studio](#) in Scullin. We stretched, strengthened and un-niggled as Kellie took us through exercises designed to minimise injury.

Thank you, Kellie, for your commitment to DA Canberra and your instruction in how to keep ourselves as injury-free as possible throughout the year.

Kellie has offered to continue running the classes on a weekly basis. Please contact her directly for more information: kellie@changeyoga.com.au



Kim Tito (front right), Frances Heaney and DAA BCS composite team, AusChamps 24 April 2023 *Image: DAA*

AusChamps 20-24 April

AusChamps was held at Gateway Lakes, Wodonga, with breast cancer survivor (BCS) racing on the Sunday and Monday. Again, with our IBCPC event, DA Canberra was unable to field a crew to participate (hopefully next year), however, we were represented. Congratulations to **Kim Tito** who paddled in her first national regatta as part of the [DAA Connect](#) composite team. Not only was it her first national event for dragon boating (Kim only started paddling and joined DA Canberra in November 2022!) but she received her first dragon boating medals — 2nd place in both the 500m and 200m races. Way to go, Kim!

So proud! Thanks [DAA](#). Who would have thought that having something as ugly as cancer would present us with these amazing opportunities? So grateful to have paddled with these wonderful ladies. [Kim Tito](#)

Congratulations also to **Helen Rowcliffe** who joined **INVICTUS** and made the mixed finals.



Helen Rowcliffe (front left with her dogs) and the INVICTUS team, AusChamps April 2023 *Image: Sally Witchall*

Social events

Our hardworking and innovative Social Committee met just prior to NZ. We eagerly await what delights they have in store for us. If anything they have planned is half as good as our two **Arty Arvos** (where we painted, chatted, nibbled and made gorgeous earrings under the able tuition of [Julie-Anne Ure](#) and [Carole Griffiths](#)), then we'll be on a winner.



DA Canberra 6 May 2023 Image: Pene Lee

We enjoyed our end-of-season celebration paddle, *Murder on the Molonglo*, organised by Coach **Donna** and the Social Committee on 6 May.



Natalie Evans-Sandell sweeping DA Canberra [Mothers' Day Classic](#) 14 May 2023 Image: Kerrie Griffin

Mothers' Day Classic 14 May

In perfect conditions, DA Canberra took *GoAnna II* out and paddled three racing starts alongside the walkers and runners and cheered them on. Thanks to everyone including **Kerrie Griffin**, **Kathy Hayes** and **Deb Lopert** who greeted participants at the [BCNA](#) stall. Katherine walked her 23rd MDC and [Shelley Owen](#) and her daughters walked their first.



DA Canberra, DB ACT regatta 5 11 February 2023 Image: Susan Pitt



Julie Chynoweth, Elly McGinness, Donna Lennon, Fiona Maguire, Lyndall Milward-Bason, Anita Godley, Susan Pitt and Jenny Milward-Bason, DB ACT regatta 5 11 February 2023 Image: Susan Pitt

Upcoming 'events'

AGM 26 August

Our **AGM** is not just a meeting, we present the [Dragon Spirit Award](#) and enjoy a social afternoon, catered for by our DA Social Committee. (I mention this now because we will be calling for nominations for various volunteer positions.)

Water safety sessions

Two sessions are scheduled (4 June and 10 September) They are essential as not only is it an opportunity for paddlers to show their competency 'swimming' 100m (so as not to have to wear PFDs in the boat) but, more importantly, to understand exactly what to do to keep ourselves and each other safe in the event of a capsize. Huge thank you to **Anita Godley** for running them in a way that makes everyone feel safe and comfortable.



DA Come and try 18 February 2023 Image: Susan Pitt



Kim Tito, Helen Rowcliffe, Diane Wilkinson, Kate Reid, Carol McAlwee, Janet Olsen, Shelley Owen and Jeannie Cotterell with ice! 9 May 2023 Image: Susan Pitt

Come and try 21 October

The next session is pencilled in for 21 October, pending DB ACT approval (i.e. no clashes). Thank you to our new **Come and try** team (**Kate Reid, Isabella Haines, April Weiss, Joanne Widdup** and **Sugar Masangcay** with **Megan Davis** as mentor) for getting the ball rolling.

Thanks to all who made the 18 February session such a success.

DAA 25th Anniversary Penrith, Sydney

Please pencil these dates in your diary:
Friday 29 welcome and greet
Saturday 30 regatta Tench Park, dinner venue tbc
Sunday 1 October venue tbc

Welcome to our newest members

A warm welcome to our newest members, **Inge Sugani, Jeanette Shepherd, Shona Rose** and **Karen Dahlstrom** who joined DA Canberra since the last newsletter. It's fantastic to see all four out on the water at training and regattas. Welcome aboard. You are all a wonderful addition to our club.

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.



Dragons Abreast Canberra, Victoria Square, Pink Parade: from left front row: Jeannie Cotterell, Maureen Wild, Clare Purcell, Jenny and Lyndall Milward-Bason, Anne Baynes, Julie Chynoweth, Donna Lennon. Back row, from left: Lucy Cheetham, Denise Brown, Anita Godley, Megan Davis, Gigi Lungu, Elly McGinness, Alison and Julie Kesby, Clare Smyth

[The women strike back 20 April 2023](https://www.cambridgenews.nz/2023/04/the-women-strike-back/?fbclid=IwAR1KWmGQL3czuj2m2mLHQvXnFw2dG8DJRLj3dwYRmOKFTvnilx1qbm7phi)

<https://www.cambridgenews.nz/2023/04/the-women-strike-back/?fbclid=IwAR1KWmGQL3czuj2m2mLHQvXnFw2dG8DJRLj3dwYRmOKFTvnilx1qbm7phi>

Dragon boat teams from 37 countries, including more than 2500 breast cancer competitors, were welcomed to Waipā in a moving Opening Ceremony for the international festival on Friday (14 April).

The competitors arrived at the ceremony in Victoria Square after a Pink Parade of Nations down Cambridge's main street where they were cheered by retailers, bystanders and Mooloo cowbells.

DA Canberra Facebook and website

To ensure you keep abreast of all our news, please join us. Many thanks to **Julie Kesby** for updates.

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

[DAA In the loop May 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/kWXi6L5GH1o>



[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 wrap up

We came, we saw, we conquered

I wawe tonu to mātau pōhiri i Aotearoa, a, ka hākinakina ētahi manaakitanga whakamīharo.

We immediately felt welcomed in New Zealand and enjoyed some amazing hospitality.



Sueze Morris and Clare Purcell 11 April 2023 *Image* Lyndall Milward-Bason

DA Canberra and our fabulous supporters gathered at Quantum Lodge, Hamilton, for eight nights. What a time we had. Welcomed in Hamilton by our [ambassadors](#), **Sueze** and **Wayne Morris**, we immediately knew we were in good hands. They did not let us down. Their friendship was most appreciated. New friends for sure.

Our official week started on Tuesday with the DA Canberra training session and our first view of the Mighty River Domain at Lake Karapiro. Wow! What a breathtaking sight, and a great place to dip our brand new NZ paddles in the pristine water.

We celebrated a team dinner at the Lookout Bar and Kitchen on Tuesday evening. Here we presented Sueze and Wayne with a Canberra thank you gift from NMA followed by an individual presentation of the DA Canberra name badges donated by **Badgelink**. Huge thanks to **Megan Davis'** sister **Rowena** and brother-in-law **Chris** for this generous donation. Personally, a special highlight was when **Di Bradshaw** presented a cap to me from our founder, **Anna Wellings Booth**.



Huia feather earrings by Sueze and Wayne Morris *Image* Kerrie Griffin

Sueze presented each member with a pair of handmade earrings of huia feathers which are a revered treasure for Māori and symbolise leadership and mana (cut by Wayne from recycled bicycle tyres). We will wear them with pride.



Donna Lennon, coach, with DA Canberra wanderers, Deborah Whitfield, Jeannie Cotterell, Clare Purcell, Colleen White, Gigi Lungu, Boerge Alexander, Katherine Davis Kralikas and Lucy Cheetham, Lake Karapiro, NZ 12 April 2023 *Image:* Katrina Tull

Wednesday saw our composite team, the Canberra Wanderers, meet with the [Pink Dragon Ladies Sweden](#). The Pink Dragon Wanderers were born. We could not have asked for a more wonderful welcoming bunch than these paddlers. We knew that win, lose or draw we were in for fun times.

The official launch on Thursday evening was attended by a small but enthusiastic group of DA Canberra paddlers. NZ put on a great show as we danced, sang and enjoyed the festivities.

After the official events on Friday morning, the team bus took us to Cambridge where we enjoyed the **Pink Parade of Nations** and the opening ceremony. DA Canberra looked resplendent in the Goanna shirt and all sorts of pink get ups. Go team.

Saturday began with 500m races. The conditions proved to be extremely tough for the sweeps as the wind played havoc with manoeuvring the boats into the start at the pontoons. DA Canberra and the Pink Dragon Wanderers completed two 500m races each. DA Canberra achieved an exciting second and the Wanderers won. The finals were cancelled due to the high winds.

The supporter paddlers race was cancelled on Saturday but, fortunately, they were the first race on Sunday. They did us very proud and won it.

Unfortunately, the conditions on Sunday deteriorated and the regatta was eventually cancelled. The Wanderers managed one 200m race. The **Sandy Smith Global Finale** and **Flowers on the Water** took place on dry land. This did not diminish the solemnity of the event. For the first time, a metastatic breast cancer boat was included in the **Flowers on the Water** ceremony.

The shirt and badge swapping was taken very seriously by all teams. Expect to see an interesting variety of shirts at training in the coming weeks.

One team, two boats.

Clare Purcell, NZ manager

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



Donna Lennon, coach, presented the Coaches Award to Gigi Lungu and Che Mortimer, note the 'Champion' sign 6 May 2023
Image: Jeannie Cotterell

[2023 Narelle Powers Coaches Award](#)

Established in 2016, the Narelle Powers Coaches Award is awarded annually to a team member based on the following criteria:

- Demonstrate through their actions and words to the coach, that they are willing and capable of being easily taught and trained to paddle better
- Willing to be corrected and to act on that correction
- Prepared to be wrong when a paddler is highly coachable
- Can stand a high degree of candor, because they understand that if each paddler is performing to the absolute best of their abilities, the better the team.

Congratulations Che Mortimer and Gigi Lungu

We are delighted to have two wonderful recipients for this year's Narelle Powers Coaches Award.

Congratulations **Che**, who has trained with a highly visible degree of focus and commitment this year. She has come a very long way since joining Dragons Abreast Canberra; she has regained her strength and powers on. Che is continually developing her paddling skills and contributing ideas to our race strategies. In stepping up to the role of stroke, we can see her strong leadership skills and feel her presence in the boat which makes a difference to the team.

Congratulations also go to **Gigi**, one of our quietest paddlers. In the lead up to the IBCPC International Regatta in New Zealand, Gigi affirmed her commitment to training and preparation for it, marking a clear change to her confidence in the boat. Gigi is able to paddle in many different positions, and gives her all every time. Well done. <https://www.revolutionise.com.au/dacanberra/awards/narelle-powers-coaches-award/>

Thank you for your friendship and support!

I have no words to describe this happy moment and the many years of having you as my friends. DA is such a strong group of women around me! It has made a big difference in my life! I love you all. Many thanks for your kind wishes for my birthday and achievements with DA! All of you will always be in my heart!

Gigi Lungu



Jeannie Cotterell sweeping, Canberra hot air balloon spectacular 12 March 2023 *Image: Kerrie Griffin*

Coaches' corner

Congratulations to Dragons Abreast Canberra team members who participated in the [International Breast Cancer Paddlers Commission \(IBCPC\) dragon boat festival](#) on Lake Karapiro in New Zealand during April.

This was a much awaited and anticipated event with a long lead in time due its postponement from 2022 (COVID-19). Eventually arriving at the course was tremendously exciting for everyone. We had representation across three crews: Dragons Abreast Canberra; The Pink Wanderers: a composite team with Swedish paddlers and Team Wha, the supporter boat.

Training in the lead up to the Festival saw paddlers returning to the water and regaining their paddle fitness, along with everyone else who committed to improving their paddling efficiency. While it was unfortunate that adverse conditions resulted in the majority of races being cancelled on the second day, the achievements of the team were so much greater than the event itself. All members contributed so much of themselves to the overall team effort and performance. It is cause for pride and celebration, and we all earned our participatory medals. Well Done Dragons Abreast Canberra!

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

Do you remember ACT Champs?

I certainly do. Our wonderful head coach **Donna** could not be there and passed the coaching reins to me. Oh, my!

Donna sent me the 'magic' coaching spreadsheet – with some issues I managed to fix as a 'spreadsheet guru'. With this tool, I built the boat plans for Day 1 and for Day 2. Armed with printed pages and blank boat plans I became the coach for Dragons Abreast Canberra at the 2023 ACT Championships.

A few challenges early on as the rules were quite strict. If DB ACT's aim was to limit the number of boats competing in any one class, they succeeded! Lyn tried to drum up enough paddlers for Senior's 20s boats on both days, and, maybe, a 10s Prem's crew as well? Managed it for Day 2 (Sunday), but not so lucky on Day 1 (Saturday). The hands went up too late for us to register for the 2km and 200m 20s in time (deadline is 8 days before the event). Only a 10s 200m Senior's boat on Day 1.



Jenny and Lyndall Milward-Bason, DA Canberra, Pink Parade, NZ 14 April 2023 *Image: Kerrie Griffin*

Thankfully, we had plenty of parking volunteers, but had some challenges with the non paddling volunteers/officials. Our ever reliable **Jo Baumgartner** was unwell. Thank you so much to **Deb Lopert, Joan White** and **Maureen Wild** for stepping into the breach. You all have boat captain **Lyndall's** heartfelt thanks.

Day 1 we fielded one crew for the Senior A Women's 10s (200m) races with Lyn and I also helped out the **Saints** with their races as sweep and drummer. The boat planning seemed to go fairly smoothly. We finished 3rd out of 3 boats, in our category, with our best time 1:06:94 in the 2nd Heat. The weather was kind and we finished the day before 2pm. I've got this, I thought to myself.

Day 2 we fielded two crews for the 500m races, Premier Women's 10s and Senior A Women's 20s. Our 20s crew was the only one in that class due to the entry rules, so a guaranteed 1st! Our 10s crew was one of five crews, including 2 **Komodo** teams, **Ice Dragons** and **Invictus** — stiff competition indeed.

I had 2 boat plans for each classification and felt pretty confident that I could manage any last minute changes. The biggest issue for boat planning was that we only had 2 sweeps and 2 drummers (Lyn being both), we only had 18 paddlers and one reserve for the 20s crew, and all paddlers in the 10s boat were in the 20s boat. The biggest issue for our paddlers was that the 20s race followed immediately after the 10s race.

The Day 2 experience as a coach was tough. We lost our reserve in the 20s crew, paddlers were tired after the first races and requests for changes to the 2nd boat plan felt came thick and fast. I wrote up 3 versions of the 20s plan and 2 versions of the 10s plan before the 2nd set of races. Our time improved by 0.03s in the 2nd heat, happy days.



Lyndall Milward-Bason sweeping and Jenny drumming, DA Canberra, DB ACT Championships 19 March 2023 *Image:* Karen Dahlstrom

The weather started to turn and there seemed a good chance we would miss out on the finals. This was not the case, both crews were in the finals. Amazing! We finished the day with a 1st (20s) and a 5th (10s). Our best times were the in the 20s final and the 2nd heat of the 10s.

My first big coaching gig had come to an end. I can't wait to learn even more in the 2024 regatta season. Bring it on!

Jenny Milward-Bason, treasurer, coach and drummer

Lyndall Milward-Bason, boat captain



Katherine Davis Kralikas and Marion Leiba display their 2003 South Pacific Auckland BCNA regatta shirt, DB ACT Championships 19 March 2023 *Image:* Kerrie Griffin



Carol McAlwee, sunrise 9 May 2023 *Image:* Susan Pitt

Kia Kaha!

At the beginning of this year, at that time of reflection, I was thinking of what I could do that was different, that might stretch me a little (obviously not physically as I am already tall enough — my mum told me when I was born I just kept coming — is that too much information?) and after a bit of a Google I found dragon boating. That sounded like it could be fun! But I was looking for something more than just an activity, I felt the need to be part of a community and who better than Dragons Abreast Canberra? I reached out and loved it — it is hard to beat that 6am Tuesday morning out on the still crisp lake. With your encouragement, I ventured into my first 500 metre regatta. I loved it even more, though that first 10s along with the back to back 20s terrified my muscles — mental note: back to the gym.

I find DA Canberra to be a great community that is incredibly supportive and kind. You have all made me feel so welcome and you make me smile when I watch how supportive you all are with each other.

I was born and raised in NZ (don't ask me to say 'six'), lived in Sydney and Armidale (NSW) before making Canberra my home. I was diagnosed with breast cancer at the end of 2019, then severe Graves disease in 2020, then nothing... I am healthy now! I work at ANU, in the same division as our lovely **April Weiss**, although I started there on foundation day).

I look forward to learning more about dragon boating and you all. *Kia Kaha* (stay strong)!

Carol McAlwee



Joanne Widdup, Carol McAlwee, Karen Dahlstrom and April Weiss, DB ACT Championships 500m 10s and 20s 19 March 2023 *Image: Kerrie Griffin*

My story with breast cancer

On 4 February 2020, I became a member an exclusive club that I never wanted to join — the Pink Sisters. I was diagnosed with breast cancer. To say it was a BIG day for me is a gross understatement. It was two months after my 50th birthday, and the anniversary of my father's passing. I had no reason to believe that when I made the BreastScreen ACT recall appointment, after a 'complimentary 50th birthday mammogram' that I would receive the diagnosis that would rock my world.

I was prompted by a girlfriend to have a mammogram when I was 45, and because my mum was diagnosed with DCIS when she was 50 (in 1995), I went along for the experience. This scan came back clear, and I thought nothing more of it until December 2019. I attended this second mammogram with no symptoms, lumps or pain. When I arrived at the breast clinic for my recall appointment, I was convinced that I would have the all clear and be home by lunchtime. Nothing could be further from the truth. I was told that there were numerous lesions in both breasts that needed to be examined further. My brain interpreted this information that I was riddled with cancer. I dissolved into a puddle of tears. I do not know how I drove home after 10 hours and nine tests.

As I processed this information, my biggest challenge was dealing with the unknown. I had a double mastectomy with immediate reconstruction with silicone implants under my pectoral muscles. I

woke after a 6-hour operation with new boobs! Thank you Medicare. The pathologist confirmed my lymph nodes were clear. Radiation was crossed off the list. My oncologist said there was an expensive test to see if I would benefit from chemo and \$3500 for the [Prosigna](#) test was well worth it. My results were low for developing distant recurring cancer in the next 10 years.

When I was first diagnosed, I was working with a South Australian Police Officer who is an international dragon boating champion (and national selector). He first planted the seed of trying dragon boating to help with my recovery. It's taken me two years of physical therapy to reach a point where I am not constantly in pain. With some encouragement from my DA friend **Isabel Haines**, I decided to push myself outside of my comfort zone and try dragon boating. I reached out in January and tried the **Dragon Pass** and here I am! I'm looking forward to paddling more and participating in my first regatta. It's a goal to compete in a national or international regatta. Being surrounded by survivors and supporters in the water is a wonderful thing.

Karen Dahlstrom



Megan Davis training, NZ 11 April 2023 *Image: Suez Morris*

Participating in my first international IBCPC Dragon Boat Festival

Kia Ora (welcome!), a phrase we heard everywhere we went in New Zealand.

The [International Breast Cancer Paddlers Commission \(IBPCP\) dragon boat festival](#) held at Lake Karapiro was my first international dragon

boat experience. I am hooked and cannot wait to hear the location of the next one!

Meeting breast cancer survivors from all over the world was inspiring. Hearing women's stories about how they came to be at the Festival was amazing. I felt proud to be connected to such an awesome bunch of women.

The meet and greet evening took my breath away at just how many people were there. I felt small but empowered. The highlight for me was the [Haka performance](#) which was incredibly powerful.

The **Pink Parade of Nations** was a celebration. The streets were lined by locals, all waving and cheering. We were at the front of the parade and at the end we clapped and cheered women from other countries as they arrived at our gathering place.

The regatta was a huge two days. Not only did we participate in racing heats, but there was also serious trading to be done, with racing shirts, caps and badges being swapped by individuals at a cracking pace. There were moments to celebrate being survivors, to reflect on those who are no longer with us and to be thankful for the role of dragon boating in our lives.

I felt overwhelmed, proud and teary to stand in the centre of the **Circle of life** where those who had most recently completed treatment were encircled by those who had been survivors for longer, until all of us were together, shoulders touching, supporting one another.

Through the spirit of competitiveness and the joy of being able to paddle with our peers, there was an incredible sense of support and belonging. I will wear my shirts I traded with a sense of pride. The festival has come and gone but I am left feeling stronger and inspired.

Megan Davis



Kathy Hayes, Lucy Cheetham, Anne Baynes, Chey Martineau, Denise Brown, Janet Olsen, Che Mortimer, Amanda Ferris, GoPINK!DC Washington, Lisi Bromley, composite team 15 April 2023 Image: [GoPink!DC](#)

Capsize!

This was my first trip away with Dragons Abreast Canberra, my first time paddling in an international regatta, my first time paddling in another international team and my first time of nearly capsizing in a boat.

On Saturday, the first day of the regatta, the weather was sunny, cold and very windy. Boats had trouble lining up on the start line. I had already paddled one race with DA Canberra and was asked if I would paddle in **Chey Martineau's** Washington DC team [GoPink!DC](#). This was something I wanted to do and jumped in. They were a great team who had fallen short of paddlers due to a variety of reasons including COVID-19. There were six of the Canberra crew on board. Previously, Chey had paddled with DA Canberra for several years.

The sweep organised us in marshalling and we chatted as we waited to go out. The paddle to the start line was uneventful but when we started to line up the boat in the neighbouring lane was horizontal across their lane and ours. This was not an uncommon occurrence in this regatta due to the wind. It took a long time to attempt to line up. We backed up in our lane and the sweep took hold of the bar. Unfortunately, unknown to most of the crew something made us move and the boat tipped. I really thought we were going to go in. I grabbed both gunnels and then remembered to lean out. All that training and repetition of keeping your body weight out paid off.

Unfortunately for her, but a positive for us, the sweep fell into the water. If she hadn't, I think we would have all gone in. Straight after, I started madly bailing. We had a good 2-3cm of water in the bottom of the boat. The safety boat came over and asked the sweep if she wanted to continue or be replaced. It was freezing in the wind, and she was soaking. She was very clear and said, 'No! Get me back on that boat'. She was helped into the safety boat and then stepped across to take her place at the back of the boat. The race started and we did well. The DC team were very happy we were able to paddle in time and finish the race. I heard afterwards that the sweep saw the medical team and was suffering from hyperthermia. Her regatta was over. I will always be grateful for her falling in, instead of us all going over. A race I will never forget.

Amanda Ferris

[Exercise, Wellness Interventions in Early Breast Cancer Demonstrate Measurable Benefits—Even Economic Ones](#)

Article 19 May 2023 courtesy Deborah Lopert



Janet and Julie Kesby, Lake Karapiro, NZ 15 April 2023 Image: Katrina Tull

Rain child and Aussie Dragonfly Silver Wisp mother with North Coast courage make it to IBCPC 2023

It was very special to embrace Mum/Janet on the Tuesday at the [International Breast Cancer Paddlers Commission \(IBCPC\) dragon boat festival](#) training day at Lake Karapiro, NZ and say in unison: 'We made it, again'!

It was a challenging few months for us to achieve our respective goals. It was Mum's fifth IBCPC event, and my fourth (as a supporter of **Aussie Dragonflies** for Peterborough, Canada; paddler for Sarasota; DA Canberra Coordinator and Team Manager for Florence, Italy team; and paddler for Cambridge, NZ).

Each time was interlinked with personal challenges including health issues. In January 2023, I had a complete thyroid removal, including six months of home isolation prior to surgery. Janet recovered from a nasty tennis fall and fractured pelvis in two places sustained ironically, the day I was being discharged from hospital.

Kia kaha, kia māia, kia manawanui | Be strong, be brave, be steadfast.

I was brave and mastered my fear of heights during our NZ adventures by crossing suspension bridges, climbing towers, walking on dam walls and taking treetop walks!

I sincerely thank my **Dragons Abreast Canberra** team/crews and **Aussie Dragonflies** team/crews for their support of our family during our respective recoveries. Special thanks to **Amanda Ferris** as my engine room bench buddy for her support and motivation at the regatta.



Julie Kesby and Amanda Ferris, Lake Karapiro, NZ 15 April 2023 Image: Katrina Tull

I was so proud, and it was so exciting to see my sister **Ali** romp home with a convincing win with DA Canberra supporters **Jenny Milward-Bason**, **Donna Lennon**, and **Shawn Mortimer** in the IBCPC Supporter race. Ali continues to be a great supporter of mum and I, and the Dragons Abreast Canberra team. I also thank our longtime family friend **Katrina/Treen Tull** for supporting us all during our amazing NZ adventures.

Julie Kesby (Rain Child) and Janet Kesby

Editor's note: Thank you to **Katrina Tull** your images.



DA Canberra supporters won the supporter's race, Lake Karapiro, NZ 16 April 2023 Image: Katrina Tull



Alison Kesby and Jenny Milward-Bason, Pink Parade, Cambridge, NZ 14 April 2023 Image: Katrina Tull

Exercise is medicine

Breast cancer survivor dragon boat paddling began at the University of British Columbia, in Vancouver, Canada in 1996. [Dr Don McKenzie](#) a professor in the Department of sports medicine and an exercise physiologist, challenged the prevailing medical thinking that woman treated for breast cancer should avoid rigorous upper body exercise for fear of developing lymphoedema, a debilitating and chronic side-effect of treatment.

<https://www.ibcpc.com/our-history>

[Dr. Donald McKenzie is appointed to the Order of Canada](#)



Karen Adams-Barker and Kim Tito, Casting for Recovery
26 March 2023 *Image: Kim Tito*

Casting for Recovery 24-26 March

On 24 March **Karen Adams-Barker** and **Kim Tito** headed to Garden City Motel to attend the 8th [Casting for Recovery](#) retreat in Canberra. We had a lovely meet and greet dinner, and received our goodie bags with hats, shirts, pretty flies, books, and a schedule revealing what was in store.

On Saturday, the weather looked bleak but off we traipsed to the bus, full of trepidation at what was to come. At Weston Park, we saw more than 20 volunteers waiting for us, gazebos with a sumptuous morning tea and lunch spread, and our incredibly patient casting buddies all ready to go. We spent the morning practising casting and retreated to the motel before the rain. Our afternoon included a mindfulness session, fly tying and knots. It's always exciting to learn new things. Henry Blake (M*A*S*H) would have been proud of our flies, even if they did look a lot like hooks with the dust bunnies sometimes found under the bed attached to them.

Sunday morning we rose early, had a good brekkie, and headed to the beautiful Rainbow Springs Fly Fishing School in Wamboin. Gorgeous location, and again there were all those amazing volunteers — buddies and workers all making our experience a fabulous one. Some caught fish and some did not. We all had help from our ever-patient buddies and everyone had a ball. Karen won a gorgeous handmade quilt in the raffle.

We both highly recommend this retreat to anyone who is feeling well enough after treatment is done — a very interesting and relaxing weekend (apart from the stress of catching a fish, or not). Cancer doesn't care who you are, or how old you are. We are grateful to have shared this weekend with all of the thriving ladies and volunteers.

Kim Tito



Warm up and training times

Saturday morning:

Extra effort: 7.15 – 8.15am

Saturday morning: 8.00 – 9.30am

Tuesday morning: 6.00 – 7.15am

Wednesday lunch: 11.50am – 1.10pm

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!
[Sealskinz](#) gloves and socks for winter

Weather watch

<http://www.eldersweather.com.au/act/act/canberra>



Fiona Maguire and Shelley Owens, NMA, Canberra hot air balloon spectacular 12 March 2023 *Image: Kerrie Griffin*

Under the pink umbrella



Breast Cancer Network Australia

THE BEACON [Issue 94, March 2023](#)

[Making Metastatic Breast Cancer Count – No longer Hidden in Plain Sight](https://www.bcna.org.au/news/2022/10/making-metastatic-breast-cancer-count/)

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



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

BCNA Field of Women MCG 20 August

Breast Cancer Network Australia (BCNA) is excited to announce early bird tickets for [Field of Women 2023](#) are now on limited pre-sale!

After five years, we can't wait to fill the **MCG** again and stand together to pay tribute to all those affected by breast cancer in our community

The event will take place prior to the Round 23 AFL match between Melbourne and Hawthorn, on **20 August** at the **MCG Melbourne**.

The thrill of walking onto the MCG ground in solidarity with thousands of others affected by breast cancer is complemented by a free family festival outside the MCG in Yarra Park. Don't miss this amazing experience to **Stand on the 'G** with thousands of others in support of all Australians affected by breast cancer. *See the MCG filling in a sea of pink in video:* <https://www.pinkladymatch.com.au/>

Buy your discount early-bird pre-sale tickets! Use promo code **BCNA20** for your exclusive 20 per cent discount. Buy here:

<https://www.pinkladymatch.com.au/page/64/buy-tickets>



Kaaren Sutcliffe BCNA volunteer and keynote speaker, gave the minute's silence 10 km run MDC 14 May 2023 *Image:* Kerrie Griffin

[Mothers' Day Classic](#) 14 May

It was a great day with a wonderful turnout of participants.

Julianne Siggins, Director BreastScreen ACT

Since 1998, MDC have raised \$41.45 million for life-saving breast cancer research. These funds enable researchers to investigate how to better detect, treat and prevent the disease. But there is still a long way to go.

Thanks to the [#mothersdayclassic](#) organisers including **Cate Wood** who started Canberra MDC 17 years ago and **Bina Brown**, [Kaaren Sutcliffe](#) BCNA keynote speaker, volunteers [Deborah Lopert](#), [Kathy Hayes](#) and **BreastScreen ACT**.

Thanks to [Dragons Abreast Canberra](#) and **Natalie Evans-Sandell** sweep. Dragons Abreast Canberra did 3 racing starts for the 5km walkers and survivors lap (aka stronger together).

Kerrie Griffin, BCNA Consumer Representative



Karla Maganto Parisotto, BreastScreen ACT, volunteers Deb Lopert, Kathy Hayes and Kerrie Griffin, MDC BCNA stall 14 May 2023 *Image:* Kerrie Griffin

It was a weekend to remember, we went to the **Mother's Day Classic** and I was thrilled to be invited to say a few words on behalf of **Breast Cancer Network Australia**, which has fabulous resources and people to support those of us on a pink journey. Great fun on a perfect and scenic autumn day. The [images](#) capture the lively vibe and camaraderie really well. So glad I participated.

[Kaaren Sutcliffe](#)



Mother's Day Classic MDC IWD launch 8 March 2023 *Image:* Kerrie Griffin

[Kaaren Sutcliffe](#) also entertained us at the [Book Cow](#), Kingston, about dragon boating and writing fantasy novels with a sweep/glide.

***Undercover Mage* by Kaaren Sutcliffe**

Books 1 and 2 of the Mage and the Bird Caller

Part of the proceeds of book sales go to support

Dragons Abreast Australia and the **McGrath**

Foundation. Contact: info@kaarensutcliffe.com.au



Diane Wilkinson and Helen Rowcliffe [Canberra Weekly](#) page 10 20 April 20 2023 *Image:* [Canberra Weekly](#)

[Sisters are doing it for the cause: breast cancer research](#)

Diane Wilkinson and **Helen Rowcliffe** have a strong family history of breast cancer, with their mum and aunt both dying from the disease. A year ago, in support for their brother's partner, **Fiona Maguire**, Diane and Helen started dragon boating. It's a great, inclusive sport for anyone, including breast cancer survivors with [Dragons Abreast Canberra](#). 'It is lovely to paddle with such warm, inspirational, strong and supportive women,' says Helen.

[Canberra Weekly](#) page 10

https://issuu.com/canberraweekly/docs/cwm20230420_issuu

<https://canberraweekly.com.au/sisters-are-doing-it-for-the-cause-breast-cancer-research/>

Bina Brown, MDC volunteer

Sarah Aylott promoted the Mother's Day Classic on 14 May in the *City News*.

<https://citynews.com.au/2023/digital-edition-april-27/>



<https://www.bcna.org.au/news-events/events/pink-bun-2023/>



Karen Adams-Barker, BCNA Pink Bun Campaign, with Emma Plowman, store manager Bakers Delight Lanyon 20 May 2023 *Image:* Alicia Adams-Barker

Thanks to **Karen Adams-Barker, Alicia, Ash** and **Larissa Sinclair**. Karen said it was a rewarding day all round at Bakers Delight Lanyon.



Marion Blake and Katy Hodge, BCNA [Twelve Apostles Lodge Walk](#) 4-6 March *Image:* BCNA

BCNA [Twelve Apostles Lodge Walk](#) 4-6 March

Beautiful weekend away walking the Great Ocean Walk with a wonderful bunch of women including my mum, **Marion Blake** to celebrate living life to the full and raise money for a great cause.

Thanks to those who donated, we're very grateful for the support to [BCNA](#) who have been a great support to my mum.

Katy Hodge

Congratulations to Marion and Katy who raised \$6000.



BCNA Think Tank consumer representatives 28 February 2023
Image: BCNA

[BCNA Think Tank 26-28 February](#)

I was lucky to meet with other Breast Cancer Network Australia (BCNA) consumer representatives, from across Australia, who shared their ideas and experiences at Think Tank. It was an opportunity to connect as a network and discuss our advocacy to improve treatment, support and care for those affected by breast cancer including metastatic (mets), CALD and First Nations.

Kerrie Griffin, BCNA Consumer Representative

As part of BCNA's Seat at the Table (SATT) program, our Consumer Representatives (CRs) are always willing to work with researchers, advisory committees, policy makers and service providers to ensure the diverse views, needs and experiences of people affected by breast cancer are taken into account in decision making and research.

On **International Clinical Trials Day**, 21 May, we particularly recognise all our consumers who have participated in clinical trials in helping find better treatments for breast cancer.

'Being a CR is a real opportunity to represent people affected by breast cancer and to ensure they have a voice when decisions are being made.

Our CRs are certainly true to this year's theme of **National Volunteer Week – The Change Makers.**

If you're interested in learning more about the program, see following link:
<https://www.bcna.org.au/.../pol.../consumer-representatives/>

[#BCNAPinkLady](#) [#NationalVolunteerWeek](#)
[#InternationalClinicalTrialsDay](#)

[Should women know about their breast density? It's an issue dividing doctors and patients](#)

[New breast cancer treatments recommended for subsidy on the PBS](#)

On Friday 21 April, the recommendation of three breast cancer drugs for subsidy on the Pharmaceutical Benefits Scheme (PBS) is a significant step forward for all Australians affected by breast cancer. The three breast cancer drugs:

Keytruda (pembrolizumab) for metastatic triple negative breast cancer

Enhertu (trastuzumab deruxtecan) for metastatic HER2-positive breast cancer

Verzenio (abemaciclib) for HR-positive/ HER2-negative early breast cancer

Metastatic breast cancer

Keytruda (pembrolizumab), is a type of immunotherapy. It has been shown to improve median overall survival for people with metastatic triple negative breast cancer (TNBC), whose tumours express higher levels of the PD-L1 protein, by more than six months. TNBC is typically more aggressive, has fewer treatment options, and disproportionately affects younger women. Around 15 per cent of breast cancers are triple negative.

Enhertu (trastuzumab deruxtecan) an antibody-drug conjugate, has shown to improve median progression-free survival for people with human epidermal growth factor receptor 2 (HER2) positive metastatic breast cancer by more than 10 months.

'People living with metastatic breast cancer often face significant out of pocket costs for these drugs prior to them being subsidised – and many cannot afford them at all.' 'These new treatment options offer hope to those living with metastatic breast cancer' **Vicki Durston, Director Policy Advocacy & Support Services.**

BCNA will now work with the pharmaceutical companies and government to ensure these drugs are made accessible on the PBS asap. BCNA encourages you to speak with your treating team.
<https://www.bcna.org.au/news/2023/04/new-breast-cancer-treatments-recommended-for-subsidy-on-the-pbs/>

MEDIA RELEASES 15 MAY 2023

[BCNA Welcomes Investment in Health Workforce to Support those with Breast Cancer](#)

BCNA NEWS 4 MAY 2023

[BCNA welcomes pharmacy prescription changes for breast cancer medications](#)

BCNA NEWS 24 APR 2023

[New alert for scam door knockers](#)

BCNA NEWS 24 APR 2023

[New breast cancer treatments recommended for subsidy on the PBS](#)

MEDIA RELEASES 19 APR 2023

[Bridging a gap in mental health support](#)

LATEST RESEARCH 23 MAR 2023

[LGBTIQ+ communities continue to face disparities of care](#)

BCNA NEWS 7 MAR 2023

[Fear of breast cancer recurrence in Aboriginal and Torres Strait Islander women](#)

BCNA NEWS 2 MAR 2023

[BCNA at the table of the international breast cancer body](#)



Season 2 of BCNA's popular **Upfront About Breast Cancer** podcast *What You Don't Know Until You Do* with Clinical Psychologist [Dr Charlotte Tottman](#) is available now.

With more than 58,000 listens, Season 1 proved to be a valuable resource that shared the reality of what it's like going through a breast cancer experience. We heard about Dr Charlotte Tottman who established her own private practice in psycho oncology, before being diagnosed with breast cancer herself. Charlotte shared her lived experience with breast cancer, exploring common psychological triggers and responses, while providing tips of what helped.

This new season is 'unlimited' to reflect a broader experience from a clinical perspective, stripping away the common limitations imposed by the discomfort associated with difficult topics, while providing practical strategies to help people at any stage of their breast cancer experience.

Listen to What You Don't Know Until You Do: Unlimited via <https://bcna.live/CharlotteTottmanSeason2> or wherever you get your podcasts.

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

[Breast cancer statistics](#)

[BCNA's Online Network](#)

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

Sign up to BCNA's [My Journey](#) to access 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.

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

[READ THE FULL REPORT CARD](#)

[Breast Cancer Trials](#)

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



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

Elsbeth Humphries



[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/>

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 56% of women, aged 50-74 year old**, take up the free mammograms in the ACT.

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 and onlineshopping.www.colleens.com.au

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

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

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/> 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

Rare Cancer Australia

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

Brain Tumour Alliance Australia Inc.

www.btaa.org.au

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



Tips from Kellie Toohey

Exercise Physiologist for Cancer Council ACT's ENRICHing Survivorship Program

If you are interested in future ENRICHing Survivorship programs, register your interest at

<https://bit.ly/ENRICHingsurvivorship>

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

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 looks forward to continuing to work with BCNA, Dragons Abreast and other organisations to ensure that those in the community with 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

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

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
 June	Sunday 4	Water Safety Session	CISAC	TeamApp RSVP
	Saturday 10 and Sunday 11	Flamin' Dragons regatta (TBC)	Wauchope NSW	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
	Saturday 26	DA Canberra AGM	TBC	TeamApp RSVP
 September	Sunday 10	Water Safety Session	CISAC	TeamApp RSVP
	Friday 29	DAA 25 th anniversary	Regatta Tench Park, Penrith Sydney	TeamApp RSVP
	Saturday 30	Friday function and Saturday regatta		
Sunday 1	Sunday 1 October venue tbc			
October	Saturday 21	DA Canberra Come and try session and morning tea	Grevillea Park	TeamApp RSVP
	TBC	DB ACT Come and Try (followed by Learn to Paddle sessions in the following weeks)	Grevillea Park	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 — August 2023

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

Please submit any news, items and images by **12 August 2023** to the newsletter coordinator

Kerrie.griffin22@gmail.com

[Previous newsletters](#)



Canberra hot air balloon spectacular 12 March 2023 *Image:* Kerrie Griffin



Lyndall Milward-Bason, Canberra hot air balloon spectacular 12 March 2023 *Image:* Kerrie Griffin



[Kayakcameraman](#) Paul Jurak, longterm supporter of DA, Canberra hot air balloon spectacular 12 March 2023 *Image:* Kerrie Griffin



Most of the DAA contingents [2023 IBCPC Participatory Dragon Boat Festival, Lake Karapiro, New Zealand](#). 16 April 2023 DAA



Diamond Phoenix, Canberra hot air balloon spectacular 12 March 2023 *Image:* Kerrie Griffin



Flowers on the water ceremony, Lucy's hand, NZ 16 April 2023 *Image:* Donna Lennon

Links to [2023 IBCPC Participatory Dragon Boat Festival, Lake Karapiro, New Zealand](#) website images and drone videos:

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