



ABREAST of the NEWS

DRAGONS ABREAST CANBERRA under the umbrella of Breast Cancer Network Australia

PO Box 7191, Yarralumla ACT 2600 • DRAGONSABREAST.COM.AU • ISSUE 48 • NOVEMBER 2012



Annette Dean drumming for pirates DA Canberra Corporate and Social Regatta, 20 October 2012 Image: Chris Holly



Pirates DA Canberra Corporate and Social Regatta, 20 October 2012 Image: Chris Holly

All regatta images courtesy of Chris Holly (unless otherwise specified in the newsletter) Check Facebook for more:

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

[DA Canberra Regatta](#)



Coordinator's report

It was a Breast Cancer Awareness Month to remember! October is always a busy time with a flurry of activities and this year was no exception. As well as the usual regular paddling and local regattas we had a number of other events to ensure we had something to do!

Our own **Marion Blake**, who thought up and instigated the **National Paddle Day** last year, continued to coordinate the event with even greater success, not only in Canberra, but across the nation on Sunday 7 October. Local DA members, some 'newbies' and local politicians paddled around Lake Burley Griffin. Morning tea was served afterwards to grateful paddlers. Thanks to Cindy Young for the stall. *The Canberra Times* devoted a page with images and an article. National Paddle Day on Facebook

<http://www.facebook.com/DragonsAbreastNationalPaddleDay2012>

11th Dragons Abreast Canberra Corporate and Social Dragon Boat Challenge 20 October This event has become a huge success both financially and socially. Many of the corporate teams begin gearing up immediately for the next years as I found out when I opened my emails that evening with a team wanting to know how to apply for 2013! We owe a huge debt of thanks to our 'bedazzling'

Boerge Alexander who steered this regatta for the last three years. This is no easy task and her persistence and dedication is to be highly commended. Many obstacles were set in front of Boerge and sure enough she hurdled them all. Three cheers for Boerge and an 'Aargh' for the pirate theme. There were many other members and their families and friends involved and too many to name individually, but you know who you are. We thank you for making this a successful event! We also thank the many corporate teams who so generously gave of their time to fundraise, decorate tents and bedeck themselves with the pirate theme.



Boerge Alexander, Coordinator, DA Canberra Corporate and Social Regatta, 20 October 2012 Image: Chris Holly



Di Bradshaw, Truus Ford, Marion Leiba, Denise Brown, Patsy Sheales, Marion Blake, Senator Kate Lundy and Cindy Young, DA Canberra Corporate and Social Regatta, 20 October 2012
 Image: Kerrie Griffin [more pix: Dragons Abreast Canberra regatta 2012](#)

This year, Dragons Abreast Canberra had a stall in the **Handmade Markets** at the National Convention Centre. In September we provided DA information and sold tickets for the regatta raffle, which was drawn by our patron **Senator Kate Lundy** at the regatta. We appreciated Senator Lundy attending, especially as it was election day. For the first time we sold all of the tickets! Well done to **Bea Brickhill** for organising the raffle and I believe an extra well done to **Marion Blake** who canvassed the spectators and participants on regatta day. Well done to all!

Dragons Abreast Canberra is thrilled to announce that the 2012 DA ACT Dragon Boat Challenge raised an amazing \$41,538 for local and national groups supporting women on their breast cancer journey. Funds were distributed at the Regatta Wind Up on Monday 5 November as follows:

- \$6180 [Dragons Abreast Australia](#), our national organisation supports 44 groups providing many opportunities for dragon boating following breast cancer treatment
- \$7000 [ACT Eden Monaro Cancer Support Group](#), provides practical support to women undergoing treatment in our region
- \$1000 Otis Foundation to support a program where women can spend free R&R time at a lodge in Thredbo with family or friends while undergoing treatment [Otis Foundation | Breast Cancer Network Australia](#)
- \$4000 [Palliative Care in the ACT](#) for training volunteers. Currently, there are five women with breast cancer at the Hospice
- \$1000 **Breast Cancer Network Australia** our umbrella body providing [Advocacy](#) and the [My Journey Kit](#) to all newly diagnosed women www.bcna.org.au
- \$22,000 **Dragons Abreast Canberra** to support our local group and encourage and support breast cancer survivors to get on the water. We are hosting the **DAA 2013 National Convention in May**. The planning committee is in full swing with a fantastic event in the making.



Double DHA with Mary-Lou Reid, DA Canberra Corporate and Social Regatta, 20 October 2012
 Image: Chris Holly

Congratulations to **Double DHA** who won the Highest Fundraiser Award, raising \$2800 over and above their registration, just slightly ahead of **The Love Boat** with \$2,650. What an amazing effort these teams went to and we thank them so much!



Sarah McKenzie drumming for pirates Burgmann College, DA Canberra Corporate and Social Regatta, 20 October 2012
 Image: Chris Holly

Sincere thanks to the many groups and individuals who supported us with running this fabulous event. Thank you to our generous supporters: ACT Rowing Association, Cafe2U, [Canberra Dragon Boat Association](#), FAW Hire, Canberra Trophy Centre, Canberra Yacht Club, Chris Holly — Holimage (photography), Adam Salter our announcers from 2xx 98.3 radio, City Group, Gema Group, Lines Signs and Pavements, Hire All, NutriMetics, Om Shanti Massage College of Tectile Therapies, Rotary Clubs of North Canberra and Gungahlin, Suncorp Bank, St John Ambulance, Ziggy's at Fyshwick, Ngunnawal Combined Probus Club and Black Magic Coffee.

Thank you to our raffle contributors: Lee Moyes, Jane Brown Pearls, Typhoon, Forrest Hotel & Apartments, Threesides and Canberra Glassworks.

I was pleased to be interviewed on ABC 666 radio in advance of the Regatta to raise breast cancer awareness as well as promote the regatta. It was also my privilege to be interviewed by *The Canberra Times* for an article about the importance of exercise after a breast cancer diagnosis.

Calvary breast care nurses decided to do something different and held the **BCNA Mini Field of Women** at the **National Arboretum Canberra**. Of course, this was no easy task planting 6000 pink ladies, but with help from a number of people including **Cate Hale, Marion Leiba, Mim Forrest, Di Wright, Susan Pitt, Elly McGinness, Gillian Styles, Katherine Kralikas, Kerrie Griffin, Megan Dennis, and I**, we did it! This was the day after our regatta, so it took an extra bit of energy to put your hand up. It was fun having drivers honk their horns as they watched the field turn pink along the Tuggeranong Parkway! On Monday 22 October there was a lovely ceremony at the field with morning tea to follow. DA was well represented by nine members. Monday was also the **Bosom Buddies Dinner** at the Southern Cross Club in Woden. Again it was a pleasure to have DA represented by **Kerrie Griffin, Susan Pitt, Theresa Kerby, Kate Hale and myself**.



No. 1 Cathy Powell drumming for pirates DA Canberra Corporate and Social Regatta, 20 October 2012

BCNA Strength to Strength Conference in Sydney 25 and 26 October was an invigorating experience with a wealth of information presented from overseas and local doctors, nurses and breast cancer survivors. This was an excellent opportunity to network with others around the country. For some of us it was also a chance to meet up with friends we had met during training courses or dragon boating. For me, as a first time attendee, it was an experience I will not forget and I would certainly encourage anyone to attend if they get the opportunity. Of course, for the Gala Dinner, the female Elvis impersonator was so much fun and the evening was so 'pink'. DA Canberra was represented by **Kerrie Griffin, Susan Pitt, Marion Leiba, Gillian Styles and Patsy Sheales**.

DA Canberra is in the process of spreading information about DA by placing more DAA pamphlets at various locations for prospective members such as doctor's and oncologist's surgeries and gyms. **Gillian Styles** and I met with the breast care nurses at Calvary Hospital to explain more about our organisation and its benefits, especially since the recent research and BCNA's new book on *Exercise* show that exercise is important in the recovery and continued good health after breast cancer. I was also able to speak



Bea Brickhill drumming for Judy Rafferty's hospital/medical team **Can't Swim** ([Capital Region Cancer Services](#), DA Canberra Corporate and Social Regatta, 20 October 2012

about DA and BCNA to the current participants of **Encore**, a water based exercise program for women after breast cancer sponsored by YWCA.

Committee

Coordinator	Patsy Sheales
Assistant Coordinator	Mim Forrest
Secretary	Anne Baynes
Treasurer	Judy Cluse
Committee members:	Bea Brickhill, Di Bradshaw and Katherine Kralikas

Since Anne Baynes has taken on the secretary role, we need an **Equipment Officer**. This role involves regular checking the state of equipment and arranging maintenance.

On the national level, **Gillian Styles** is representing DAA on the AusDBF steering committee for the Nationals. This will be important as we can consult Gillian on any rulings which may affect us. Gillian can contribute her combined CDBA/DA/AusDBF knowledge and experience on the national level.

Gillian Styles and I had the wonderful opportunity to participate in the **BCNA Community Liaison Training Program** in Melbourne in September. We met the lovely people at BCNA and came away with a far better understanding of how the organisation works. We shared experiences with 20 women and developed our ability to 'share our story'. BCNA is in the same building as Bakers Delight who do so much for BCNA. Meeting the owner of **Bakers Delight Roger Gillespie** was very special. Thanks to BCNA for this inspiring experience.

Pan Pacs

Many thanks to our captain **Di Bradshaw** and coach **Narelle Power**. We are training for the regatta on the Gold Coast 8–11 November.

DAA website

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

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



Denise Brown, Mary-Lou Reid and Susi Grosse, DA Canberra Corporate and Social Regatta, 20 October 2012 *Image: Kerrie Griffin*

Our thoughts are with **Annette Dean, Sue Drew, Mary-Lou Reid, Julie Richardson and Penny Birtles**. Congratulations to **Marion Blake** on her new grandson, Liam.

Paddles up!
Patsy Sheales, Coordinator DA ACT
canberra@dragonsabreast.com.au



Cure cancer, DA Canberra Corporate and Social Regatta, 20 October 2012

Dragons Abreast Canberra Annual Challenge Regatta, 20 October, Yarralumla Bay

There is always a flurry of activity around Lotus Bay in late September and October as Canberra's corporate teams participate in their training sessions before the much loved and well supported annual DA dragon boat regatta. The entire dragon boating community encourage the 'newbies' to get involved and coaches and sweeps from all the CDBA clubs become leaders and mentors. This year 41 teams participated on the day. They came from government departments, schools, private enterprise and medical organisations. Many returned from previous years.

The weather gods were kind to us and we had a magic day. The regatta was held at a new venue and this provided an environment to be enjoyed. There was grass and shade for team bases, a beach and open area for marshalling and boat loading, and plenty of space for coffee vans, the BBQ, massage tents and food stalls.

The theme nominated was 'pirates' and all teams joined in the fun of setting up camp (one camp was a boat with the steering wheel and cannon), dressing in pirate gear, hoarding treasure, waving swords and daggers and shouting their war cry, mostly Arrgh! The atmosphere was wonderful. The Chief Official was hidden under a long black wig, the starter's assistant greeted everyone with a hearty Arrgh and the racing was close and fierce. No-one was called to walk the plank! Participation with spirit was the way of the day.

Prizes were awarded to best team campsite, best war cry, best dressed crew among other fun awards. Crews received awards for the finals but also the fastest medical team, the fastest women's team and the award for the team with the best spirit aligned to the spirit of Dragons Abreast.



A Canberra Corporate and Social Regatta, 20 October 2012

DA Canberra members were hardworking and efficient in all areas of the regatta. The **Breast Cancer Network Australia Mini Field of Women** is always a part of the day. The colour pink is in everyone's vision on this day. We believe the regatta day was successful as our major fundraiser for the year.

Boerge Alexander is to be congratulated for coordinating the event. It has become a major task and involves hours of planning with a committee and liaison with many government agencies. The Canberra community looks for it each October.
Gillian Styles, Dragons Abreast Canberra



Perfect millpond conditions, DA Canberra Corporate and Social Regatta, 20 October 2012



Julie Richardson, Jan Skorich, Boerge Alexander, Patsy Sheales, Mim Forrest, Harriett Black, Julie Kesby, Susan Pitt and Karen, Floriade 26 September image: Jan Skorich

Pink ladies paddle to Floriade

Being new to Canberra and paddling with Dragons Abreast, I would like to share my experiences. My husband Wes and I moved here from Ballarat, Victoria in early December 2011. We lived the past 20 years in Ballarat and moved to Canberra for family reasons. This city has it all, friendly people, great natural beauty and our magnificent lake. The best thing I have done since the move was to join Dragons Abreast Canberra. It was worth getting breast cancer for, as crazy as it sounds. We have all gone through changes during the course of our journey. Learning to love each moment, not take anyone or anything for granted and don't sweat the small stuff. This paddling group known as *Tickled Pink* are the strongest, bravest and the most life affirming women I know.

On 26 September we paddled *Gecko* to visit Floriade. It was a perfect day for a paddle. **Anna Wellings Booth** kindly offered to stay with the boat and gear. I am learning how kind and generous Anna is, as well as her ability to make an ice cream last forever. We left the boat and walked among the mass of flowers. The perfume was wonderful and the show of colour had to be seen to be believed. We had an ice cream and then I spotted the Wheel and huge slides, reminding me of a carnival I visited as a child. I was surprised how visible we were in our pink en masse. Feeling proud to be one of the group spreading the awareness of breast cancer.

On our return to the boat Anna was handed an ice cream to eat on the return paddle. During our paddle home Anna was asked had she finished her ice cream. Anna said 'I will be finished in about 1000 metres'. Which was the distance back to Lotus Bay. Anna, we will carry you with or without an ice cream anytime. You are our Grand Dragon and are very much loved by all. Anyone who has had breast cancer, loves a laugh, would like to make new friends and enjoys exercise. Please come and try. You will love it as I do.

Mim Forrest



Dragon Flyers, Nowra Regatta 16 September 2012 Image: Gillian Styles

Nowra Regatta 2012 on the Shoalhaven River

Dragon Flyers participated on 16 September in the Nowra regatta for the first time this year and came home with the bronze trophy. Komodo won gold and Pendragons silver. There were ten teams in the mixed sports category, one of them Illawarra pink ladies. On board the Flyers team were DA members, **Colleen White, Jan Skorich, Maureen Sandilands** and **Gillian Styles**.

There were many corporate teams and the whole day was full of fun with bands playing and plenty of food stalls all along the river bank. The sunshine was warm, the setting perfect as was the welcome from host club Nowra Water Dragons. This event is their annual community dragon boat regatta. In the middle of the day they held a race for 'pink ladies' versus 'blue blokes'. The blue blokes boat was in support of prostate cancer and caps, shirts and shoes were all blue. In response to interest from many more breast cancer survivors a third boat was added, the 'daffodils'. Our girls plus **Joan Welch** and **Bea Brickhill** were on this team with Gillian in the stroke seat. It was a fun race and very well supported by the community as the boats did a paddle tap back to shore. This regatta was a lovely day on the river bank so I recommend a visit.

Gillian Styles



Blue blokes support prostate cancer, Nowra Regatta 16 September 2012 Image: Gillian Styles



Warm up and training times

6.15 for	6.30am	Tuesdays
12.30 for	12.45pm	Wednesday
8.00 for	8.30–9.30am	Saturdays

Contact:
bea.brickhill@gmail.com
Bea Brickhill

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

Remember water, hat, sunscreen and sunglasses!

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



Katherine Kralikas and Marion Leiba paddled with DA Melbourne Dambusters at the DAA National Festival, Darling Harbour 28 October 2012 *Image: Kerrie Griffin*

Merchandise

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

Under the pink umbrella



BCNA Mini Field of Women at the Dragons Abreast Canberra Corporate and Social Regatta 20 October 2012



DA Canberra at the BCNA Mini Field of Women at the Dragons Abreast Canberra Corporate and Social Regatta 20 October 2012 *Image: Kerrie Griffin*



Strength to strength: BCNA National Conference 25-26 October 2012

Sydney Convention & Exhibition Centre, Darling Harbour
[BCNA National Conference 2012](#)
 600 women travelled to Sydney from across Australia to attend the two-day conference.
<http://www.bcna.org.au/news/2012-10/strength-strength-national-conference-2012>



Joan, Kerrie Griffin, Geraldine Robertson, Lisa Allwell BCNA community program manager, and Susan Pitt, BCNA national conference 25 October 2012

BCNA Canberra contingent

Our wonderful **breast care nurses** attended the SIBCC. ACT delegates included **Geraldine Robertson, Patsy Sheales, Gillian Styles, Marion Leiba, Susan Pitt, Vicki Bryne, Haddas Haileselassie and Kerrie Griffin.**

BCNA will continue to push for more equitable treatment for all women including those living in remote and regional Australia. Here is a summary of some of the

major issues at this truly inspirational conference. It was great to share with new and old friends.

Summary

Survival after a diagnosis of breast cancer continues to lengthen due to:

- Improving technologies to treat cancer
- Better understanding of the disease, its molecular biology, especially the role of DNA
- Developing targeted therapies with new drugs (eg new herceptins) to treat certain types of cancer cells with greater effectiveness-and-fewer side effects.
Note: Targeted therapies are also called biological therapies
- Monitoring regularly when on aromatase inhibitors (AIs), having regular bone density scans, taking Calcium with Vitamin D and keeping Vitamin D levels up
- Continuing Tamoxifen for 10 years is highly recommended (even after 5 years on AIs)

Exercise

- Promoting exercise (aerobic and resistance) in recovery following surgery and treatment
- Setting goals and keeping a diary! 180minutes/week of moderate intensity recommended or 30 minutes in 5 days/per week

There is a need for formal integration of exercise into the start of breast cancer follow up care:

- Encouraging clinicians on board
- Funding required
- Making policy change.

Fat as a store of oestrogen

- Fat stores oestrogen in post menopausal women. For those who aim to reduce their oestrogen levels (via ovariectomy and mastectomy) keeping weight down could have benefits.

- **Report to the nation – breast cancer 2012**

For an up-to-date summary of information about the incidence, mortality and survival for breast cancer in Australia, using the latest available, see Cancer Australia's *Report to the nation-breast cancer 2012* at <http://canceraustralia.gov.au/about-us/news/report-nation-breast-cancer-2012-released>

- ALA (Aus Lymphoedema Association) launched its new *Position statement* on Lymphoedema management. See www.lymphoedema.org.au/

Doctors advise the best way to prevent breast cancer is to maintain a healthy weight, limit alcohol and have regular mammograms. However, we did learn that even doing all the 'right things' (eg having children young, breastfeeding them) need have no bearing on our chance of developing breast cancer. It's just bad luck. While some of us carry mutant genes known to increase our chance of developing breast cancer what triggers the cancer to grow needs an answer. Hopefully, one day soon causes will be identified.

Geraldine Robertson and Kerrie Griffin

Media releases from the concurrent [Sydney International Breast Cancer Congress 2012](#) (SIBBC)
[Doctors regrow cancer patient's breast tissue](#)

Posted Fri Oct 26, 2012

Melbourne surgeons have made a breakthrough in attempts to regrow breast tissue for women who have undergone cancer surgery.

[Doctors regrow breasts in cancer sufferer](#)

In a medical breakthrough, Australian surgeons have managed to regrow breast tissue for women who have had cancer surgery.

[Surgeons successfully regrow patient's breast tissue](#) **Audio Transcript and Verbatim**

An Australian research team has successfully grown breast tissue from a cancer patient's own fat cells. The team hopes that regrowing breasts after a mastectomy could one day become an alternative to silicone implants.

[Research links lack of sunshine to breast cancer](#) **Video**

New research suggests women in the southern states are much more likely to develop breast cancer, with low vitamin D levels to blame.

<http://www.abc.net.au/news/2012-10-24/breast-cancer-linked-to-amount-of-sun-exposure/4331772>

[Lack of sun exposure linked to breast cancer](#)

Australian researchers believe they may have found a link between where women live and their chance of developing breast cancer.

The research was presented at the Sydney International Breast Cancer Congress. A further study is planned in which women with breast cancer will take vitamin D supplements to see if it helps their prognosis



Kerrie Griffin, Marg O'Donnell, Chair BCNA, Marita O'Keefe, BCNA and Susan Pitt, BCNA national conference 25 October 2012



[CEO, Maxine Morand](#) BCNA(3rd from left), Raelene Boyle, BCNA Board member (6th from left) and delegates, gala dinner, BCNA national conference 25 October 2012 *Image: Kerrie Griffin*



Patsy Sheales, Gillian Styles, Haddas Haileselassie, Susan Pitt and Kerrie Griffin, ACT delegates at the gala dinner, BCNA national conference 25 October 2012



Patsy Sheales, Professor John Boyages, Gillian Styles, BCNA national conference 26 October 2012 Image: Kerrie Griffin

Professor John Boyages, founder of the Westmead Breast Cancer Institute and BreastScreen NSW Sydney West was appointed founding Director of the new Macquarie University Cancer Institute (MCI) and Professor of Breast Oncology at the Australian School of Advanced Medicine (ASAM). Professor Boyages was the driver behind the Sydney International Breast Cancer Conference (SIBCC) and invited BCNA to participate.



Kerrie Griffin, Dr Nirmala Pathmanathan, ED Westmead BCI, Patsy Sheales, and Gillian Styles, BCNA national conference 26 October 2012 Image: Kerrie Griffin

We welcome **Dr Nirmala Pathmanathan** the incoming **Executive Director** of the Westmead Breast Cancer Institute.



DA Canberra after the regatta: Mim Forrest, Megan Dennis, Ely McGinness Patsy Sheales and Katherine Kralikas planting 6000 pink lady silhouettes, National Arboretum Canberra, 21 October 2012 Image: Kerrie Griffin



Jen Dalton, Sonya Allen and Annie O'Neil, Calvary breast care nurses, National Arboretum Canberra, 22 October 2012 Image: Kerrie Griffin

BCNA Mini Field of Women, National Arboretum Canberra, 22 October 2012

Thanks and isn't Canberra great! Breast cancer affects many women and men. AIHW data show that by the age of 85, a woman has a one in eight chance of developing breast cancer. Fortunately, for most women a diagnosis of breast cancer does not shorten their life expectancy. In the ACT and SE NSW region, outcomes following breast cancer are as good (if not better) than those reported in national statistics. This is probably due to a high uptake of screening in our community leading to early detection and also because of advances in treatment.

As much as I enjoy the science of oncology and the intellectual stimulation in my work, the factor that keeps me working in this specialty and will do so for many decades to come, is the women that I meet. They are daughters, sisters, friends, mothers, work colleagues. Their strength and resilience and ability to keep everything going in their homes, their work and their personal lives is truly inspirational. I learn so much from them! I often think about the beautiful women I have cared for who have died from breast cancer and I reflect about how things could perhaps have been done better — both during the initial treatments and the management of advanced disease. Thanks again for the invitation. Jen and Lucy spoke so beautifully.

Dr Angela Rezo, Chair BCTG
[About the Breast Cancer Treatment Group](#)

National Arboretum Canberra

Welcome from the breast cancer team. My name is Jen and this is **Annie O'Neil** and **Sonya Allen**. Together, we are the early breast care coordinators for the ACT and surrounding region. Before I begin, I would like to extend a special thanks to **Collette and John McKay** for their assistance with today's event.

Today is a day to reflect on breast cancer and its impact on our community. To the women who have been diagnosed with breast cancer — we welcome you here today. It is also an opportunity to thank important support groups such as Breast Cancer Network Australia (BCNA), Bosom Buddies, Eden Monaro Cancer Support Group, and the ACT Cancer Council.

While we, the breast care coordinators, provide clinical information and counselling support to women diagnosed with breast cancer, our roles are complemented by the services provided by the support groups. For example, Breast Cancer Network Australia provide specific information that is available from diagnosis — known as the *My journey kit* and, practical post-surgical equipment when appropriate.

Bosom Buddies are another important group that perform multiple roles. From our perspective, one of the most valuable services they provide is their face-to-face patient visits. These are welcomed by patients and, in many cases, help to reduce anxiety.

Today's Mini Field of Women has been planted to raise awareness within the ACT community about breast health. Approximately 40,000 Canberrans utilise the Tuggeranong Parkway each day — and it's safe to assume that at least half of those have breasts. We hope that our field of pink is enough to engage the public with respect to their own breast health.

Jen Dalton, breast care nurse (BCN)

Thank you breast care nurses

What a great team you are! Thank you for continuing the Calvary mini field and this year what a great site. You know since the very first one in 1998 when BCNA was launched there hasn't been a year since that we have not had a mini-field (and sometimes up to 4) in Canberra which is quite amazing. It's always good to meet up with women who were there from the beginning. Our women need you so hang in there gals as you do a fantastic job.

**Anna Wellings Booth
Breast Cancer Network Australia
Dragons Abreast Canberra**



Pretty in pink – ActewAGL House foyer artwork shines in shades of pink to support international breast cancer awareness month during October.

[ActewAGL House is pretty in pink for the National Breast Cancer Foundation | ActewAGL](#)

Love and Inspiration

Sussan and BCNA members developed beautiful Love and Inspiration cards on sale now in Sussan stores. Look out for the BCNA recipe book available now.

<http://www.bcna.org.au/news/2012-11/bcna-sponsors-october>

Get involved with BCNA

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

- [Speak out](#)
- [Find services & support near you](#)
- [The Beacon](#)
- Download the latest issue, or subscribe to BCNA's free magazine

This issue focuses on 'Unsung Heroes' – issue 60, Spring 2012.

- [Download issue 60 of The Beacon](#)
- Past issues of *The Beacon* [The Beacon archive](#).
- [Help with research](#) Join our Review & Survey Group

Latest news

[New! Breast Cancer and Exercise booklet](#)



BCNA's new information booklet is designed to help women diagnosed with breast cancer to exercise regularly, and includes practical tips to stay motivated.

https://www.bcna.org.au/sites/default/files/exercise_diary_6_wk_v2.pdf

<https://www.bcna.org.au/living-breast-cancer/physical-wellbeing/exercise-staying-fit>

Maxine Morand was a minister in the Brumby government and is the CEO of Breast Cancer Network Australia.

www.bcna.org.au Read more:

<http://www.smh.com.au/opinion/society-and-culture/pink-colours-the-path-of-a-dread-journey-20121021-27zh3.html#ixzz29zN7KQDi>

Committed to the cause

02 Nov 2012

BCNA thanks all its sponsors, including our major partner Bakers Delight, for their support during October, and throughout the year.

My Care Kit supports 60,000

30 Oct 2012

BCNA and Berlei reached a new milestone with the 60,000th Berlei *My Care Kit* provided to a woman who had recently undergone surgery for breast cancer.

Vale Suzie Howie

26 Oct 2012

Members of BCNA are deeply saddened by the passing of Suzie Howie – Publicist and former BCNA Board Member.

Category: [News](#) - 7 September 2012

Breast Cancer Network Australia (BCNA) has launched a second edition of *Hope & Hurdles*, our free and comprehensive information resource for women with secondary breast cancer.

[Early breast cancer: the first five years' forum](#)
[Forum for those affected by secondary breast cancer](#)

Pink colours the path of a dread journey

I wondered why breast cancer is called a 'journey' until I was diagnosed with it last year.

Society & Culture, Contributors | Maxine Morand | Mon Oct 22

SCAR Project

['Breast cancer is not a pink ribbon'](#)

The story behind the extraordinary and confronting photos of the SCAR Project is being brought to Australia. Warning graphic content.

[News for breast cancer](#) ABC News

[Breast cancer figures to rise to 17000](#)

Herald Sun

MORE than 14500 Australian women are expected to be diagnosed with **breast cancer** this year and that number is set to rise to more than ...

Australia's Breast Cancer Day

22 Oct 2012

Today, like every day, BCNA pays tribute to the many Australian women and men affected by breast cancer.



Strengthen your recovery: A Pilates program following breast cancer surgery

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

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

NBCF launch Register4

The concept is very similar to BCNA's Review & Survey Group,

Breast cancer awareness month

Many women who have been diagnosed with breast cancer are concerned about whether their cancer will come back. An emerging body of evidence suggests that there may be modifiable lifestyle factors which can influence risk of breast cancer recurrence.

- Results of a Cancer Australia survey of members of Breast Cancer Network Australia who have been diagnosed with breast cancer. The survey results allow us to further understand women's knowledge and behaviours in relation to reducing the risk of breast cancer coming back (recurrence)
- How women can be proactive about staying well after breast cancer
- The facts about lifestyle changes women can make to reduce the risk of breast cancer recurrence.

Cancer Australia will also provide some key high level findings from the recently released new statistical report, **Breast Cancer in Australia: an overview**

'Just a generation ago ... only about 72 out of every 100 women were alive five years after their diagnoses. Now it's 89," Prof Zorbas told a Pink Ribbon Day breakfast in Sydney today. Prof Zorbas, CEO, Cancer Australia, pointed to the national mammography screening program as a factor, together with increasing awareness of the disease and its symptoms. She said concerns of the cancer's recurrence is a factor that affects survivors but pointed to recent research involving more than 10,000 women with the disease, indicating exercise may help prevent it returning. "Even moderate physical activity was shown to reduce the risk of recurrence by 24 per cent and reduce the risk of dying by more than a third,' she said.

Professor Helen Zorbas, CEO, Cancer Australia

Otis Foundation retreats

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

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



Back: Prue, Cate Hale, Patsy Sheales, Eleanor Bates, President Bosom Buddies, Kerrie Griffin, *front:* Theresa Kerby, Helen Clarke, Susan Pitt, Bosom Buddies, dinner 22 October 2012

Bosom Buddies

Come to a social event and let us know you would like to take part. bosombuddies@shout.org.au

Eleanor Bates, President, Bosom Buddies

HeadsUp@Bruce

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

<http://headsup.net.au>

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

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

Sue Owen 0416 227 5959

Prosthesis recycling Contact Jan Murphy 0402 188 361

janaliveandwell@hotmail.com.au

Team training as a predictor of reduced recurrence among breast ...

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

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

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

Kerrie Griffin

Consumer Representative


Seat at the Table (SATT) Program, BCNA





BCNA Mini Field of Women at the Dragons Abreast Canberra Corporate and Social Regatta 20 October 2012 *Image:* Chris Holly

Calendar of events

Dates and events may change – please check [CDBA Canberra / Facebook](#) or www.cdba.com.au/

Month	Date(s)	Event	Location	Notes
November	Thursday-Sunday 8-11	Pan Pacs Regatta	Gold Coast, Qld	2012 Pan Pacific Masters Games Gold Coast, Australia
	Saturday 24	CBDA Regatta 5 500m	Grevillea Park tbc	Canberra@dragonsabreast.com.au
	Sunday 25 9–10.30am	Come and try session	Lotus Bay, Yarralumla	Canberra@dragonsabreast.com.au
December	Sunday 9	Handmade Markets	National Convention Centre	Canberra@dragonsabreast.com.au
	Saturday 15	CBDA Regatta 6 200m/2000m	Grevillea Park tbc	Canberra@dragonsabreast.com.au
	15	DA ACT Christmas Party	Bring a plate	RSVP
	19	Christmas carols on the lake	Canberra Yacht Club Lotus Bay	Canberra@dragonsabreast.com.au
2113 January	26	Australia Day spectacular CDBA demo paddle	Lotus Bay, Yarralumla for Central Basin	Canberra@dragonsabreast.com.au
February 	Saturday 2	CBDA Regatta 7 500m	Grevillea Park tbc	Canberra@dragonsabreast.com.au
	Saturday 9	Come and try session	Lotus Bay, Yarralumla	Canberra@dragonsabreast.com.au
	Sunday 17	Jindabyne Flowing Festival	Lake Jindabyne	Canberra@dragonsabreast.com.au
	Saturday 23	CBDA Regatta 8 200m /2000m	Grevillea Park tbc	Canberra@dragonsabreast.com.au
	Sunday 24	DAA Chinese New Year	Darling Harbour, Sydney	www.cityofsydney.nsw.gov.au/CNY/Events/Default.asp#DragonBoat
March	Saturday 2	Shellharbour Regatta	Shellharbour	Canberra@dragonsabreast.com.au
	11	Canberra Day	Lotus Bay, Yarralumla	Canberra@dragonsabreast.com.au
	tbc	Dragon Muster	tbc	Canberra@dragonsabreast.com.au
	Saturday 23	Centennial regatta ACT Championships 200m	Grevillea Park tbc	Canberra@dragonsabreast.com.au
	Sunday 24	Centennial regatta ACT Championships 500m	Grevillea Park tbc	Canberra@dragonsabreast.com.au
	Saturday 13	Bulb planting and morning tea	Springbank Island	Canberra@dragonsabreast.com.au
April	Monday–Friday 15–20	Australian Championships	Docklands, Melbourne	Canberra@dragonsabreast.com.au
May	Sunday 12	Mothers Day Classic	Lotus Bay, Yarralumla	Canberra@dragonsabreast.com.au Paddle, walk or volunteer
	17–19	DAA Canberra Centenary Dragon Muster	The Brassey, Belmore Gardens, Canberra	Convention2013@dragonsabreast.com.au \$270 early bird until 15 Feb. EOI by 30 Nov
	25--26	Florence Dragon Boat Pink Meeting	Florence, Italy	www.florence dragon lady.it (https://www.facebook.com/groups/157071110988403/).
July	Monday 29	CDBA Annual General Meeting	Lotus Bay, Yarralumla	Canberra@dragonsabreast.com.au
August	Friday 2	11th World Dragon Boat Racing Championships	Szegred, Hungary	Canberra@dragonsabreast.com.au
October	Saturday 19	Dragons Abreast Canberra Corporate Challenge Regatta	Weston Park, Lake Burley Griffin	canberra@dragonsabreast.com.au
	Saturday 19 8am–2pm	BCNA Mini Field of	Weston Park, Lake Burley Griffin	Volunteers needed for the BCNA stall!

 		Women at the Regatta		
	Monday 21 Time tbc	BCNA Mini Field of Women at Calvary Healthcare	Calvary Hospital, Bruce Speakers tbc	Volunteers needed for the BCNA mini field and stall!
	Monday 21	Bosom Buddies Australian Breast Cancer Day dinner	Southern Cross Club, Woden tbc	RSVP bosombuddies@shout.org.au
2114 October	24–26	International breast cancer survivor dragon boat regatta	Sarasota, Florida, USA	http://www.ibcpc.com/2014Festival/IBCPC2014Festival.htm

Dragons Abreast Australia — Mission statement

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

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

Keeping the spirit alive!

Next issue of the DA Canberra newsletter — December 2012

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

Please submit any news, items and images by 30 November 2012 to the newsletter coordinator
Kerrie.griffin@act.gov.au or taylorclan@iinet.net.au

