



ABREAST of the NEWS

DRAGONS ABREAST CANBERRA

PO Box 7191, Yarralumla ACT 2600

DRAGONSABREAST.COM.AU

ISSUE 71 AUGUST 2019



DA Canberra, Ord River Marathon 9 June 2019 *Image:* Bernie Hayes



DA Canberra, Ord River Marathon 9 June 2019 *Image:* Susan Pitt



DAA eight boats rafted up at the end of the regatta, Ord River Marathon 9 June 2019 *Image:* Deb Whitfield



DA Canberra former coordinators and Mabel Sansom cut the 20th birthday cake, Puttin' on the Glitz, The Deck 10 August 2019 *Image:* Robyn Moore

Coordinator's report

Ord River Marathon

The highlight of June and July was training for, then doing, the Ord River Marathon 55km paddle with Dragons Abreast Australia. Read **Clare Purcell's** story and the motivational song from **Helen Couper-Logan**.

The paddle and associated tourism in Darwin and Kununurra and surrounds was a great way to get some sunshine and see our far North.

Thanks to our coaches **Deb Whitfield**, **Lucy Cheetham** and **Donna Lennon** for getting us endurance fit. We were fresh enough to enjoy the long walk to Emma George and other adventures the next day.



DA Canberra Social and Corporate Regatta
9 November 2019 7am-2pm
[Grevillea Park, Grevillea Park, Lake Burley Griffin](#)
[Social & Corporate Regatta Fundraiser](#)
 Volunteers required!



Yvette Berry, our Patron, ACT Deputy Chief Minister, Minister for Sport and Recreation, Gillian Styles and Jenny Green, DA Canberra, Puttin' on the Glitz, The Deck 10 August 2019 *Image: Susan Pitt*



Jeannie Cotterell, DA Regatta coordinator and Sandra Turner CEO Cancer Council ACT, Puttin' on the Glitz, The Deck 10 August 2019 *Image: Susan Pitt*

What a fantastic August 2019!
20th birthday party

The highlight was our 20th birthday **Puttin' on the Glitz** cocktail party. Thanks to our MC, **Gillian Styles**, and our Patron, **Yvette Berry**, ACT Deputy Chief Minister and Minister for Sport and Recreation, CEO of DAA, **Mabel Sansom**, DAA Board member **Marion Blake**, DAA Ambassador **Robyn Moore** and the CEO of the Cancer Council ACT **Sandra Turner**.



[Swing Katz](#). DA Canberra, Puttin' on the Glitz, The Deck 10 August 2019 *Image: Katherine Green*
[Video of dancing:](https://www.facebook.com/DragonsAbreastCanberra/videos/880169262353586/UzpfSTEwMDAwMzk5MzU5MDAyMToxNTI4NDk2ODgzOTYwMDgz/)
<https://www.facebook.com/DragonsAbreastCanberra/videos/880169262353586/UzpfSTEwMDAwMzk5MzU5MDAyMToxNTI4NDk2ODgzOTYwMDgz/>



DA Canberra Social Committee, Pene Lee, Denise Brown, Marion and Nadine Leiba and Jenny Green, missing Katherine Davis Kralikas and Sue Willemsen-Bell AGM 17 August 2019 *Image: Kerrie Griffin*



DA Canberra members, Puttin' on the Glitz, The Deck 10 August 2019 *Image: Katherine Green*

Thanks to our fabulous Social Committee of **Jenny Green, Denise Brown, Marion Leiba, Nadine Leiba, Joan White, Sue Williamson-Bell and Katherine Davis Kralikas**. **Jenny Green** made an outstanding cake and sisters **Julie and Alison Kesby** surprised us with tiny *GoAnna II* cake decoration. **Lenyss Snellen** gave the toast to Angels Abreast and **Mabel Sansom** presented **Kerrie Griffin** with a trophy to mark her being our DAA Flagbearer at the 2019 AusChamps. We certainly enjoyed **Puttin' on the Glitz**. We had so much fun with the **Swing Katz**. And singing along through the decades led by songstress **Jeannie Cotterell** to launch of our 2019 Corporate and Social Regatta. Thanks to everyone for [images](#), especially **Katherine Green, Robyn Moore and Steve Taylor**. Check out [City News](#) 15 August issue page 19. <https://citynews.com.au/2019/at-dragons-abreasts-puttin-on-the-glitz-party-regatta>



Incoming DA Canberra Committee 2019-20 members at AGM, Jeannie Cotterell, Anita Godley, Katrina Gilmour (general members); Julie Chynoweth (Coordinator); Di Bradshaw (Assistant Coordinator); Helen Couper Logan (Secretary); and Susan Roraff (General Member), missing Jenny (Treasurer) and Lyndall Milward-Bason 17 August 2019 Image: Kerrie Griffin

AGM

The good vibes continued into our AGM. You have a great new committee. I was sad to step down as your coordinator after just one year. But thrilled with the incoming Committee and all those who have continued in, or taken on, all the non-elected rolls in our club. I know you will give **Julie Chynoweth** all your support, and read and action her Coordinator bulletins. **Di Bradshaw** will be her wise deputy. Thanks to **Kerrie Griffin** for the [images](#) of the outgoing and incoming committee. We were missing the sisters, **Jenny** and **Lyndall Milward-Bason** in the images but both will continue in their roles. Thanks **Joy Tonkin** for managing the nominations and election and regulatory process.

Accounts

Joy Tonkin and your new committee will convene a special meeting to consider the audited accounts shortly. In brief, we spent more than we raised in 2018-19, but we had the reserves to do so. Our net assets at the end of 2018-19 will be around \$126K, down from \$135K last year, down by about \$8.5K (6.3%). Treasurer **Jenny Milward-Bason** will provide all members with the profit and loss statement and balance sheet to consider ahead of a special general meeting.



Outgoing DA Canberra Committee 2018-19 AGM, Joy Tonkin (Public Officer), Susan Pitt (Coordinator), Jenny Green (Secretary), Deb Whitfield (General Member), Julie Chynoweth (Assistant Coordinator), Jeannie Cotterell (general member), Janet Olsen (general member), missing Jenny (Treasurer) and Lyndall Milward-Bason 17 August 2019 Image: Kerrie Griffin



Deb Whitfield sweeping DA Canberra, Ord River Marathon 9 June 2019 Image: Bernie Hayes

Dragon Spirit Award

Last year's recipients **Donna Lennon** and **Julie Kesby** presented the Dragon Spirit Award to **Deb Whitfield**. Julie spoke well about the magnificent contribution Deb has made to our club and our sport. (See article)

Congratulations to **Chey Brower**, former DA Canberra member, who won gold in 2km with team USA Senior B women (over 50) at the 14th IDBF World Dragon Boat Racing Championships, Thailand on 21 August.

Coaching plans

Before our AGM, 20 of us attended a benchmarking session at **Lisi Bromley's**. We all had a go at our own level. We really enjoyed it and thank Lisi and the coaches.

I know you will support your coaching team of **Deb Whitfield**, **Donna Lennon** and **Lucy Cheetham** and read their coaching plans. We give them our respect and energy as they strive to make us the best dragons we can be.

In closing, a big thanks to **Jenny Green**. Jenny has been DA secretary for several years. She remains on the Social Committee. She has steadied our ship. She was awarded the **Kashgar Cup** at our 2018 Christmas Party.

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

Dragons Abreast Australia needs our ongoing support to get back onto a better financial footing. Please consider making a tax deductible donation. 100% of your donation goes to DAA.

<https://www.dragonsabreast.com.au/give>

Merchandise

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

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** purcell@grapevine.net.au

Finally, I encourage you to join DA Canberra on Facebook to keep abreast of our news.

<https://www.facebook.com/Dragons-Abreast-Canberra-448649108487643>

Paddles up!

Susan Pitt, Outgoing Coordinator

Note new contact

**Julie Chynoweth, Incoming Coordinator
Dragons Abreast Canberra**

0439 382 661

coordinator.dac@gmail.com

<https://www.facebook.com/Dragons-Abreast-Canberra-448649108487643>

<https://www.dragonsabreast.com.au/groups/placedetails/1>

<http://www.ibcpc.com>

[IBCPC August newsletter 2019](#)

[Dragons Abreast Australia](#)

Celebrating 20 years of breast cancer recovery

Philosophy: *Awareness, Participation, Inclusiveness
Connect. Move. Live.*

[DAA In the loop newsletter](#)

<https://mailchi.mp/dragonsabreast/in-the-loop-april19>

[Fernwood Belconnen](#) Thank you for your support of DA Canberra.

Come and try

The next come and try sessions are **Saturday 12 October** and **Sunday 1 December 2019** — put it in your calendars! Please invite any potential paddlers and let us know if you can distribute flyers. A doodle will be sent out to nominate for baking, paddling and mentoring.

Anita Godley, Kat Gilmour and Helen Couper Logan

Conditioning classes with Kellie Toohey

Great if you could get along on **Sundays** at **3pm**, at [Change Yoga Studio](#), Forde.

More than yoga, its tailored especially for dragon boat athletes by Kellie. Highly recommended.

Sign up here <https://changeyogastudio.com.au/>

Trouble signing in or need more info.

Email info@changeyogastudio.com.au

[DAA Welcomes Dr. Kellie Toohey as National Ambassador](#)

We are thrilled to introduce our newest DAA Ambassador – **Dr Kellie Toohey**.

Kellie is now an Accredited Exercise Physiologist and Clinical Assistant Professor (Exercise Physiology) at the University of Canberra who dedicated her research life to improve the quality of life of those diagnosed with cancer. Kellie's research thesis was dedicated to **Dragon's Abreast Australia** and below is the dedication.

Dedication

This thesis is dedicated to Dragons Abreast – pioneers in improving the lives of those diagnosed with cancer through exercise, challenging medical thinking.

In her own words, Kellie says

I am absolutely over the moon and deeply moved to be asked to be an ambassador for such an incredible organisation. I see every day the life changing experience that exercise (including paddling) gives to people diagnosed with breast cancer. The support that DAA and its members provides for people going through this journey is incredible. I feel very blessed to have witnessed the lifelong friendships and support systems that have been created. I am excited to be spreading the word about DAA, to increase support so that more people can experience this life changing organisation.

Dr. Toohey joins the remarkable **Robyn Moore** as a DAA Ambassador to promote the social, physical and emotional benefits of dragon boating after a breast cancer diagnosis.

Kellie Toohey, DAA Ambassador



Maureen Wild Kathy Hayes, Lisi Bromley, Lyndall Milward-Baso and Lucy Cheetham, DA Canberra, Ord River Marathon 9 June 2019 Image: David Cheetham

Coaches' corner

Firstly, we would like to remind all those who paddle and support Dragon Abreast Canberra of [DAA's](#)

Philosophy: Awareness, Participation and Inclusiveness.

Mission: Encourage wellness, fitness, fun and camaraderie for breast cancer survivors through the sport of dragon boating and promote breast cancer awareness throughout our community.

Congratulations to all DA who attended the first two rounds of benchmarking. As a result, we can see an improvement and we encourage everyone to continue at home. We want to stress that our benchmarking is against yourself and no one else.

DB ACT DA Canberra

You are well on your way to another great season.

Training hints for winter: First dress appropriately — layers help you keep warm and enable you to adjust during the session. PFDs are compulsory. Waterproof socks and gloves are a good investment. Warm-up is a must to get the circulation going. Hydrate as you will still perspire. Don't forget sunscreen and sunnies on Canberra's lovely sunny days. Bring a spare set of clothes so that you can get warm and dry quickly.

Don't forget that **Kelly Toohey's** conditioning classes in Forde are still running and are fun as well as good for you. (See page 4)

We are all happy to talk to anyone if you want or need extra help.

Feeling unwell? Back off the intensity. If you have a fever, chest cough or aches, taking a rest now as soon as symptoms become apparent is the quickest way to get back in the boat.

Watch here for future editions of the *Coach's corner*. <https://www.revolutionise.com.au/dacanberra/>

Lucy Cheetham, Donna Lennon and Deb Whitfield



Raana Asgar, Lyndall Milward-Bason and Penny Ovington, DA Canberra, Lake Burley Griffin 19 June 2019 *Image:* Susan Pitt



2018 Dragon Spirit recipients Donna Lennon and Julie Kesby hand on the award to the 2019 recipient Deb Whitfield, AGM 17 August 2019 *Image:* Kerrie Griffin

Dragon Spirit Award 2018-19

The most spirited Dragon for 2018-19 goes to **Deborah Whitfield**. Deb Whitfield is a dual member and a very active member for Dragons Abreast Canberra (DAC). She joined DAC in 2006 and instantly joined the committee, and became a sweep in 2007. Deb was a member of the 2018 DAC Committee, and is an excellent team member of DAC. Her contribution to our club is outstanding over many years.

Deb took the role of coaching to a new level during the last few years. She is always inclusive, cheerful, instructive, and it is a pleasure to paddle in her boat while she is coaching.

In 2015, Deb and Frances were responsible for training, coaching and sweeping the team going to the international breast cancer survivor regatta in Hong Kong in July 2015. Deb kept us afloat as she swept in challenging conditions while other boats tipped over. This also involved coordinating five DA Wagga Wagga members, Cheryl Brower, Washington, and four Abreast in a Boat Vancouver, Canada members. Deb also took responsibility for training the Ord River teams in 2014 and 2019.

For the IBCPC Regatta in Florence in July 2018 Deb was an excellent and inclusive coach for all three crews, and swept both the Composite Breast Cancer Survivor, and Supporter crews. In Sarasota Florida at the IBCPC in 2014 she swept the Breast Cancer Survivor crew to second place in our final. This past year Deb has enthusiastically developed two outstanding coaches **Donna Lennon** and **Lucy Cheetham**. Deb is also involved in training new sweeps for our club including **Jeannie Cotterell**, **Lucy Cheetham**, and **Lyndall Milward-Bason**. Her knowledge and experience on and off the water have helped meld a great team.



Back: Kathy Hayes, Clare Purcell, Susan Pitt, Elly McGinness, Maureen Wild, Amanda Ferris, Lucy Cheetham, Di Bradshaw, Annette Dean Front: Lisi Bromley, Deb Whitfield and Julie Chynoweth, DA Canberra, Ord River Marathon breakfast 9 June 2019 Image: Lisi Bromley

Deb has not only been a tireless worker for our club but also for DBACT and beyond.

- Training the juniors in Jindabyne and Canberra
- Officiating at AusChamps.
- DB ACT Sweep Coordinator, and Developing Sweep
- Guidelines for DB ACT.

How good is our Deb! Deb led the coaching team that qualified DA Canberra for the next level, the **Club Crew World Championship**, in the senior women's A Standard Boat.

50 words just wouldn't be enough for all the reasons why Deb is awarded the Dragon Spirit Award for 2018-19.

Julie Kesby



Ord River Marathon 9 June 2019 Image: Lisi Bromley

Superb, amazing, exhilarating!

Three words that sum up my experience at the DAA Ord River Marathon. It was visual overload. From the sublime colours of the sandstone cliffs to the occasional sighting of a freshwater croc, it was an awe-inspiring day.

Many months before we headed to Kununurra, our training began in earnest on Lake Burley Griffin. We learnt the true meaning of endurance paddles at these sessions. Under the guidance of **Deb Whitfield**, we prepared ourselves for the challenge that lay ahead. And what a challenge it was. From the moment we arrived in Kununurra there was excitement all around. From the impromptu pub team dinner on Friday night to the registration dinner on Saturday, the team spirit was palpable.

Sunday 9 June was D-Day. A 4.30am start, a bus ride and a competitors and companions breakfast

at Lake Argyle began an experience that I will never forget. There were eight DAA boats in the event. Greg was on the companion boat and ready for a more relaxed journey. The spectacular landscape and favourable, if not hot weather conditions, made for a perfect start to the day. The Ord River Dragons were gracious hosts.

The first leg was approximately 21 kilometres and after the first kilometre I uttered the words, 'are we there yet?' It was a long leg but this was what we had trained for. The Ord experience is not a race and, as such, we buddied up and paddled right along DA Melbourne Dambusters for most of the first and third legs. After all, that is the spirit of DAA. Morning tea came at 32.5 kilometres with a lunch break at 46 kilometres. Instead of getting off the boat we were provided with a paddle-and-go lunch. We were tethered to the support boat for a short while so we could eat.

We did it! We arrived in Kununurra — 55 massive kilometres down one of the most beautiful waterways in the Top End. All the boats crossed the finish line together. We had achieved it. Wow! What a feeling. A well-deserved dinner and red wine followed. Thanks to Dragons Abreast Australia (DAA) and Ord River Dragons.

Clare Purcell



Ord River Marathon 9 June 2019 Image Lisi Bromley

Helen's Ord River Marathon poem

To all my dear paddling friends about to do the Ord – well, I'm sitting here sipping a glass of good red thinking of you (now stop groaning you'll all get to have your alcohol tomorrow afternoon) I've been trying to think of something pithy to say but unusually words evade me. I was going to learn the lyrics to that famous feminist anthem of 1971 [I am woman](#) (*hear me roar*) and belt it out at the end of our paddle. Sadly, my lungs let me down, and from the way I'm coughing I know I made the right decision. So here's that famous anthem, slightly modified, my words to you all and if **Susan Pitt** could belt it out at the end of the paddle well that would be even better...

You are woman, hear your roar
In numbers too big to ignore
And you know too much to go back an' pretend
'Cause you've heard it all before

And been down there on that training floor
No one's ever gonna keep you down again

Oh yes, you are wise
But it's wisdom born of pain
Yes, you've paid the price
But look how much you gained
If you have to, you can do anything
You are strong
(Strong)
You are invincible
(Invincible)
You are paddling women

Training could bend but never break you
'Cause it only served to make you
More determined to achieve that final goal
And you came back even stronger
Not a novice any longer
'Cause you've deepened the determination in your
souls

Oh yes, you are wise
But it's wisdom born of pain
Yes, you paid the price
But look how much you gained
If you have to, you can do anything
You are strong - strong
You are invincible- invincible
You're paddling women.....

Just imagine I'm [Helen Reddy](#) belting that out at the
back of the boat ...

So my dear women, paddle long and strong, go
you good things and BRING IT ON!
Helen Couper Logan

Editor: Appropriate. We sing *I am woman* at BCNA
Summits. Katy Perry's *Roar* is sitting on the
shoulders of giants. It was written because of Helen
Reddy's inspiring song.

Congratulations to all the Ord River participants.



DA Canberra relaxing, Zebedee Springs, 10 June 2019 *Image:*
Susan Pitt



Viki Fox, Julie, Narelle Powers, Carol Summerhayes, Joy Tonkin
and Judy Cluse, DA Canberra, Puttin' on the Glitz, The Deck
10 August 2019 *Image:* Susan Pltt



Gillian Styles, Robyne Moore, Marion and Nadine Leiba, DA
Canberra, Puttin' on the Glitz, The Deck 10 August 2019 *Image:*
Susan Pitt

Thank you from Robyn Moore

Hello AWESOME Susan, Mabel, Marion, Jen and
Julie (and all who attended your wonderful 20th
Anniversary celebration!)

What a sensational evening...I felt so privileged
being there with you all! Thanks for including me! I
continued on my travels afterwards and have only
just found time to send images to add to your
captured memories! It was very moving watching
everyone's joyful faces on the night... knowing the
CIRCUMSTANCES that have brought us all
together in Dragons Abreast Australia. Paddles up
everyone...continue to inspire, thrive and support
everyone in DAA.

Robyn Moore, DAA Ambassador



Cake and dragon heads, DA Canberra, Puttin' on the Glitz, The
Deck 10 August 2019 *Image:* Kerrie Griffin



[Swing Katz](#), DA Canberra, Puttin' on the Glitz, The Deck 10 August 2019 Image: Kerrie Griffin

DA Canberra kicks up heels for Puttin' on the Glitz

There is no doubting that DA Canberra knows how to party! Celebrations for the 20th anniversary of this feisty groups of paddlers and their supporters went off in style as everyone gathered, chatted, bubbled and danced to the music (after a demonstration of how to swing) of [Swing Katz](#). The snowy weather outside did not dampen any of our spirits! The outfits were stunning, as everyone put on their glitz for a good time.

We were joined by:

- Our new Patron **Yvette Berry**, ACT Deputy Chief Minister – who has promised to join us on the boat for a paddle very soon! And to attend our 20th Birthday Social and Corporate Regatta
- **Robyn Moore**, our Dragons Abreast Australia (DAA) Ambassador of Blinky Bill fame.
- **Mabel Sansom**, CEO of DAA, who made a special presentation to our **Kerrie Griffin** for her role as DAA flagbearer at the [Flag Ceremony AusChamps 2019](#)
- **Sandra Turner**, CEO of the Cancer Council ACT
- And, of course, our own **Marion Blake**, board member of DAA.

Sadly for us, **Elsbeth Humphries** and the family of **Anna Wellings Booth**, our founder, were trapped in heavy snowfalls in the mountains.



Gillian Styles and Susan Pitt, Puttin' on the Glitz, The Deck 10 August 2019 Image: Katherine Green

Our Coordinator **Susan Pitt** took us through some of the fantastic achievements of DA Canberra over the past 20 years, reminding us of just how far we have come since our founder **Anna Wellings Booth** dreamed of a dragon boating adventure for breast cancer survivors and their supporters in Canberra.

Toast to Angels Abreast. Our most senior paddler **Lenyss Snellen** made a beautiful and moving toast to all our angels.



Lenyss Snellen toasted Angels Abreast, DA Canberra, Puttin' on the Glitz, The Deck 10 August 2019 Image: Steve Taylor

Jeannie Cotterell, our resident musician, led us through the songs of the past 20 years – to arrive at a musical launch of the **DA Canberra Social and Corporate Regatta** – 9 November, get ready for it!

Cutting of the cake – how many people does it take to cut this fantastic cake made by **Jenny Green** – cake decorator extraordinaire? The singing was magnificent...and then there was the dancing! Our party was a fabulously collaborative effort – kickstarted by our Social Committee and then everyone played a part.

Thanks go to our MC, **Gillian Styles**, who seamlessly kept the evening flowing smoothly. Special mentions to **Julie** and **Alison Kesby** for the beautiful corsages made for the special guests and also for the surprise tiny *GoAnna II* cake decoration. **Kerrie** and **Julie K** for the slideshows and for the memorabilia, from many, of the special occasions over the past 20 years.

The **Swing Katz** who led us through the steps and then encouraged us to dance!

<https://www.youtube.com/watch?v=9PGCdqEwilw&fbclid=IwAR0e39ID0CtjwMVm0Qle4Tf9guH1Hwoc6YEwOXo5TvLixFHeHjN1DqIzqE&app=desktop>

To **Jeannie Cotterell** for organising the audio system. Special thanks to the wonderful staff at **The Deck** who decorated, baked, served, smiled and then cleaned up. The Deck contributed generously to our event. Thanks to all for a fabulous night of *Puttin' on the Glitz*.
Pene Lee and Jenny Green



Marion Blake and Patsy Sheales, Puttin' on the Glitz, The Deck 10 August 2019 Image: Nadine Leiba

DA Canberra keeps paddling and celebrating

It was a great joy to see so many friends at the 20th Anniversary. Well done to everyone who made the evening a success. Congratulations to us all for keeping DA Canberra paddling and celebrating our successes! We are now the longest running club! Although I am not paddling with DA Canberra, my heart will always be there. As many you know, I would have been one of the last people to participate in a water sport ... I do not swim very well and am afraid of water! But thanks to our founder **Anna Wellings-Booth**, I tried dragon boating out in 2007 and have continued since then! One of the reasons I decided to change my paddling clubs was that I wanted more competition, which was being 'frowned upon' in DAA teams, although there were some teams that were seriously competitive. I am glad to see that DA Canberra is preparing for competition with benchmarking and extra fitness training. Well done!

I wish all of the newer members many happy paddling times. I feel so fortunate to have traveled many places with DA Canberra over the years: Canada, US, Hong Kong and Italy plus numerous places in Australia including the Ord River. It has been a wonderful paddle!

The 20th Anniversary celebrations reminded me again what a great, fun bunch of ladies DA Canberra are. We all share a journey we **DID NOT** choose but have come together through dragon boating! I have had so many wonderful, and also challenging times, in DA Canberra. I thank all of you for letting me share the dragon boating experience and wish that will always continue...with love and friendship.

Patsy Sheales, former DA Canberra Coordinator



DA Canberra cake by Jenny Green, dragon boat by Julie and Alison Kesby, Puttin' on the Glitz, The Deck 10 August 2019 Image: Kerrie Griffin

DA Canberra Social and Corporate Regatta 9 November 2019 7am-2pm

[Grevillea Park, Grevillea Park, Lake Burley Griffin](#)

Paddle on beautiful Lake Burley Griffin and *Party like its 1999* for our 20th birthday party Regatta. Dragon Boat ACT supports Dragons Abreast Canberra by conducting this special regatta where you can experience the thrill of dragon boat racing while supporting Dragons Abreast in Canberra and other Dragons Abreast Australia teams across the country.

A full crew consists of 20 paddlers. Don't have 20? No worries! Register yourself or a small group and we'll match you up with other fun-loving fundraisers.

An excellent opportunity for corporate team building or just a great day out with your mates! Bring the family! It's a birthday party! Get into the party spirit. Enjoy food, music, and games for young and old.

On the theme - We're turning 20 years old! Think back to a time when we were planning for Y2K, Pokemon, Furby and Troll Dolls were on every kid's wish list, the Matrix franchise had just begun, *Star Wars Episode 1* took over the world, Lenny Kravitz invited us to 'Fly Away' and Lauryn Hill makes history at the Grammy Awards winning 5 Grammys. Dress up in your favourite 90's gear. Choose a theme for your crew or just pull out that 90s band t-shirt and cargo shorts and join in the fun.

<https://www.revolutionise.com.au/dacanberra/events/42036/>

Email: dragonsabreastregatta@gmail.com for more information

Jeannie Cotterell, Regatta Coordinator



Ord River Marathon 9 June 2019 Image Susan Pitt



Kerrie Griffin, Kathy Hayes and Che Mortimer, DA Canberra, Puttin' on the Glitz, The Deck 10 August 2019 Image: Kerrie Griffin

Hooked on dragon boating

Dragon boating had always sounded interesting, but I had never known anybody who did it or gone out of my way to try it! Until I found this lump in my breast anyway. I had Hodgkin's Lymphoma when I was 16-17. After initial chemotherapy failed, I had a bone marrow transplant and some radiotherapy at 18. I then had 20 odd years without a blip. I was fit and healthy, had a job that I enjoyed and after a trying couple (or so) years my husband and I had an adorable baby boy. Things were going well, and since we were on an IVF timetable we were six weeks out from trying for baby number two when I found it! Panic set in and I found Dr Google was not my friend! After the dust settled — mastectomy plus reconstruction, chemotherapy and a daily pill I was ready to try something. I saw the **Come and Try** for Dragons Abreast on my stalkbook feed and at the last minute signed up. I have not looked back. I find it physically challenging and am setting goals for myself - I'll get this paddling business sorted soon I am sure. I love a coffee and a chinwag, so this is a great group for that. But it is the support, there if you need it and always in the background, that makes DA Canberra. Whether it is about paddling or advice about bone density drugs, I have felt comfortable enough to ask and have



DA Canberra winter reflections 31 July 2019 Image: Ken Quilty

appreciated the sharing of information. I am time poor, like most people I am sure — a toddler, husband, work, dogs, and friends but dragon boating is time just for me and I am loving it!
Che Mortimer



Warm up and training times

Saturday morning:
(Extra effort paddle): 7.15 – 8.00am tbc
Saturday morning: 8.00 – 09.30am

Tuesday morning: 6.00- 07.15am

Wednesday lunch: 12.30 – 2.00pm

Contact:
Louise Walmsley plwalmsley@bigpond.com

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

Remember water, hat, sunscreen and sunglasses!

Weather watch
<http://www.canberrayachtclub.com.au>
<http://www.canberrayachtclub.com.au/webcam/cam>
<http://www.eldersweather.com.au/act/act/canberra>



Clare Purcell and Anita Godley [City News](http://www.citynews.com.au) 15 August issue page 19. <https://citynews.com.au/2019/at-dragons-abreasts-puttin-on-the-glitz-party-regatta->



DA Canberra January 2013 *Image:* Chris Holly

Dragon boat tanka

Women heard laughing
 Within the dragon's belly
 As they fly away
 Water yields to their power
 All earthly wounds disappear
Phillip Snellen

Dragons Abreast Canberra thank Lenyss Snellen's son Phillip who is a poet very much for this beautiful poem.
The Japanese tanka is a thirty-one-syllable poem, traditionally written in a single unbroken line.
Tanka translates as 'short song' and is better known in its five-line, 5/7/5/7/7 syllable count form.

Why is there a silver ball in the dragon's mouth?

In ancient China, there are many reasons including some below:

The most expensive pearls must be in the mouth of dragon living in the depth of water.

The dragon namely the king of lake or sea, will own the most expensive and largest pearls
 Dragon consists of many animals' feature and the snake and crocodile rank first. These two animals are born in eggs, so the dragon ball means the dragon's child. Playing with eggs represents respect for life.

Because the dragon is a special animal from the East, and the sun rises in the East, so the dragon ball also can represent the sun. At this time, dragon always appear in the form of flying on the sea.

In Western mythology, Dragons are destructive, fire breathing, rampaging, flying dinosaurs with an appetite for virgins and a tendency to chomp at the nearest tin-clad knight. In Chinese/Eastern mythology, dragons are protectors and guardian spirits. Much as Dryads to trees and Naiads to lakes in Western mythology, a Dragon is associated with specific locations or features rather than being free-ranging forces. The pearl represents the item, person or location being protected. <https://www.quora.com/Why-do-Chinese-dragons-hold-pearls>

Kerrie Griffin



DA Canberra Dragon Spirit Award aka the Dustbuster *Image:* Julie Kesby 17 August 2019



DA Canberra January 2013 *Image:* Chris Holly

Salutation to the dawn

Look to this day!
 For it is life, the very life of life.
 In its brief course Lie all the verities and realities of your existence:
 The bliss of growth
 The glory of action
 The splendour of beauty
 For yesterday is but a dream and tomorrow only a vision
 But today well lived makes every yesterday a dream of happiness
 And every tomorrow a vision of hope. Look well,
 therefore to this day!
 Such is the salutation to the dawn.

Kalidasa, Indian poet

Editor: Elspeth Humphries recited this poem during paddling on Lake Burley Griffin. Kathy Bobyn recognised it from her Canadian summer school camps. We continue to enjoy it.

Do you like going to the movies?

On Tuesdays, during school terms, DA members view a movie at Palace Cinema and enjoy a light lunch together where we discuss the movie and solve the problems of the world. Just come when you want to, every week, or just occasionally.

We email each week advising what the movie is for the following Tuesday. If you want to go just RSVP by 11am Friday. We meet at Palace Cinema at 10.45am and it is all over by 1.30-2.00pm. \$18.00 includes the movie and lunch.

If you want to receive a weekly email about the movie club, email Cindy Young who will put you on the distribution list.

cindyyoung000@icloud.com.



Anne Baynes, Sue Drew, Natalie Evans-Sandell and Julie Kesby, DA Canberra, Puttin' on the Glitz, The Deck 10 August 2019 *Image:* Steve Taylor

Under the pink umbrella



Kirsten Pilatti, CEO BCNA, outlines BCNA, BCT IMPACT Conference, Hilton Adelaide 25 July 2019 *Image: Kerrie Griffin*

Upfront About Breast Cancer

For more than 20 years, **Breast Cancer Network Australia (BCNA)** has informed, connected and supported all Australians diagnosed with breast cancer. With our new fortnightly podcast series [Upfront About Breast Cancer](#), we're taking our advice and support and delivering it to you wherever you have your smartphone or computer. In this first season of the podcast, we're speaking to experts and breast cancer survivors about all aspects of a diagnosis - from minimising unexpected hospital bills to dealing with the emotional impact of breast cancer.

Read transcripts, show notes and credits:

- [Episode 1: Just diagnosed - what's next?](#)
- [Episode 2: Money and the healthcare system](#)
- [Episode 3: Communicating with your healthcare professional](#)
- [Episode 4: Ongoing and late side effects](#)
- [Episode 5: Metastatic breast cancer](#)
- [Episode 6: Telling your children you have cancer](#)
- [Episode 7: Breast reconstruction](#)
- [Bonus episode - Allergan breast implant recall](#)

The podcasts are currently available on [Apple Podcasts](#), [Spotify](#) and the [BCNA website](#).



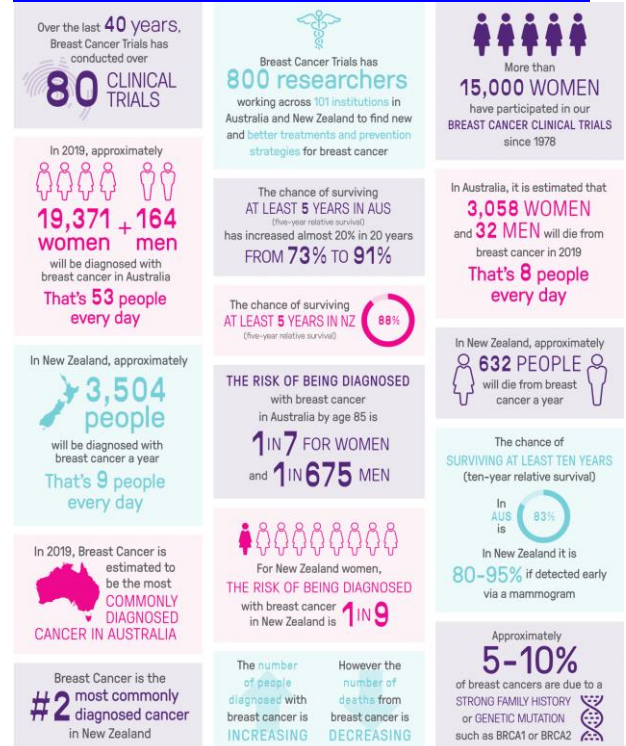
Professor Fran Boyle (third at back) Leslie G Jenny Hall Jane Synnot BCT IMPACT Conference, Hilton Adelaide 25 July 2019 *Image: Kerrie Griffin*



Q&A session facilitated by Mia Freedman about Breast Cancer Trials IMPACT conference, Elder Hall, Adelaide University 24 July 2019 *Image: Kerrie Griffin*

Breast cancer in 2019

<https://www.breastcancertrials.org.au/breast-cancer-statistics>



The information in this document is based on the latest ANZ data and is correct at time of publication. Sources: Australian Institute of Health and Welfare (AIHW); Breast Cancer: Patients and Survivors in the Asia-Pacific Workforce New Zealand: Rising to a growing challenge - The Economist Intelligence Unit Limited 2019; The Global Cancer Observatory January 2019; World Health Organisation.

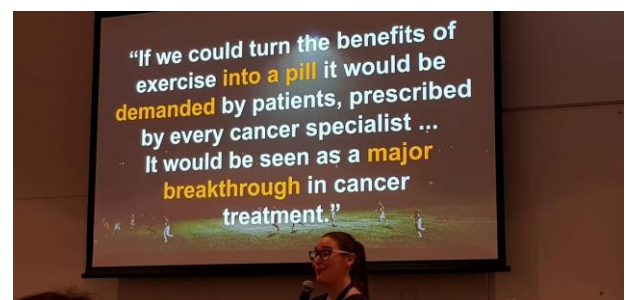
What is a breast cancer clinical trial?

<https://www.facebook.com/BreastCancerTrials/posts/2352097248244753>

Why participate in a breast cancer clinical trial?

This is the second animation Breast Cancer Trials has created to help inform patients about why they should consider participating in a breast cancer clinical trial. It would be great to share.

<https://www.facebook.com/BreastCancerTrials/posts/2352096051578206>



BCNA Conference, Adelaide Convention Centre 27 July 2019 *Image: Kerrie Griffin*



CAP IMPACT participants. Improving Participation and Advocacy for Clinical Trials 26 July 2019 *Image: Kerrie Griffin*

[Breast Cancer Trials IMPACT Conference 24-26 July 2019](#)

IMPACT: Improving Participation and Advocacy in Clinical Trials

[Breast Cancer Trials](#) would like breast cancer survivors to promote and encourage people to participate in these groundbreaking trials to improve future treatments and outcomes. There was a buzz from all the researchers. Personally, it was useful networking and will help with BCNA and Cancer Australia committee work. Some highlights.

De-escalation and [CDK 4/6 inhibitors](#) were recurring themes enthusiastically hailed as the next big directions in breast cancer research. **Dr Stuart McIntosh** outlined some exciting developments in a series of UK trials of de-escalation studies to reduce overtreatment in screening (in situ and invasive disease); minimise radiotherapy in low risk disease; de-escalation of systemic therapy use (guided by multi-parameter testing); de-escalation of surgery following neoadjuvant therapy breast and addressing recruitment challenges or barriers in de-escalation studies.

Dr McIntosh also reinforced the importance of the **BCT IMPACT program, BCNA and Cancer Australia consumer representative programs.**

He summarised the British experience of patient and public involvement as the key to high quality patient-focused research and successful multidisciplinary collaboration to be embedded in each project's initial design.

Carefully conducted clinical trials give researchers and breast cancer patients the opportunity to work together to advance all aspects of breast cancer care. **Dr Nik Zips** explained that the purpose of clinical trials is to generate evidence to inform and change clinical practice. Consumers are integral stakeholders in the development of evidence to improve health care outcomes.

Dr Shom Goel promoted de-escalation as a means to minimise side effects. The goal is to make metastatic breast cancer a manageable chronic disease. Immunotherapy is huge in personalised therapy and leading the way in previously difficult types of breast cancer including triple negative breast cancer (TNBC) and HER2+ positive.

Dr Christabel Saunders is looking at the effective use of breast magnetic resonance imaging (MRI) in early breast cancer. MRI and PET scans are integral to the breast cancer assessment. **We welcome the news that the Australian Government will fund some specific types of MRI and PET scans with Medicare rebates from November 2019.**

[Professor Fran Boyle talking with Associate Professor Aleix Prat.](#)

[Professor of Radiation Oncology Professor Julia White and Breast Cancer Trials researcher Professor Boon Chua.](#)

[iPrevent](#), a new breast cancer risk assessment and risk management decision support tool, is designed to facilitate prevention and screening discussions between women and their doctors.

<http://www.breastcancertrials.org.au/home>

[BCT newsletter 42](#)

<http://www.breastcancertrials.org.au/current-clinical-trials>

<https://www.breastcancertrials.org.au/research-blog>



Twilight BCNA Mini Field of Women Adelaide Convention centre 27 July 2019 *Image: Kerrie Griffin*

BCNA Together towards tomorrow 27 July 2019

Some 500 SA participants on Saturday at the Breast Cancer Network Australia (BCNA) Workshop heard from experts about evidence based research to improve your quality of life. There are some great women in South Australia and well done to the breast care nurses busing in regional and remote people. I'm privileged to be a BCNA Consumer Representative.

Kerrie Griffin



To all the women who fought so hard but now they have their wings by Marie
Twilight BCNA Mini Field of Women Adelaide Convention centre 27 July 2019 *Image: Kerrie Griffin*



Veronica, BCNA Bel South Image: Cate Hale 22 June 2019

BelSouth's 'Pink Day' fundraiser ready to help spread the word for cure again

<https://the-riotact.com/belsouths-pink-day-fundraiser-ready-to-help-spread-the-word-for-cure-again/308494?fbclid=IwAR0Rq6sIBIzhjGOJQm6IUABY2Irrdh0KPxXoBeErkqjmJ0gb2UxLR6mBxRU#.XQzE2aSpsKw.facebook>



<https://citynews.com.au/2019/digital-edition-august-22/>

Congratulations to **Gillian Horton and Colleen's Lingerie and Swimwear**, Garran! See [City News 22 August 2019](#). Gillian donates breast forms and post-mastectomy bras to Fiji.

[Understanding Immunotherapy](#)

A Cancer Council treatment fact sheet and guide for people affected by cancer
https://www.cancer.org.au/content/about_cancer/factsheets/Understanding_Immunotherapy_fact_sheet_July_2019_WEB.pdf#ga=2.187711272.1650724419.1566531232-2126842975.1566531232

BCNA NEWS16 AUG 2019

[BCNA's progress on our top five priorities for change in 2019](#)

1. Faster access to new and innovative breast cancer treatments and diagnostic tests
 2. Reducing the financial burden of a breast cancer diagnosis
 3. Improved access to breast reconstruction
 4. Improved access to specialised breast cancer nurses or cancer care coordinators for people with metastatic disease
 5. Better management of lymphoedema
- Use your voice for change

TGA recommends ban on textured breast implants

Video: <https://youtu.be/BxAchYpgDvI>

*UPDATE July 26 2019: We are aware of the many questions women with breast implants have following the announcement of a recommended ban by the Therapeutic Goods Administration. In the above video, **BCNA CEO Kirsten Pilatti** sat down with **Associate Professor Sanjay Warriar, President of BreastSurgANZ**, to find answers. We are closely monitoring this situation and will update on our website as soon as any developments occur.*

Breast Cancer Network Australia (BCNA) is advising women with textured breast implants to talk to their surgeon after a recommendation by the Therapeutic Goods Administration to ban a range of textured breast implants.

The recommendation follows the review of an apparent association between Breast Implant Associated Anaplastic Large Cell Lymphoma (BIA-ALCL) and some textured breast implants.

Due to the rarity of BIA-ALCL, health experts do not recommend removal of breast implants where there are no problems with the implant.

Success in curing breast implant-associated lymphoma is high when detected early.

Health Minister Greg Hunt said the government supported the TGA's proposed action. It will bring Australia in line with France and Canada, which acted in April to remove some textured implants.

The risk of breast implant-associated lymphoma is rare at between 1-in-1,000 and 1-in-10,000. However, it is essential to take action on the best medical advice.

The ban will not affect all breast implants and refers only to textured breast implants, not the 'smooth' forms of breast implants.

BCNA recommends members who notice any sudden changes around their implant, such as new swelling or a lump, should notify their doctor. Women who have concerns or are unsure if they have textured or smooth implants should contact their surgeon or the hospital where the surgery was performed.

More information is available on [the TGA website](#).

Information on the specific brands of implants affected [can be found here](#).

- BCNA [News](#)

Compassionate access for Nerlynx

A compassionate access program of the drug Nerlynx (neratinib) has opened for people with HER2-positive or HR-positive early breast cancer treated with Herceptin in the past year. [Read more](#)

Thermography website warning

BCNA has re-issued its warning against using thermography after the discovery of a website promoting the banned procedure. [Read more](#)

Online network welcomes men's group

BCNA's online network has recently added two new groups – men living with breast cancer and invasive lobular cancer (ILC). [Find out more here.](#)

BCNA partners with Wanderlust

Global wellness festival organiser Wanderlust has partnered with BCNA, with a portion of every ticket sold helping support our work. Tickets on sale now for Melbourne, Sydney and Brisbane 108 events.

[Find out more here](#)

BCNA NEWS16 AUG 2019

[Telling children about your cancer podcast released](#)

BCNA NEWS16 AUG 2019

[Adelaide hosts survivorship conference](#)

BCNA NEWS16 AUG 2019

[Wellness festival half-price offer for BCNA members](#)

BCNA NEWS15 AUG 2019

[Textured breastimplant ban update](#)

BCNA NEWS25 JUL 2019

[Allergan recalls textured breast implants](#)

BCNA NEWS23 JUL 2019

[Vale Christie Wood](#)

BCNA NEWS17 JUL 2019

[TGA recommends ban on textured breast implants](#)

BCNA NEWS17 JUL 2019

[BCNA issues warning on thermography website](#)

BCNA NEWS17 JUL 2019

[Compassionate access program for Nerlynx](#)

BCNA NEWS17 JUL 2019

[New groups added toBCNA online network](#)

BCNA NEWS17 JUL 2019

[Adelaide to hostclinical trial Q&A](#)

BCNA NEWS20 JUN 2019

[Vale Rob Fincher](#)

BCNA NEWS20 JUN 2019

[Switch your patients' anastrozole and letrozole to FBM generics and help support BCNA](#)

The Beacon April 2019

Around the network page 22

- **Issue 84**, April 2019 | [View online](#)

<http://beacon.bcna.org.au/issue/issue-84/>

<http://beacon.bcna.org.au/2019/04/around-the-network-3/>

[Put down the self-help books. Resilience is not a DIY endeavour](#)

The science of resilience is clear: The social, political and natural environments in which we live are far more important to our health, fitness, finances and time management than our individual thoughts, feelings or behaviours.

Mammographic density

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

Get involved with BCNA

- [Community fundraising](#)
- [Join our online network](#)
- [Advocacy](#)
- [Speak out](#)
- [Find services & support near you](#)

BCNA links

- [Latest news](#)
- [Online network](#)

[Help breast cancer research move forward](#)

Do you want to make a difference to breast cancer research? [Join our Review & Survey Group](#) to participate in the latest research projects and improve breast cancer treatment and care.

[Donate through your medications](#)

For Tax Benefits Medicines donates 50 per cent of its profits to BCNA.

<https://www.bcna.org.au/get-involved/donate-through-your-medications/>

Online network

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

BCNA resources

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

[My Journey online tool FREE](#)

BCNA is proud to announce that its flagship resource *My Journey* Kit is now an online tool which offers the same high quality, evidence-based information and insights from others diagnosed with breast cancer with the additional benefits of:

- Information and support tailored to your specific needs at all stages of breast cancer including early breast cancer, DCIS, metastatic breast cancer and survivorship
- Bonus multimedia content including videos, webcasts and podcasts
- Immediate updates as new insights, research and clinical trials become available
- Easy access via your computer, tablet or smartphone.

<https://www.bcna.org.au/understanding-breast-cancer/resources/my-journey-online-tool/>



Casting for Recovery

[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/>

[Breast Cancer Treatment Group - Newsletter 2018](#)

The Breast Cancer Treatment Project commenced in May 1997, and led to the development of an ongoing community based audit of breast cancer treatment based on clinical indicators agreed by the ACT & SE NSW Breast Cancer Treatment Group. The aim is to collect and examine data on treatment and outcomes for women with breast cancer.

BCTG Quality Assurance Project click the link below.

<https://www.health.act.gov.au/research/breast-cancer-treatment-project>

BreastScreen ACT is part of a national population breast screening program that is 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 new digital mammography service in **Belconnen, Civic or Woden**. The service screens women from 40 if higher risk, else the service **target women from 50–74. Women more than 74 years of age are welcome too.**

Statistics show that only 57% of women aged 50-74 year old take up the free mammograms in the ACT.

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

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

NBCF news

Join **Register4** – an online initiative of NBCF where you can sign up to participate in breast cancer research.

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

Rare Cancer Australia

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

Evexia Care - Cancer Survivorship Care Plans

Provides Cancer Survivorship Care Plans **Evexia Care** can enhance recovery from cancer treatment side effects such as fatigue, cognitive changes ...

Gillian Horton, Colleen's Lingerie and Swimwear

22 Garran Place, Garran. 2605 | T: 02 6285 1311 | E:

info@colleens.com.au

Open: Mon.-Fri. 9.30am to 4.30pm and Sat. 9.30am-1.30pm.

Spread the word and that Gillian is also travelling to regional NSW: Young, Cowra, Wagga Wagga and Moruya. . <http://www.colleens.com.au/page/regional-visits-for-2019/>

Bosom Buddies ACT networking and social activities

A full list of dates for the gatherings can be found here:

<http://www.bosombuddies.org.au/>

Otis Foundation

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

HeadsUp@Kippax

HeadsUp accepts wigs and headgear for recycling.

HeadsUp is a not-for-profit service established to help women who have lost their hair, either as a result of treatment such as chemotherapy or from permanent alopecia. <http://headsup.net.au>

Kippax Shop 2, 12-16 Hardwick Crescent, Holt

Open: Tuesday to Friday from 10am–4pm

Phone: 02 6201 6579 or 041 6227 595

Sue Owen 0416 227 5959

lymphe *donna*



Lymphedonna

- Your choice of beautiful pattern
- Your size (or measurements) ie small, medium or large
- The compression class you require (Compression Class 1 (20-30mmHg) or Compression Class 2 (30-40mmHg)
- The length of your sleeve (short or regular)
- If you need a gauntlet, whether it should be a right or left hand

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

<http://www.lymphedonna.com.au/faqs/>

Contact: Sarah Thornton

lymphedonna@positivemotion.com.au

Positive Motion Physiotherapy

2/61 Dundas Court, Phillip ACT 2606 0414 809 994

Kerrie Griffin

Consumer Representative

Seat at the Table (SATT) Program, BCNA



DA Canberra, Puttin' on the Glitz, The Deck 10 August 2019 Image: Kerrie Griffin



Calendar of events

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

Month	Date(s)	Event	Location	Notes
September	Saturday 7	Springbank Island paddle	Lotus Bay	Doodle RSVP
	Saturday 28	Floriade paddle	Lotus Bay	Doodle RSVP
October-	Saturday 12	Come and try	Lotus Bay	Doodle RSVP
	Saturday 26	DA ACT Regatta 1 2km, 200m 20's	Grevillea Park	Doodle RSVP
November	Saturday 9 8am	DA Canberra's 20 th anniversary Social and Corporate Regatta BCNA Mini Field of Women	Grevillea Park	https://www.revolutionise.com.au/dac-anberra/events/42036/dragonsabreastregatta@gmail.com
	Saturday 9	DA Canberra's 20 th anniversary Social and Corporate Regatta Dinner	Venue tbc	Doodle RSVP
	Sunday 10 9am-1.302pm	DAA survivor and supporter paddling members long social paddle, no charge. A long scenic social paddle with mixed up crews. Picnic brunch.	Lotus Bay	Doodle RSVP
	Saturday 16	DA ACT Regatta 2 500m 20's	Grevillea Park	Doodle RSVP
	Saturday 30	National Museum of Australia paddle	Lotus Bay	Doodle RSVP
	December	Sunday 1	Come and try	Lotus Bay
Saturday 14		DA ACT Regatta 3 200m 10's	Grevillea Park	Doodle RSVP
2020				
January	Saturday 18	DA ACT Regatta 4 500m 10's	Grevillea Park	Doodle RSVP
February	7-9 February	Nipples on Ripples, Lake Barrington	Staverton, Tasmania	Julie Chynoweth, Boat Captain
	Saturday 22	DA ACT Regatta 5 500m 20's	Grevillea Park	Doodle RSVP
March	Saturday 21	ACT Championships 2km 200m	Grevillea Park	Doodle RSVP
	Sunday 22	ACT Championships 500m	Grevillea Park	Doodle RSVP
April	8-13 Easter	AusChamps, The Nationals	Penrith, Sydney	Di Bradshaw, Boat Captain Coaches' pick Senior A 20s crews; BCS open
August	tbc	IDBF Regatta Venue and date to be confirmed by June	France	Di Bradshaw, Boat Captain Coaches' pick Senior A 20s crews; BCS open
October	tbc	DAA Festival	tbc	Tbc, Boat Captain
October-March 2021	tbc	DA ACT Regatta season As per DA ACT calendar	tbc	Lyndall Milward-Bason, Boat Captain Doodle RSVP
2020	Dates tbc http://ibcpc.com/	IBCPC International Breast Cancer Paddlers Commission Festival https://www.facebook.com/IBCPC/photos/pcb.2375509595873169/2375507462540049/?type=3&theater	Lake Karapiro, Cambridge, Waikato, New Zealand	Doodle RSVP https://mailchi.mp/0a1e5eec98f4/news-from-international-breast-cancer-paddlers-commission



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 — November 2019

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

Please submit any news, items and images by **13 November 2019** to the newsletter coordinator

Kerrie.griffin22@gmail.com

[Previous newsletters](#)



DA Canberra, Puttin' on the Glitz, The Deck 10 August 2019
Image: Katherine Green



Swing Katz, DA Canberra, Puttin' on the Glitz, The Deck 10 August 2019
Image: Katherine Green



DA Canberra, Puttin' on the Glitz, The Deck 10 August 2019
Image: Kerrie Griffin



Dragons Abreast morning tea at Government House, Anna Wellings Booth Founder, (Former) Governor General Quentin Bryce, Marion Blake and Patsy Sheales, Dragons Abreast Canberra Coordinator, 11 November 2011
Image: Steve Taylor



Dragons Abreast Canberra Gecko small dragon boat launch, with Brumbies paddlers, Lotus Bay June 2008
Image: Kerrie Griffin