



# ABREAST of the NEWS

DRAGONS ABREAST CANBERRA

PO Box 7191, Yarralumla ACT 2600

DRAGONSABREAST.COM.AU

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GoAnna / launch with Buddhist monk's blessing (in background), Lotus Bay November 2006 *Image: Anna Wellings Booth*

## Coordinator's report

We have survived the cold winter and even managed to get a few paddling sessions in. Our Saturday extra effort sessions recommenced and we were powering along and building our stamina and fitness. I arranged for a new waterproof cover for *Gecko*. Alas, COVID-19 entered the ACT which brought things to a halt.

All clubs are settling into Grevillea Park and our temporary facility. Plans for the permanent facility have been drawn up and it is hoped the new building will be completed within two years. Seems like a long way away but everything takes time.

## AGM postponed

The DA Canberra Annual General Meeting is postponed from 4 September due to the COVID-19 lockdown. A new meeting date will be advised.

## GoAnna I

Dragons Abreast Canberra were delighted to find a new home for *GoAnna I* thanks to **Bea Brickhill**. The Beechworth Golden Serpents Dragon Boat Club in Victoria welcomed *GoAnna I* along with our old wooden paddles, a copy of *A dragon's tale* book, **Gillian Styles'** background article, **Robyne Kellett's** poem and other photographs. The Beechworth Club is a new club and had no equipment and are very thankful for our donation. Their launch was postponed due to COVID-19.

A huge thank you to **John Corcoran** and **Kyle Maley** who transported *GoAnna I* to Beechworth. Thanks also to Navmat, Invictus, Diamond Phoenix and DA Canberra paddlers who helped load her onto the trailer.



DA Canberra farewell to historic *GoAnna I* Grevillea Park 30 May 2021 *Image: Kerrie Griffin*

## Chinese Dragon Boat Festival, Nara Park

On 14 June, DB ACT clubs provided some on water dragon boat racing demonstrations as well as a marketing stall. Many thanks to **Kellie Nissen, Jeannie Cotterell, Susan Pitt, Julie Chynoweth, Marion** and **Nadine Leiba** for participating in the fun and raising awareness about dragon boating in our community.



Kathy Hayes, Julie Chynoweth, Pene Lee, Katherine Davis Kralikas, Jeannie Cotterell and Natalie Evans-Sandell, DA Canberra Italian dinner, Bella Vista, Belconnen 29 July 2021 *Image: Cliff White*

## Social gatherings

Many thanks to our tireless **Social Committee** who arranged a few events including *Hello...is there anybody there?* A comedy play on 6 June starring our own **Joan White**. We definitely recommend Joan's theatrical performances. Don't miss the next one — *Pygmalion* by George Bernard Shaw (*My fair lady*).

Members also enjoyed Happy hour at stylish [Parlour](#), New Acton, on 17 June and the DA Canberra Italian dinner at Bella Vista, Belconnen on 29 July.

### PFD audit

Members had their PFDs checked and some were found to be non-compliant or an incorrect size so new PFDs were distributed to members. Thanks to **Clare Purcell** and **Donna Lennon** who found it rather an interesting exercise.

### DA Canberra Social and Corporate Regatta 2021 cancelled

*Travel Dreams: Where would you go if you could?*  
The DA Canberra committee decided not to proceed with the 2021 Regatta. The COVID-19 situation, including the Chief Minister's position on public gatherings prior to reaching critical vaccination levels, were the main factors in the decision. The Committee thanks all members for committing your assistance in whatever capacity.

Many thanks to the enthusiastic Regatta Committee, **Jeannie Cotterell**, **Anita Godley**, **Di Bradshaw**, **Deb Lopert**, **Helen Couper Logan**, **Lyndall Milward-Basin** and **Natalie Evans-Sandell**, for the work undertaken to date. On a positive note, thanks to Jeannie's leadership, we now have a great project management model for our future regattas (commenced from our 2019 regatta). Jeannie will fine tune the model and, like all of us, look forward to planning our 2022 Regatta.

### Out of area Regattas 2022

**Nipples on Ripples Regatta**, Lake Barrington, Tasmania Saturday 12 and Sunday 13 February.

**Pink Paddle Power Regatta**, Melbourne Saturday 19 February.

Thank you for your expressions of interest in these interstate regattas.



Donna Lennon and Lynden Lawton 3 July 2021 *Image: Susan Pitt*



Jenny Allenspach (yellow PDF) and Donna Lennon 5 June 2021  
*Image: Lyndall Milward-Bason*

### New members

We welcome our new members, **Claudia Schiliro**, **Jennie Allenspach** and **Lynden Lawton**, and hope they enjoy paddling and DA camaraderie.



BCTG 20 year report launch, Gillian Styles, Jenny Green, Thet Khin, Yanping Zhang, Sally Naylor, NMA Landmark Gallery 7 July 2021 *Image: Kerrie Griffin*

### BCTG 20-year report launch

Congratulations to the ACT & SE NSW Breast Cancer Treatment Group Quality Assurance Project on the 20 year *Report* which was launched by the ACT Minister for Health **Ms Rachel Stephen-Smith (MLA)** at the National Museum of Australia on 7 July.

### Mother's Day Classic 2021

MDC donated \$2million to the [National Breast Cancer Foundation \(NBCF\)](#) to fund life-changing research. MDCF endeavours to keep costs low, so as much as possible can be donated. [Where the money goes](#)

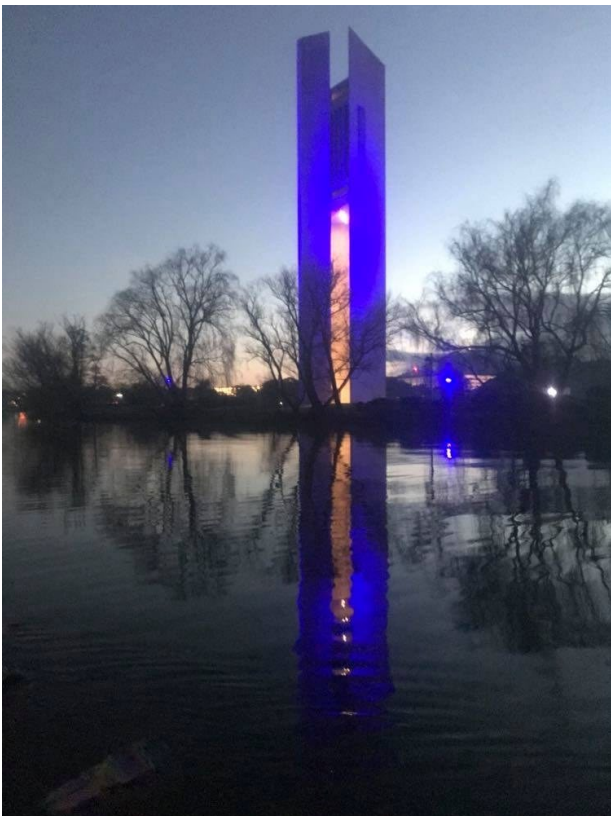
Thank you to our members who continue to support the MDC. We enjoyed a paddle on 9 May to Rond Terrace and waved on the walkers and runners. Thanks to **Amanda Ferris** and **Kathy Hayes** for doing media interviews to raise awareness.



Anne Baynes and Gigi Lungu 10 July 2021 *Image:* Jeannie Cotterell

**Thank you**

**Anne Baynes, Megan Davis, Jennie Allenspach, Katherine Davis Kralikas** and other DA Canberra members are working, or volunteering, for the COVID-19 lockdown. Anne was working six days a week at the pop up drive through COVID-19 testing Clinic at Brindabella Business Park.



National Carillon sunrise paddle 13 July 2021 *Image:* Jeannie Cotterell

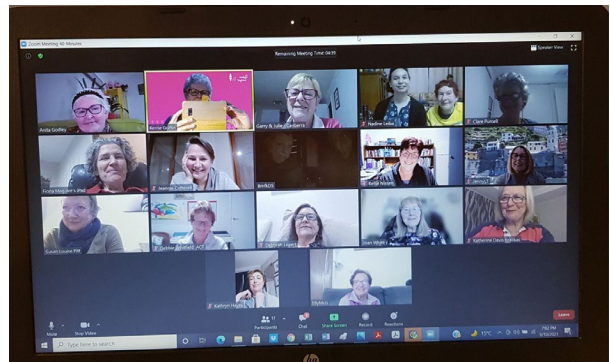


Congratulations to Karen Adams and Peter on their wedding 7 September 2021 *Image:* supplied by Karen Adams

Remember to **CheckinCBR** everywhere we go... even Grevillea Park.

Please keep an eye on the ACT Government website regarding updates:

<https://www.covid19.act.gov.au/updates>



DA Zoom Happy hour 10 September 2021 *Image:* Kerrie Griffin



DA walk with face masks, Marion Leiba, Deb Lopert, Clare Purcell, Susan Pitt, Jeannie Cotterell, Commonwealth Place 30 June 2021 *Image:* Kerrie Griffin

<https://www.ibcpc.com/post/letter-from-the-president-3>



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

[IBCPC Participatory Dragon Boat Festival NZ](#)

**Monday 10 - Sunday 16 April 2023**

If anyone has any queries about the Festival, whether you already have your name down or would like to know more, please contact **Clare Purcell** [clare@cgpurcell.com](mailto:clare@cgpurcell.com) The Festival hyperlink is: <https://www.newzealandbcs2023.com/>

[Florence video memories:](#)

<https://www.youtube.com/watch?v=BOhLG46LSxM>

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

[IBCPC June 2021 newsletter](#)

<https://www.ibcpc.com/post/news-from-australia>

[News bulletinshttps://www.ibcpc.com/keepingabreast-september-2021](https://www.ibcpc.com/keepingabreast-september-2021)

### Uniforms

Thank you to **Clare Purcell** for organising extra uniforms and the now well-loved winter beanies.

### Merchandise

If you would like to purchase any merchandise, please contact: **Kathy Hayes** [hayes.spain@gmail.com](mailto:hayes.spain@gmail.com) Please pay online.

### Dragons Abreast clothing and equipment pool

If you would like to donate or recycle any dragon boating and/or Dragons Abreast items please contact: **Clare Purcell** [clare@cgpurcell.com](mailto:clare@cgpurcell.com)

### TeamApp

Thanks to our 'tech heads' **Donna Lennon** and **Anita Godley** who continue to look at ways to overcome any issues that sometimes arise.

### DA Canberra Facebook and website

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

Website <https://www.revolutionise.com.au/dacanberra/>

Facebook <https://www.facebook.com/DragonsAbreastCanberra/>

DAA website <https://www.dragonsabreast.com.au/>

DAA Facebook

[https://www.facebook.com/search/top/?q=dragons%20abreast%20australia&epa=SEARCH\\_BOX](https://www.facebook.com/search/top/?q=dragons%20abreast%20australia&epa=SEARCH_BOX)

DB ACT website <http://www.dbact.com.au/home/>

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

**Julie Chynoweth, Coordinator**

**Dragons Abreast Canberra**

**0439 382 661**

[coordinator.dac@gmail.com](mailto:coordinator.dac@gmail.com)

### Dragons Abreast Australia

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

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

[Celebrating 30 years of dragon boating in the ACT.](#)

View the new DB ACT promotional video which highlights DA Canberra members **Gillian Styles** and **Clare Purcell**:

<https://www.dbact.com.au/news/celebrating-30-years-of-dragon-boating-in-the-act/>

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



[Dragons Abreast Australia's National Ambassador, Dr Kellie Toohey has devised a fantastic at home work out that anyone can do!](#)

<https://youtu.be/kWXi6L5GHlo>

### Dr Kellie Toohey's latest research:

[The effect of exercise for improving bone health in cancer survivors — A systematic review and meta-analysis - ScienceDirect](#)

### Beechworth Dragon Boat Club thank you

Hello Coordinator and all club members. We at the **Beechworth Dragon Boat Club** are extremely humbled by your amazing contribution to our club. In just two months since our first meeting we have enjoyed the excitement of the small milestones achieved in the formation of the club. The arrival of *GoAnna I* yesterday was just such a thrill and an enormous step forward. We say thank you.

Accompanying the boat were paddles that will allow us to introduce dragon boating to the Beechworth community. Thank you for this contribution. We are sure that *GoAnna I* will continue to provide hope to all who paddle in her on Lake Sambell bringing much joy, social interaction and consecutiveness to those experiencing dragon boating. Thank you all so much.

**Christine Gabriel, Secretary 7 July 2021**



Jenny Milward-Bason, Donna Lennon and Natalie Evans-Sandell 10 July 2021 *Image:* Lyndall Milward-Bason

### Coaches' corner

There we all were, in the boat, building, building, building in preparation for regatta season before experiencing the latest restriction hiccup. The rhythm and pace of life slows and our plans are re-imagined — just for the short term. While we know the drill, it doesn't stop us missing our dragon buddies and messing with all our training gains.

As you know, the upcoming DB ACT regatta schedule includes 100m events; more 10's races and possibly an 8km Molonglo Challenge just for good measure. As an aside, while searching the plural for regatta (regattas or regatte), it seems it's derived from an Italian word, *regattare*, meaning 'contention for mastery'. Our pre-season preparation requires mastery of different ways of racing and paddling for the new events and we can't wait to try a few things out.

If you would like a bit more than an hour's walk each day, read on!

Dr Kellie Toohey, exercise physiologist and DAA Ambassador, has designed a 20 minute workout for paddlers: <https://youtu.be/kWXi6L5GHl0>

Check out this free 20 minute workout for 55+ (you young things can join too): <https://www.bemobilephysio.com.au/>. Mostly familiar and similar to our warm ups.

Grab your paddle, sit on the side of the bed (one leg on the bed, the other on the floor) and watch your technique in the mirror (an activity suggested

by an Australian DB coach when at Bidgee Dragons). Refresher (Stanley Beach for those who went to Hong Kong!)

[https://www.youtube.com/watch?time\\_continue=120&v=v1j06raQgJI&feature=emb\\_logo](https://www.youtube.com/watch?time_continue=120&v=v1j06raQgJI&feature=emb_logo)

Some nice things you can do at home without a paddle that also assists with technique from a NZ coach: <https://www.youtube.com/watch?v=espnaBST7M>



You can find the level of activity that's just right for you. Maintain contact with your tribes: a local kindy teacher set up **Spoonville** as a point of interest for kids and the community. It's a nice reminder of the importance of connections. Do all your favourite non-dragon boat things as often as possible.

Our experience from the last lockdown was that it was a smaller blip on our bigger radar. Our fantastic dragon buddies, enduring team spirit and capacity to push through positions us perfectly for picking up from where we left off and readying ourselves to contend with mastery. Take care!

Watch the [TeamApp](#) for comments linked to each training session for any warnings, advice or cancellations. Watch here for future editions of the *Coaches' corner*.

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

**Donna Lennon and Lucy Cheetham**



Crested pigeon 8 September 2021 *Image:* Donna Lennon



Karen Adams and Natalie Evans-Sandell sweeping 2 June 2021  
*Image:* Jeannie Cotterell

Videos 5 June 2021 of Nat doing a great job on the sweep oar and the team in action: *Videos:* Lyndall Milward-Bason

[https://www.facebook.com/DragonsAbreastCanberra/videos/pcb\\_4408069305878917/542912373386058](https://www.facebook.com/DragonsAbreastCanberra/videos/pcb_4408069305878917/542912373386058)

[https://www.facebook.com/DragonsAbreastCanberra/videos/pcb\\_4408069305878917/120905700074881](https://www.facebook.com/DragonsAbreastCanberra/videos/pcb_4408069305878917/120905700074881)

[Abba comeback: band announce 'revolutionary' concert and brand-new album – video](#)

<https://youtu.be/iRfex0OIHsw>

## DA Canberra Voyage

Kerrie asked me to write an article for the newsletter. I thought Mumma Mia, what the Fernando. SOS. I can't understand why Kerrie would Take a Chance on Me. I know it is not about the Money, Money, Money, however Knowing Me Knowing You I am sure that you are aware that I am not so creative. Gimme! Gimme! Gimme! a break Kerrie.

Thoughts Were Slipping Through My Fingers. Voulez-Vous Kerrie, a story on Dragons Abreast, exercise, regattas? I'm at a loss. I decided Hasta Manana, I'll do it tomorrow.

My thoughts went to our DA team. The Dancing Queen(s) Lyndall and Jenny. Hey Hey Helen and her awesome strength. Our Chiquitita Penny, although short in stature (as am I — we share the front row for photographs) however, she has the biggest smile. Our drummers who Dum Dum Diddle away to get us across the line (could you imagine if we had a fiddle instead of a drum!). Our friendships that are as sweet as Honey Honey. We smile as we have fun like a Super Trouper.

Watch Out for DA Canberra. As a team, we welcome everyone as One of Us, we are under no Disillusion how strong we are, and When it is all Said and Done we are an awesome team. We know the Name of the Game, we are like a Tiger with fiery passion, fearlessness and daring for dragon boating, and we fly high with a burning passion like an Eagle. We go On and On and On, and although the Winner Takes it all, we may not get a trophy or medallion for dragon boating, we are winners. So Long as we are together, we are an awesome team. I Have a Dream that we will be on the water again soon.

Well That's Me, I will Move on, although not sure – Should I Laugh or Cry with this article? Don't Shut Me Down with the silliness — I Still Have Faith in You that you won't. As ABBA finished their career years ago Thank You for the Music.

## Kathy Hayes\*

\*I thought of the [ABBA](#) spin in the shower. I used 31 different song titles. A bit of humour is essential at the moment. *Stop press:*

[Abba announce album Voyage and release first new music in 40 years](#)





Susan Pitt, Wendy Ceravolo, Jeannie Cotterell and Denise Brown in their handknitted gear 3 July 2021 Image: Susan Pitt



Susan Roraff, Elly McGinness and Kerrie Griffin Mt Taylor 13 May 2021 Image: Clare Purcell

**News from Chile: Paddling for life is our motto**

We are from Chile, our country is rich in a variety of landscapes; we have desert, mountains, sea, lakes and rivers, and some of them are already being painted pink. In 2016, **Monica Hernandez**, canoeing teacher and coach, with a great sports career representing our country, learned about dragon boating in a talk by **Dr Don McKenzie**, in **Brazil**, and with her selfless spirit she investigated if this was possible for Chile.

**Courtesy Susan Roraff**



Lynn Williams retired as Manager Fernwood Belconnen. Pene Lee and Kerrie Griffin presented Lynn with a thank you card a copy of *A dragon's tale*, a history of DAA's first five years by Anna Wellings Booth 18 June 2021 Image: Kerrie Griffin



Gecko launch with Brumbies and Raiders players, Lotus Bay 10 September 2008 Image: Kerrie Griffin

**Gecko launch 10 September 2008**

Gecko was launched 10 September 2008 with Brumbies and Raider players wearing pink. **Marion Blake** was the regatta coordinator for several years and that year we had media help from **Shea Foster**, a young Floriade marketing intern from my workplace, VisitCanberra, and her friend who were finishing their UC media studies by donating their time to charities. Shea organised a strategic plan that included launching *Gecko* to raise awareness about our DA Social and Corporate Regatta and inviting teams to register and compete. The launch attracted local WIN 9 TV News and *The Canberra Times* which generated several radio interviews as well as media coverage on the day of the actual DA Regatta as well.

The launch was timed to be six weeks before the annual DA Regatta which was held closest to Australian Breast Cancer Day (last Monday in October). **Marion Blake** used Shea's media strategy for future events because it was so successful.



DA Canberra with Anna Wellings Booth, centre, and Shea Foster on far right, *Gecko* launch, Lotus Bay 10 September 2008 Image: Kerrie Griffin (NB several familiar faces)

*GoAnna I* was launched in 2006 and **Anna Wellings Booth** waved her magic wand and organised loads of media coverage as well as several local politicians turning up to celebrate. **Kerrie Griffin**



Sugar Masangcay on her 40<sup>th</sup> birthday *Image:* supplied  
<https://dragonsabreast.com.au/.../sugar-masangcay-da.../>

### Worthy forty

Thank you everyone, for your greetings.  
 It gave such warm and fuzzy feelings.  
 Thank you for the gift of friendships  
 ...the gift of relationships  
 ...from families to kinships  
 It was a lovely day  
 Not an ordinary day  
 Of course, it's my BIRTH day!  
 Presents this week came early,  
 Made my heart less weary.  
 Because, I have been ill lately  
 That made me tired and dreary.  
 Today, was not like yesterday  
 A break from not feeling 'okay'.  
 It was nice to drink bubbly  
 My tummy didn't feel ugly.  
 My tummy didn't ache  
 So I ate the cake that my sister baked.  
 My lovely boys did their very best  
 To behave not a 'pest'

I only wished for a rest  
 But I always get a test  
 A test to grow old, or grow up?  
 So, what? What's up?  
 Life begins at 40, they say  
 One who says that, didn't LIVE every day that way.  
 I thank my Mama for giving birth to me  
 She risked her life so I could BE.  
 Why change me now, I have been free to be me.  
 To be loved as free, and as a broken but new ME.  
 Keiran says I am the BEST  
 Kaleb says I am STRONG  
 I hope they are not wrong  
 It has been hard fighting all along!

I am loved and I love ME  
 I am enough and accepted, even by ME.  
 God is good, I am here today.  
 I am blessed to be here, every day.  
 If I could wish three wishes for free  
 I'd wish for a happy, HEALTHY, and wealthy ME!  
*How hard can it be?*

### Sugar Masangcay



[#kenbehrens](#) Canberrans must wear a mask at all times when leaving the house, Sir Robert Menzies, Lake Burley Griffin, ACT lockdown introduced 12 August 2021 *Image:* Kate McNamara

### Lockdown?! Shutdown? Get me out of town!

One week... 2 weeks, No?  
 Not more than 6 weeks!?! No, NO!  
 Lockdown, shutdown, meltdown  
 What's worse than having a breakdown?  
 Singles can't mingle  
 Families have to wriggle  
 School is cool  
 Home-school is so un-cool  
 I am short-fused and bemused  
 Patience, overused  
 Whining, reciting  
 Repeating, irritating  
 Singing, dancing  
 Sleep, still not improving  
 Hobbies we've been doing  
 Gardening, hair-cutting? Hmm...  
 Always cooking, always baking,  
 Mouths salivating!  
 One hour is a push  
 To walk in the bush  
 Exercise to exorcise the growing tush!  
 Riding, skating, jumping, flailing  
 Reading, writing, watching, wailing  
 No travel, nor glamping,  
 Only, grocery shopping  
 Web surfing, swiping

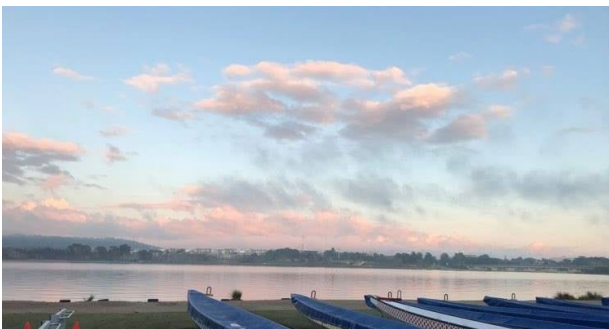




Sugar Masangcay with husband, kids and sister 7 November 2020 *Image:* Lyndall-Milward-Bason

Buying, click and collecting!  
 Cold weather now disappearing  
 Restrictions started easing  
 It is a lovely day  
 When sun is on display  
 Slip, slop, slap, seek, and HIDE  
 Put a mask on that smile that is wide  
 Something we'll miss  
 Floriade, our spring kiss  
 Lockdown can't be wrong  
 This is what makes us strong  
 However, isolating  
 This improved my recuperating  
 While I have low immunity  
 Can't have germs from the community  
 I want my world to be slow  
 Coz my energy is very low  
 Been doing lots of activity  
 Boys have high energy  
 Need to bring back my glow  
 Love seeing my kids grow  
 COVID here move along  
 You've been here far too long!  
 Stop making days confusing  
 It is time for my musing  
 I have had lots of cuddles  
 From kids who loves puddles  
 Want some 'ME time' here  
 When can I paddle, my dear?

**Sugar Masangcay**



Grevillea Place 13 July 2021 *Image:* Jeannie Cotterell



DA Canberra with GoAnna / loaded on the trailer for Beechworth 4 July 2021 *Image:* Clare Purcell



**NLA Facebook 5 Sept 2021**

Rowers must be incredibly fit—according to sports scientists, a 2000-metre rowing race that takes around six minutes to complete is, physiologically speaking, equivalent to playing two basketball games back-to-back!



**Warm up and training times**

**Saturday morning:**

**Extra effort :** 7.00 – 8.00am

**Saturday morning:** 8.00 – 9.30am

**Wednesday evening:** 5.30 – 7.00pm

**Contact:** [TeamApp](#)  
**Kellie Nissen** [kelkarlnissen@gmail.com](mailto:kelkarlnissen@gmail.com)

Some great paddling technique tips:

[http://www.youtube.com/watch?v=j7IRbj3K8c4&feature=player\\_embedded](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.eldersweather.com.au/act/act/canberra>

## Under the pink umbrella



Minister for Health Rachel Stephen-Smith launched the report, Dr Paul Craft sitting at left, NMA 7 July 2021 *Image: Kerrie Griffin*

### Breast cancer study finds survival rate improvements

**A long-term study into breast cancer treatment in the ACT and surrounding region has found significant improvements in survival rates over a 20-year study period**

*The ACT and South East NSW Breast Cancer Treatment Group Quality Assurance Project Report*, supported by Canberra Health Services and NSW Health, summarises data collected from July 1997 to June 2017 with the key objective of improving the quality of breast cancer treatment.

**Minister for Health Rachel Stephen-Smith** said the comprehensive study was enlightening for our clinical community and its findings give people hope for better health outcomes for breast cancer survival.

'This report has been a collective effort between a voluntary group of highly skilled clinicians, surgeons, oncologists and nurses. All have dedicated their time to this significant study, creating a valuable resource that will provide great benefit to clinicians and patients.'

'Since the project began in 1997, its findings have contributed to and steered the high-quality care that women and men receive after a breast cancer diagnosis,' said Minister Stephen-Smith.

A standout finding of this report is that the risk of a woman getting a recurring cancer after an operation and treatment for an invasive breast cancer has dropped 61 percent in 20 years.

Other key findings include:

Over a third (35 per cent) of all cases of invasive breast cancer were screen-detected

- Of the 669 non-invasive cancers, 76 per cent were detected through a screening program
- 47.9 per cent of women with operable invasive early breast cancer underwent mastectomy
- In the last five years, there has been an increase in the number of women undergoing breast conserving surgery

6,676 women and men participated in the study involving 58 clinicians.

Report author and Group Chair of the project **Dr Paul Craft AM** said breast cancer treatment was complex and the choices for treatment were rapidly changing over time.

'What we are seeing is a significant improvement in health outcomes, particularly in the last five years, since the last report was issued,' Dr Craft said.

'This was an ambitious project when we started in 1997 but the outcomes to date have confirmed that the improved treatment techniques and therapies incorporated in the years since have made significant improvements.'

Dr Craft, Clinical Director of the Canberra Region Cancer Centre at Canberra Hospital, said breast cancer remained the most common cancer in women.

'The latest statistics from the Australian Institute of Health and Welfare estimated that in 2020, the number of new cases of breast cancer diagnosed would be 19,974, Australia-wide,' he said.



*The ACT and South East NSW Breast Cancer Treatment Group Quality Assurance Project Reports 20 and 15 years*, National Museum of Australia 7 July 2021 *Image: Kerrie Griffin*



Judy Cluse, Marita O'Keefe and Elly McGinness packing polliie pink bun bags 6am at Kerrie's 24 June 2017 *Image:* Kerrie Griffin

### Farewells to BCNA longterm staff

Thank you and farewell to **Marita O'Keefe, aka Queenie**, who retired after 14 years of incredible Pink Bun campaigns and other events. In Canberra, we've held Pink Bun Campaigns since 2007 at all the local Bakers Delight bakeries. In 2010, Floriade displayed a BCNA Mini Field of Women for the month. Marita also organised BCNA Pink Lady lunches at the NGA Gandel Hall in recent years as well as the massive Pink Bun bags for politicians in June 2017. We had to pick up 600 pink buns at 6am for delivery by 9am to Parliament House. Well done **Marita, Judy Cluse, Elly McGinness** and **Steve Taylor!**

We have also helped Marita plant Mini Fields in Caloundra 2007 to represent the number of women diagnosed in Queensland that year at the International Breast Cancer Survivors Regatta as well as other venues. We hope you enjoy your adventures after lockdown in Melbourne.

Thank you and farewell to **Lisa Morstyn** who is pursuing fulltime studies after working hard at BCNA in policy for eight years.



Fatigue doesn't always go away with rest and sleep! Join long-time BCNA staff member **Kathy Wells** who was diagnosed with breast cancer in 2021, **Rina Portet**, who was diagnosed with metastatic breast cancer in 2014 while she was pregnant and **Kathryn Wallace**, an experienced Specialist Breast Care nurse, 25 years supporting people affected by a breast cancer diagnosis, as they discuss fatigue and tips to manage it. Listen via <https://buff.ly/3sSb9Gb> or wherever you get your podcasts.

**Kathy Wells**, BCNA Chief of Staff/Content Specialist, was diagnosed with breast cancer earlier this year. We wish her well through her treatments. Kathy started with **Lyn Swinburne** in the early days of BCNA and has had many roles including Policy and Research Manager.



Raelene Boyle, a very happy 70th birthday 24 June 2021 *Image:* BCNA First Field of Women, Parliament House 1998



Answers the awkward questions many are too embarrassed to ask and explains why it's not ok to push through pain. [#BCNAPinkLady](#) [#upfront](#) <https://buff.ly/307OFGc>

## [COVID-19 vaccine: Information for people affected by breast cancer](#)

BCNA's [My Journey](#) has a range of information relating to COVID-19 and breast cancer. Specifically, we have built a comprehensive resource based on the latest and most trusted public health advice, about the [COVID-19 vaccine for people affected by breast cancer](#), to help you understand why it is recommended that most people affected by cancer are vaccinated.

People with cancer are more vulnerable to contracting COVID-19 and are at a higher risk of developing a severe infection than people in the general population. Cancer organisations across the world recommend the COVID-19 vaccination for people affected by cancer

Read the My Journey COVID-19 vaccine article [here](#). Reviewed by BCNA on September 10, 2021  
Visit My Journey via <https://buff.ly/2WYdbzI>



**MANAGING THE COST OF BREAST CANCER: TIPS AND RESOURCES**

THURSDAY 16 SEPTEMBER  
7.00 - 8.00 PM AEST

**REGISTER NOW**

Antony Mitchell, Financial Counsellor Cancer Council Victoria  
Jodie Lydeker, BCNA Consumer Representative

WEBCAST

Breast Cancer Network Australia

Have you been financially impacted by Breast Cancer? Join Financial Counsellor at Cancer Council Victoria, **Anthony Mitchell** and BCNA Consumer Representative **Jodie Lydeker** as they discuss managing costs of breast cancer in BCNA's upcoming Webcast on Thursday **16 September 7pm AEST**. [Register](#) now via <https://buff.ly/3gXaWNb>

[Jodie Lydecker](#), BCNA Consumer Representative 24 March 2021 [full speech](#)



**Younger Women's Cancer Support Group**  
ACT & SURROUNDING REGION

Younger Women's Cancer Support Group was launched at St James Anglican Church, Holt, on 13 March. Join at [ywcsq.org](http://ywcsq.org)

[NBCF tracking progress to zero deaths from breast cancer by 2030](#)  
[READ THE FULL REPORT CARD](#)



**BREAST CANCER TRIALS**

**Online Q&A: Let's Talk About Sex**  
5.00 - 6.30pm (AEST), 30th September 2021  
Moderated by Annabel Crabb

Have you [registered](#) for our next Q&A all about breast cancer and sex? No question is off limits!

In this article from [Women's Agenda](#), one of our expert panellists, **Professor Fran Boyle**, gives a little preview as to what you can expect to hear at our Q&A. <https://womensagenda.com.au/latest/lets-talk-about-sex-and-breast-cancer/>

We will be answering your questions about libido, body image, fertility, menopause, treatment side effects and more. Register for this free event here: <https://www.breastcancertrials.org.au/qa-registration>



**BREAST CANCER TRIALS**

**ONLINE NEOADJUVANT PATIENT DECISION AID**

A GUIDE FOR WOMEN WHO ARE CONSIDERING BREAST CANCER TREATMENT WITH CHEMOTHERAPY AND/OR HORMONAL THERAPY BEFORE SURGERY

[MYNEOGUIDE.COM](http://MYNEOGUIDE.COM)

Try it here: [myneoguide.com](http://myneoguide.com)

Every day our research is saving the lives of patients. Learn more about clinical trials research here: <https://www.breastcancertrials.org.au/what-is-a-clinical...>

[The Beacon Issue 88, August 2021](#) | [View online](#)

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



**ENRICHing Survivorship Program – Free Register now!**  
**Mondays 11 October to 29 November 1- 3pm**  
**University of Canberra Cancer Wellness Centre**  
**To register please call 6260 3104.**

Cancer Council research suggests that healthy eating and physical activity can protect cancer survivors against cancer recurrence.

*If necessary, we will postpone to ensure the safety of participants and facilitators.*  
<https://bit.ly/ENRICHingsurvivorship>



**Connie Johnson** with Japanese bowl died 8 September 2017 RIP

The ancient Japanese art of **Kintsugi** embraces flaws and imperfections. This idea behind the art of repairing pottery with gold suggests that the cracks are simply an event in life, they don't represent an end, and can make things stronger, even more beautiful.

**BCNA upfront about breast cancer**  
<https://www.bcna.org.au/understanding-breast-cancer/resources/podcasts>  
[Episode 26: Caring for a loved one](#)  
[Episode 28: Men get breast cancer too](#)  
[Episode 29: Navigating a breast cancer diagnosis as an Aboriginal or Torres Strait Islander](#)

- [News](#)

**BCNA NEWS 16 AUG 2021**

[Breast cancer won't pause for COVID - screening is essential](#)  
 The temporary closure of BreastScreen services across NSW is NOT an excuse to ignore symptoms warns Breast Cancer Network Australia (BCNA).

**BCNA NEWS 25 JUN 2021**

[COVID-19 vaccine: Information for people affected by breast cancer](#)

**BCNA NEWS 24 JUN 2021**

[New test helps determine suitable treatment for DCIS](#)  
 DCISionRT® is now available for individuals diagnosed with DCIS in Australia.

**Mammographic density**

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

**Get involved with BCNA**

[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>

**BreastScreen ACT** is part of a national population breast screening program aimed at reducing deaths from breast cancer through early detection. The Program provides **free screening and follow up services to ACT resident women from the age of 40 years.**

Please spread the word that BreastScreen ACT has appointments available for the 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.

[Abridge | Stay on Top of Your Health](#)

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

**Gillian Horton, Colleen's Lingerie and Swimwear**

22 Garran Place, Garran. 2605 | T: 02 6285 1311 | E: [info@colleens.com.au](mailto:info@colleens.com.au)

**Colleen's will remain open by appointment only during the ACT lockdown from 10am - 3.00pm**

**Appointments can be made via the website**

**Online shopping remains open 24/7**

**Phone 02 6285 1311**

[www.colleens.com.au](http://www.colleens.com.au)

email [info@colleens.com.au](mailto:info@colleens.com.au)

## HeadsUp@Kippax

HeadsUp Kippax is closed for in store shopping until further notice due to ACT's lockdown, and your safety. We are still available for online shopping [www.headsup.net.au](http://www.headsup.net.au) or call **Sue Owen** for assistance on **02 6254 4403**. Together we can get through this by being sensible. Warm regards to all, Sue and the HeadsUp Team.



[Casting for Recovery](http://www.castingforrecovery.org.au/), 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/>

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

### [Bosom Buddies ACT networking and social activities](http://www.bosombuddies.org.au/)

A full list of dates for the gatherings can be found here: <http://www.bosombuddies.org.au/>

## [Otis Foundation](http://www.otisfoundation.org.au/)

*Creekside* is a luxury chalet situated in the picturesque Thredbo Village. *Creekside* is available to people who are newly diagnosed or who have undergone active treatment for breast cancer in the 12 months prior to their stay. To enquire about a booking at *Creekside* or another retreat [www.otisfoundation.org.au](http://www.otisfoundation.org.au/) or call 03 5444 1185

**Elsbeth Humphries**

## [Lymphedonna](http://www.lymphedonna.com.au/fags/)

<http://www.lymphedonna.com.au/fags/>  
[lymphedonna@positivemotion.com.au](mailto:lymphedonna@positivemotion.com.au)

## **Positive Motion Physiotherapy**

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

## [Rare Cancer Australia](http://www.rarecancer.org.au/)

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

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

**Brain Tumour Alliance Australia** Inc. [www.btaa.org.au](http://www.btaa.org.au)

## **Kerrie Griffin**

**Consumer Representative**

**Seat at the Table (SATT) Program, BCNA**



## Calendar of events

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

Month	Date(s)	Event	Location	Notes
September	Saturday TBC	DA Canberra – Annual General Meeting	Julie C	TeamApp RSVP
October	Saturday 16	DBACT Regatta 1 Mad Hatter Regatta 100m, 200m, 1000m pursuit (20s), 500m Sweepstake	Grevillea Park	TeamApp RSVP
November	Sunday 7	Western Region Dragon Boat Regatta	Lake Canobolas, Orange	TeamApp RSVP
	Saturday 13	DB ACT Regatta 2 and Juniors Regatta 2km, 200m (20s), 500m Sweepstakes	Grevillea Park	TeamApp RSVP
	Saturday 27	DB ACT Regatta 3 500m (10s)	Grevillea Park	TeamApp RSVP
December	Sunday 5	DB ACT Come and Try - TBC	Grevillea Park	TeamApp RSVP

December	Date(s)	Event	Location	Notes
	Sunday 12	Molonglo Reach 8km Challenge	Grevillea Park	TeamApp RSVP
	Sunday 12	DA Canberra Christmas event	TBC	TeamApp RSVP
	Saturday 18	DB ACT Regatta 4 Christmas Mad Hatter Regatta 100m (10s), 200m (10s), 1000m pursuit (20s), 500m Sweepstake	Grevillea Park	TeamApp RSVP
2022 January	Saturday 15	DB ACT Regatta 5 2km (20s), 200m (10s), 500m Sweepstake	Grevillea Park	TeamApp RSVP
	Friday 21 - Sunday 23	Cross Border Championship 2022	Albury-Wodonga	TeamApp RSVP
	Sunday 23	Falls Creek Regatta TBC	Falls Creek	TeamApp RSVP
February 	Saturday 5	Bei Loon 8km Challenge Race	Sydney	TeamApp RSVP
	Saturday 5	DB ACT Regatta 6 500m (20s)	Grevillea Park	TeamApp RSVP
	Saturday 12 - Sunday 13	Nipples on Ripples, Lake Barrington	Tasmania	TeamApp RSVP
	Saturday 19	DB ACT Regatta 7 –2km (20s), 200m (10s), 500m Sweepstake	Grevillea Park	TeamApp RSVP
	Saturday 19	Pink Paddle Power Regatta, Melbourne	Melbourne VIC	TeamApp RSVP
	Saturday 26 - Sunday 27	DB ACT Coaches course – if sufficient interest	TBC	TeamApp RSVP
March	Saturday 5	DB ACT Regatta 8 2km (20)s, 200m (10s), 500m Sweepstake	Grevillea Park	TeamApp RSVP
	Saturday 19	ACT Championships Age divisions – Races TBA	Grevillea Park	TeamApp RSVP
	Sunday 20	ACT Championships – Age divisions – Races TBA		
April	Tuesday 5 - Sunday 10	AusChamps, AM Ramsay Rowing Course	West Lakes, South Australia	TeamApp RSVP
	Saturday 30 - Sunday 1 May	2022 –Merimbula Water Dragons 18km Mallacoota Run TBC	Merimbula NSW	TeamApp RSVP
May	Friday 6 - Sunday 8	Coast to Coast Dragon Boat Festival, Lake Kawana, Sunshine Coast, Qld TBC	Lake Kawana, Qld	TeamApp RSVP
	Saturday 15 - Sunday 16	Nowra Dragon Boat Regatta TBC	Nowra NSW	TeamApp RSVP
	Sunday 15	Battle on Barwon, Geelong TBC	Geelong VIC	TeamApp RSVP
June	Friday 3- Sunday 5	DA Bribie Island paddle fun weekend (see Team App Schedule for EOI and more info)	Bribie Island Qld	TeamApp RSVP
August	Sunday 7	DB ACT Annual General Meeting	TBC	TeamApp RSVP
2023 April	Monday 10 - Sunday 16	IBCPC <a href="https://www.newzealandbcs2022.com/">International Breast Cancer Paddlers Commission</a> Festival Lake Karapiro, Cambridge, <a href="https://www.newzealandbcs2022.com/">https://www.newzealandbcs2022.com/</a>	Lake Karapiro, Cambridge, Waikato, New Zealand	<a href="#">News bulletins</a> <a href="#">IBPCP Festival 2022 Bulletin #8</a>

**Dragons Abreast Australia — Mission statement**

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

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

*Keeping the spirit alive!*

**Next issue of the DA Canberra newsletter — December 2021**

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

Please submit any news, items and images by **26 November 2021** to the newsletter coordinator

[Kerrie.griffin22@gmail.com](mailto:Kerrie.griffin22@gmail.com)

[Previous newsletters](#)



Natalie Evans-Sandell sweeping, National Carillon 5 June 2021  
*Image:* Lyndall Milward-Bason



Jenny Green drawing, National Arboretum art class 22 June 2021  
*Image:* Kerrie Griffin



Di Bradshaw contemplating future artwork 23 June 2021 *Image:* Jeannie Cotterell



National Carillon sunrise paddle 13 July 2021 *Image:* Jeannie Cotterell