



ABREAST of the NEWS

DRAGONS ABREAST CANBERRA

PO Box 7191, Yarralumla ACT 2600

DRAGONSABREAST.COM.AU

ISSUE 75

NOVEMBER 2020



Lyndall Milward-Bason sweeping DA Canberra under Commonwealth Avenue Bridge 3 October 2020 *Image: Deb Whitfield*



Sculpture Sunday social paddle 11 October 2020 *Image: Jenny Nichols*



Sculpture Sunday social paddle 11 October 2020 *Image: Kerrie Griffin*



Julie Chynoweth coordinator; Jeannie Cotterell and Marion Leiba were presented with the Dragon Spirit Award by Deb Whitfield (2nd left) 11 November 2020 *Image: Kerrie Griffin*

Coordinator's report

How lucky are we? We are back to four paddling sessions each week with some beautiful paddling moments. We must be grateful that we remain one of the lucky Dragons Abreast clubs to be paddling. The On Water Team advised that Wednesday evening sessions will be a social paddle.

Due to wet and windy weather DB ACT Regatta #1 scheduled for 24 October 2020 was cancelled. A successful DB ACT Regatta #2 was held on 14 November, with the weather gods on our side. Thank you to members who came to paddle and **Elly McGinness** and **Susan Roraff**, along with myself, as volunteers. Regattas can only be held because of changes we need to abide by as stated by the ACT Government COVID-19 restrictions.

Lucy Cheetham and **Jeannie Cotterell** are now accredited Level 3 Sweeps and are overseeing **Lyndall Milward-Bason** as she gets closer to gaining accreditation. We now have another trainee sweep — well done **Natalie Evans-Sandell**.

TeamApp

The introduction of [TeamApp](#) is going well. Thanks to our 'tech heads' **Donna Lennon** and **Anita Godley** who continue to look at ways to overcome any issues that sometimes arise.

DB ACT promotions

Recently, DB ACT was actively promoting dragon boating. DA Canberra was represented at these promotions with more promotions planned including making a video of dragon boating on 24 November:

- Hit 104.7 featured DB ACT clubs in their weekly *The Hit Thing* video hosted by Alicia Macfarlane-

Barrow on 15 October. Thank you to **Denise Brown** for being our representative.

- Come and Try at Lotus Bay on 18 October. Thank you to **Sonja Gray, Janet Olsen and Penny Ovington** for representing us.

Annual General Meeting 26 September

Thank you to the 30 plus members who attended our AGM. Our meeting was followed by a BBQ. Thanks to the **Social Committee** for organising it as well as **Garry and Greg**, the BBQ experts. Thank you to members of the 2020-21 Committee and to those who have put their hand up for the many non committee roles for coming on board. Let's have fun!

DA Canberra Committee 2020-21

Coordinator Julie Chynoweth
Assistant Coordinator Di Bradshaw
Secretary Helen Couper Logan
Treasurer Jenny Milward-Bason
General members:

Kat Gilmour, Anita Godley, Lyndall Milward-Bason, Jenny Nicholls, Janet Olsen and Susan Roraff,

DA Canberra non committee roles 2020-21

Confirmed at AGM on 26 September 2020 and updated October 2020. See:

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



Jeannie Cotterell sweeping, Sculpture Sunday social paddle 11 October 2020 *Image:* Jenny Nichols

Sculpture Sunday social paddle 11 October

Thanks to **Lucy Cheetham**, sweep and coach, who organised a Sunday social paddle around the contemporary sculpture installations in Lake Burley Griffin for Dragons Abreast Canberra.

<https://www.contour556.com.au/2020>

Thanks also to the **Social Committee** as well as **Jenny Nichols** for video hyperlinks below:

<https://www.facebook.com/DragonsAbreastCanberra/videos/382225166284882/>

<https://www.facebook.com/DragonsAbreastCanberra/videos/734570087147325/>



DA Canberra come and try participants 7 November 2020 *Image:* Sugar Masangcay

Come and try session 7 November 2020

Well done to our Come and Try Team of **Anita Godley, Helen Couper-Logan, Janet Olsen and Jenny Nichols** for organising a successful come and try session. We had 13 participants and it's wonderful to see some have continued paddling. Thank you to Coach **Lucy Cheetham** and those who offered assistance as well as **Kathy Hayes** and **Clare Purcell** who held a stall with merchandise and used dragon boat clothing.



DA Canberra come and try session 7 November 2020 *Image:* Anita Godley

Welcome **Fiona Maguire** to DA Canberra and we hope you enjoy many hours of paddling fun on and off the water.

Christmas party 6 December 2020

Please fill in the Doodle. Thank you to **Susan Roraff** and **Patricio Powell** for offering their home again.

Christmas paddle 16 December 2020

This will be our last paddle for 2020. Come along dressed in your Christmas hats and tees and bring your Christmas carol singing voices. Following paddling there will be BYO nibbles and drinks onshore. We will recommence paddling Wednesday, 6 January 2021.



Lucy Cheetham, Che Mortimer, Natalie Evans-Sandell and Susan Pitt stretching 27 August 2020 *Image:* Lyndall Milward-Bason

**Lake Jindabyne Flowing Festival
13-14 February 2021**

Unfortunately, this event is postponed until 2022 due to COVID-19.

**AUSCHAMPS, Perth
15-19 APRIL 2021**

If you are even slightly thinking you might consider going to AusChamps, please put your name on the Doodle link below. This is not a firm commitment; DBWA is seeking expressions of interest only.

<https://doodle.com/poll/3qr6d2yun6subhqk>



Donna Lennon, Jeannie Cotterell sweeping and Megan Davis 12 September 2020 *Images:* Lyndall Milward-Bason

**[IBCPC Participatory Dragon Boat Festival NZ](#)
28 March to 3 April 2022**

DA Canberra now has 27 breast cancer survivors (BCS) paddlers and five supporters registered to participate in the IBCPC Dragon Boat Festival on Lake Karapiro, Cambridge in New Zealand in 2022. This is great. There are five registered supporter non-paddlers and 13 non-registered travelling companions.

If you are not already registered and would like to go — it is not too late to register. You would not be in the DA Canberra boat but be placed in an international composite boat. This is also a wonderful opportunity to meet other BCS from around the world. We have DA Canberra members already in an international composite boat.

The cost of registration is approximately \$500 AUD.

Please contact **Clare Purcell** clare@cgpurcell.com for further details. The Festival hyperlink is:

<https://www.newzealandbcs2022.com/>

[News bulletins](#)

[IBCPC Festival 2022 Bulletin #5](#)

[IBPCP Festival 2022 Bulletin #8.](#)



Stretching, Black Mountain 12 September 2020 *Images:* Lyndall Milward-Bason



Dragon Spirit Award remounted 11 November 2020 Image: Kerrie Griffin

Dragon Spirit Award

Congratulations to **Jeannie Cotterell** and **Marion Leiba** who were jointly presented with the Dragon Spirit Award by **Deb Whitfield** (winner of the Award in 2019). Thank you to **Garry Chynoweth** for organising the remounting of the Award.

DA Canberra Facebook and website

To ensure you keep abreast of all our news, please join us. Many thanks to **Julie Kesby** for keeping them up to date. DAA are revamping their website.

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

Julie Chynoweth, Coordinator

Dragons Abreast Canberra

0439 382 661

coordinator.dac@gmail.com

[Dragons Abreast Australia](#)

Celebrating 20 years of breast cancer recovery

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

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

[News from International Breast Cancer Paddlers' Commission](#)

<https://www.ibcpc.com/august-september-2020>

Merchandise

New merchandise was very popular with regatta patrons. If you would like to purchase any merchandise, please contact: **Kathy Hayes** hayes.spain@gmail.com Please pay online.

Dragons Abreast clothing and equipment pool

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

August 2020 no. 74 newsletter feedback

Oh my goodness! This is not a NEWSLETTER ...this is a 'RECIPE FOR LIFE AND LIVING!' Congratulations to you, DA Canberra and the contributors for creating this valuable RESOURCE...especially in these times.

Well done for being IN ACTION and being 'BIGGER THAN THE COVID CIRCUMSTANCES!' A lesson learned from facing adversity no doubt!

All the DA Members will LOVE exploring the many Stories, Links, Ideas, Advice, Research, Contributions, Fun and Celebration captured in these 16 pages. Thanks so much for including my Webinar too. I hope it is valuable for people at this time. Now have a cuppa and a lie-down after all your hard work. In deepest awe and admiration.

Robyn Moore

DAA Ambassador



[The power of the word when it's all too much!](#)

DAA's wonderful National Ambassador, **Robyn Moore** has produced a fabulous webinar:

- How to stay on the COVID-19 'roller coaster ride'
- The power of laughter, gratitude, connection and kindness
- Authorship in the face of CRISIS
- The 4 thieves which could steal our humanity during these times
- The new 'normal'.

<https://www.youtube.com/watch?v=ATCzQ6H2HEc>



Natalie Evans-Sandell sweeping with supervision by Lucy Cheetham 19 September 2020 Image: Kerrie Griffin



Natalie Evans-Sandell sweeping at sweeping school 11 October 2020 *Image:* Kerrie Griffin

Coaches' corner

Since accepting the honour of being your joint head coaches for the next two years, we have been busy putting together a plan designed to provide paddlers the opportunity for fitness, fun and development as a team.

It has been great to see people returning to the water blowing the winter cobwebs away and enjoying the variety of conditions that spring brings to our beautiful lake.

DA's mission means that we will always have a healthy mix of experienced paddlers and newcomers as well as people returning from a spell off water. Whichever session you come to, we will always calibrate the session to cater for the group on the day. So, don't be shy, let us know how you are doing and if there are any concerns that we need to be aware of.

Although Regatta #1 was cancelled due to poor weather, it was very pleasing to see DA field a full team for Regatta #2. DA races with the same philosophy of inclusivity that is the backbone of our club. Everyone who wants to paddle, gets a go. As coaches, our job is to enable everyone to contribute to the best of their ability. There is no 'I' in 'Dragon Boat' – it is all about how well we can work together for that brief minute or so down the course. On top of that it's about having fun.

Our 'swim test' on 7 November was a huge success. Sincere thanks to **Anita Godley** for lending her expertise as a qualified swimming instructor. This is the first of a number safety sessions we are planning as an essential part of our program and we were pleased to see so many take part. It is not an 'exam'. It is an invaluable opportunity to refresh and revise safety procedures and to give you confidence in knowing what to. It does not matter how good or bad a swimmer you are, sessions like these teach us all essential skills in protecting yourself and working as a team. There will be other similar sessions through the year for which you will be notified well in advance. Summer brings its own challenges. To ensure your safety the on-water team monitors weather, air quality and



Jeannie Cotterell with GoPro and Jenny Milward-Bason stretching, Henry Rolland Park 3 October 2020 *Image:* Lyndall Milward-Bason

water quality and will advise you of any precautions needed.

Watch the [TeamApp](#) for comments linked to each training session for any warnings, advice or cancellations.

Warm weather and humidity increase the risk of thunderstorms. Two things to note here. First, if a storm is imminent, we will not go out, and if one arises during a session we will return to shore in Lotus Bay promptly or moor and shelter elsewhere if that is not possible. Second, thunderstorms combined with high pollen levels can exacerbate the risk of asthma attack.

As well as continuing to follow COVID-safety, remember to 'Slip, Slop, Slap' with the UV protection/hat/sunglasses, and bring your asthma medication (if applicable) with you to all regattas and training sessions — a checklist to see you set for hours of paddling fun!

Our regatta season here in Canberra is a busy one and we will be working with you to enable DA to enter as many races as possible but we have not forgotten the social side. Wednesday evenings will be a more relaxed social paddle and through the season we have also proposed several special social events that include paddling.

Can't paddle at the moment but still want to be involved? Contact us as there are many ways in which you can help the coaching team at training sessions and on race day. Watch here for future editions of the *Coaches' corner*.

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

Lucy Cheetham and Donna Lennon



Jeannie Cotterell sweeping 15 August 2020 *Image: Susan Pitt*

Dragon Spirit Award

The most spirited Dragons for 2019 -20 goes to **Jeannie Cotterell** and **Marion Leiba**.

Jeannie joined in 2017 and instantly was hooked on paddling, since being an active member of DA Canberra she has achieved and given so much.

Jeannie has contributed and continues to give our club by training as a sweep — strong at all technical aspects and also has a great manner on and off the water. She took on the responsibility of being the coordinator for the annual Dragons Abreast Canberra Social and Corporate Regatta in November 2019.

Jeannie has been an active member on both DA Canberra and DB ACT committees.

Jeannie arranged for the design by Frances Langi and production of our beautiful 20th Anniversary DA Canberra racing shirts.

Jeannie organised the sound and acoustics, among other things, for the Dragons Abreast Canberra 20th anniversary cocktail party. (She is also the best singer in all of DB ACT).

Jeannie is a clear thinker, fair, thoughtful, courageous, generous, and reliable.

Marion Leiba joined DA Canberra in the early 2000s and meets all the criteria of the Dragon Spirit Award. Marion embodies our club spirit. Her commitment to training and to club activities is



Marion Leiba 11 November 2020 *Image: Kerrie Griffin*

outstanding. Particularly her commitment to walking, during iso, for the **Mother's Day Classic**.

Marion is responsive and is at most of our volunteer-led activities — volunteering her time despite the odds. She has a strong commitment to training and has always been able to pick up on some members that are struggling with self-confidence in the boat, and been a huge inspiration to them and keeps them going. Marion is a great bench buddy.

Both Jeannie and Marion fit the model of the Dragon Spirit Award for 2019-2020.

Deb Whitfield



Marion Leiba, Kellie Nielsen, Janet Olsen, Natalie Evans-Sandell and Lyndall Milward-Bason 12 September 2020 *Image: Lyndall Milward-Bason*



DA Canberra swim and water safety assessment 7 November 2020 *Image: Bridget Godley*

Swim and water safety assessment

It was my pleasure to run the annual swimming and water safety assessment for DA Canberra on 7 November. I pretty much grew up in a swimming pool and absolutely love swimming. A couple of years ago I trained to become a qualified swimming and water safety instructor. What better use of these skills than to provide practical training to our paddlers in water safety?

This is how the session ran: We divided into three groups, each run by qualified instructors, **Bridget**, **Brigette** and myself, and ran through three itineraries:

1. Fully clothed in winter gear with PFD on. Treading water, floating on back, forming a huddle to keep warm then seeing how far we could swim. Everyone made 50 metres!
2. Lifesaving skills using a paddle, rope, noodle and kick boards.
3. Lastly, the summer 'Swim test'. PFD, shoes and heavy clothing off. Treading water, back floating and swimming 50 metres. Once again, everyone achieved the distance!

The session was way more than a swim test. It provided paddlers with practical skills and knowledge of what they are capable of in 'the unlikely event of a capsizel' Congratulations, you all did great!

Anita Godley

Swim test 7 November 2020

Many thanks to **Anita**, **Bridget** and **Brigette** for helping us make sure we would be safe should we end up in the drink 'in the unlikely event of a capsizel'!

I for one was truly appreciative of the opportunity to see whether I would sink or swim in my full winter sweep regalia of waterproof waders, boots, jacket and gloves, along with the rest of my gear (including glasses and woolly beanie). After all, we novice sweeps are high on the risk list for this 'unlikely event!' (dare I say, confirmed the following Wednesday evening by a fellow comrade in arms?)

We were first divided into groups according to self-assessed capability, so that everyone would be well looked after. Those of us in the strong swimmer group were really put through our paces as we jumped in the deep end, pulled off our boots, trod water, huddled, rescued each other and did a 50 metre swim – before stripping off most of our gear for our 50 metre swim and 5 minute treading water summer swim test.

I was really impressed with the effectiveness of the PFD. Its true value was quickly realised as I did my winter leg so lightly and easily, and then climbed out of the pool in my fully waterlogged winter gear – so very heavily and so very inelegantly!

I must say, we all had a truly fun time doing something that is so very important for our safe participation in this highly rewarding sport of ours. If you have yet to do the test, I highly recommend you sign up with **Anita Godley** for the next event. She will make sure you are looked after by friendly and qualified people, and help build up your confidence in the water. You might even have as many laughs along the way as we did! Paddles up!
Lyndall Milward-Bason



Sugar Masangcay, husband, sister and sons, Come and try session 7 November 2020 *Image: Lyndall Milward-Bason*

Journey to self-re-discovery

After a year of battling cancer, I felt the need to do something for myself, something to help me focus on 'me'. To heal me physically, mentally and spiritually.

Being a fulltime mum of two beautifully active boys, Keiran (four) and Kaleb (two), I find it hard to prioritise myself. I was desperate for some sort of physical fitness. I have been searching for a place to exercise where I could feel a sense of belonging. Then I found Dragons Abreast.



Megan Davis, Lucy Cheetham, Sugar Masangcay and Donna Lennon, DB ACT Regatta 2, Grevillea Park 14 November 2020
Image: Sugar Masangcay

I immediately felt welcomed. I remember feeling so excited that I found a group where I could really feel 'I belong'. There is that instant connection and understanding of the new 'you'. A survivor. I feel so inspired to see how this group of wonderful and strong women paddle through life gracefully, after breast cancer.

I grew up near the beach. I love to be by the water, in the water and near the water. When I first arrived in Australia, I missed the beach regularly, so I would find myself by Lake Burley Griffin and just bask in the serenity and tranquility that the lake and the surrounding beauty has to offer. I claimed it as my happy place.

I am grateful that boat paddling gave me the opportunity to be in my happy place and just be me.

I feel blessed that I survived cancer and I am here enjoying a sport. I feel lucky to be part of a team of amazing athletes, no less. I feel more than lucky to be alive and *soaking in* the beauty of nature.

Sugar Masangcay

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



Fiona Maguire 10 November 2020 Image: Kerrie Griffin

Serendipity

I love being outside in nature and I love being on the water; being a fish sign and all. It's little wonder that I jumped at the opportunity to try dragon boating when my neighbour, **Denise Brown**, invited me...when I was up to it. Luckily, my treatment eased off just when the weather started to warm up.

It's so beautiful on the water and everyone is so helpful and supportive. I'm a team player but have never played team sports, except once when I played softball and felt I let the team down, big time. Also, I'm not that fit. You require substantial stamina to keep up and keep going. So being in the boat and keeping time was a bit of a challenge. Well at least the thought of it was, but everyone is amazing. I do my best and they do theirs to make sure I know what to do and to encourage a rest when I need it.

My feeling of accomplishment when I improve my technique and paddle further is substantial. There is potential for so much more improvement.

I feel confident enough now that I can appreciate the wonderful company, being part of a team, the amazing sunrises, the water, the hills and even the exhilaration of paddling in rough water. Thank you!

Fiona Maguire



Warm up and training times

Saturday morning:

Extra effort : 7.00 – 8.00am

Saturday morning: 8.00 – 09.30am

Wednesday afternoon: 5.30 – 7.00pm

Contact: [TeamApp](#)
Kellie Nissen kelkarlnissen@gmail.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.eldersweather.com.au/act/act/canberra>

Under the pink umbrella



Paul Jurak - Kayakcameraman
DA Canberra, Canberra Balloon Spectacular 7 March 2020
Image: Paul Jurak <https://www.facebook.com/kayakcameraman/>

Exercise is proven to aid cancer treatments, so why don't patients have subsidised access to rehab?

<https://www.abc.net.au/news/2020-11-11/study-shows-exercise-helps-cancer-treatments/12867650>

Understanding Osteoporosis

https://www.garvan.org.au/research/guides/understanding-osteoporosis-guide?utm_source=Lead+Capture&utm_campaign=c6f37ec49d-AUTOMATION>Welcome+Message+1&utm_medium=email&utm_term=0_641e5a54e2-c6f37ec49d-250175050&mc_cid=c6f37ec49d&mc_eid=2a72b2851a



"Pink" Song - Dolly Parton, Monica, Jordin Sparks, Rita Wilson ...

Oct2020 "Pink" Song Dolly Parton, Monica, Jordin Sparks, Rita Wilson and Sara Evans.

Some day when PINK is just another colour...
[#BreastCancerAwarenessMonth](#), a portion of the proceeds from the song will be donated to [Susan G. Komen](#) in support of their mission to save lives from this disease.



Decorate a bra competition

As part of the [CanGiveDay](#) fundraising **BreastScreen ACT** are running a 'Decorate a bra competition', by 15 December. See details for your entries

<https://www.canberrahospitalfoundation.org.au/fundraisers/BreastScreenACTDecorateBraCompetition>

Be part of the Decorate a Bra Competition

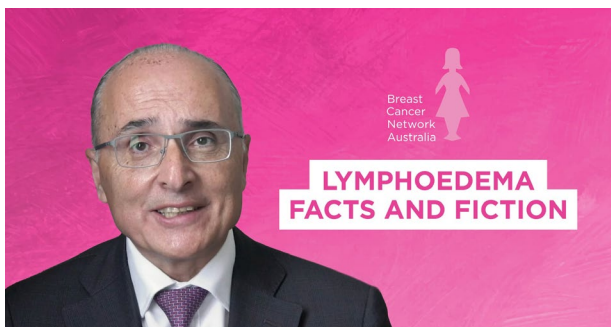
To be part of the fun:

- You can purchase a bra from BreastScreen \$10 and donate to enter the competition at a minimum of \$10.
- You can organise your own bra and donate to enter at a minimum \$10. And/ Or
- You can vote for a bra at a minimum \$2.



<https://www.bcna.org.au/understanding-breast-cancer/resources/podcasts/>

- [Special Episode #3: Coronavirus update](#)
- [Episode 21: Raelene Boyle on pulling herself out of the darkness](#)
- [Episode 22: Invasive lobular carcinoma](#)
- [Episode 23: Palliative care](#)
- [Episode 24: DCIS](#)
- [Episode 25: Sally Obermeder on her breast cancer journey](#)
- [Episode 26: Caring for a loved one](#)



Lymphoedema is swelling caused by a build-up of fluid in the body's tissues.

Some people develop lymphoedema after treatment for breast cancer. It can occur due to removal of lymph nodes (or radiotherapy to the lymph nodes) in the armpit.

Swelling commonly affects the arm, hand or breast on the side of the body that was treated.

In this video **Professor John Boyages** looks into how lymphoedema presents and dispels some of the common myths <http://bit.ly/2vydugi>



[The Beautiful Shawl Project](#) which aims to improve the breast screening experience for Aboriginal women in Victoria using cultural screening shawls.. The locally designed shawls aim to ensure women feel comfortable, respected and culturally safe by featuring detailed artwork by local Aboriginal artists that are unique to each community.

BCNA has free resources to help support you through every stage. Our free **My Journey** online tool www.myjourney.org.au is regularly updated with the latest information tailored to your individual diagnosis, our Helpline nurses are available to support you through your treatment decisions, and our online network provides a safe place to connect with others going through a similar experience. <https://bit.ly/3bxliR>

BCNA's most recent podcast episode on COVID-19, empowered by [Red Energy](#), unpacks the importance of still accessing health professionals and services during this time. To listen, scroll down to 'Helpful resources' on our [My Journey online tool dedicated coronavirus page](#) or search 'Upfront About Breast Cancer' in your podcast app.

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



If you haven't already, you can [sign up to the My Journey online tool here](#).

[The Beacon Issue 86](#), October 2020 | [View online](#)

- [News](#)

BCNA NEWS 18 NOV 2020

[PBS listing of Faslodex \(fulvestrant\) remains unlikely](#)

BCNA NEWS 08 OCT 2020

[The impact of COVID-19 on people living with breast cancer](#)

BCNA NEWS 01 OCT 2020

[The Beacon is here!](#)

BCNA NEWS 30 SEP 2020

[Drug company pulls pin on PBS listing of Faslodex \(fulvestrant\)](#)

MEDIA RELEASES 13 SEP 2020

[Cancer organisations' urgent plea](#)

BCNA NEWS 09 SEP 2020

[Op-Ed: BCNA's leadership will ensure patient voices are heard](#)

BCNA NEWS 19 AUG 2020

[Scam alerts](#)

BCNA NEWS 15 JUN 2020

[COVID-19 Update: June](#)

BCNA NEWS 04 JUN 2020

[New compassionate access schemes for metastatic breast cancer patients](#)



[Breast Cancer Trials](#)

Is all breast cancer hereditary? Does stress cause breast cancer? Is there a specific diet which will help prevent breast cancer?

Dr Nicholas Zdenkowski addressed these breast cancer myths and more during our breast cancer online Q&A on 7 October. You can catch the video below or learn more here:

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

Videos of each presentation are available

here: https://www.youtube.com/playlist?list=PLfaKqjeYDhnVgXYeAwcURqWaUzJ_KkZ3e

The [2019-20 Breast Cancer Trials Annual Report](#) highlights activities and achievements from 1 April 2019 to 31 March 2020.

<https://www.breastcancertrials.org.au/annualreports/2019-2020/>

[What is a breast cancer clinical trial?](#)

[Why participate in a breast cancer clinical trial?](#)

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](#)

[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.



[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. Look out for **21 March 2021**. <http://www.castingforrecovery.org.au/>

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

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 link below.

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

[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.



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: Cowra, Crookwell, Moruya, Goulburn, Mudgee, Wagga Wagga and Young,

<http://www.colleens.com.au/page/regional-visits-for-2020/>

***Mastectomy pocketed bras and breast forms for Fiji — drop off point.**

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

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

Lymphedonna

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

lymphedonna@positivemotion.com.au

Positive Motion Physiotherapy

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

Rare Cancer Australia

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

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

Brain Tumour Alliance Australia Inc. 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
November	Saturday 28	DB ACT Regatta #3 – 500m (10s)	Grevillea Park	Lyndall Milward-Bason, Boat Captain TeamApp RSVP
December	Sunday 6	DA Canberra Christmas Party		TeamApp RSVP
	Saturday 12	DB ACT Regatta #4 – 2km (20s), 200m (10s)	Grevillea Park	TeamApp RSVP

December	Wednesday 16	Christmas carol paddle and nibbles Final 2020 paddle	Lotus Bay	TeamApp RSVP
2021 January	Wednesday 6	First 2021 paddle	Lotus Bay	TeamApp RSVP
	Saturday 16	DB ACT Regatta #5 – 500m (20s)	Grevillea Park	TeamApp RSVP
	Tuesday 26	Australia Day on the Lake TBC	Lotus Bay	TeamApp RSVP
	Saturday 30 12.30pm	Social Committee family BYO picnic near playground	Weston Park	TeamApp RSVP
February	Saturday 20	DB ACT Regatta #6 – 2km (20s), 200m (10s)	Grevillea Park	TeamApp RSVP
	Sunday 21	DB ACT Come and Try	Lotus Bay	
March 	Saturday 6	Balloon chasing paddle on first day of the Canberra Balloon Spectacular	Lotus Bay	TeamApp RSVP
	Date TBC	Skyfire paddle	Lotus Bay	TeamApp RSVP
	Sunday 14	Sweeps Course		
	Saturday 20	ACT Championships Age divisions (2km, 200m, 20s & 10s)	Grevillea Park	TeamApp RSVP
	Sunday 21	ACT Championships Age divisions (500m, 20s & 10s)	Grevillea Park	TeamApp RSVP
	Saturday 27	Autumn social paddle/picnic to celebrate the end of the racing season	Lotus Bay	TeamApp RSVP
April	15-19	AusChamps, the Nationals Champion Lakes Regatta Centre	Perth, WA	TeamApp EOI RSVP
May	Saturday 1 - Sunday 2	Merimbula Water Dragons 18km Mallacoota Run	Merimbula	TeamApp RSVP
	Sunday 9	Mother's Day Classic paddle	Lotus Bay	TeamApp RSVP
August	Sunday 8	DB ACT Annual General Meeting		
October	TBC	DA Canberra Social and Corporate Regatta	TBC	TeamApp RSVP
2022 March- April	Monday 28 March – Sunday 3 April	IBPCP International Breast Cancer Paddlers Commission Festival https://www.newzealandbcs2022.com/	Lake Karapiro, Cambridge, Waikato, New Zealand	News bulletins IBPCP Festival 2022 Bulletin #5 IBPCP Festival 2022 Bulletin #8

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 — February 2021

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

Please submit any news, items and images by **5 February 2021** to the newsletter coordinator

Kerrie.griffin22@gmail.com

[Previous newsletters](#)