



# ABREAST of the NEWS

DRAGONS ABREAST CANBERRA under the umbrella of Breast Cancer Network Australia

PO Box 7191, Yarralumla ACT 2600 • DRAGONSABREAST.COM.AU • ISSUE 59 • FEBRUARY 2016



Narelle Powers, 2015 DB ACT Coach of the Year, sweeping, National Carillon 12 February 2016 *Image: Marion Blake*

## Coordinator's report

Welcome to 2016. We have lots of activities coming up over the next few months both on and off the water. The year 2015 ended with our Christmas party held at the Raiders Club Holt. It was a great night, finishing off with our secret Santa gift exchange. Unfortunately, our Christmas carol paddle was cancelled due to poor weather.

We welcome our newest members **Lucy Cheetham** and **Clare Smyth**.

The **DB ACT pirate regatta** held on the 17 January was a great afternoon of fun and laughter. All teams were mixed and split between four boats. It was a terrific afternoon followed by pizzas. It will be an annual regatta to kick start the season.

Recently 14 members enjoyed afternoon tea at Robyn Rowe Chocolate Cafe in Murrumbateman which was another successful off water activity. Please take note in the weekly updates for the upcoming social activities.

Training sessions, particularly the Saturday 8.30am session, were popular over the last few weeks. Let's keep it going with two boats out with many shades of pink on the water.

The first DB ACT regatta was held on the 30 January. The crew on the day recorded some great times, 66.28s, 65.33s and a PB in the final, under a minute 59.74s. Congratulations ladies!

The next DB ACT regatta is on 27 February. DA will not enter a team as 15 of us are heading to Albury Wodonga for a two day regatta on 27 and 28 February. Volunteers welcome at Grevillea Park.



Frances Heaney, Elly McGinness, Louise Walmsley, Donna Lennon, Cindy Young, Annette Dean, Katherine Kralikas and Clare Purcell, DB ACT pirate regatta, 17 January 2016 *Image: Frances Heaney*

The **National Capital Dragon Boat Festival** at Grevillea Park will be held over two days on Saturday 12 and Sunday 13 March. We will enter a team for both days with races over 200m, 2km and 500m. This is the last regatta for this season. DA will continue to train throughout the off season three times a week.

Thank you to **Donna Lennon** for setting up Doodle for our 'who's paddling'. Donna's life is much easier with fewer emails in her inbox. Thank you to **Cindy Young** who organises the merchandise as well as the Palace Cinema film and lunch on Tuesdays.

The **Australian Dragon Boat Championships** will be held in Adelaide from 24 to 29 March. Many DB ACT teams are competing at the Nationals and we wish them good luck.

**18-19 June 2016** 2nd National DAA Regatta, Lake Kawana, Sunshine Coast, Queensland Please [register yourself online](#) and book your airfares and accommodation. Information is on the Dragons Abreast Australia website for a great time: <https://www.dragonsabreast.com.au/events/event/11-dragons-abreast-national-regatta-2016> **CentrePoint Apartments** - 30 Minchinton Street, Caloundra. Phone: 07 54 92 0100 CentrePoint offer 1, 2 and 3 bedroom apartments. They are happy to offer 10% discount when you quote the Promo Code DRAGONS.

The annual DA Social and Corporate Regatta will be held on **Saturday 8 October** with the theme — *Disney characters*. The next national Dragons Abreast Australia (DAA) Festival will be **29 October 2016** at Darling Harbour, Sydney.

**2017** DAA Convention hosted by DA Melbourne  
**2018** International Breast Cancer Paddlers Commission Florence, Italy (dates tbc)



Maureen Wild, Clare Purcell, Alison Kesby, *middle*: Elly McGinness, Megan Dennis, Val Devlin, Julie Kesby, Joan White and Clare Smyth, *front*: Marion Blake, Christmas drinks instead of carols paddle 16 December 2015 *Image*: Julie Kesby



DA Canberra Christmas party, Raiders Club, Holt 10 December 2015 *Image*: Frances Heaney



Rebekah Pooley, Elly McGinness, Patsy Sheales and Marion Blake, World Cancer Day, Canberra Region Cancer Centre, the Canberra Hospital 2 February 2016 *Image*: Kerrie Griffin

Thank you to members who volunteered for the Dragons Abreast display for [World Cancer Day](#) on 2 February at the Canberra Region Cancer Centre TCH.

Thank you to our **Come and try** team **Elly McGinness, Clare Purcell** and **Maureen Wild** for the fun 20 February session. Our next **Come and try** session will be Saturday 9 April. Please invite any potential new paddlers along and bring a plate to share for morning tea.



Come and try 20 February 2016 *Image*: Kerrie Griffin

Our profile in social media has increased via our Facebook [Dragons Abreast Canberra](#) and we have hundreds of followers locally and internationally. Please sign up and 'like' all the other teams too! We updated our profile on the new [DAA](#) website and will use Twitter and the #tag app as we move with the times.

Please keep in mind those in our group who may be having a difficult time at the moment. Vale **Julie Richardson** and our thoughts are with her family. See you on the water.

**Frances Heaney**  
Coordinator, Dragons Abreast Canberra

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[canberra@dragonsabreast.com.au](mailto:canberra@dragonsabreast.com.au)

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

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

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



Amy, Marion Blake's border collie, joins the fun with Val Devlin, Wendy Ceralovo, Narelle Powers and Katherine Kralikas 29 January 2016 *Image*: Frances Heaney

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

**Fernwood partners with BCNA to support women diagnosed with breast cancer**

<https://revitalise.bcna.org.au/>

<http://www.fernwoodfitness.com.au/weight-loss---exercise/well-being/fernwood-partners-with-bcna-to-support-women-diagn/>



Maureen Wild wearing the Jane Brown Pearls which she won in the annual DA Regatta Raffle December 2015 *Image: Kerrie Griffin*



Robyn Rowe Chocolate Cafe, Murrumbateman 13 February 2016 *Image: Frances Heaney*

### Social activities

- 19 March bulb planting and morning tea on Springbank Island
- 11 April Dragons Abreast Muster
- 9 April come and try session and morning tea
- 8 May Mothers Day Classic
- 16 May belly dancing
- 2 June dinner at a restaurant
- 17-19 DAA Regatta, Lake Kawana, QLD
- ? July Ten pin bowling TBC
- ? August aquarobics TBC



Robyn Rowe Chocolate Cafe, Murrumbateman 13 February 2016 *Image: Frances Heaney*

As Assistant Coordinator I'm organising social activities this year. Yes, we are all about paddling, but we also have a lot of fun in other ways. Some of the dates for activities are not set yet and some may need to change, but we all know about unexpected changes! I hope that you will be able to attend these activities when possible. Keep your eye on the weekly updates from Frances in regard to specifics and RSVP when needed. I am excited about a few of the new activities for us this year and hope you will be too. Our DA Musters will be explained better for new members closer to the date. If you have any questions or suggestions, please let me know.

**Patsy Sheales** [shealespatsyterry@hotmail.com](mailto:shealespatsyterry@hotmail.com)



Clare Smyth and Lucy Cheatham Lotus Bay 29 November 2015 *Image: Frances Heaney*

### Clare's paddling for Florence

I'm so glad I've joined DA Canberra. I love starting the weekend out on the beautiful lake, blowing the cobwebs of the week away, and paddling together with such a fantastic group of ladies. I like that it's fun with lots of laughter and also serious with terrific coaching from the sweeps and really helpful tips from other paddlers. It's stimulating to be learning a new skill and I've discovered paddling has a great feel good factor plus a camaraderie and shared sense of achievement. There is also the lovely relaxed chat over coffee afterwards and the chance to enjoy new friends.

For me, starting dragon boating has actually been very stop-start, due to all sorts of life circumstances getting in the way, plus old pre-paddling injuries protesting. I first went to a 'come and try' day in early 2014 soon after finishing treatment but only really became a regular paddler in November 2015. I think it says everything about this wonderful group of ladies that the same warm welcome and inclusive approach in and out of the boat was there every time I made it to the lake. This includes a willingness to teach someone how to paddle all over again when they started back again for a second (or third!) go at joining for the long haul.

That said, I'm hoping I'm on a roll now and there'll be no looking back. I can't wait to go in my first local regatta in March and, for down the track a bit, I love the idea of a sport and a community that can take you interstate and overseas. I was particularly excited when I heard about Florence in 2018! Having taken nearly two years to get to this point, a two year lead time to Florence suits me perfectly (I have a lot of catching up to do!) and definitely spurs me on.

**Clare Smyth**



Lucy Cheetham and Rebekah Pooley 12 February 2016 Image: Frances Heaney

**You stick with us — we'll look after you**

At 39, apparently, I am the youngest member of Dragons Abreast Canberra! My youth is a distinction I now enjoy, though last year when I had just finished breast cancer treatment for the second time in five years, I was anything but grateful for it. I think cancer treatment is hard on anyone, but especially if you are young. I have met many older women who faced cancer with grace, feeling thankful for the life they had experienced so far and appreciating the chance to pull back and care for themselves during the journey. It was otherwise with me.

I sank into a profound depression during treatment, feeling a complete failure at life. Because of my repeated health challenges, my university studies remained incomplete and following the development of Lymphoedema, my work opportunities became even more limited. Though I could have taken pride and joy in my husband of 18 years and my two beautiful teenage girls, all I could think about was how much trouble and distress my cancer had brought them over the years. Every night I prayed that I would die.

So I came to dragon boating, desperately looking for something good to come out of breast cancer, desperately looking for a source of joy — and I found it. Though Frances may get a bit testy when no one is listening and the boat is rocking dangerously, I will always remember her kindness when I shared some of what I was feeling after training one morning. She simply said, 'You stick with us — we'll look after you.' And she was right! I have found the whole team to be so welcoming and helpful, always ready to listen or have a laugh. They show me how to live life to the full and inspire me with their strength. I still struggle with the paddling, but I stopped praying to die a long time ago — the sunrise over the water is just too beautiful to miss! Thank you DA Canberra.

**Rebekah Pooley**



Come and try 20 February 2016 Image: Kerrie Griffin

**Every stroke of the paddle**

From the outset, I found Dragons Abreast Canberra to be a welcoming organisation run with true professionalism and a clear ethos. Each of us is encouraged to train, compete and enjoy paddling at our own level under superb leadership and expert guidance from experienced sweeps and coaches.

In less than two months from joining, I was at my first regatta in January. Two moments stand out. Undeterred by other teams, we stuck to Narelle's coaching instructions and pulled out all stops to finish the final in under a minute. The other moment was when a DA jacket no longer needed by its previous wearer, was pressed into my hands with the explanation that it had once belonged to the much loved and legendary June McMahon. It is humbling to be the beneficiary of the true dedication of all who have made DA what it is today.

Sometimes cancer causes people to make big life changes, whether that will be the case for me, I still don't know but I do know there is a difference made with every stroke of the paddle – real and metaphorical. That is why I am so thrilled to be part of DA.

**Lucy Cheetham**



Joan White, Sue Drew, Susan Pitt, Cindy Young, Robyn Moore, Frances Heaney, Kerrie Griffin and Marion Blake, Yarralumla Gallery & Brasserie 19 February 2016 Image: Kerrie Griffin

**Robyn Moore DAA fundraiser**

What a fabulous morning tea with **Robyn Moore** on 19 February. Thank you Robyn for keeping us laughing as well as crying while helping us think about 'first time passion', optimism and hope, about 'living with urgency before the emergency' and so much more. We came away knowing we are the authors of our day, and how to add the word AND to a negative thought to make a difference e.g. I am tired AND ...I am going to have fun going on a picnic with my family tonight. Did you know that on average people laughed 18 minutes a day in 1950 but only 4 minutes a day in 2016? Thanks to Robyn and her wonderful events organiser Libby from ICMI /Southern NSW Region for donating time and putting this event on to raise funds for Dragons Abreast Australia and the Make a Wish Foundation. \$300 will be deposited into the DAA account and used to help run the upcoming 2016 DAA Regatta for our members in June at the Sunshine Coast.

**Marion Blake, DAA Board Member**



Julie Kesby, Mim Forrest, Annette Dean, Anita Godley, Maureen Wild, Wes Forrest, Denise Brown and Lenyss Snellen, Come and try 20 February 2016 Image: Kerrie Griffin

### **Come and try**

Many thanks to everyone — the coaches, sweeps, paddlers, and all who contributed to the morning tea that altogether made the come and try such a successful event on 20 February. We were very pleased to see 10 new ladies try their hand at dragon boating, and one who watched and was impressed and we hope will return. The 'newbies' enjoyed the paddle, and several said they would definitely be back. The event would not have been so successful without the welcoming support of all our DA members. What a fantastic team! The next come and try session is 9 April.

**Elly McGinness, Clare Purcell and Maureen Wild, Come and try team**



Julie Richardson, Christmas 2015 Image: Brea Richardson

### **Vale Julie Richardson**

(11 September 1954 – 22 January 2016)

Julie Richardson's friends joined her family on 2 February at a beautiful *Celebration of life* ceremony for Julie by the lake. Her paddling mates from Dragon Flyers, Dragons Abreast and other clubs were honoured to take part in a moving *Flowers on the Water* ceremony. The words below on the bookmark describe Julie's positive approach to life and living it to the full. Farewell Julie. We will miss you at Lake Burley Griffin.

**Marion Blake**

Julie Richardson  
*Dance like no one is watching*  
*Love as though you have never been hurt*  
*Sing as though no one is listening*  
*Live like heaven is on earth*  
*Live life to the full.*

*A special paddle this morning dedicated to our beloved Julie*

A full crew paddled *GoAnna* around to a quiet little bay on the lake on 23 January to take a few minutes to remember our beloved Julie who sadly passed away. A few words that have been used to describe Julie since her passing on 22 January — beautiful, gorgeous, inspiring, fun, fit, strong and enthusiastic, lived life to the full. Julie will be sadly missed by many. Our thoughts and prayers to Julie's family. RIP Julie.

**Frances Heaney**



Clare Smyth, Lucy Cheetham and Rebekah Pooley  
 5 December 2015 Image: Frances Heaney



Mim Forrest shared memories of Julie Richardson during a *Flowers on the water* ceremony 23 January 2016 *Image: Frances Heaney*

### Vale Julie Richardson

Julie joined Dragons Abreast Canberra as a supporter when it was barely out of its infancy. She was soon to be accompanied by her daughter Brea and together they often stroked for the team. It wasn't long before Julie joined the DA Committee, and served as an able DA secretary. She also competed with the Canberra team at local regattas and on Darling Harbour at Chinese New Year. Julie was a strong and accomplished paddler, and when the call went out to be part of an ACT Masters team, the Canberra Titans, Julie was there as always, fit and strong, but ready for a laugh and any mischief that was going. Following the Australian National Championships in Penrith, the Titans Masters Women's team was invited to compete in the World Club Crew Championships in Penang, Malaysia. Amid the training, the racing, the hard work and the cheering, Julie was ready for post-race drinks, laughs and fun.

Pat Pye relates the story of Julie's washing. Team members were sharing rooms and most times after a day's racing people washed their gear and hung it around the room to dry - but not Julie. No, Julie found a local laundry, negotiated a price (she could haggle with the best of them) and arranged for her washing to be done. Next day on the streets of Georgetown, Nan Donaldson nudged Pat and said 'look, there's Julie's nightie flapping in the main street'. They couldn't wait to get back and tell her, but Julie, as usual, laughed loudly and happily told everyone the story.

One evening as dusk was drawing in, Julie and Pat decided to return to their accommodation in style. Julie again haggled a price, and soon they were seated in a flower taxi. For anyone who has not had this experience, picture a bicycle taxi filled with plastic flowers with Pat and Julie giggling in front of a hardworking well-muscled cyclist. Giggles turned to horror however when the flower taxi turned head-on into three lanes of approaching motor traffic. But Julie, in her usual style, held on tight to Pat and said 'If we're gonna die, let's die laughing' so they laughed all the way back. Pat called Julie a 'loyal friend, brave and stoic, game for anything, but not averse to luxury if it made economic sense'.

Hence, Julie and Nan Donaldson moved to the luxury Eastern & Oriental Hotel on the last night where they spent the night in colonial grandeur. The rest of us only sampled the high tea... Julie represented the ACT in the Dragon Flyers team as well as the ACT Women's Masters and Grandmasters. Always on the lookout for fun and laughs, an example of this being the after-party in Caloundra: Elvis has not left the building.



Patti Pye, Elvis and Julie Richardson 2008 *Image: Jan Skorich*

The next international event for Julie was the World Club Crew Championships in Macau, as part of the Dragon Flyers Grandmasters Women's team. Coach Robyne Kellett had warned us not to drink alcohol, and no late nights... but there was Julie and Pat in a tapas bar overlooking the terracotta rooftops of the old Portuguese quarter of Macau, drinking wine and laughing as usual. Bright and cheery, there was Julie racing at full pelt the next day. Following the Championships, Julie flew off to Europe, while Pat brought Julie's 'racing wig' back to Canberra.

Julie always maintained her membership, interest and support for Dragons Abreast Canberra, and was, unfortunately, herself diagnosed with breast cancer, thus becoming a 'survivor' member rather than a 'supporter'. She spoke often of her love for her family and her pride in her children. When Pat, MaryLou and Jan bought kayaks and spent Tuesday and Friday mornings paddling round Lake Ginninderra, Julie frequently joined the Drifters for paddling, morning tea and walking the dog. Here's Julie with her dog Mattie enjoying a quiet paddle on Lake Ginninderra.



Julie Richardson and her dog Mattie kayaking on Lake Ginninderra 2015 *Image: Jan Skorich*

When Jan suggested that all of us help the Moochers, a local jazz and blues band, make a promotion video for their song *Grandma's herbal remedy*, Julie was first in line. If you look carefully, you'll find us smoking 'weed' and dancing in 'heaven' – check us out here in the video:

<https://www.youtube.com/watch?v=0XbderPjxBk>

This is how MaryLou, Pat and Jan like to remember Julie – laughing, dancing, enjoying life, fit, sporty, loving, and courageous. Vale Julie, we'll never forget you.

**Pat Pye, Jan Skorich, MaryLou Reid**

Julie and I shared memories of lives in Tasmania, joining Dragons Abreast as supporters before both of our diagnosis. She came with me to Dragon Flyers and onto World Championships. We shared some fun times on our club ventures overseas. We commented on the washing hanging above the Penang narrow streets to dry. Julie burst out 'that's my nightie oh... how embarrassing!' Julie was a very determined person and overcame some major hurdles to remain on our team. She took hold of every opportunity and we remember her gutsy smile. Sweet peace dear lady.

**Gillian Styles**

**Marion Blake** Goodbye you gorgeous, vital and inspiring lady. Thinking of you, Brea, Nathan and Dave. Julie will be so greatly missed and remembered with love by so many.

**Kerrie Griffin** Vale [Julie Richardson](#). Julie was a dynamo who made every minute count and with such a kind and generous heart. It's marvellous that she had such a fabulous family overseas holiday last year. Julie was very brave putting her story up on Facebook. Sincere condolences to her family.

**Robyn Chen** So sad to hear this. I remember Julie from the Ord River challenge. She was always great fun on the boat during our long training sessions. Julie fought her battle courageously, never giving up on life. My condolences to Dave, Nathan, Brea and Julie's wider family.

**Kellie Toohey** Very sad news. Sending love and warmth to Julie's family.

**Bev Sloan** I remember my early days in the boat when Julie was a fabulous supporter. Condolences to her many friends, dragon boat community and family.



Julie Richardson kayaking with the Drifters on Lake Ginninderra 2015 *Image: MaryLou Reid*

## Merchandise

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



## Warm up and training times

<b>6.00 for</b>	<b>6.30am</b>	<b>Tuesdays</b>
<b>5.30 for</b>	<b>6.00pm</b>	<b>Wednesday</b>
<b>8.00 for</b>	<b>8.30–9.30am</b>	<b>Saturdays</b>

## Contact:

[donnalennon0@gmail.com](mailto:donnalennon0@gmail.com)

**Donna Lennon**

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.canberrayachtclub.com.au/webcam/cam>

## Under the pink umbrella



[www.bcna.org.au](http://www.bcna.org.au)

**One in eight Australian women will be diagnosed with breast cancer by the time they turn 85. It is estimated 15,500 women and 145 men will be diagnosed with the disease this year, according to Breast Cancer Network Australia.**



Joan White, DA stall display, World Cancer Day Canberra Region Cancer Centre, TCH 2 February 2016 *Image: Joan White*

[Have your say on the National External Breast Protheses Reimbursement Programme!](#)

[Recruiting bilingual volunteers](#)

[New triple negative breast cancer research](#)



Patsy Sheales gave a presentation at Fernwood Gungahlin about BCNA November 2015 *Image: Frances Heaney*

### Revitalise with BCNA now a rolling program

After a hugely successful first round we are thrilled to announce that women can now join [Revitalise with BCNA](#) anytime, anywhere – the new rolling registration allows women to join at a time that suits them.

Revitalise with BCNA is a six-week online health and wellbeing program designed specifically for women who have been diagnosed with breast cancer. The program launched in October in response to a need for reliable information and practical support to help women improve their health and wellbeing after a breast cancer diagnosis.

While exercise and healthy eating is important for everyone, these have added benefits for women with breast cancer. Maintaining an active lifestyle and balanced diet help to improve physical and emotional wellbeing, mood, sleep, and increase bone mineral density.

Developed in partnership with **Fernwood Fitness**, this innovative new program provides customised advice from breast cancer and exercise experts on healthy eating, exercise, mindfulness, meditation, goal setting and motivation.

- Designed for women who have completed (hospital based) active treatment
- Provides customised advice from breast cancer experts on nutrition, exercise, mindfulness, relaxation, and mindset
- Does not require a Fernwood membership to participate
- Medical clearance is recommended to participate in this program
- Can be joined at any time
- The \$87 cost of the program is donated to BCNA, and includes a free month's membership at a local Fernwood gym.

**More information** visit [revitalise.bcna.org.au](http://revitalise.bcna.org.au)

### [Can.Recall app launched to help cancer patients deal with information overload](#)

Every year there are more than 42,000 diagnoses of rare and less common cancers and around 22,000 deaths in Australia with little available for patients in terms of support and treatments. The launch of [CAN.recall](#), a new, innovative app, designed to support and improve early patient experiences has potential to be adapted to other cancers and diseases.

CANrecall is available and free for download.

CAN.recall for Android via the Play Store, [click here](#)

CAN.recall for iPhone via the App Store, [click here](#)



### ACT Casting for recovery program

The ACT Fly Fishers Inc. Club is pleased to host its first Casting for Recovery fly fishing retreat from **1-3 April 2016**. It will run from Friday pm to Sunday pm. The maximum number of participants per retreat will be 12 women. CfR started in the USA and is run in Canada, UK/Ireland, New Zealand and now the ACT.

The objectives of a retreat are to provide:

- Basic knowledge of and skills in the sport of fly fishing
- A break from daily routine through focusing on a sport and by meeting women in a similar situation
- An opportunity to form support networks among participants.

Through trained volunteers, some 'pampering' type activities such as hairstyling, facials, and podiatry A respite period for carers of participants.

Finally, women who have received a breast cancer diagnosis, who either live in or received their treatment in the ACT are eligible to participate, subject to their doctor approving of their attendance. Women can register on line or complete a registration form obtained at [www.castingforrecovery.org.au](http://www.castingforrecovery.org.au) Queries to [info@castingforrecovery.org.au](mailto:info@castingforrecovery.org.au) or **0490256505**. Closer to the retreat, those registered will be required to fill out an application form.



**Initial Surgical Consult**  
Questions to ask during your first consultation with your surgeon

**Initial Oncology Consult**  
Questions to ask during your first consultation with your oncologist



Kerrie Griffin receiving the Best Decorated Stall Award for the BCNA Stall from Minister for Multicultural Affairs with ACT Legislative Assembly Yvette Berry MLA at the National Multicultural Festival, 14 February 2016 *Image: Lenuta Quraishi*





Kerrie Griffin, Shelley Atkins, Cate Hale and Christy Fox, BCNA Stall, National Multicultural Festival, 14 February 2016 *Image:* Amelia Hale

### National Multicultural Festival

Congratulations to **Cate Hale** who organised the BCNA stall involving volunteers and materials from BCNA, Bosom Buddies ACT, Dragons Abreast, Colleens, Look Good Feel Better program and BreastScreen ACT at the **National Multicultural Festival** on 14 February. Thank you to all the volunteers. We raised awareness about breast cancer as well as new BCNA [culturally and linguistically diverse resources](#) that are available online and in brochures starting with **Arabic, Chinese, Greek, Italian and Vietnamese**. The BCNA stall won the best decorated community stall award.

**Kerrie Griffin**

### 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](http://www.otisfoundation.org.au) or call 03 5444 1185

**Elsbeth Humphries**

### OTIS retreats are located in:

- **Victoria** Bendigo, Bundalong, Daylesford, Fairhaven, Forge Creek and Towong
- **New South Wales** Bawley Point, Kioloa, Mollymook, Pearl Beach, Port Macquarie, South Durras and Thredbo
- **South Australia** Aldinga Beach, Goolwa and Moonta Bay
- **Queensland** Port Douglas and Sunshine Beach
- **Northern Territory** Darwin

To find our more visit [www.otisfoundation.org.au](http://www.otisfoundation.org.au) or phone 03 5444 1184.

### The Breast Cancer Treatment Quality Assurance Project 15 Year Report

Outlines the findings of breast cancer treatment from diagnosis in the ACT and South East (SE) NSW region [http://health.act.gov.au/sites/default/files/BCTG%20Report%202015%20V2\\_0.pdf](http://health.act.gov.au/sites/default/files/BCTG%20Report%202015%20V2_0.pdf)

### ACT breast cancer mortality rates falling, new report reveals

Better early detection and treatment options means ACT women with breast cancer are being diagnosed younger. Report shows improved ACT breast cancer outcomes. The rate of breast cancer survival in Canberra is higher than average for Australia, an ACT Government report suggests.

### Breast cancer patients hold their breath, and get better results

Treatment reduces radiation risk for breast cancer sufferers. [The enduring 'Angelina effect' on breast cancer awareness and gene testing](#)



Gigi Lungu, Kerrie Griffin, Tien, Vicki Byrne and Colleen, (Melody missing) BCNA Stall, National Multicultural Festival, 14 February 2016 *Image:* Lenuta Quraishi

### Nicky's group 10.30am 1<sup>st</sup> Tuesday of the month

**Nicky's group** gives people with **secondary breast cancer in the ACT and region**, the opportunity to meet, share issues and ideas, learn more about secondary breast cancer and even have a laugh! Join us at at Rodney's Plants Plus at Pialligo, in 'Jungle Fever' a private room. Feel free to bring a friend or family member. There is also a great park for the kids. 'Nicky's Group' is supported by **Bosom Buddies**, for more information **0406 376 500** [Mon.-Thurs. 9am-3pm]

### Myriad Genetics High Court win

A two-time cancer-surviving grandmother from Brisbane won her 'David and Goliath' battle against a US biotech firm that wanted to patent the BRCA-1 cancer gene.

<http://www.abc.net.au/news/2015-10-07/breast-cancer-gene-cant-be-patented-high-court-rules/6833232>

<http://www.aihw.gov.au/publication-detail/?id=60129553359>

AIHW [media release](#)

Breast cancer in young women is the first national report presenting key data specific to breast cancer in women in their 20s and 30s. This report provides an overview of breast cancer, risk factors for young women, breast cancer detection and diagnosis methods, including incidence, hospitalisations, survival and mortality.

### 2015 BCNA Science and Advocacy Refresher Training

Please see links below to presentations.

- [BCNA's role in advocacy, policy and research](#) (Kathy Wells, BCNA)
- [Breast cancer treatment and care in the U.S.](#) (Prof Alastair Thompson, University of Texas MD Anderson Cancer Centre)
- [Survivorship research](#) (Amanda Piper, Australian Cancer Survivorship Centre, Peter MacCallum Cancer Centre)
- [Breast cancer treatment and care](#) (Prof Fran Boyle AM, Mater Hospital)
- [Challenges of being a Consumer Representative](#) (Lisa Morstyn, BCNA)

### BCNA's website - policy and advocacy work

As many of you would know, there is a lot of information on the BCNA website which may assist you in your various projects as consumer representatives.

1. [BCNA's position statements](#)
2. [BCNA's submissions and reviews](#)
3. [BCNA's research project reports](#)
4. [BCNA's fact sheets and booklets](#)
5. [BCNA's latest news and media items](#)
6. [BCNA's research bulletins](#)

### NBCF news

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

### [NBCF welcomes Patrons of research into young women with breast cancer](#)

January 2016

NBCF's newly launched initiative Circle of 10 has created passionate patrons of worldclass research into breast cancer. Read... [MORE>](#)

### [Breast cancer tumours may be influenced by daily sugar intake](#)

New research shows the sugar in fizzy drinks and junk food increases the risk of breast cancer and its spread to other organs.... [MORE>](#)

### [NBCF-funded researcher looks at innovative detection method](#)

Read about Professor Alexandrov's project in our Annual Report.... [MORE>](#)

### [NBCF has a strong year with successful fundraising strategy](#)

December 2015

NBCF has had a great year - read about our fundraising activities and funded research projects in our Annual Report...[MORE>](#)

### [NBCF teams up with Cancer Australia to co-fund priority research](#)

Four researchers have been awarded three-year grants, co-funded by NBCF and Cancer Australia, to start projects that will... [MORE>](#)

### [NBCF hosts its Scholar in Residence.](#)

[Professor Dame Valerie Beral](#)

esteemed epidemiologist [MORE>](#)

## **BCNA NEWS**

[Recruiting bilingual volunteers](#)

[New triple negative breast cancer research](#)

[Mandala Calendar and Colouring Pages](#)

[New clinical trials](#)

[Secondary breast cancer telephone support](#)

[Health Minister launches BCNA's secondary breast cancer survey report](#)

### [BCNA and Palliative Care Australia \(PCA\) have been awarded an international grant to develop a new toolkit of](#)

resources to help women with secondary breast cancer to understand palliative care and the benefits of accessing it early.

Many people think palliative care is just for people in the final stages of life, however, palliative care has much to offer women from soon after their diagnosis with secondary breast cancer. BCNA CEO Christine Nolan said BCNA wants women to feel empowered to make decisions about palliative care.

**BCNA NEWS 01 JUL 2015**

[Earlier access to superannuation from today](#)

**BCNA NEWS 26 JUN 2015**

[Doctors are starting to prescribe exercise for cancer](#)

There is a growing feeling among doctors that fitness protects people during cancer treatment and may even play a role in prevention.

### **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.

### **Research Bulletin**

Our Research Bulletin provides subscribers with credible and interesting breast cancer information, including information about relevant events and conferences as well as research updates in four key areas of interest:

- Family history and hereditary breast cancer
- Young women and breast cancer

- Secondary breast cancer
- Women with breast cancer in rural and remote areas

To subscribe to our Research Bulletin, email us at [policy@bcna.org.au](mailto:policy@bcna.org.au) and request 'Subscription to email updates'. Please provide your name, email address you want the bulletin to go to, and your area of interest.

### **Review & Survey Group**

Participation will give you an opportunity to assist researchers to solve some of the puzzles around breast cancer, by contributing your own experience. All you need is an email address, and a willingness to be involved. When there is an important breast cancer survey being conducted, BCNA will email you with the details. It's then up to you to decide if you are interested in participating or not. The choice is entirely yours.

To register for the Review and Survey Group click on the following link <http://www.bcna.org.au/news/about-bcna/get-involved/speak-out>

[BCNA Forums Team](#)

### **YWCA Encore**

[www.ywcaencore.org.au](http://www.ywcaencore.org.au)

Helps women with the after effects of breast cancer surgery and treatment, helping to restore strength, mobility, flexibility and confidence. 02 6175 9900 or [canberra@ywca-canberra.org.au](mailto:canberra@ywca-canberra.org.au)

### **BreastScreen ACT**

BreastScreen ACT is part of a national population breast screening program that is aimed at reducing deaths from breast cancer through early detection.

#### **Phone BreastScreen ACT on 13 20 50.**

Please spread the word that BreastScreen ACT has lots of 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.**

<http://health.act.gov.au/c/health?a=sp&did=10108867>

### **Ten years of tamoxifen may be better than five**

[News](#) 6 December 2012 A study has shown that tamoxifen for ten years may benefit women with ER+ breast cancer.

[Support your partner through breast cancer](#)

*I wish I could fix it.* Supporting your partner through breast cancer booklet is included in BCNA's *My Journey Kit*.

### **Useful links**

<http://www.bcna.org.au/events/mini-fields-women>

Associate members including Dragons Abreast <http://www.bcna.org.au/sharing-support/find-services-your-area/bcna-associate-member-groups>

Bosom Buddies is a member group

<http://www.bcna.org.au/membgroup/group/bosom-buddies-act-inc>

Read about how BCNA does advocacy

<http://www.bcna.org.au/advocacy>

Read about how BCNA nominates community liaisons <http://www.bcna.org.au/about-bcna/advocacy/consumer-representatives#cl>

Visit the [History of Field of Women page](#) on the BCNA website.

### **Get involved with BCNA**

- [Community fundraising](#)
- [Join our online network](#)
- [Advocacy](#)
- [Speak out](#)
- [Find services & support near you](#)
- [The Beacon Living well after breast cancer – issue 73, Summer 2015](#)
- [I never thought I would](#) – Issue 72, Spring
- [Help with research](#) Join our Review & Survey Group
- <http://www.bcna.org.au/store/Merchandise>

### Bosom Buddies

Come to a social event and let us know if you would like to take part. [bosombuddies@shout.org.au](mailto:bosombuddies@shout.org.au)  
**Shelley Atkins**, President, [Bosom Buddies](http://Bosom Buddies)

### Gillian Horton, Colleen's Post Mastectomy

**Connection** Open: Tues-Fri 9.30am to 4.30pm  
 3/60 Dundas Court, Phillip | T: 02 6285 1311 | E:  
[bravelles@gmail.com](mailto:bravelles@gmail.com)

Spread the word and that Gillian is also travelling to regional NSW: Young, Cowra, Wagga Wagga and Moruya

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

### HeadsUp@Kippax

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**

**Brain Tumour Alliance Australia Inc.** [www.btaa.org.au](http://www.btaa.org.au)  
**Susan Pitt, Secretary BTA**


**Kerrie Griffin**  
**Consumer Representative**  
**Seat at the Table (SATT) Program, BCNA**



### Calendar of events

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

Month	Date(s)	Event	Location	Notes
February	Saturday 27 Sunday 28	Albury Wodonga Regatta	Wodonga	<a href="mailto:francesheaney.dacanberra@outlook.com">francesheaney.dacanberra@outlook.com</a>
	Saturday 27 7am-12pm	DB ACT regatta 6 500 m and 2 km	Grevillea Park	<a href="mailto:francesheaney.dacanberra@outlook.com">francesheaney.dacanberra@outlook.com</a>
 March	Saturday 12 8am-4pm	National Capital Dragon Boat Festival	Grevillea Park	<a href="mailto:francesheaney.dacanberra@outlook.com">francesheaney.dacanberra@outlook.com</a>
	Saturday 13 8am-4pm	National Capital Dragon Boat Festival	Grevillea Park	<a href="mailto:francesheaney.dacanberra@outlook.com">francesheaney.dacanberra@outlook.com</a>
	Saturday 19	Bulb planting and morning tea	Springbank Island	PatsySheales <a href="mailto:shealespatsyterry@hotmail.com">shealespatsyterry@hotmail.com</a>
April	Saturday 9	Come and try session and morning tea	Lotus Bay	<a href="mailto:ellymcginness@gmail.com">ellymcginness@gmail.com</a>
	Monday 11	DA Muster	Raiders Club, Holt	PatsySheales <a href="mailto:shealespatsyterry@hotmail.com">shealespatsyterry@hotmail.com</a>
May	Sunday 8	Mothers Day Classic	Lotus Bay	BCNA Stall, Rond Terrace needs volunteers
	15	Regatta in Vogalonga in Venice, Italy with Bravehearts Albury	Vogalonga in Venice, Italy	
	16	Belly dancing session	Venue tbc	PatsySheales <a href="mailto:shealespatsyterry@hotmail.com">shealespatsyterry@hotmail.com</a>
 June	Thursday 2	DA dinner at a restaurant	Venue tbc	PatsySheales <a href="mailto:shealespatsyterry@hotmail.com">shealespatsyterry@hotmail.com</a>
	18-19	DAA Regatta Two day national regatta	Lake Kawana, Sunshine Coast QLD	<a href="https://www.dragonsabreast.com.au/events/events/event/11-dragons-abreast-national-regatta-2016">https://www.dragonsabreast.com.au/events/events/event/11-dragons-abreast-national-regatta-2016</a> CentrePoint Apartments
July	Date tbc	Ten pin bowling	Venue tbc	PatsySheales <a href="mailto:shealespatsyterry@hotmail.com">shealespatsyterry@hotmail.com</a>
August	Date tbc	Aquarobics	Deakin	PatsySheales <a href="mailto:shealespatsyterry@hotmail.com">shealespatsyterry@hotmail.com</a>
September	Date tbc	DA Muster	venue tbc	PatsySheales <a href="mailto:shealespatsyterry@hotmail.com">shealespatsyterry@hotmail.com</a>

<b>October</b> 	<b>Saturday 8</b> <b>7am-1pm</b>	<b>Dragons Abreast Canberra Corporate Regatta</b> <b>BCNA Mini Field of Women at the Regatta</b>	<b>Grevillea</b> <b>Park</b>	<a href="mailto:francesheaney.dacanberra@outlook.com">francesheaney.dacanberra@outlook.com</a>
	<b>Saturday 24</b>	<b>Dragons Abreast Festival</b> <b>National fundraiser regatta</b>	<b>Darling</b> <b>Harbour,</b> <b>Sydney</b>	<a href="http://www.dragonsabreastfestival.com.au/">http://www.dragonsabreastfestival.com.au/</a> <b>Volunteers needed</b>
<b>2017</b>	<b>Date tbc</b>	<b>DAA Convention</b> <b>Hosted by DA Melbourne Dambusters</b>	<b>Melbourne</b>	<a href="mailto:francesheaney.dacanberra@outlook.com">francesheaney.dacanberra@outlook.com</a>
<b>2018</b>	<b>Date tbc</b>	<a href="#">International Breast Cancer Paddlers Commission</a> breast cancer survivor regatta	<b>Florence,</b> <b>Italy</b>	<a href="mailto:francesheaney.dacanberra@outlook.com">francesheaney.dacanberra@outlook.com</a>

**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 — May 2016**

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

Please submit any news, items and images by 10 May 2016 to the newsletter coordinator

[Kerrie.griffin22@gmail.com](mailto:Kerrie.griffin22@gmail.com) or [taylorclan@inet.net.au](mailto:taylorclan@inet.net.au)



Marion Blake with Amy her border collie, Gigi Lungu 29 January 2016 Image: Marion Blake



Susan Pitt sweeping GoAnna, Gecko behind, 11 December 2015 Image: Marion Blake



Sunrise, Lake Burley Griffin 9 February 2016 Image: Frances Heaney



Between the spans under the Commonwealth Avenue Bridge at the southern side are two granite stones from the 1817 Waterloo Bridge across the River Thames in London January 2016 Image: Joan White