



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 62 • FEBRUARY 2017



GoAnna! Dragons Abreast Canberra, DB ACT Regatta 10 December 2016 Image: Frances Heaney

Coordinator's report

2016 DB ACT Regatta on 10 December

"It was a great day of racing at the last 2016 DB ACT Regatta on 10 December. Well done ladies. Thank you to the Diamond Phoenix (DP) paddlers for topping us up for the 3 x 200 m races. Thank you to DP for sweeping and drumming our 2 km so we could all paddle and to our Griffin, Komodo and DP paddlers for topping us up in the 2 km. 200 m

Heat 1	1.04.64
Heat 2	1.00.52
Heat 3	1.01.18

The 2 km result time 14.34.21, congratulations ladies, well done, great time".
Frances Heaney, Coach.



Dragons Abreast Canberra, Christmas Carol paddle 14 December 2016 Image: Frances Heaney



Dragons Abreast Canberra, DB ACT Regatta 10 December 2016 Image: Frances Heaney

DA Christmas Carol paddle

We held our annual Christmas Carol paddle on the evening of Wednesday 14 December. It was fun with plenty of Christmas cheer emanating from the dragon boat. A special thanks to **Alison Kesby** for leading our carol singing. We continued the festivities onshore with some nibbles. Thanks to all for your contributions both in song and food.

DA Christmas party — thanks

Thanks to our new Social Committee (**Katarina Heinebäck, Cindy Young, Penelope Lee, Anita Godley, Denise Brown and Sue Willemsen-Bell**), to **Annette Dean** for the coordination of food/drink offerings supplied by guests, and especially to **Marion and Michael Blake** for opening up their home to host another Dragons Abreast Canberra Christmas party.



Dragons Abreast Canberra, Chinese New Year, Captain Cook Memorial Jet, Lake Burley Griffin 28 January 2017 Image: Frances Heaney



Lake Burley Griffin 7 December Image: Frances Heaney



Kashgar Cup *Image:* Kerrie Griffin

Kashgar Cup for 2016

At the Christmas party the Kashgar Cup for 2016 was announced. The Kashgar Cup is an annual award given to a Dragons Abreast Canberra member who has made an extraordinary contribution to the work of Dragons Abreast Canberra. In 2006 Judy Richmond, and dear departed Penny Birtles, were travelling the Silk Road and saw this small pink jade teapot embellished with silver dragons at a market stall. They thought it would be great to bring something back to DA Canberra with real Chinese dragons.

For 2016, the awardees are the Wanniasa Come and Try trio, **Elly McGinness, Maureen Wild** and **Clare Purcell**, who have worked together since September 2013 finding new members. They have managed this role extremely well and have communicated the message of life after breast cancer via dragon boating widely through various media and networks. These include *The Canberra Times, The Chronicle, Canberra Weekly, 2CC* and ABC Radio Canberra, where Clare conducted a radio interview in her PJs in 2014. They continue to circulate flyers via doctors' surgeries, yoga classes, various community and health expos and cancer awareness days.

The trio are also very valued and dedicated Dragons Abreast Canberra paddlers and DA Committee members. Maureen is our current Treasurer, and Elly and Clare are currently general members. Personally, I have really appreciated their support since becoming Coordinator in August.

Congratulations on another successful Saturday Come and Try session on 3 December. Thanks to all who both participated and supported the new paddlers (Lyndall and Emma). Please help promote our next **Come and Try** to be held on **25 February**. We are hoping for some great weather and enthusiastic paddlers to give paddling a go. **RSVP: canberra@dragonsabreast.com.au**



Maureen Wild, Lyndall Milard-Bason, Emma Prezzi, Elly McGinness and Katarina Heineback, Dragons Abreast Canberra Come and Try session 3 December 2016 *Image:* Frances Heaney

Happy New Year and welcome to 2017 paddling

It was great to take out two boats for our **Chinese New Year paddle in the year of the rooster**. We enjoyed the spray and the rainbow from the Captain Cook Memorial Jet. We participated in our first **2017 DB ACT regatta** on 21 January where **Lyndall Milard-Bason**, our newest member, paddled in her first regatta. The first training session for the team competing at the **Nationals in Albury-Wodonga Regatta** was held on 28 January led by our coach **Frances Heaney**. Together with our other regular paddling sessions on Tuesdays, Wednesdays and Saturdays there has already been plenty of action on the water for 2017.

Thanks to our coach **Frances Heaney** and boat captain **Donna Lennon**. Congratulations to **Susan Pitt** on progressing with sweeping accreditation. We welcome all of our new paddlers including **Leonie Owens, Gabrielle McVie, Lyndall Milard-Bason** and **Emma Prezzi**.



Frances Heaney, Patsy Sheales, Leonie Owens and Gabrielle McVie, DA Christmas party 12 December 2016 *Image:* Marion Blake



Farewell for paddlers moving interstate including Karen Bail, Pearl Lee, Val Devlin, Judith Smith, Mim and Wes Forrest, 26 October 2016 *Image: Kerrie Griffin*

February 2017 is also shaping up to be another busy month with the next **500 m DB ACT Regatta** on 4 February, **Nationals training** on 5 February. Off the water, please volunteer at the **World Cancer Day Stalls** 1 to 3 February, **ACT Fire camp record keeping** on Sunday 12 February at the Australian Institute of Sport, and supporting our own next **Come and Try** session on Saturday 25 February.

Please volunteer for the **Connect and Participate Expo** on 25 March at the Old Bus Depot Building, Kingston, 11 am to 4 pm unless you are involved with the **Relay for Life** 25 and 26 March at the AIS. Please contact **Elly** ellymcginness@gmail.com for more details on both events.



DAA fundraising morning tea 7 January 2017 *Image: Kerrie Griffin*

Dragons Abreast Australia Convention fundraising morning tea

Congratulations on the fundraising morning tea held on 7 January at **Kerrie Griffin's** home instead of paddling. Well done to all who participated and raised \$320. It was a great opportunity for members and friends to socialise and check out Kerrie's renovations.

We encourage all members to attend the national DAA Convention 29 and 30 April 2017 in Melbourne:

<https://www.dragonsabreast.com.au/events/events/event/24-daa-convention>



Dragons Abreast Canberra, Beijing Garden, Lotus Bay 1 December 2016 *Image: Frances Heaney*

DA Mornington Peninsula

We look forward to a paddle on Lake Burley Griffin with **Linda Papworth** and members of Dragons Abreast Mornington Peninsula at the end of March or early April. **Linda Papworth**, Lyndsay and Marilyn paddled with DA Canberra in June 2010 at the International Breast Cancer Survivor regatta in Peterborough, Canada where we came fifth with 2.32.97 in the 500 m final. Linda is an artist and sells whimsical cards <http://pinkoala.com.au/products/>

Mother's Day Classic

Save the date: 14 May 2017

DA Canberra have been invited again to showcase dragon boat paddling at the Mother's Day Classic (MDC) and raise awareness about breast cancer. This is a great day to paddle up to start of the various running/walking races. If you don't plan to paddle, please volunteer for the **BCNA stall** at Rond Terrace.

<http://www.mothersdayclassic.com.au/event-info/event-locations-map/canberra/>

Upcoming regatta calendar

- DB ACT Regatta 7 Saturday 4 February - 500 m 20s for DA Canberra
- Jindabyne Flowing Festival 18-19 February 2017
- DB ACT Regatta 8 Saturday 4 March - 200 m and 2 km 20s
- National Capital Dragon Boat Festival 18-19 March
- DB ACT Regatta 9 Saturday 1 April - 500 m 20s
- AusDBF Nationals BCS racing Albury–Wodonga Saturday 22 April



Dragons Abreast Canberra walk around Parliament House 7 November 2016 Image: Susan Pitt

Social calendar

We will reschedule the aqua-cise class, facilitated by **Laura Baynes**, that was listed for February 2017. We are exploring options for learning to paddle board so watch out for the sign up Doodles in the near future for all of our social activities.



Truus Ford, Marion Blake, Clare Smyth, Marion Leiba and Maureen Wild, DA Christmas party 12 December 2016 Image: Kerrie Griffin

Florence, Italy: International Breast Cancer Paddlers Commission (IBCPC), July 3-8, 2018!

So far, we have 43 names on Doodle: 29 Dragons Abreast Canberra paddlers, nine dual members, and five supporters, plus partners. Of course, these numbers will change over the next 17 months with people pulling out and some joining up. We have registered our second standard boat and booked our accommodation. We are assured that this hotel is beautiful and in a fantastic location. Florence here we come!

- Day 1- Tuesday 3 July - official sign in (Frances), practice
- Day 2- Wednesday 4 July - practice
- Day 3- Thursday 5 July - practice
- Day 4- Friday 6 July - practice, Congress meeting (Frances and 1), briefing captain and sweeps, pink parade and opening ceremony
- Day 5- Saturday 7 July - racing
- Day 6- Sunday 8 July - racing, Sandy Smith Global race, Flowers on the water, closing and party

Doodle link: <http://doodle.com/poll/gq7yaw2fweab3mhd>
<http://www.florencebcs2018.org/>



Dragons Abreast Canberra, DB ACT Regatta 19 November 2016 Image: Frances Heaney

Handmade Market (EPIC)

Save the dates: 16-17 September 2017

Please volunteer to promote breast cancer awareness in our community and collect donations for Dragons Abreast Canberra on 16 and 17 September. Julie Nicholls and the team at Handmade Market say they are 'Happy to be supporting such a worthy cause'.

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

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

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

Paddles up!

Julie Kesby

Coordinator, Dragons Abreast Canberra

Philosophy: *Awareness, Participation, Inclusiveness*

JakDAC16@gmail.com

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

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

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

Fernwood Thank you for your DA Canberra sponsorship at: Belconnen.

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/>



BCNA pink lady silhouettes Image: BCNA Facebook

<https://www.facebook.com/BreastCancerNetworkAustralia/photos/a.10151335365855321.805920.83877045320/10157986834535321/?type=3&theater>



Dragons Abreast Canberra, DB ACT Regatta 21 January 2017
Image: Frances Heaney

[DAA Convention 2017 - Melbourne](#)

Save the date!

DAA — the way forward

Join members from around Australia to share, plan, learn and be inspired. Have fun, meet peers and explore the river by dragon boat.

Ensure your group is represented by *at least* two members. Start fundraising to send them now.

Saturday 29 April 2017

The way forward – a short session of what the Board plans for the future

Listening to you – a facilitated session for groups to share information and ideas about what works for your group

Session with the Director of Wellbeing and Coordinator of the Wellbeing Centre at Peter Mac Workshops on topics including fundraising for your group, fuelling the dragon – eating on race day or for endurance sessions, coaching for DA groups and ICare4U - maintaining connection through your cancer journey

Pre dinner drinks at 6.45pm followed by **dinner** and a surprise guest speaker at 7.30pm

DAA Convention and convention dinner Parkview Albert Park

562 St Kilda Rd, Melbourne VIC 3004. Set along a tree-lined boulevard and overlooking Albert Park and Melbourne city skyline, 2.9 km from the National Gallery of Victoria and 3.6 km from St Kilda Beach. *Request the special DAA discount rate.*

Sunday 30 April 2017

Heritage paddle and lunch: See the sights of Melbourne as you paddle up the Yarra River for a BBQ lunch.

Early bird registration \$210 (closing 28 February)

Full registration \$225 (1 March – 15 April)

Dinner only registration (limited places) \$90

<https://www.dragonsabreast.com.au/news/228-daa-convention-2017>

Connect.Move.Live

Marion Blake, DAA Board member



Julie Chynoweth at her first regatta with Dragons Abreast Canberra, DB ACT Regatta, 2 km race 29 October 2016 Image: Frances Heaney

First DB ACT Regatta

Following my first breast cancer diagnosis in 2013, **Lisi Bromley** who I worked with and who paddles for Diamond Phoenix, started talking to me about dragon boating. It sounded good, but I was still playing field hockey and involved in junior baseball (for the Rebels Baseball Club), so I figured I wouldn't do anything about it at this time.

In 2015, I was again diagnosed with breast cancer and following treatment and a hip replacement operation, I decided to give dragon boating a go. (Lisi had kept talking to me about it all this time!) On Saturday 10 September 2016, I turned up ready to try paddling with DA Canberra. I was met by some very friendly ladies, shown the paddling drill by Frances, then onto the boat with Elly as my partner. This session turned out to be a training session for a regatta and I soon found out about race starts and the 200 m distance. I did bring the paddle in a couple of times, but as I have quite a bit of determination, I was able to be an active paddler. Back on shore, I was exhausted but beaming and hooked on dragon boating.

I participated in the DA Canberra Social and Corporate Regatta with *ATSB Propeller Heads* and had a ball. My first DB ACT regatta was on 29 October and I was unsure of how I would go. I had quietly mentioned to Frances that I didn't think I would be up for the 2 km race, but she included me in the line-up anyway. I did have a huge grin on my face at the end of the race.

I'm now training for the Nationals and very much looking forward to paddling in Florence in 2018. Thank you ladies for making me feel very welcome.

Julie Chynoweth



Sullivans Creek, ANU, Dragons Abreast Canberra 15 November 2016 Image: Frances Heaney



Joan White paddled with DA Hobart 23 January 2017 *Image:* Cliff White



Warm up and training times

6.00 for	6.30am	Tuesdays
5.30 for	6.00pm	Wednesday
8.00 for	8.30–9.30am	Saturdays

Contact: donnalennon0@gmail.com **Donna Lennon**

Some great paddling technique tips:
http://www.youtube.com/watch?v=j7IRbj3K8c4&feature=player_embedded
 Remember water, hat, sunscreen and sunglasses!

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



Cindy Young, Dragons Abreast Canberra, first paddle of the year 10 January 2017 *Image:* Marion Blake



Lyn Mills, Wes and Mim Forrest, Palace Electric Cinema 25 October 2016 *Image:* Kerrie Griffin

Do you like going to the movies?

On Tuesdays DA members can see a movie at Palace cinema and enjoy a light lunch together afterwards where we discuss the movie and solve the problems of the world for only \$16.50 each. There is no minimum or maximum times you have to attend — just come when you want to, every week, or just occasionally.

We email each week advising what the movie is for the following Tuesday. If you want to go just RSVP by Friday. We meet at Palace Cinema just before 11.00am and it's all over by 1.30-2.00pm. \$16.50 includes the movie and lunch.

If you want to receive a weekly email about the movie club, email Cindy and she'll put you on the distribution list. Cindyyoung000@icloud.com

Merchandise

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



Dragons Abreast Canberra Come and Try session held 3 December 2016 *Image:* Frances Heaney

Under the pink umbrella



Breast
Cancer
Network
Australia

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.



Ita Buttrose, Kerryn Ernst, McGrath Foundation Secondary breast cancer nurse and the ACT secondary breast cancer group, BCNA Pink Lady Luncheon, NGA, 24 August 2016
Image: Kerrie Griffin

Australia Day Honours

Kerryn Ernst, McGrath Foundation secondary breast cancer nurse (based at the Canberra Region Cancer Centre, The Canberra Hospital (THC)).

Congratulations to Kerryn Ernst for all her fantastic support and good sense of humour. Canberra is very lucky to have you. Paddles up! [Beacon Bcna](#)

McGrath Foundation

January 26 at 1:52pm ·

Congratulations to two of our amazing nurses who were recognised in the 2017 Australia Day celebrations. Kerry Ernst, Canberra's metastatic McGrath Breast Care nurse was awarded The Public Service Medal and Dianne Green, Parkes McGrath Breast Care nurse won the Parkes' Citizen of the Year award.

We are so proud today, and every day, of all of the contributions our nurses make in their communities, helping to make the lives of those experiencing breast cancer a little easier.

Read more here; <https://goo.gl/MOAWNXX>



Geraldine Robertson Great that the your contribution to help smooth our breast cancer journey is recognised. As it should be

Unlike · Reply · 1 · [January 27 at 10:48pm](#)



Dianne McDonald · Friends with [Beacon Bcna](#)
Thankyou just never seems enough



Gillian Styles congratulations Kerryn



Kerryn Ernst, McGrath Foundation Secondary breast cancer nurse

Breast Cancer Treatment Project

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 of the project is to collect and examine data on treatment and outcomes for women with breast cancer. [Breast Cancer Treatment Group - Newsletter 2016](#) See *Kerrie Griffin's report on page 8 in the link.*

Consumer representative's perspective

Congratulations to the Breast Cancer Treatment Group (BCTG) on your commitment to best practice. This was clearly demonstrated in the *15 year Report* from your Breast Cancer Group Quality Assurance Project. The Tissue Bank, despite funding problems, continues to provide valuable research material. Guest speakers update your knowledge and skills but also provide a great opportunity for me to learn about new treatments.

Since 2007, I pass this information to the local 'breast cancer community' emailing a regular e-newsletter *BCNAAction update*, a *Dragons Abreast Canberra newsletter* and *research updates*, to other local groups and individuals. I also write a BCTG meeting report for Breast Cancer Network Australia (BCNA).

Personally, I felt on a roller coaster when diagnosed with breast cancer in 2001. But, having learnt, through BCTG, about the major improvements and developments in targeted therapies, new drugs and protocols when my older sister was diagnosed with breast cancer in 2015 I

Breast Cancer Network Australia (BCNA) works to ensure that Australians affected by breast cancer receive the very best support, information, treatment and care appropriate to their individual needs. BCNA provides the free **BCNA My journey kit** for early breast cancer and the **Hope and hurdles packs** for metastatic breast cancer. BCNA is represented by the pink lady silhouette, symbolic of our focus on the women diagnosed with breast cancer and all those around them.

I recently participated in **Cancer Australia's Consumer Training Workshop for the Priority-driven Collaborative Cancer Research (PdCCRS)**. All that I have learnt from the BCTG meetings equipped me well for this challenge.

I feel privileged to attend the meetings as a Consumer Representative for Breast Cancer Network Australia (BCNA) and wish to thank all members for their continued dedication to the care of their breast cancer patients.

Kerrie Griffin

Breast Cancer Network Australia (BCNA) consumer representative

Vale Sharon Driessen and Barb Pinter

I am extremely privileged to meet so many inspiring women at BCNA gatherings. I was very fond of **Sharon Driessen**, Victoria, and **Barb Pinter**, Dragons Abreast Byron Bay (aka Rainbow Dragons Abreast), who both made a difference to their communities.

Kerrie Griffin



It's a gift, having a McGrath Breast Care Nurse. My first time with breast cancer I did it by myself, and it took way longer to clear everything: my head, my body, my health. Jo has been instrumental in helping me understand what's going on, the choices that I have and the services and things which can help me.
Sharon Driessen, Crib Point, Victoria

Vale Becky Barney

Vale **Becky Barney** who passed away on 11 November 2016. Becky, a DA paddler, helped update the **BCNA Hope and Hurdles pack** for women with secondary breast cancer among many other things. Becky had a wonderful enthusiasm for life and will be sorely missed. **Judy Rafferty**, her partner, is organising a Becky Barney McGrath Foundation breast cancer scholarship. Go to www.mcgrathfoundation.com.au if you would like to contribute. Sincere condolences.



Paul Jurak, Kayakcameraman, and Lesley Hindley (Susan Pitt's mother in white) with DA members, Australia's Biggest Morning Tea for the Cancer Council ACT, Forrest Hotel and Apartments. 26 May 2016 *Image: Frances Heaney*

Vale Lesley Hindley

Vale **Lesley Hindley** (Susan Pitt's mother) who passed away on 31 December 2016. Lesley was a tremendous asset with a witty and wonderful sense of humour. Sincere condolences to her family.

Lesley's oral history – in three parts. Good to hear her. [Lesley Hindley](#) (nee Hyde) speaks about her early associations with the provisional Parliament House, through working as a typist in the early 1950s to her husband Rob Chalmers' long involvement with the Press Gallery as a journalist. Mrs. Hindley's daughter, Susan Pitt (nee Chalmers) sat in on the interview.

ORALHISTORIES.MOADOPH.GOV.AU

Vale Sally Crossing AM

<https://www.bcna.org.au/news/2017/01/vale-sally-crossing-am/>

It is with great sadness that BCNA acknowledges the passing of Sally Crossing AM (1946-2016) on 28 December 2016.

Sally was diagnosed with early breast cancer in 1995 at the age of 49. Sally used this experience, and the experiences of other women with breast cancer, to establish the Breast Cancer Action Group NSW. Sally's dedication to making positive changes for people affected by cancer drove her to establish the Cancer Voices movement in Australia, and the Australian Cancer Consumer Network in 2014. Sally held roles on the Board of the Cancer Council NSW; the Consumers' Health Forum of Australia; the Australian Commission on Safety and Quality in Health Care; and the Faculty of Radiation Oncology Council.

Sally's considerable advocacy efforts were recognised in her appointment as a Member of the Order of Australia in 2005, and with an honorary doctorate in Health Sciences from the University of Sydney in 2014.

Sally will be greatly missed. BCNA extends our condolences to her family and friends.

<https://www.bcna.org.au/news/2017/01/vale-sally-crossing-am/#sthash.zSJ8nFZA.dpuf>

Susan Pitt will represent Cancer Voices at the Sydney ceremony on 4 February.

BREAST CANCER DOESN'T DISCRIMINATE.



#NOTJUSTIN8

[#notjustin8](#)



BCNA NEWS

A tailored package of information for men with breast cancer - See more at: <https://www.bcna.org.au/news/2017/01/a-tailored-package-of-information-for-men-with-breast-cancer/#sthash.p4X5zLjf.dpuf>

Cancer Australia recommendations highlight importance of fertility discussions before breast cancer treatment - See more at: <https://www.bcna.org.au/news/2017/01/cancer-australia-recommendations-highlight-importance-of-fertility-discussions-before-breast-cancer-treatment/#sthash.wDUUKH46.dpuf>

For Benefit Medicines donates \$20,000 to BCNA
For Benefit Medicines (FBM) has donated \$20,000 to BCNA from the sale of FBM branded breast cancer drugs anastrozole and letrozole.

The donation marks FBM's first contribution of funds to BCNA since the not-for-profit pharmaceutical company launched in December 2015.

As the first Australian not-for-profit pharmaceutical company, FBM will donate the profits generated from the sale of two breast cancer drugs to BCNA and the Breast Cancer Institute of Australia (BCIA).

If you want to support the FBM initiative to help BCNA and BCIA, and are taking the drugs anastrozole or letrozole as part of your treatment, ask your doctor or pharmacist if you can have the FBM equivalent.

FBM medicines are listed on the Pharmaceutical Benefits Scheme (PBS) and cost the same as current breast cancer medications.

For more information on FBM, please visit their website [here](http://www.fbm.com.au).

- See more at: <https://www.bcna.org.au/news/2017/01/for-benefit-medicines-donates-20-000-to-bcna/#sthash.7TlmU1p7.dpuf>

Four exercises to help you stay active this summer

Revitalise with BCNA BCNA and Fernwood Fitness have developed Revitalise with BCNA, a six-week online program designed to help women stay active and well after breast cancer treatment. The program includes a one month membership at your local Fernwood, weekly nutrition and exercise plans, as well as 24/7 access to the online community. To find out more, please click here. - See more at:

<https://www.bcna.org.au/news/2017/01/four-exercises-to-help-you-stay-active-this-summer/#sthash.8Af8O9y6.dpuf>

BCNA supports option for shorter, more intense course of radiotherapy

Having radiotherapy as part of treatment for breast cancer can be challenging if you need to travel because treatment is not available locally. For some women, it can mean long periods of time away from home as well as travel expenses, which can add up if you need to stay overnight or drive long distances.

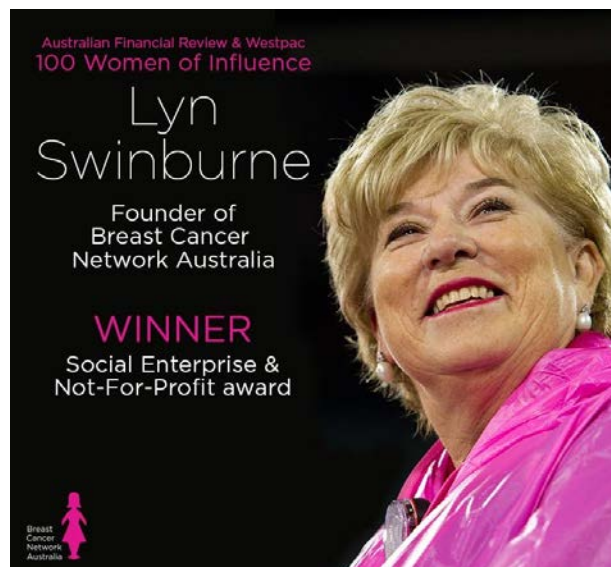
Cancer Australia states that hypofractionated radiotherapy must be offered as an alternative to conventional radiotherapy for patients with early breast cancer who:

- are aged 50 years and over
- have a cancer at an early pathological stage (T1-2, N0, M0)
- have undergone breast conserving surgery with clear surgical margins.

You can view Cancer Australia's Statement on hypofractionated radiotherapy [here](http://www.cancer.gov.au/~/media/1/2/2/2/20170101-statement-on-hypofractionated-radiotherapy.pdf).

- See more at: <https://www.bcna.org.au/news/2017/01/bcna-supports-option-for-shorter-more-intense-course-of-radiotherapy/#sthash.xbPfBTUs.dpuf>

Breast reconstruction decision making tool BRECONDA available - See more at: <https://www.bcna.org.au/news/2017/01/breast-reconstruction-decision-making-tool-breconda-available/#sthash.vMRmshkJ.dpuf>



[October 28 at 9:55am](#)

Help us ensure women aren't defined by their breast cancer HOW YOU CAN HELP.

It's easy to lose your sense of self to breast cancer. That's why we're here. Breast Cancer Network Australia supports anyone diagnosed with breast cancer because, first and foremost, you are still you. You are not cancer.

Our programs and services help everyone free of charge, whatever stage of their breast cancer journey. Since 1998, we have helped more than 110,000 Australians understand they are so much more than their diagnosis.

Research shows benefits of personalised exercise programs

- Watch the Catalyst program '[Exercise and Cancer](#)' on ABC iview or read a transcript of the program.
- Download or order [BCNA's Breast Cancer and Exercise booklet](#) for information about the benefits of exercise during and after breast cancer treatment and practical tips from women about what worked for them.
- To sign up or find out more about Revitalise with BCNA, a six-week health and wellbeing program developed by BCNA in partnership with Fernwood Fitness, visit revitalise.bcna.org.au.
- Join the [BCNA Get Active and Keep Well](#) group on the online network.



ACT Casting for recovery program

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

Mary-lou Reid and **Sue Drew**, Dragons Abreast Canberra members, participated in and recommend Australia's first casting for recovery retreat in 2016.

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

BCNA's website - policy and advocacy work

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](#)

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.

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

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 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.**

Get involved with BCNA

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

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

The Beacon

[Read the latest publications](#)

- Body matters – issue 77, Summer 2016 | [View online](#)
- Communities – issue 76, Spring 2016 | [View issue 76](#)
- **Breast cancer and creativity** – issue 75, Winter 2016 | [View issue 75](#)
- **Working after a diagnosis** – issue 74, Autumn 2016 | [View issue 74](#)
- [Help with research](#) Join our Review & Survey Group
- <http://www.bcna.org.au/store/Merchandise>

NBCF news

[NBCF-funded researchers now have better understanding of early breast tissue development](#)

30 January 2017

[Breast density research edges closer to cancer prevention](#)

24 January 2017

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

Gillian Horton, Colleen's Post Mastectomy Connection **New address:**

22 Garran Place, Garran. 2605 | T: 02 6285 1311 | E: info@colleens.com.au

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

Spread the word and that Gillian is also travelling to regional NSW: Young, Cowra, Wagga Wagga and Moruya. <http://www.colleens.com.au/page/regional-visits-for-2016/>

Bosom Buddies

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

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

Susan Pitt, Secretary BTAA

Kerrie Griffin

Consumer Representative

Seat at the Table (SATT) Program, BCNA



Calendar of events

Dates and events may change – please check http://media.wix.com/ugd/29935c_6bfecbcbf2fd4bb3828874d3e582636e.pdf

Month	Date(s)	Event	Location	Notes
February	Saturday 4	DB ACT Regatta 7 500 m 10s	Grevillea Park	Doodle RSVP
	Saturday 18- Sunday 19	Jindabyne Flowing Festival	Lake Jindabyne	Doodle RSVP
	Saturday 25	Come and Try session	Lotus Bay	RSVP: canberra@dragonsabreast.com.au
March	Saturday 4	DB ACT Regatta 8 200 m and 2 km 20s	Grevillea Park	Doodle RSVP
	Saturday 18	National Capital Dragon Boat Festival	Grevillea Park	Doodle RSVP
	Sunday 19	National Capital Dragon Boat Festival	Grevillea Park	Doodle RSVP
	Saturday 25- Sunday 26	Relay for Life	AIS	ellymcginness@gmail.com http://doodle.com/poll/9wpefidv77cktskg
	Saturday 25	CAP Expo from 11am to 4pm	Old Bus Depot Market	ellymcginness@gmail.com
April 	19-24	Australian Dragon Boat Championships DAC in the BCS category on Saturday the 22 April (State day).	Gateway Lakes, Wodonga, Victoria	Doodle RSVP
	29-30	DAA Convention Hosted by DA Melbourne Dambusters DAA Convention webpage	Melbourne	Doodle RSVP
May	Sunday 14	Mother's Day Classic	Rond Terrace	Paddle Doodle RSVP
	Sunday 14	Mother's Day Classic BCNA Stall	Rond Terrace	Volunteers needed! Kerrie.griffin22@gmail.com
September	16-17	Handmade Markets	EPIC	Volunteers needed! Doodle RSVP
October	Saturday 21	DAA Festival	Darling Harbour, Sydney	https://www.facebook.com/dragonsabreast
2018	6-8 July	International Breast Cancer Paddlers Commission (IBPCP) breast cancer survivor regatta http://www.florencebcs2018.org	Florence, Italy	Doodle RSVP Expression of interest for paddlers and partners

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 2017

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

Please submit any news, items and images by 10 May 2017 to the newsletter coordinator

Kerrie.griffin22@gmail.com

[Previous newsletters](#)



Katherine Kralikas and Katarina Heineback, DA Christmas party 12 December 2016 *Image:* Marion Blake



Patsy Sheales, Thanksgiving 19 November 2016 *Image:* Frances Heaney



Farewell for paddlers moving interstate including Karen Bail, Pearl Lee, Val Devlin, Judith Smith, Mim and Wes Forrest, 28 October 2016 *Image: Kerrie Griffin*



Julie Kesby presents Kashgar Cup certificates to Elly McGinness Maureen Wild, (Clare Purcell absent) at the DA Christmas party held 12 December 2016 *Image: Kerrie Griffin*



DAA Convention fundraiser 7 January 2017 *Image: Kerrie Griffin*



Dragons Abreast Canberra, Chinese New Year, Gecko is sprayed Captain Cook Memorial Jet, Lake Burley Griffin 28 January 2017 *Image: Frances Heaney*



A calm moment for Dragons Abreast Canberra, National Carillon, 29 November 2016 *Image: Frances Heaney*



Exciting rainbows, Dragons Abreast Canberra, Chinese New Year, Captain Cook Memorial Jet, Lake Burley Griffin 28 January 2017 *Image: Frances Heaney*