



ABREAST of the NEWS

DRAGONS ABREAST CANBERRA

PO Box 7191, Yarralumla ACT 2600

DRAGONSABREAST.COM.AU

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Join the Circus!

Dragons Abreast Canberra, with the generous assistance of Dragon Boat ACT, runs a special regatta allowing everyone to experience the thrill of dragon boat racing while supporting breast cancer survivors in the local community.

We haven't been able to hold this fabulous event since 2019 and we're thrilled to finally invite teams to join the fun. What's a party without a theme? This year, we invite participants to embrace the circus theme and win some fun prizes by dressing up and decorating team tents.

The regatta is perfect for corporate team building or just having a fun day out. Bring the family - make new friends! Eat, dance, play and paddle!



Join us for a day filled with fun and laughter!
<https://fb.me/e/1WI68Z3Om>

2022 DA Canberra Social and Corporate Regatta

Planning and promotion is now well underway for our regatta which will be held on Saturday, **22 October**. The theme is **CIRCUS**

The Organising Committee lead by **Jeannie Cotterell** and members **Kellie Nissen, Karen Adams-Barker, Kerrie Gougeon, Julie Kesby** and **Julie Chynoweth** are very excited for this event. There have already been many enquiries from intending participants. Please volunteer.

This year the regatta is open only for social and corporate paddlers due to limited space we could not invite sports club paddlers or DAA clubs.

Coordinator's report

I'm writing this article with a mixture of sadness, that I am stepping down as Dragons Abreast Canberra coordinator after three years, but also with gladness in that we, as a group, have come through some challenging times with weather conditions, pandemics and now back to the usual winter colds and flus. Thankfully, we remain strong and our numbers remain stable.

I never intended to become coordinator, as I told many paddlers four years ago, but it happened, as sometimes things do. On the whole, I have not regretted that decision and I would strongly encourage DA Canberra members to consider the position or positions on the Committee. You grow and learn so much and if you like to know all that's going on — you will!

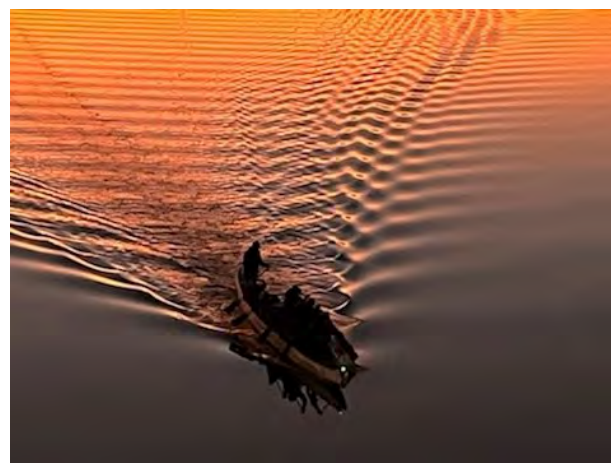
I was very fortunate to work with a wonderful Committee and even though there were a couple of 'tough hills' all worked out and we got on doing what we do best — paddling, friendships and helping each other when needed.

Thank you

To the outgoing Committee — A HUGE THANK YOU! To the incoming Coordinator and Committee — I wish you all the best and hopefully there will be no more huge bushfires, smoke or lockdowns.

I also want to thank those members who I leaned on heavily. I can't thank these members enough for their support.

I have mentioned before, and I'll mention again, I can't thank my husband **Garry** for the fantastic support he gave me during my time as Coordinator.



Sunrise paddle 9 August 2022 Image: Julien French



Sunrise paddle 9 August 2022 *Image: Julien French*



GoAnna's Gathering, Ainslie FC 26 June 2022 *Image: Kerrie Griffin*

GoAnna's Gathering 26 June

DA held a lovely [GoAnna's Gathering](#) at the Ainslie Football Club where we learnt more from some of our regatta planning team about sharing the tasks involved in our upcoming **Social and Corporate Regatta** with the *Circus* theme. Thanks to **Clare Purcell** for the New Zealand update.

Some fun games before our lunch discovered some great moves and skill from our lion tamers and their prides.

Thanks to **Pene Lee** for our extra special table decorations, and to **Julie Chynoweth**, **Kellie Nissen** and **Julie Kesby** for running the program.



Julie Kesby, Julie Chynoweth and Kellie Nissen, GoAnna's Gathering, Ainslie FC 26 June 2022 *Image: Kerrie Griffin*

DB ACT courses

I would like to encourage members to consider undertaking a DB ACT course, whether it is a Level 1 Coaches Course or a Level 1 Officials Course — or both.

Regular training

As the first local regatta is only two months away, and the weather on some days is improving, I encourage all paddlers to get onto the water. As always with our local regattas, we will need parking attendants and officials/volunteers. This is our agreement with DB ACT.



Janet Olsen stroking, Navmat, Diamond Phoenix and DA Canberra, Susan Pitt's sweep reaccreditation 2 July 2022 *Image: Frances Heaney*

Sweep reaccreditation

Congratulations to **Susan Pitt** who passed her sweep reaccreditation on 2 July. Thank you to **Frances Heaney** for conducting the test as well as **Diamond Phoenix** and **Navmat** paddlers.



Navmat, Diamond Phoenix and DA Canberra celebrate Susan Pitt's sweep reaccreditation 2 July 2022 *Image: Frances Heaney*

Coaching

Donna Lennon is renewing her Coach accreditation this month and **Jenny Milward-Bason** is also attending the DB ACT Coaching course. Thanks to Donna and Jenny.

New Zealand

Clare Purcell continues to do a marvellous job of liaising with the **IBPC Committee** and passing information onto our paddlers and supporters that are travelling to New Zealand in April 2023. Thank you Clare and to the NZ Regatta Committee.

Archives

Many thanks to **Kerrie Griffin** for putting her hand up for another DA Canberra job — that of archivist.



Swim and Water Safety Assessment 3 July 2022 Image: Anita Godley

Swim and Water Safety Assessment

Another successful assessment was held under the watchful eye of **Anita Godley**. Well done to members who participated and to Anita for organising them. **Gillian Styles** was impressed and appreciative of the session.

From 1 September 2022, PFDs will not be compulsory – UNLESS you have not undertaken a water safety and swim assessment in the previous 12 months or are advised to wear them by the sweep of the day.

ACT Sport and Recreation

We participated in an ACT Government dragon boating photoshoot on 6 August. The purpose is for **ACT Sport and Recreation** to use them in their *Strategic plan* and to include in their image library for future use.

Most DB ACT Clubs participated. The water conditions were challenging. DA ended up being on the water for 75 minutes as it included our normal session plus the photoshoot. Well done paddlers and **Lyndall Milward-Bason** our sweep.

New member

Welcome to our new member **Isabel Haines**. We hope Isabel enjoys paddling and DA camaraderie.

Vale Olivia Newton John

Sadly, talented [Olivia Newton-John](#) passed away peacefully on 9 August 2022.

A wonderful singer, and beacon of hope and strength for breast cancer survivors around the world — she will be sadly missed.

Her legacy [Olivia Newton-John Cancer Wellness & Research Centre](#) is accepting donations.



DA Canberra, Sharon (DA Orange) and Pearl Lee (right, DAA Chair) get physical in the warm ups, DAA Kurnell Regatta 14 August 2022 Image: Susan Pitt

Out of area regattas

[Dragon Boats NSW](#) Winter warmer Kurnell Regatta, Sydney 14 August

Joanne Widdup was the only DA Canberra paddler to 'get physical' and actually paddle in the early morning sports category. An **Olivia Newtown John** tribute *Let's get physical* warm up was fun. Everyone enjoyed the experience despite the regatta, including BCS races, being cancelled due to poor weather.

[DAA](#) participating [member groups](#):
[Dragons Abreast Canberra](#) [Dragons Abreast Central Coast](#) [Dragons Abreast Illawarra](#) [Dragons Abreast Sydney](#) [Dragons Abreast Penrith](#)

The next DB NSW race at Dobroyd, Sydney on 4 September. Who will be there?



Breast cancer survivors find fitness and friendship in dragon boat racing 10 July 2022 Credit: Ellen Smith and The Guardian



DA Canberra incoming committee: Jenny and Lyndall Milward-Bason, Joan White, Kellie Nissen, Helen Couper Logan, Janet Olsen, (NB Megan Davis and Karen Adams-Barker missing). Deborah Lopert (public officer) 20 August 2022 Image: Kerrie Griffin

PINK PADDLE POWER REGATTA

MELBOURNE AUSTRALIA

Victoria Harbour Docklands Melbourne
Saturday December 3rd 2022

Register your Expression of interest by Tuesday July 19

FRIDAY 2 DECEMBER
5-7pm Welcome Drinks (not included in regatta fee)

SATURDAY 3 DECEMBER
10.30am - 3.00pm Regatta with 200m racing, Acknowledgement of country and smoking ceremony, Dragon Dance, Memorial Race, Flowers On The Water, Dragon boat merchandise and Food trucks on site
7pm Celebration Dinner and Dancing (not included in regatta fee)

SUNDAY 4 DECEMBER
10am-11am Social paddle on Yarra River

JOIN OUR INAUGURAL EVENT!

Pink Paddle Power Regatta in Melbourne 3 December. [EOI TeamApp](#)

This event is for breast cancer survivors and supporters. Link here: [Pink Paddle Power 2022 | Dragon Boat Victoria Inc.](#)



DA Canberra outgoing committee: Jenny and Lyndall Milward-Bason, Joan White, Julie Chynoweth, Kellie Nissen, Helen Couper Logan and Anita Godley, (NB Megan Davis missing) 20 August 2022 Image: Kerrie Griffin

AGM 20 August

Dragons Abreast Canberra held our AGM and elected the Committee. Many thanks to all the outgoing Committee members. I certainly very much appreciated your involvement. Congratulations to the incoming Committee — it will be a great ride.

- Coordinator: **Kellie Nissen**
- Assistant coordinator: **Janet Olsen**
- Assistant coordinator: **Karen Adams-Barker** (NB missing in photograph)
- Treasurer: **Jenny Milward-Bason**
- Secretary: **Joan White**
- General members: **Helen Couper Logan, Lyndall Milward-Bason, Megan Davis** (NB missing in photographs)

- Membership: **Julie Kesby**
- Public Officer: **Deborah Lopert**

Thank you again to **Joy Tonkin** for running the AGM as Public Officer and many years including as Treasurer and grant writing for *Gecko*.

A huge thank you to those who have volunteered for positions. DA Canberra wouldn't be the group it is now without your assistance in committee and non committee roles.



Social Committee: Pene Lee, Katherine Davis Kralikas, Deborah Lopert, Helen Couper Logan, Denise Brown (NB Marion and Nadine Leiba missing) 20 August 2022 Image: Kerrie Griffin



Joy Tonkin presented with flowers by Julie Chynoweth, 20 August 2022 *Image: Kerrie Griffin*



Clare Purcell with the Dragon Spirit Award presented by Julie Chynoweth, 20 August 2022 *Image: Kerrie Griffin*

Dragon Spirit Award 2022 — Clare Purcell
 Congratulations to **Clare Purcell** and well deserved for her work over ten years including the New Zealand team manager and Committee, uniform pool and inventory officer.

Background information on the [Dragon Spirit Award](#)

Merchandise

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

TeamApp

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

DA Canberra Facebook and website

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

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

[DAA In the loop July 2022](#)

[DAA in the loop August 2022](#)

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

<https://www.ibcpc.com/worldwide-teams>

There are more than 250 IBCPC member teams from more than 32 different countries.

<https://www.ibcpc.com/keepingabreast-june-2022>

Julie Chynoweth, Coordinator

Dragons Abreast Canberra

0439 382 661

coordinator.dac@gmail.com

Dragons Abreast Australia

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

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

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



Wendy Ceravolo drumming, Che Mortimer stroking, Dragons Abreast Canberra, Flamin' Dragons Regatta, Wauchope 11 June 2022 *Image: Sam Ceravolo*



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

Monday 10 - Sunday 16 April 2023
New Zealand update

We have 22 breast cancer survivors (BCS) paddlers in the DA Canberra boat, 8 BCS paddlers in an international composite boat, 5 supporter paddlers and 3 non paddling registered supporters making the journey to New Zealand. We also have 12 unregistered family and friend supporters to cheer us on.

Clare Purcell continues to do a wonderful job of heading up the sub-committee consisting of **Maureen Wild, Lyndall M-B, Jenny M-B, Janet Olsen, Di Bradshaw and Julie Chynoweth** ensuring everything is organised for us to get to New Zealand and have a fabulous time. Thank you to everyone contributing to a memorable and absolutely fabulous trip. Latest bulletin: <https://www.newzealandbcs2023.com/post/festival-2023-bulletin-8>

Keep an eye out for the next member update.

Clare Purcell clare@cgpurcell.com



Hyperlink [to IBCPC NZ paddles and jewellery to order online](#)



Clare Purcell, GoAnna's Gathering, Ainslie FC 26 June 2022
 Image: Kerrie Griffin



Natalie Evan-Sandell, Gigi Lungu and Wendy Ceravolo 30 July 2022 Image: Lyndall Milward-Bason

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

<https://youtu.be/kWXi6L5GHl0>

JPX2 now has paddling pants in stock!

Available in S, M and L. Non-Slip Cushioned Paddling Pants - Capri Length <https://jpx2.com.au/>



Newbies special training, Di Wilkinson, Joanne Widdup, Donna Lennon, Jeannie Cotterell, April Weiss and Angela Spencer 30 July 2022 Image: Kerrie Griffin



Dragon Spirit Award (aka the dustbuster) Image: Kerrie Griffin

Dragon Spirit Award 2022 — Clare Purcell

Congratulations to **Clare Purcell** and well deserved for her work over ten years including the New Zealand team manager and Committee, uniform pool and inventory officer.

In 2005, the DA ACT team was presented with a crystal dragon boat by benefactors who were impressed by the spirit of Dragons Abreast. This is a fun trophy, with a serious component, awarded annually to a member who meets the following criteria:

- Reads their emails and responds when appropriate
- Demonstrates commitment to the club
- Inspires others
- Achieves a personal goal
- Volunteers time despite the odds
- Has a commitment to training
- Is willing to dust the trophy!

It was the unanimous decision in the first year of this award that the first recipient of the trophy who has inspired everyone with her courage, selflessness, and generosity of spirit was Sylvia Flaxman. It also has been a local custom but not strict criteria — not to award to anyone who has previously received this award, so to share this award among the DA Canberra membership.

Previous recipients are:

- 2005 – Sylvia Flaxman
- 2006 - Robyne Kellett/Anna Wellings Booth
- 2007 - Jan Skorich
- 2008 - Kerrie Griffin
- 2009 - Marion Blake/Narelle Powers
- 2010 - Mary-Lou Reid/Elspeth Humphries
- 2011 - Judy Cluse
- 2012 - Viki Fox/Cindy Young
- 2013 - Frances Heaney
- 2014 - Di Bradshaw
- 2015 - Annette Dean
- 2016 - Patsy Sheales/Elly McGinness
- 2017 - Maureen Wild
- 2018 - Julie Kesby/Donna Lennon
- 2019 - Debbie Whitfield
- 2020 - Jeannie Cotterell/Marion Leiba
- 2021 – Julie Chynoweth
- 2022 –Clare Purcell



Donna Lennon, aided by Janet Olsen, AGM 20 August 2022
Image: Kerrie Griffin

Coaches' corner

One of the silliest jokes from the Muppets that has always stayed with me is:

*How do you get to Carnegie Hall?
Practice, man, practice!*

Being a kid at the time, well, it took me a while to get it!

So, how do you get to Lake Karapiro (New Zealand)?

If you're organising flights, travel plans and accommodation, then you should also be dusting off your paddling gear and getting ready to come to training.

We are introducing monthly 'Dragons Abreast Lite' sessions which will be small numbers with personalised support and attention specifically for new and returning paddlers. This is perfect for anyone returning after a long winter hiatus. You may see an email pop up with further detail at some point, but please don't wait for that to happen. Drop me a line and there will be a spot — just for you! We are missing you all and really look forward to having our crew back and bubbling again!

You could also come to the next *Pinkscapades – Spring Fling* on 3 September. **Amanda Ferris** and

Janet Olsen are devising an entertaining on land escapade – suitable for everyone; no grunt involved. We'll have an on-water adventure which will be splash and fun. Of course, it wouldn't be a true DA Canberra event if it didn't have a magnificent morning tea; that's a must. Find some flowers, break out some colour and come along. Did I mention that we're missing **you**?

In the meantime, the DB ACT regatta season is around the corner with the Mad Hatter Regatta to kick us off in October: 100m and 1km events. Interesting! In training session terms, that feels like about a week away.

Remember that participating in a few regattas this season will have you humming and hungry for NZ. And did you know that we're feeling a bit sad that you're not here?

We know that the strengths of our club are our social connections; being on the water and embedded in nature; physical exercise and the capacity to challenge ourselves (if we wish). Come along and plug in to something that works for you. There's a bench and a buddy ready and waiting. See you soon.

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

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

Donna Lennon

Editor's note: Thank you Donna for agreeing to coach DA Canberra for the next two years.



Donna Lennon, Fiona Maguire and Julie Chynoweth 23 July 2022 Image: Jeannie Cotterell



DA Canberra members, AGM 20 August 2022 Image: Kerrie Griffin



Diane Wilkinson and April Weiss, Newbies training, 30 July 2022 Image: Kerrie Griffin



Newbies special training, Di Wilkinson, Joanne Widdup, Donna Lennon, Jeannie Cotterell, April Weiss and Angela Spencer 30 July 2022 Image: Kerrie Griffin

Boggs and sticky bum pants!

Little did I realise what doors would be opened when my friend, **Sugar Masangcay**, invited me to a Come and try dragon boat paddling event on 26 February 2022. It all seemed so athletic and self-indulgent time-out from all my pressing activities and commitments.

My first impression was that these DA women of many different shapes, sizes and ages were all so physically strong... I would never be able to attain such an endurance standard. Their kindness was overwhelming and their acceptance and welcome generous and un-staged. We were exposed to new things like fancy pants, footwear, paddles that were measured, changing positions in the boat while on the water and terms such as 'back-set' — not set-back!

Nevertheless, in my naivety, I turned up to the local March Regatta without a chair, food or anything... thinking it would all be over in a flash and we'd go out for an indulgent, late breakfast! Of course, I was better prepared for the Wauchope Regatta.

It was fun to see the boats dressed in all their finery with fiery heads and glistening tails ... and the drum! Somehow, I tapped into reserves and didn't once pull-in during a race. Usually I 'up-paddle' a couple of times before reaching the National Carillon or even the bridge! Bogg boots were my rite of passage, but in the boggy riverside of the recently flooded Hastings, these were discarded and we mostly paddled in bare feet.

My family of husband, Doug, six adult children and entourage of in-laws and grandchildren wonder at my enthusiasm for the Tuesday morning 5am alarm. I also wondered when the recent mornings fell to minus 5° Celsius! Ah ... Bogg boots!

What were the pressing activities, commitments and interests? The latest distraction is the



Joanne Widdup and April Weiss, DB NSW Kurnell Regatta, Sydney 14 August 2022 Image: Susan Pitt

wonderful twin grandsons (now 11 months) and the regular hands on involvement. The recent varroa mite infestation has meant more vigilance with the beehives. Being a classical music tragic, I play several instruments (practice time is negligent now) but mostly enjoy opera and the associated theatre arts. At present, as a senior teacher of the Billings Ovulation Method®, I am heavily involved with promotion and education during the upcoming Natural Fertility Awareness Week. The anticipated asparagus crop, grown at my FARM (a 50msq plot in the Canberra Organic Growers Garden at Kaleen!) will soon surprise me. The potatoes go in next ... and so it goes on!

Joanne Widdup



Joanne Widdup and April Weiss, DB NSW Kurnell Regatta, Sydney 14 August 2022 Image: Susan Pitt

How cancer gave me an athletic opportunity at 61 — who would have thought?

When I first received my diagnosis in December 2017 the cancer machinery moved quickly — everything a blur. After my operation, I was visited by the lovely sister who talked me through a number of things such as specialist physios, how to manage this and that, and in my haze of recovery I thought I heard her say dragon boat training and racing...no couldn't be.

Time went on, treatment progressed, chemo, radiation, back to work, brain fog lifting, ah 12 months later finally some semblance of normality. I was blessed to be able to return to normal life, gym, yoga, walking, travelling and having fun and still I would see dragon boat training popping up when looking through the BCNA website.

The next year, I ruptured my meniscus (knee) badly — had surgery, 2 months of total bedrest to let it heal, then expecting to hop out of bed found that there was a long road of recovery — 6 months of physio and then another year before I started to feel normal. More time passed and my husband and I attended a dinner. I was introduced to **Susan Roraff**. After we were talking about this and that we discovered our similar journey. Susan asked me if I would like to try dragon boating. Hmm...I had been interested for years but hadn't acted on it. So, I agreed, went to a DA Come and try day and became one of the 'newbies'.

From there I was hooked by the physicality of the sport but yet being allowed to go at our own pace and stop 'pull in' when I/we needed to, to the beauty of being out on a lake, and most important to the kindness and consideration of team members who are always watching out for you.

How I came to be enveloped by a nurturing dragon

The team checks you are well, that you are safe, and that you are learning a new sport in a secure environment. So, once or twice a week (well that is the goal) you will find me attempting to paddle in a way that doesn't see me splashing my boat buddies, not to daydream and get out of sync, and always marvelling at this lovely group of women, and sometimes men, that I find myself among, who are so kind and thoughtful.

April Weiss

Editor's note: Joanne Widdup and April Weiss participated in the [Dragon Boats NSW Winter warmer Regatta in Kurnell, Sydney on 14 August](#). Both are definitely smitten with dragon boating!

Getting my mojo back

I've always struggled with the inevitable question in social situations when meeting someone for the first time — 'what do you do?' I don't know if it is a lack of self-confidence or that the question is too metaphysical for my liking or that I'm unable to give a comprehensive answer as who I am as a person changes over time.

Woman. Daughter. Wife. Mother. Librarian. Person who identifies as a book worm, organic gardener, camper, dog wrangler.

In 2020, all of this changed and it became even harder to answer that question as very suddenly and abruptly, all of these aspects of me seemed to unravel, to be replaced by an unknown 'woman with breast cancer'.

Around Mother's Day in May 2020, I found a lump in my left breast. Prior to this, breast cancer was just a vague awareness as I personally knew only a handful of women who had experienced it. Thanks to **Olivia Newton John, Kylie Minogue, Jane McGrath** and consumption of women's magazines as a teenager, I have always regularly checked my breasts for changes.

This seemingly innocuous lump turned out to be cancerous. So, 2020, the year that I now call 'the Year of the 3 C's' (COVID-19, cancer and change) turned into a blur of COVID-19 lockdowns, surgeries and cancer treatments.

I had a lumpectomy, chemotherapy and then, due to a triple negative breast cancer diagnosis (as I discovered, due to the BRCA-1 gene mutation), a preventative double mastectomy and reconstruction. My ovaries were removed in 2021 as another preventative measure.

In amidst the emotional rollercoaster of breast cancer treatments and the COVID-19 pandemic (it was hard to separate the two, as they were enmeshed), there were glimpses of 'rainbows' among the chaos. The love of family and friends. The support of work colleagues. The caring, solutions-focused approach of medical professionals. Laughter and my own black humour (I called my wig *Moir*a in reference to the Netflix show *Schitt's Creek* and made a plaster cast of my old breasts).

In between each surgery and treatment, I was amazed at how my body recovered and my hair eventually started growing back. Just like the rock daisies that sprout up from the infertile soil, there was rejuvenation happening somewhere inside that bruised and battered body and mind!

I spent a lot of time fortifying myself with knowledge by researching triple negative breast cancer and am very grateful for the work of organisations such as BCNA for empowering breast cancer survivors with information.

Slowly but surely, I started feeling stronger and thinking more positively about the future. During my breast cancer treatments, I continued to work as a school librarian, with the support of my colleague and friend **Alison Kesby**, and her sister **Julie**. The Kesby sisters encouraged me to try dragon boating at one of the DA Come and try sessions, which is where I was introduced to the friendly Dragons Abreast crowd

Around the same time, I attended a [Casting for Recovery](#) retreat (at Julie's recommendation), and met a few other dragon boaters. It finally seemed like my body would let me have fun again!

However, due to more surgery and the COVID-19 pandemic, it took a while to get started with DB ACT and it was only in 2022 that I attended another Come and try session. I am still very much a newbie as I have a patchy attendance at training. However, as I keep recovering and getting my mojo back, I am committed to taking the plunge and joining the fun, laughter and physical exhilaration of this lovely and colourful bunch of ladies.

The challenge for me now is to make dragon boating a habit and to regularly attend training, regattas and DA Canberra's social events.

So far I have enjoyed the physical and mental challenge of paddling and the camaraderie of being around women who understand. I love the swooshing sound of the paddle swooping in and out of the water, the rhythm and feeling of power as the dragon boat moves forward and the sense of space being on the lake.

Now as the memories of 2020 fade slightly to just be impressions...the smell of hand sanitiser, the chemical taste in my mouth from chemo, the delirium of hospital after surgery...there is now the reality of being a survivor of breast cancer and always being vigilant.

But as I am putting myself back together to again be that Woman, Daughter, Wife, Mother, Librarian et cetera, if I am asked 'what do you do' in social situations, I can now say 'aspiring dragon boater'.

Angela Spencer



Helen Rowcliffe and Diane Wilkinson and Julie Chynoweth
26 July 2022 *Image:* Jeannie Cotterell

Thanks for the warm welcome

Diane Wilkinson and I have always talked about doing dragon boating but busy sporting children got in the way. Thanks to **Fiona Maguire** (our brother's partner) who suggested the DA Come and try in February. I can't wait to get better at it. I want to thank you all for your patience with splashing, paddle clashing and even an occasional hit in the head with a paddle.

I was born and bred in Cooma, did my nursing training in Sydney and have been in Canberra since 1986. I work as nurse surgical assistant mainly in orthopedics. I also work for some surgeons in their rooms, doing post-op clinics and pre-op education

I am married with three children. Josh works for NDIS, Johanna is a primary school teacher and Emma is one year off becoming a high school teacher. In my spare time, I love gardening, walking, bike riding, stand up paddle boarding and hope to get better at dragon boating.

Helen Rowcliffe



Helen Rowcliffe, sunrise 16 August 2022 *Image:* Susan Pitt

Sunrise paddling

Thank you all for welcoming myself and my sister, **Helen** (my best friend, my support person and genuinely, the nicest person in the world) into the Dragon's Abreast family. We are so privileged to paddle with such warm, inspirational, strong and athletic women.

Helen and I came along to a DA Come and try by the invitation of our sister-in-law, **Fiona Maguire**, who said it would make her look good if she brought two new people along. Though, as it turns out, she didn't need our help at all, as she looks so good with her infectious smile, suede gloves and silly woollen hat. Besides which, she looks like a saint for putting up with my cantankerous, but adorable, when you get to know him, brother Adrian.

Helen and I loved our first session and we have been braving the brisk Canberra winter mornings for the Tuesday sessions ever since. There is a real sense of camaraderie in the early morning sessions, as we all brace the frost and ice together. Even though it is really hard to get up in the dark and the cold, there is such joy in being on the water as the sun and mist rises. It so peaceful and such a beautiful thing to share together and makes you appreciate being alive. I particularly love paddling on Tuesdays with the other newbies like **April Weiss**, with her delightful accent and personality. It is always worth getting up so early in the morning when you get to see **Joanne Widdup**, resplendent in pearls, beret and bright pink lipstick!

I must say, there is certainly a lot more to paddling than I realised! It is hard to remember to breathe while you are concentrating on: bending forward; sitting up; keeping this arm high, moving this arm like a piston, spearing the water; digging the paddle; lifting the paddle; and not rushing the counting for the stretches (looking at you, **Kellie Nissen**!)

Thank you so much to everyone for their guidance, but particularly to **Janet Olsen** and **Jeannie Cotterell** for your patience! I feel I am slowly getting there and I can't wait to be good enough to be in the engine room at a regatta, resplendent in pink!

Diane Wilkinson



Molonglo River 26 June 2022 *Image:* Lyndall Milward-Bason



Donna Lennon coaching, Clare Smyth and Natalie Evans-Sandell 13 August 2022 *Image:* Susan Pitt

DRAGON BOAT FACT SHEET

Originated in Southern China over 2000 years ago, and started gathering interest in the western world in the 1970s. 🇨🇳

UTIMATE TEAMSPORT

STANDARD CREW

20 PADDLERS

DRUMMER STEERER

DRAGON BOAT is human-powered watercraft

PADDLING vs ROWING

IN PADDLING, YOU HOLD A PADDLE.
IN ROWING, YOU MANUEVER AN OAR.

We don't ROW, we PADDLE.

DRUMMER PACERS ENGINE TURBO STEER PERSON

#ATEAMDXB

PADDLE

TIP BLADE THROAT SHAFT GRIP

APPROXIMATELY 600 CALORIES BURNED PER HOUR

WHAT TO WEAR?

LIGHT CLOTHING THAT'S OKAY TO GET WET

GAIN FRIENDS AND BRING...

WATER EYEWEAR SUNSCREEN & SUNNY ATTITUDE



Warm up and training times

Saturday morning:

Extra effort: 7.15 – 8.00am

Saturday morning: 8.00 – 9.30am

Wednesday lunchtime: 12.15 – 1.30pm

Contact:

[TeamApp](#)

Kellie Nissen kellie@justrightwords.com.au

Some great paddling technique tips:

http://www.youtube.com/watch?v=i7IRbj3K8c4&feature=player_embedded

Remember water, hat, sunscreen and sunglasses!

Weather watch

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

<http://www.eldersweather.com.au/act/act/canberra>

Of dragons, wyverns, griffins and phoenixes

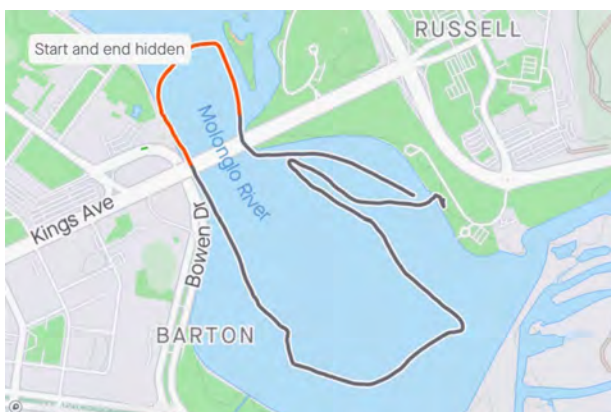
Firstly, the 'dragon' — a legendary creature that appears in the folklore of many cultures worldwide. In appearance, dragons often have a combination of feline, avian and reptilian features. Crocodiles bear the closest real-world resemblance to dragons and may be the basis for Asian dragon imagery. Beliefs about dragons vary considerably. Western cultures since the Middle Ages have depicted dragons as winged, horned, four-legged, aggressive, and capable of breathing fire. In fact, the name 'dragon' is derived from the Latin word 'draconem', which means 'huge serpent'.

By contrast, dragons in Asian cultures are usually depicted as friendly wingless, four-legged, serpentine creatures, with above-average intelligence. In China, only the imperial dragon has five toes on each foot. All others have four. Japanese and Korean dragons look similar to Chinese ones, but only have three toes.

The four-toed red dragon Y Ddraig Goch features on the national flag of Wales. The Welsh dragon is thought to have originated in Arthurian legend. The Celts believed that dragons were shape-shifters who could take any form they desired; including human form. Merlin the magician tells of the red dragon (representing Britons) defeating the white dragon (representing invading Saxons). The tails of dragons vary a lot, too, with the Welsh dragon's tail traditionally ending in an arrow shape.

Clive Williams is a Canberra City News columnist <https://citynews.com.au/2022/of-dragons-wyverns-griffins-and-phoenixes/>

Extract courtesy of Julie Kesby



Map of App tracker of paddling circuit in Gecko 16 August 2022
Image: Jeannie Cotterell



Wendy Ceravolo and Denise Brown sporting balaclavas in minus 6 degrees Celsius, 30 July 2022
Image: Kerrie Griffin

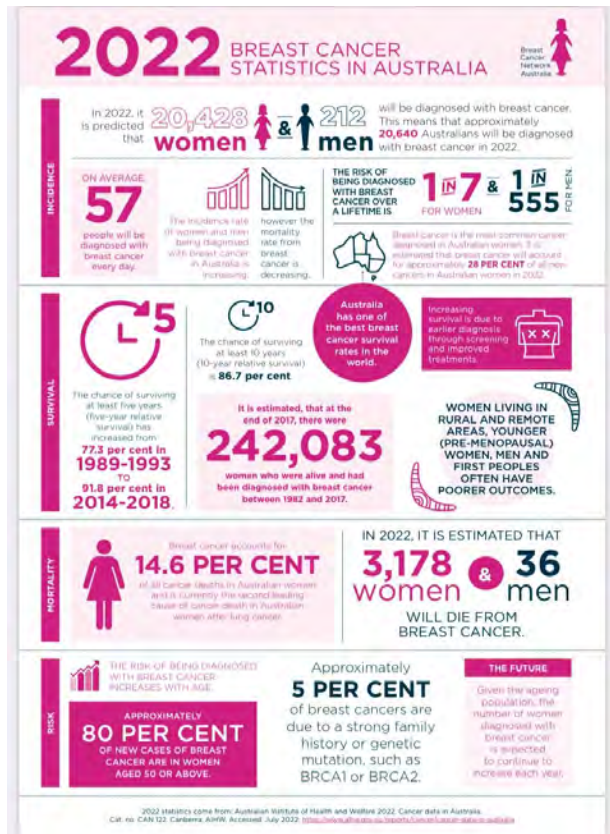
Under the pink umbrella



Breast
Cancer
Network
Australia

www.bcna.org.au

Breast Cancer Network Australia



Breast cancer statistics

[The Beacon Issue 91, June 2022 | View online](#)

<https://www.bcna.org.au/news-events/the-beacon-magazine/issue-91-june-2022/>

[NBCF tracking progress to zero deaths from breast cancer by 2030](#)

[READ THE FULL REPORT CARD](#)

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

Cancer Australia – The Australian Cancer Plan

The Australian Cancer Plan engagement hub is now open and aims to keep stakeholders, friends and all those interested in improving cancer outcomes up to date with the development of the Australian Cancer Plan. If you haven't already registered for updates and are keen to provide feedback, please click [here](#).



[Vale Olivia Newton John](#)

Sadly, inspiring [Olivia Newton-John](#) passed away peacefully on 9 August 2022. Olivia will be remembered for her dedication to improving patient-centred care through her tireless advocacy and the commissioning of the [Olivia Newton John Cancer Wellness and Research Centre](#) in 2012. <https://www.oncancercentre.org/>

Olivia's dedication to building public awareness for those living with metastatic breast cancer was an inspiration. Olivia generously shared her journey of living with breast cancer and will be sadly missed as one of Australia's much-loved ambassadors.

BCNA sends our deepest condolences to her family and loved ones.

If you need support the **BCNA Helpline** is here to talk to you **1800 500 258**.

[BBC News - Obituary: Olivia Newton-John](#)

[McGrath Foundation](#)

The McGrath Foundation celebrates the life of an incredible woman who not only shared her talents with the world, bringing happiness to generations, but who also used her profile for good and showed that you can live life well with metastatic breast cancer.

Thank you for bravely sharing your breast cancer experience and all you have done to raise awareness and funds for breast cancer, and the incredible legacy you have left with the

[Olivia Newton-John Cancer Wellness & Research Centre](#)



Financial impact of breast cancer

One of BCNA's current advocacy priorities is to reduce the out-of-pocket costs of treatment and increase access to high-quality and timely information to help patients with decision-making. To help achieve this, we work with health professionals and other stakeholders to support them to provide greater financial support and transparency of costs.

Recently, we launched an updated [financial factsheet](#) that explains the medical costs of breast cancer and provides advice on understanding financial consent, your income options, and where to find help. You can read this now via My Journey.

For more support or information, visit *My Journey* or call BCNA Helpline 1800 500 258. You can read more about our Policy & Advocacy Strategy: Towards 2025 via the following link: <https://www.bcna.org.au/about-us/advocacy/>



[Living well with breast cancer online Information Forum](#)

BCNA will be hosting an online Information Forum for people living with breast cancer and their supporters. It will cover topics including the latest in breast cancer treatment, managing your emotional wellbeing after a breast cancer diagnosis, and how you can live well during treatment and beyond.

Please register for the session/s you would like to attend. **Time: 6.00pm - 8.15pm AEST**

Registration: Please register via [Redback](#)

[Living well with early breast cancer Monday 29 August](#)

[Living well with metastatic breast cancer Tuesday 30 August](#)

[Living well with breast cancer: Health and wellbeing Thursday 8 September](#)

BCNA managing pain with breast cancer

Many who undergo treatment for breast cancer experience pain at some stage. For most, this pain is short-term and manageable. However, for a small percentage, pain can be acute and ongoing. Experiences of pain and its triggers can be different for those with early and metastatic breast cancer.

Control of pain related to treatment for early and metastatic breast cancer is important. Pain can interfere with your daily activities, so it is important to let your treating team know if you are experiencing pain so that it can be investigated and managed effectively.

Pain can be caused by many things. The most common causes of pain during breast cancer treatment include:

- Breast cancer surgery, including breast reconstruction
- Radiotherapy burns
- Scar tissue
- Side effects from some breast cancer drugs, such as mouth ulcers, muscle and joint pain, and nerve damage in the hands and feet
- The spread of cancer to other parts of the body (metastases).

The **My Journey symptom tracker** can be helpful when you talk to your medical team about your experience with pain. It can also help you track any triggers to your pain.

For more information, please see the following *MyJourney* article about managing pain in

[Early Breast Cancer: https://myjourney.org.au/article/3328](https://myjourney.org.au/article/3328)

[Metastatic Breast Cancer: https://myjourney.org.au/article/1397/](https://myjourney.org.au/article/1397/)

Our experienced Helpline Services team are also available to provide assistance **Monday to Friday 9am to 5pm AEST on 1800 500 258.**



Webcast: Just diagnosed with metastatic breast cancer, what's next?

[Click here to watch on-demand.](#)



You're invited to join **BCNA** on the [Twelve Apostles Lodge Walk March 2023](#)

Escape to the spectacular south coast of Australia and walk 32km over three days across deserted beaches, through towering forests and along wild, wind-swept cliffs steeped in history.

Each step you take you will be in support of the 20,000 Australians expected to be diagnosed with breast cancer this year, with all walkers challenged to raise \$3,000.

The Twelve Apostles Lodge 'Long Weekend' is an easy to moderate 3-day walk with lightweight daypacks, culminating at the iconic Twelve Apostles and returning each evening to our private eco-lodge and local food and wine.

For more information please see the following link: <https://www.bcna.org.au/news-events/events/bcna-adventures/>

In 2022, it is projected that more than 20,000 people will be diagnosed with breast cancer. Of those diagnosed, it is estimated about 5 to 10 per cent will have metastatic disease at presentation, often referred to as de novo metastatic breast cancer.

BCNA resources

- Sign up to [My Journey](#) to further access all the latest information about your breast cancer diagnosis. Featuring hundreds of articles, videos, podcasts, webcasts and digital tools that empower people with breast cancer to make the best decisions about their treatment and care and manage their breast cancer experience.
- Visit our [Online Network](#) to connect with people going through a similar experience.
- To help us continue to develop podcasts that are relevant to our members and their breast cancer diagnosis, we ask for your feedback via our [online survey](#).



[Episode 10: Upfront About Breast Cancer – What You Don't Know Until You Do, with Dr Charlotte Tottman: The Iron Fist: Fear of Cancer Recurrence](#) <https://bit.ly/3C90WvR>

Breast Cancer Network Australia have a wide range of free digital resources available covering a variety of topics.

[Episode 45: In Conversation with Harry and Pieter: Raising awareness for men with breast cancer](#)

[Upfront About Breast Cancer podcast](#), which provides raw, real, and honest stories from those who have had their own breast cancer experience as well as providing access to the latest information from healthcare professionals and experts. Listen or view at your convenience at any time! Check out BCNA's large library of free digital resources here: <https://buff.ly/3JFyxhh>

You can find information and further resources on BCNA's *My Journey* here: <https://bit.ly/3HBho7U>

Missed our Q&A on the topic of [breast cancer recurrence?](#) Here's a link to watch the recording of this fantastic discussion on a very important topic.

<https://bit.ly/3McBCXX>

<https://www.youtube.com/watch?v=4d8EWaRSONM>

[Breast Cancer Trials](#)

Breast clinical trials are the critical tool to identify new, improved treatments which can save and protect lives.

[IMPACT](#)

Want to stay up to date with breast cancer clinical trials research? IMPACT is open to anyone who has an interest in our research and membership is free. IMPACT aims to recognise the important contributions made by women to breast cancer clinical trials, and provide members with reliable, up to date information about breast cancer clinical trials and research.

Join IMPACT and be the first to receive invitations to online events, newsletters and research updates:

<https://www.breastcancertrials.org.au/join-impact>

To learn more about the different types of breast cancer, visit: <https://www.breastcancertrials.org.au/types-of-breast.../>



[Breast Cancer Trials](#)

For the second year in a row, Breast Cancer Trials has won a special Australasian Reporting Award for Best Online Report in the Not-For-Profit sector for our [2021 Annual Report](#). It involves staff across the organisation, so it's a great pat on the back for the team. Well done BCT!

<https://members.breastcancertrials.org.au/annu.../2020-2021/>

Visit our website to download our free brochures. <https://www.breastcancertrials.org.au/brochures>

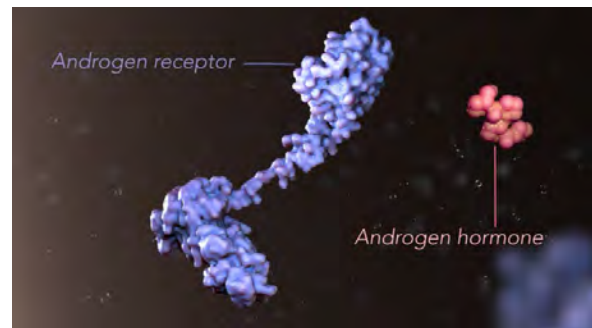
The [PROSPECT clinical trial](#) shows that a Magnetic Resonance Imaging (MRI) scan, done prior to breast surgery, can help identify patients who can safely avoid radiotherapy treatment while maintaining a very low risk of their breast cancer returning. **That's less side effects, inconvenience, cost and time away from family.**

Early results from the [CHARIOT clinical trial](#) showed that using two immunotherapy drugs with chemotherapy in patients with treatment resistant, early-stage triple negative breast cancer resulted in 24% of participants achieving a **complete disappearance of their cancer within the breast and lymph nodes prior to surgery**. This is good news too.

Our researchers have just commenced the [FINER clinical trial](#). This international trial hopes to identify an urgently needed new treatment for patients with hormone receptor-positive breast cancer which has spread beyond the breast (metastatic disease). **Sadly, their cancer becomes 'resistant' to treatment and starts to grow and spread.**

Working with our international colleagues in Canada, it's hoped that through the FINER clinical trial, we will identify a way to control the cancer for longer and slow down the spread of disease. We desperately want to improve the quality of life for these patients and ensure they can live the lives they'd planned for as long as possible.

<https://www.breastcancertrials.org.au/trials/finer/>



[Clinical trial for aggressive triple negative breast cancer](#) 21 June 2022

Associate Professor Christine Chaffer leads a clinical trial to target a 'defence switch' on cancer cells that alerts cancer to the threat of chemotherapy. [Learn more.](#)

[New approach for triple negative breast cancer](#)

About 10-15% of breast cancer cases are diagnosed as triple negative breast cancer, which means the cancer cells lack all three receptors that doctors can target with cancer-treating medications. As there are currently no effective targeted therapies, triple negative breast cancers have a poorer prognosis compared with other forms of breast cancer.



[World-first breast implant trial in Australia aims to provide safer alternative to silicone](#)

World-first procedure could be a 'game changer'

In simple terms, scientists use a 3D printer to create a scaffold that looks like an intricately woven breast implant. It's made from the same material used for dissolvable stitches. 'I think we are seeing the start of a new paradigm, a new series of procedures and operations which really developed around this technology.'

Explainer: [What is a cancer consumer?](#)

The role of consumer representatives within the Australian healthcare system has evolved significantly over past decades, with quality partnerships benefiting the community and those

involved in advancing cancer research, education and clinical care. So, what exactly is a consumer in the cancer context?

According to Cancer Australia, 'consumer' is used to refer to a person affected by cancer as a patient, survivor, carer or family member; or a consumer organisation representing the views of consumers.

At the [VCCC Alliance](#), we strive to amplify the consumer voice in everything we do, because no-one knows cancer like someone who's lived it.

[News](#)

LATEST RESEARCH 29 MAR 2022

[Trodelvy approved for PBS](#)

BCNA NEWS 24 MAR 2022

[BCNA Launches information for First Peoples](#)

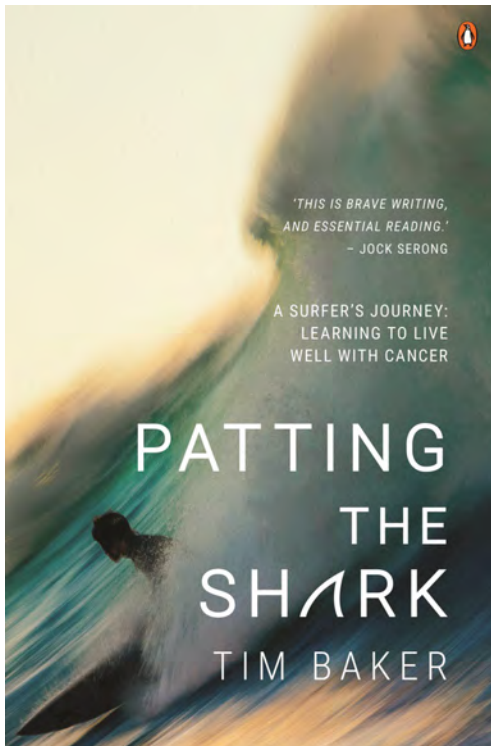
BCNA NEWS 21 MAR 2022

[BCNA launches LGBTIQ+ resources](#)

[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/>



[Physician heal thyself? After 4 years of treatment for stage 4 cancer I just wanted some encouraging words from my oncologist](#) article

Edited extract from [Patting The Shark](#) by Tim Baker, published by Penguin Random House Australia, RRP \$34.99.

[ABC Conversations podcast hyperlink](#)



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

The **Younger Women's Cancer Support Group ACT & Surrounding Region (YWCSG)** supports these women: to ask questions, vent, socialise and support each other, raising awareness of these challenges, standing up to make a difference and ultimately close up the gaps.

Join at: www.ywcsq.com

ywcsq.act@gmail.com www.facebook.com/ywcsq

www.linkedin.com/company/ywcsq

Beth LeFerve, Founder



RETREAT 2023

24-26 March 2023 [Casting for Recovery](#), a program run by the ACT Fly Fishing Club for women who have had breast cancer at any time in their lives. <http://www.castingforrecovery.org.au/>

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

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

Mammographic density

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



Tips from Kellie Toohey

Exercise Physiologist for Cancer Council ACT's **ENRICHing Survivorship Program**

If you are interested in future ENRICHing Survivorship programs, register your interest at

<https://bit.ly/ENRICHingsurvivorship>

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

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 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.

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 www.otisfoundation.org.au or call 03 5444 1185

View the [video](#):

<https://mail.google.com/mail/u/0/?tab=rm&ogbl#label/BCNA%2FBFCNACTION+updates/FMfcgzGpGwkJXZtvVVqpHtdpWqpxbrJG?projector=1>

Elsbeth Humphries

Colleen's Lingerie and Swimwear

In March Colleen's launched a new post surgery fashion lingerie range called [Megami](#)

Colleen's is still collecting your **second-hand breast prosthesis and gently loved mastectomy bras** for the women of **Fiji**. All donations are greatly appreciated and can be dropped off in Garran.

Gillian Horton

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

Monday, Tuesday, Thursday and Friday 9.30am to 4.30pm, Wed 9.30am to 5.30pm

Appointments can be made via the website.

Online shopping.www.colleens.com.au

<https://www.colleens.com.au/page/support-the-girls/>

Lymphedonna

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

Positive Motion Physiotherapy

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

HeadsUp Kippax Inc.

2/12-16 Hardwick Cres. Holt ACT 2615
Open 10am-4pm Tuesday-Friday

HeadsUp provides a service for women who have total or partial hair loss. We sell wigs, hats, scarves and other

headwear. Appointments are preferred so that we can provide individual attention in a safe environment.

Shop instore or online at www.headsup.net.au
For assistance call Sue Owen 02 6254 4403

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



Bosom Buddies ACT Inc.

Throughout the year, Bosom Buddies hold regular morning teas, after work drinks, Young Women's Group and a variety of social events and outings. These get-togethers provide the perfect environment to meet other members, build networks and catch up with old friends!

Bosom Buddies also runs information sessions where you can receive information about the support services and activities that are available across the ACT and surrounding region. Information on exercise, dental care, first aid, nutrition, fertility, genetics, sexuality and reconstruction. www.bosombuddies.org.au or <https://www.facebook.com/bosombuddiescanberra>

Bosom Buddies can connect you with a Support Team member who will listen to your concerns, answer questions and share their own experiences. For more information call **0406 376 500**.

The difference between genomic and genetics

Article on genomic testing (tumour profiling):

<https://myjourney.org.au/article/2181>

Article on genetics and risk of breast cancer:

<https://myjourney.org.au/article/3645>

Kerrie Griffin

Consumer Representative

Seat at the Table (SATT) Program, BCNA



Calendar of events

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

Month	Date(s)	Event	Location	Notes
September	Saturday 3	<i>Pinkscapades – Spring Fling</i>	Grevillea Park	TeamApp RSVP
	Saturday 17- Sunday 18	DB ACT AusDBF Pride in Sport National Come and try day	Grevillea Park	TeamApp RSVP
	Saturday 17	<i>Great Expectations</i> by Charles Dickens Joan White will play Miss Havisham	Belconnen Theatre	TeamApp RSVP DA group dinner and play RSVP ASAP
October	Saturday, 8 - Sunday 9	DAA National Paddle Daze	Grevillea Park	TeamApp RSVP
	Saturday 15	DB ACT Regatta 1 Mad Hatter 100m (10s) 1000m pursuit (20s)	Grevillea Park	TeamApp RSVP
	Sunday 22	DA Canberra Social and Corporate Regatta BCNA Mini Field of Women	Grevillea Park	TeamApp RSVP Volunteers required!
November	Sunday 6	Unleash the Dragon Festival	Grevillea Park	TeamApp RSVP
	Saturday 19	DB ACT Regatta 2 and Juniors Regatta 2km (20s) 200m (10s)	Grevillea Park	TeamApp RSVP
December	Saturday 3	DB ACT Regatta 3 Christmas Mad Hatter Regatta 500m (10s)	Grevillea Park	TeamApp RSVP
	Sunday 4	DB ACT come and try - all clubs	Grevillea Park	TeamApp RSVP
	Friday 2- Sunday 4	DB Vic Pink Paddle Power Regatta and Sunday Yarra River paddle	Docklands Melbourne	TeamApp RSVP
	Sunday 11	DB ACT Molonglo Reach 8km Challenge	Grevillea Park	TeamApp RSVP
	Date tbc	DA Canberra Christmas Party	TBC	TeamApp RSVP
	Date tbc	DA Canberra Christmas carol paddle	Grevillea Park	TeamApp RSVP
2023				
January	Saturday 14	DB ACT Regatta 4 Mad Hatter 2km (20s) 200m (20s)	Grevillea Park	TeamApp RSVP
	Saturday 21	DB ACT Regatta - optional)	Grevillea Park	TeamApp RSVP
	Sunday 22	DB Victoria Falls Creek Regatta TBC	Falls Creek Victoria	TeamApp RSVP

February	Saturday 4 – Sunday 5	Bei Loon Reach 8km Challenge Race	Bei Loon Sydney	TeamApp RSVP
	Saturday 11	DB ACT Regatta 5 500m (20s)	Grevillea Park	TeamApp RSVP
	Sunday 19	DB ACT sweep school	Grevillea Park	TeamApp RSVP
	Saturday 25 – Sunday 26	DB ACT coaches course	Grevillea Park	TeamApp RSVP
 Dragons Abreast	Saturday 4	DB ACT Regatta 6 2km (20s) 200m (10s)	Grevillea Park	TeamApp RSVP
	Saturday 18 – Sunday 19	ACT Championships Regatta	Grevillea Park	TeamApp RSVP
	Saturday 25	DB ACT Regatta - optional	Grevillea Park	TeamApp RSVP
	Saturday 25 – Sunday 26	NSW State Championships Regatta	NSW	
April	Monday 10 - Sunday 16	IBPCP International Breast Cancer Paddlers Commission Festival Lake Karapiro, Cambridge, https://www.newzealandbcs2022.com/	Lake Karapiro, Cambridge, Waikato, New Zealand	News bulletins IBPCP Festival 2022 Bulletin #8
	Thursday 20 - Monday 24	AusChamps - Australian Dragon Boat Federation	Albury-Wodonga	TeamApp RSVP
May	Saturday 20 – Sunday 21	Nowra Dragon Boat Regatta	Nowra	TeamApp RSVP
	Friday 27 – Sunday 29	Coast to Coast Dragon Boat Festival	Lake Kawana Qld	TeamApp RSVP
July	Sunday 23	Battle on the Barwon Regatta TBC	Geelong Victoria	TeamApp RSVP
August	Sunday 6	DB ACT Annual General Meeting (AGM)	TBC	TeamApp RSVP

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 — November 2022

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

Please submit any news, items and images by **1 November 2022** to the newsletter coordinator

Kerrie.griffin22@gmail.com

[Previous newsletters](#)



GoAnna's Gathering, Ainslie FC 26 June 2022 *Image: Maureen Wild*



DA Canberra, Barbarians 20 July 2022 *Image: Frances Heaney*



Barbarians 7 July 2022 *Image: Frances Heaney*



Susan Pitt sweeping, Donna Lennon coaching 13 August 2022 *Image: Susan Pitt*



Barbarians mask dress up paddle 20 July 2022 *Image: Frances Heaney*



Sunrise paddle with rainbow 16 August 2022 *Image: Susan Pitt*



Barbarians 20 July 2022 *Image: Susan Pitt*



Winter reflections, Molonglo River 26 June 2022 *Image:* Lyndall Milward-Bason



Natalie Evans-Sandell and Anita Godley, DAA Kurnell Regatta 14 August 2022 *Image:* Susan Pitt



Julie Chynoweth, Molonglo River 26 June 2022 *Image:* Lyndall Milward-Bason



DA Canberra outgoing committee: Jenny and Lyndall Milward-Bason, Joan White, Julie Chynoweth, Joy Tonkin retiring Public Officer, Kellie Nissen, Helen Couper Logan and Anita Godley, (NB Megan Davis missing) 20 August 2022 *Image:* Kerrie Griffin



Sunrise paddle 9 August 2022 *Image:* Julien French