



ABREAST of the NEWS

DRAGONS ABREAST CANBERRA

PO Box 7191, Yarralumla ACT 2600

DRAGONSABREAST.COM.AU

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DA Canberra, final DB ACT Regatta 1 April 2017 Image: Frances Heaney



Two action-packed days of paddling on Lake Burley Griffin for the National Capital Dragon Boat Festival 18-19 March 2017 Photography: Michael Daniel Photography who is photographer for the DBACT marketing campaign.

Coordinator's report

Dragons Abreast Canberra Social and Corporate Regatta Committee for the 14 October 2017 Regatta

Our volunteers for the 2017 DA Canberra Social and Corporate Regatta Committee include: **Maureen Wild, Donna Lennon, Marion Blake, Katherine Davis Kralikas and Di Bradshaw.** **Debbie Whitfield** has also kindly volunteered to help out with the training of teams and sweeping of teams. I will take a lead role as the **Dragons Abreast Coordinator** working with this Regatta Committee. We already have a number of very interested teams. Please let me know if you are available to help before or on the day. The regatta email is: daregatta17@gmail.com



Sue Willemsen-Bell was presented with the Narelle Powers Coaches award 11 March 2017 Image: Kerrie Griffin

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

At end of May we pay for our Early Bird Boat Registration for 22 breast cancer survivors (BCS) (20 paddlers, 1 drummer, 1 sweep), and have a second Standard Boat registered currently with 6 BCS paddlers. We are looking for more paddlers to fill the second boat with DAA's help. We have 8 Supporter paddlers for the Supporters racing. Our accommodation and room types have been confirmed for 7 nights from 2/7/18 -9/7/18. Further details about next payments due, waivers, medical clearances will be communicated direct to team members by Maureen and Julie. 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 plus 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

Dragons Abreast Australia Convention 29-30 April 2017

What a special feeling to be part of such a supportive community while a participant of the DAA National Biennial Convention in Melbourne. It was inspiring to hear the special message sent from **Dr Don McKenzie** (the founding doctor of the breast cancer dragon boat movement which began in Vancouver, Canada in 1996) and to sing



Julie Kesby and Mim Forrest, DAA Convention Heritage Paddle, Yarra River, Melbourne 30 April 2017 *Image:* Kerrie Griffin

together the [song](#) written for Dragons Abreast Australia by **Jenny Howlett** (DA Gippsland Waratahs Coordinator), to help spread the message of early detection and the benefits of dragon boating.

The Convention was an emotional journey from shedding tears during the personal stories, to almost uncontrollable laughter, especially during the comedy segment at the dinner. Group discussions focused on DAA as an organisation now and in the future. Many discussions emphasised DAA's current core philosophy of *Awareness, Participation and Inclusiveness*, as well as the importance of fundraising for the future growth of clubs and DAA.



Kerrie Griffin, Anita Godley, Joan White, Maureen Wild, Linda Papworth, Julie Kesby, Marion Blake and Katherine Kralikas, DAA Convention dinner, Melbourne 29 April 2017 *Image:* Kerrie Griffin



Wes Forrest, Maureen Wild, Joan White and Katherine Kralikas, DAA Convention, Docklands, Melbourne 30 April 2017 *Image:* Cliff White



DAA Convention Heritage Paddle, Yarra River, Melbourne 30 April 2017 *Image:* Cliff White

Storytelling was important, as personal journey stories during workshops and coffee breaks; or as member group stories videoed at the heritage paddle picnic by DAA which will be on DAA Facebook soon. Thanks to **Joan White** who was videoed for our club, and **Cliff White** (Joan's husband), for making the [YouTube video](#) of the Convention and Heritage Paddle including the emotional *Flowers on the Water ceremony* available from DA Canberra's Facebook.

In fact, the stories continued for me in Melbourne well after the Convention. I mentioned while shopping that I was visiting Melbourne to attend the DAA Convention, which then opened up a 20-minute conversation with the retailer who shared with me her very personal breast cancer story, and asked many questions about our DAA activities.

The Convention also provided a great opportunity to catch up with various paddling friends from Melbourne's Dambusters including **Mim and Wes**. It was very special to be Mim's paddling buddy for the heritage paddle from Docklands and along the Yarra River to Alexandra Gardens. We coo-eeed together as we went under every bridge.

Marion Blake spoke at Zonta breakfast 4 April

Sincere thanks to Zonta that kindly donated \$100 to support one of our DA members to attend the national biennial DAA Convention in Melbourne.

Jindabyne Flowing Festival Regatta 18-19 February 2017

Thanks to our boat captain **Donna Lennon**, our sweeps **Frances Heaney** and **Susan Pitt**, and crew for a great experience at Jindabyne - 2 km and 200 m racing. **Louise Walmsley** drummed for the first time at a regatta. The conditions were very challenging for the 2 km on Saturday evening with the weather improving on Sunday but also getting windier throughout the day. There is some great footage of a very strong crew on our Facebook site. Thanks to all our photographers.



Dragons Abreast Canberra, 2km Jindabyne Flowing Festival 18-19 February 2017 Image: Frances Heaney

Messages from our coach Frances on the 2 km race:

The 2 km crew and race, it was tough out there. Thank you all for your great effort, sorry I had to stop on that last corner twice. I could not get that corner. Great timing despite throughout the race. Well done ladies. Thanks, Karen (DP) for drumming. Thanks to Paras (DP) for drumming our first 200m race.'

Race results

Approx. 17 minutes (2 stops) for 2km with Frances sweeping.
 1:07.13 for 200 m heat 5th place as Snow Dragons were DQ, Frances sweeping.
 1:20.00 for 200 m heat (weather conditions had worsened)
 Susan sweeping.



Dragons Abreast Canberra, 200 m Jindabyne Flowing Festival 18-19 February 2017 Image: Frances Heaney



DA Canberra Mother's Day Classic starting line 14 May 2017 Image: Kerrie Griffin

Mother's Day Classic (MDC)

A few DA Canberra members (Marion, Kerrie, Julie and Susan) represented the club at the Mother's Day Classic (MDC) launch breakfast held at Bookplate, National Library of Australia on 8 March. Some inspiring early morning speeches and some great networking with MDC Committee and guests. Special thanks to all for a special way to celebrate International Women's Day.



Sue Field MDC Coordinator, Marion Blake, Bina Brown, Julie Kesby, Natalie Rayner MDC Coordinator and Kerrie Griffin 8 March 2017 Image: Kerrie Griffin

On 14 May, DA Canberra paddled to the start line for the Mother's Day Classic Walk or run for breast cancer research, and we did race starts to start off and encourage the participants of the two 5 km runs and the 5 km walk in a festival atmosphere.

Jan Skorich, former DA Canberra Coordinator took photographs of us from her kayak. Thanks to **Gillian Styles**, coordinator, **Cathy Powell** and **Lan Crowley** who volunteered at the BCNA Stall to raise awareness. Congratulations to the organisers on their 11th successful event.

Message to Kerrie from Sue Field, MDC Coordinator:
 It's such a pleasure having all the breast cancer networks represented at our event We love the fact that we can bring you all together to share in one common goal. To beat this disease, support people going through treatment, support those that lost loved ones etc. We were so moved by some of the stories told on the day. It just makes the whole day worthwhile and weren't we lucky with the weather?



DA Canberra Mother's Day Classic 14 May 2017 Images: Kerrie Griffin



Sandra Turner, newly appointed CEO of Cancer Council ACT, (holding Kerrie's Dragons Abreast paddle) at the morning tea for Relay for Life participants 25 March 2017 *Image: Kerrie Griffith*

It was a busy day for DA Canberra on 25 March. It was great to meet **Sandra Turner**, newly appointed CEO of Cancer Council ACT, at the morning tea for **Relay for Life** participants, AIS. Special thanks to **Elly McGinness** for organising the team. Congratulations to **Romy Collier** on a great article in the [Canberra Times](http://www.canberratimes.com.au/act-news/ais-track-turned-purple-and-yellow-during-relay-for-life-20170325-gv6fh4.html) sharing some of her breast cancer journey. It was indeed again a very moving experience doing the Survivors and Carers' lap walking with DA Canberra team members. I thought of various family members and friends as I took each step. It was a great effort by our team in raising awareness and funds for the Cancer Council ACT. Hope Lives Here!
<http://www.canberratimes.com.au/act-news/ais-track-turned-purple-and-yellow-during-relay-for-life-20170325-gv6fh4.html>

Across town on 25 March - Thank you to **Frances Heaney, Patsy Sheales** and **Joan White** for setting up a great information stall at the **Connect and Participate Expo** at the Old Bus Depot Building, Kingston. Joan was live on air on Art Sound FM92.7, FM 90.3 Canberra's Music and Art spreading the dragon boating and breast cancer message. Thanks to all for volunteering on such a busy weekend for DA Canberra.



Frances Heaney, Patsy Sheales and Joan White, DA Canberra stall, Connect and Participate Expo, Old Bus Depot Building, Kingston 25 March 2017 *Image: Frances Heaney*

Kingston Festival 2018/National Regatta Committee 2019

Great news that **Gabrielle McVie** has volunteered for the Kingston Festival 2018/National Regatta Committee 2019 as representative for DA

Canberra. It was a requirement from DBACT that each club have a representative on these committees. Gabrielle brings skills to the committee of event planning and health and fitness training experience. Special thanks to Gabrielle for taking on this role.



National Capital Dragon Boat Festival 18-19 March 2017
 DA Canberra 200 m crew for Race 2 with Susan Pitt sweeping. Thanks to our drummer Tom. *Image: Frances Heaney*

National Capital Dragon Boat Festival 18-19 March

DA Canberra participated in two great days of racing at the National Capital Dragon Boat Festival. On Saturday, we raced in the 2 km and 200 m races, and on Sunday it was 500 m racing.

Celebrating DBACT Regatta results

DA Canberra celebrated in the DBACT end of season results coming **third in both the women's 200 m and 2 km events** and **placed second in the women's 500 m**. Congratulations to all crews and sweeps for the regatta season, to our boat captain **Donna Lennon**, and our coach **Frances Heaney**. Thanks also to all members who volunteered throughout the season.

All of our training sessions have led to these great results. Pat yourselves on the back for a great season whether you paddled, volunteered or cheered on the crews! Looking forward now to paddling in the new regatta season later in the year. Paddles up!

Narelle Powers Coaches Award 2017

Congratulations to **Sue Willemsen-Bell** who was presented with the inaugural **Narelle Powers Coaches Award** on 11 March by **Frances Heaney** (our current DA coach).

Narelle's criteria set out in 2016 was:

- Demonstrate through their actions and words to the coach, that they are willing and capable of being easily taught and trained to paddle better.
- Willing to be corrected and to act on that correction
- Prepared to be wrong when a paddler is highly coachable



Sue Willemsen-Bell, Julie Chynoweth, Lyndall Milard-Bason, and Annette Dean, DA Canberra 18th birthday 7 April 2017
Image: Kerrie Griffin

- Can stand a high degree of candor, because they understand that if each paddler is performing to the absolute best of their abilities, the better the team.

'Sue had an outstanding first year paddling. Some highlights include: paddled in most regattas both here and interstate, the 2 km has become a walk in the park, attended her first DAA regatta in Caloundra, raced at the DAA Festival on Darling Harbour in the A final, taking out a bronze in a very tight finish, and is now trained in the 10's crew for the Nationals. Congratulations Sue well done.'

Frances Heaney



Patsy Sheales and Elly McGinness 11 May 2017 Image: Kerrie Griffin



Marion Blake sweeping DA Canberra 20 May 2017 Image: Frances Heaney



Frances Heaney, coach, was presented with a gift and flowers from the NatCaps, DA Canberra, 10s crew 13 May 2017
Image: Frances Heaney

AusDBF Nationals Albury Wodonga and NatCaps

Unfortunately, after significant training for the AusDBF Nationals held at Albury Wodonga the NatCaps (DA Canberra) 10s crew were eliminated due to an AusDBF rule with the classification of 'Regional' teams. This was very disappointing for all team members and our coach **Frances Heaney** so close to the event.

DA Canberra Committee has since lobbied for greater support by DAA and AusDBF for breast cancer survivor races at future AusDBF Nationals to enable greater participation by breast cancer teams. There was no breast cancer survivor racing in Albury Wodonga. Sue Bowen from DAA has promised to take our suggestions forward. Congratulations to all the DBACT teams that participated in this annual event. Next year it is in Penrith, and possibly the Sunshine Coast for State vs State day as part of the Commonwealth Games festival.



DA Canberra 18th birthday 7 April 2017 Image: Kerrie Griffin

DA Canberra 18th birthday celebrations

Dragons Abreast Canberra celebrated their 18th birthday with a super breakfast/morning tea on Saturday 8 April at 7th & Bake Patisserie Cafe, Kingston Foreshore. We thank **Anita Godley** and the Social Committee. Unfortunately, we were unable to paddle to the venue due to road closures associated with the Running Festival. Instead, some walked on a beautiful autumn morning to Jerrabomberra Wetlands. What a great way to continue to celebrate DA Canberra's milestone!



DA Canberra 18th birthday 7 April 2017 Image: Kerrie Griffin

History and High Tea at Hotel Kurrajong

DA Canberra discovered history and high tea at the Hotel Kurrajong which was a very enjoyable social occasion on 6 May. Thanks to the Social Committee for organising this event.



Elly McGinness, Marion Blake, Sue Willemsen-Bell, Katherine Kralikas, Denise Brown, Joan White and Maureen Wild, Hotel Kurrajong 6 May 2017 Image: Anita Godley

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

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

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



Julie Kesby, Anita Godley, Di Bradshaw, Susan Pitt, Megan Denise and Pene Lee, Hotel Kurrajong 6 May 2017 Image: Anita Godley



Vale Sue Caitcheon

Sue Caitcheon was a Dragon Flyer and also a keen volunteer at DA Canberra regattas. Sincere condolences to her family and friends. Sue will be sorely missed.

Afterglow

by Helen Lowrie Marshall was read at the celebration of Sue's life.

I'd like the memory of me to be a happy one
I'd like to leave an afterglow of smiles when life is done
I'd like to leave an echo whispering softly down the ways
Of happy times
And laughing times
And bright and sunny days
I'd like the tears of those who grieve to dry before the sun
Of happy memories I leave behind
When day is done.

Eulogy excerpt and image: Dragon Flyers

<http://dragonflyers.net.au/vale-sue-caitcheon/>

Kerrie Griffin

Paddles up!

Nobody was more surprised than me when on 11 March Frances presented me with the Narelle Powers Coaches Award. I had only been paddling for just on a year and still considered myself to be a 'newbie'. I was even more thrilled when I knew the criteria. Thank you **Frances Heaney**. Paddling has become a part of my life and through it I have had great fun, become fitter and most importantly enjoy the support and friendship of my 6 fellow paddlers.

Sue Willemsen-Bell



Marion Blake was awarded a miniature dragon boat, DAA Convention dinner 29 April 2017 Image: Kerrie Griffin

[DAA Convention 2017 - Melbourne](#)

DAA — the way forward

Some 110 delegates, representing 27 DAA groups, attended the successful 2017 national DAA Convention in Melbourne on 28 and 29 April. Brilliantly hosted by Dragons Abreast Melbourne, DAMBusters, the weekend was an excellent opportunity for members to come together to share ideas, learn, network, paddle and have fun. A facilitated session, designed to help us listen to our members helped the Board make adjustments and confirmed we are on track with our planning. Speakers were excellent, workshops were pertinent and dinner with comedian Lana Swarcz was hilarious. The event was topped off by a wonderful Heritage Paddle on the Yarra River, followed by a picnic lunch in the sunshine at Alexandra Gardens. Feedback has been very positive and we thank everyone for contributing. The next biennial convention will be held in 2019.

Connect.Move.Live

Marion Blake, DAA Board member



DAA Convention Heritage Paddle, Yarra River, Melbourne 30 April 2017 Image: Cliff White



Katherine Kralikas, Marion Blake and five dragon boats, *Flowers on the water ceremony*, DAA Convention Heritage Paddle, Yarra River, Melbourne 30 April 2017 Image: Cliff White

On 29 and 30 April, **Julie Kesby, Kerrie Griffin, Maureen Ward, Anita Godley, Katherine Kralikas** and **Joan White** were privileged to represent DA Canberra at the 2017 DAA Convention and Heritage Paddle in Melbourne.

The Convention was hosted by DA Melbourne (DAM Busters). It was a fantastic weekend of sharing, learning, friendship and paddling for 110 attendees from 27 of the 32 Dragons Abreast clubs throughout Australia. There were interesting and useful guest speakers, including comedian **Lana Swarcz**, a survivor. We laughed so much as she shared her own journey ('Journey? I never booked *this* journey!')

There were four useful workshops: **Fundraising**, by our own Pearl Lee (*be specific about what you need and for what*); **Eating well before a race** (*drink plenty of water the day before*); **Caring for yourself** (*check out the very useful app - ICare4U app*); and **Coaching** (*inclusiveness but clear expectations and goals for an agreed team event*). On Sunday, we paddled up the Yarra River from Docklands to Princes Bridge, checking out the city landmarks and 'cooee-ing' under the bridges (started by Julie!). So much chatter along the way. Then a very moving *Flowers on the water ceremony* followed by a picnic at Alexandra Park.

Thank you to DA Melbourne and the DAA board, especially our own **Marion Blake**, for all your planning, organising and hard work which resulted in an excellent convention for everyone.

Link to **Cliff White**, my husband and son's [YouTube video](https://www.youtube.com/watch?v=RfTPqUWxwLs&feature=youtu.be) <https://www.youtube.com/watch?v=RfTPqUWxwLs&feature=youtu.be>

Joan White



Relay for Life participants 25 March 2017 *Image:* Kerrie Griffin

Relay for Life

Another **Relay for Life** done and dusted! After 14 hours sleep, my brain and achy body finally woke up. But they didn't want to get out of bed! I would like to thank all of you who participated in and supported us in the **Relay for Life**, firstly in the Survivors and Carers' Lap, and then in the 24 hour relay. Many people were unable to do any of the walking in person but supported us with encouragement, monetary donations and with food to sustain us. We had 22 people altogether in the Survivors and Carers' lap, and it was very moving, especially for those who had never participated before.

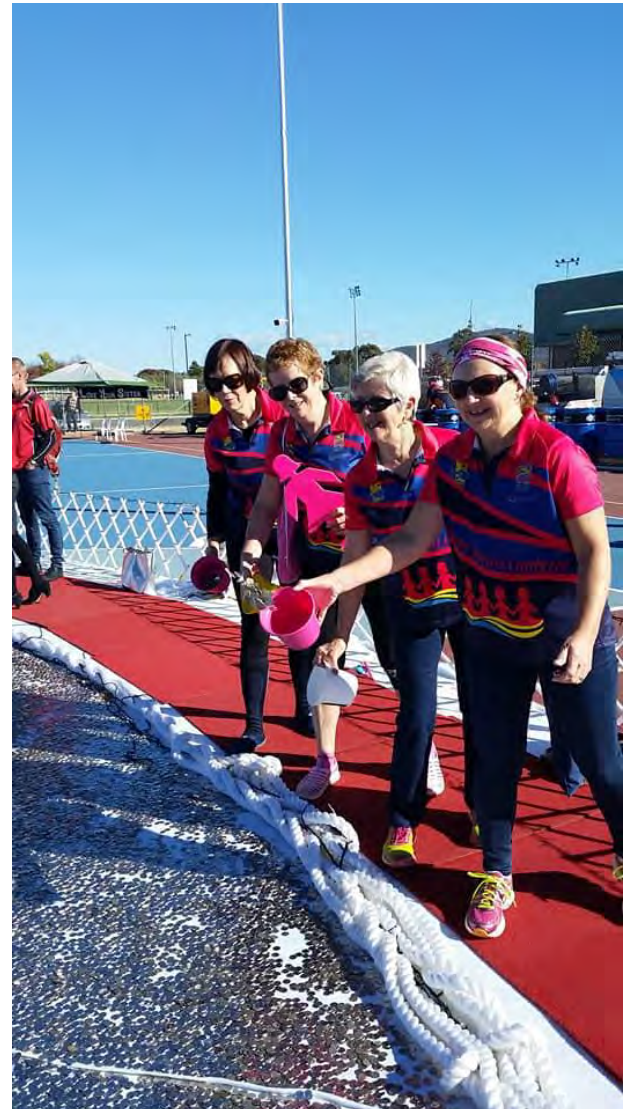
We were very lucky to have great weather over the whole weekend, apart from the 15 minutes of drizzle on Saturday afternoon, but for the five of us (**Anita Godley, Elly McGinness, Marion Lieba, Kat Gilmore and Denise Brown**) that stayed for the 24 hours, we found it was a great experience in getting to know each other a little better, and in providing friendship and camaraderie during our individual breast cancer journeys. Many others were there for quite long hours, some coming back to relieve us in the early hours of the morning from midnight onwards. We couldn't have done it without the support of the husbands and partners (**Andy, Alan, Ben, Doug and Malcolm**) in walking and in helping to set up and pull down the campsite, the offspring (**Bridget and Daniel**) who walked and supported, and the friends (**Pene Lee, Carolyn, Kerrie, Glenise, Jennifer and Dianne**) who also did their share of walking. Although some of the 17 walkers (DA members, relatives and friends) were recovering from illness and injury and travel fatigue, they all walked as many laps as they could.

For those who like stats, the 'baton' (thanks to **Clare Purcell** for her souvenir Sarasota mini paddle) was carried around the AIS track for at least 280 laps equating to 112 kms. Most times that the baton went around the 400 m track it was accompanied by at least 2 people, sometimes up to 6 people, and during the wee small hours by just 1 person. Several people had Fitbits on so will know how far they went. Mine said 50 kms.

Although we were tired and sore, we agreed that it was a great experience, and worth doing to support the Cancer Council. **We have passed our team goal of \$3000** and donations are still coming in. A large part of that total was from relatives, friends and colleagues of **Romy and Ben**, our media stars who I am sure will thank their supporters. Once again, many thanks to everyone, and we hope to see you there next year.

AIS track turned purple and yellow during Relay for Life <http://www.canberratimes.com.au/act-news/ais-track-turned-purple-and-yellow-during-relay-for-life-20170325-gv6fn4.html>

Elly McGinness



Dragons Abreast Canberra members supported Connie's massive 5 cent Big Heart Project after a beautiful autumn paddle. <http://www.loveyoursister.org> Very inspiring! 11 May 2017 *Image:* Kerrie Griffin

Waterproof socks, over socks and knitted gloves

By the nature of waterproof and breathable, wash them inside out, if you have a hand or wool wash option on your washing machine that is below 40°C this is best.

There are no special requirements for the type of washing powder or detergent used. Let them drip dry naturally inside and then out, avoid drying on a radiator or other direct heat source to prevent damaging the waterproof membrane. You can tumble dry on a temperature low setting if you require.

For waterproof socks, keep your talons trimmed! Not only is this a good look, it will prevent the waterproof membrane from becoming damaged - this is one of the common causes of socks losing their waterproofness.

Always wear appropriate footwear. Inspect the inside of your footwear for stones, thorns and other sharp objects that could damage the waterproof membrane.

<https://www.google.com.au/#q=how+to+wash+sealskinz+gloves>
Every Sealskinz® product has care instructions on the packaging and attached to the product labels.



Warm up and training times

Saturday morning:

([Extra effort paddle](#)): 07.15 – 8.00 am
Saturday morning: 08.00 – 09.45 am

Tuesday morning : 06.00- 07.30 am

Wednesday lunchtime: 12.00 – 1.30 pm

Contact: Donna Lennon
donnalennon0@gmail.com

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

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

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. 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. \$18.00 includes the movie and lunch.

If you want to receive a weekly email about the movie club, email Pene Lee while Cindy is away and Pene will put you on the distribution list.
pene.lee@ozemail.com.au>



Katherine Kralikas' 70th birthday party 27 May 2017 *Image:* Kerrie Griffin

Merchandise

Look out for the DA shop on Saturdays from **Elly McGinness'** car boot including Canberra DA pins. Please bring cash to pay.



Signs that dragon boating is affecting your life

1. You have finally found something that smells worse than your hockey bag...PADDLING SHOES!
2. You argue with a 90 year old lady who is sitting in the middle of the bus, claiming that you always sit in the 'engine room'.
3. You are starting to resemble the body shape of a gorilla.
4. When running with your friends to catch the last bus home from work, you yell 'POWER in 3...2...1'.
5. Brother's wedding or Dragon Boat Festival? Why, that practically answers itself.
6. You shuffle passengers around in your car because it feels 'right-heavy'.
7. You attend a business presentation given by one of your colleagues, and you can't resist the urge to turn and yell everything said so those in the back so can also hear.
8. You drive your car with half your body hanging out the driver's side window.
9. You are the only one that shows up to business meetings with a "butt pad".
10. You can't drive your car unless someone sits behind you and yells instructions.
11. Your floor at home is beginning to get worn because you sweep, mop, or vacuum, using 'power strokes'.
12. Getting 'dressed up' means you have dry clothes on.

<https://www.facebook.com/VancouverIslandDraggonBoatTeams/posts/713478758846761>
Courtesy of Joan White



Bakers Delight Gungahlin ACT Marion Leiba and Katherine Kralikas 13 May 2017 *Image:* Katherine Kralikas

Under the pink umbrella



One in eight Australian women will be diagnosed with breast cancer by the time they turn 85. It is estimated 17,586 women and 144 men will be diagnosed with the disease this year, according to Breast Cancer Network Australia.

Support women with metastatic breast cancer – sign the BCNA online petition now

We need your help to have a vital new drug added to the PBS. **Palbociclib (also called Ibrance)** is used to treat hormone receptor positive, HER2-negative metastatic breast cancer. It has been [shown](#) to extend the length of time before cancer spreads, and doesn't result in common cancer treatment side effects such as hair loss and nausea.

Currently palbociclib is not approved for sale in Australia. The only way Australian women can get palbociclib is to participate in a clinical trial or buy it from one of the 52 countries overseas where it is currently available.

Those who have missed out on a clinical trial can pay up to \$10,000 a month for palbociclib. For example, BCNA member [Carolyn](#) has spent around \$100,000 of her superannuation funds buying the drug from overseas. *I am grateful that I have been able to get it up until now but cannot keep paying for it for much longer. It breaks my heart to think of so many other Australian women who know it's there but can't get access to it.* – Carolyn Help women like Carolyn who need this vital new drug on the PBS – [sign our petition today](#).

BCNA's Member Survey 2017

Take part in the survey for ALL Australians who have had a diagnosis of breast cancer. - See more at: <https://www.bcna.org.au/get-involved/participate-in-research/member-survey/#sthash.XkVukzkj.dpuf>



Pink Buns have made their way to Parliament House! Prime Minister [Malcolm Turnbull](#), Foreign Minister [Julie Bishop MP](#), Health Minister [Greg Hunt MP](#) and Environment and Energy Minister [Josh Frydenberg](#) joined our own BCNA Rozalee Erceg, Megan James and Lan Crowley to show their support for the Pink Bun campaign. 24 May 2017



Bakers Delight Manuka ACT staff, Wendy Ceravolo and Sue Willemsen-Bell 20 May 2017 *Image:* Wendy Ceravolo



Bakers Delight Woden ACT Anita Godley, Donna Lennon and Denise Brown 20 May 2017 *Image:* Anita Godley



Bakers Delight Jamison ACT staff, Julie Kesby and Romy Collier 20 May 2017 *Image:* Cate Hale



Bakers Delight Lanyon ACT Larissa Sinclair 28 May 2017
Image: Larissa Sinclair



Bakers Delight Dickson ACT staff, Gigi Lungu and Anne Baynes
20 May 2017 Image: Jen Green



Bakers Delight Civic ACT Kerrie Griffin, Pene Lee, Synden the Manager and Denise Brown 12 May 2017 Image: Kerrie Griffin



Bakers Delight Tuggeranong ACT Kerrie Griffin, Lan Crowley and Judy Cluse 27 May Image: Lan Crowley



Bakers Delight Jerrabomberra staff Clare Smyth, Gillian Styles and Susan Pitt 27 May 2017 Image: Gillian Styles



Bakers Delight Queanbeyan NSW Sandi Avis, MaryLou Reid and Sue Drew 27 May 2017 Image: MaryLou Reid
[Mary-Lou Reid](#) added [2 new photos](#) — with [Sandra Avis](#).
Great to catch up with [Sandra Avis](#) and Sue Drew at Baker's Delight Queanbeyan
[Virginia Kerr](#) That's a long way to go for bread!



[Dragons Abreast Canberra](#)

22 hrs · 🌐 Enjoyed catching up with Cate and chatting to Romy as we sold pink buns, pink bags, pink ladies for messages at Jamieson for BCNA after paddling this morning. Thanks to Bakers Delight at Jamieson.
Cheers Julie Kesby
[@BreastCancerNetworkAustralia](#)



BCNA annual Pink Bun Campaign with Lan Crowley as 'the face'. [#givebreastcancerthefingerbun](#)

BCNA National Summit 15-17 March 2017

For the first time this year, I was privileged to attend the BCNA National Summit – *Making a difference*. What a fantastic and HUGE event! About 250 people from all over the country flew in to Brisbane airport or the Sunshine Coast airport and were shuttled to the Novotel Twin Waters Resort in the Sunshine Coast. My first impression was how very organised and supportive the BCNA organisers, Novotel staff and delegates all were. We all arrived and checked in to our fabulous rooms without a glitch.

The BCNA Summit was opened by Auntie Marge, an Aboriginal elder who conducted a spiritual smoking ceremony. I felt it was a beautiful way to start our few days together. I'd come with the intention to connect with others and to learn how best to provide support to those affected by breast cancer in our community. This was why I chose the *Effective peer Support* stream as my focus. The other two streams were: *Communicating with impact* and *Events and fundraising*.

It was wonderful to see two men diagnosed with breast cancer were delegates. I applaud BCNA for inviting Rod and Rob who were superstars of this year's Summit! BCNA also reached out to regional communities, culturally diverse communities and increased their support of the younger members of the community diagnosed with breast cancer.

We had the opportunity to meet many of BCNA's partners and other charities and organisations supporting the breast cancer community. Baker's Delight, Reflex, Dragons Abreast, Otis Foundation, GIVIT, and Look Good Feel Better to name a few.

It was a fast and comprehensive three days and I've taken away a lot that will assist me to help others. The biggest highlights were: the indoor beach party on the second night (which ended in torrential rain! Thank God for the last-minute call to bring the party indoors); and the wonderful tribute to the breast cancer community from Tracey Combes when she finished the Summit with the song *I touch myself* by the Divinyls.

Lan Crowley
BCNA Community Liaison



Lyn Langer, Raelene Boyle, Hadas Haileselassie, Kerrie Griffin and Lyn Moore, BCNA Summit 15 March 2017 *Image:* Kerrie Griffin

[Delegates come together to 'make a difference' to the lives of Australians affected by breast cancer at BCNA Summit](#)



Kerryn Ernst, McGrath Foundation secondary breast care nurse TCH, Cate Hale, [#BCNASummit2017](#).

www.mcgrathfoundation.com.au 17 March 2017 *Image:* Kerrie Griffin

BCNA NEWS

Minister for Health launches new resources that support men and women with metastatic breast cancer - See more at: <https://www.bcna.org.au/news/2017/05/minister-for-health-launches-new-resources-that-support-men-and-women-with-metastatic-breast-cancer/#sthash.COdckAeh.dpuf>

BCNA welcomes intraoperative radiotherapy for Australian women - See more at: <https://www.bcna.org.au/news/2017/05/bcna-welcomes-intraoperative-radiotherapy-for-australian-women/#sthash.HQgFJym1.dpuf>

2017 Federal Budget provides some financial relief for Australians affected by breast cancer - See more at: <https://www.bcna.org.au/news/2017/05/2017-federal-budget-provides-some-financial-relief-for-australians-affected-by-breast-cancer/#sthash.qKohvuRm.dpuf>

BCNA named as one of Australia's most innovative not-for-profits - See more at: <https://www.bcna.org.au/news/2017/05/bcna-named-as-one-of-australia-s-most-innovative-not-for-profits/#sthash.LkPxL4qT.dpuf>

More Australians to be diagnosed with breast cancer this year - See more at: <https://www.bcna.org.au/news/2017/02/more-australians-to-be-diagnosed-with-breast-cancer-this-year/#sthash.ks6uM9Oa.dpuf>

Top breast cancer discoveries of 2016
<https://www.bcna.org.au/news/2017/02/top-breast-cancer-discoveries-of-2016/>

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>

FBM medicines are listed on the Pharmaceutical Benefits Scheme (PBS) and cost the same as current breast cancer medications. FBM website [here](https://www.bcna.org.au/news/2017/01/for-benefit-medicines-donates-20-000-to-bcna/#sthash.7TImU1p7.dpuf).
<https://www.bcna.org.au/news/2017/01/for-benefit-medicines-donates-20-000-to-bcna/#sthash.7TImU1p7.dpuf>

Four exercises to help you stay active this summer

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

<https://www.bcna.org.au/about-us/advocacy/position-statements/breast-density-and-mammography/>

<http://www.abc.net.au/news/health/2017-05-26/what-to-expect-when-someone-is-dying/8550490>

http://nbcf.org.au/news/research-news/half-a-glass-of-wine-a-day-could-increase-risk-of-breast-cancer-returning/?utm_source=facebook&utm_medium=social&utm_term=Research&utm_content=IE&utm_campaign=Research

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
- 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/>

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

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](#)

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/uq/d/29935c_6bfecbcbf2fd4bb3828874d3e582636e.pdf

Month	Date(s)	Event	Location	Notes
June	Friday 2	Evening with the Stars	Mount Stromlo Observatory	Doodle RSVP
	Tuesday 20	Dragons Abreast Canberra Committee Meeting		jakdac16@gmail.com
July	Tuesday 4 6.00-9.30pm	GoAnna's Gathering DA Canberra's annual get together	Griffith Community Hall	Doodle RSVP
August	Saturday 12	DA Canberra's AGM	Southern Cross Club, Wardroom	Paddle Doodle RSVP
September	Saturday 9	Come and Try session	Lotus Bay	Doodle RSVP ellymcginness@gmail.com
	16-17	Handmade Markets	EPIC	Volunteers needed! Doodle RSVP Kerrie.griffin22@gmail.com
October	Saturday 14	DA Canberra Social and Corporate Regatta BCNA Mini Field of Women	Grevillea Park	Volunteers needed!
	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 — August 2017

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

Please submit any news, items and images by 30 July 2017 to the newsletter coordinator

Kerrie.griffin22@gmail.com

[Previous newsletters](#)