

Dragons Abreast ACT & Region

www.dragonsabreast.com.au

Abreast of the news newsletter

Under the umbrella of
Breast Cancer Network Australia
P.O. Box 7191 Yarralumla ACT 2600

Issue 38

November 2010



BCNA Mini Field of Women at the 9th 2010 Dragons Abreast ACT Dragon Boat Challenge, 23 October 2010 Image: Chris Holly



Dragons Abreast ACT Dragon Boat Challenge, 23 October 2010
All regatta images courtesy of Chris Holly (unless otherwise specified in the newsletter) Check website for more:
http://www.dragonsabreast.com.au/ACT/2010_regatta/index.htm



Dragons Abreast ACT Dragon Boat Challenge, 23 October 2010

Coordinator's report

Recent highlights for DA ACT are:

- Paddling to Springbank Island to see our bulbs blooming and a sausage sizzle
- 19 DA ACT members attending the inaugural DAA convention in Hobart
- Participating in the CDBA Open Day
- Racing in the CDBA 10s regatta and running the BBQ
- Holding Come and try sessions to welcome new members
- Racing in a composite team with DA Wagga at a CDBA regatta
- Attending a fundraising breakfast at Gold Creek kindly organised by **Mary-Ann O'Sullivan** for funds for both DA ACT and **HeadsUp@Calvary**
- And of course, organising the recent 2010 DA ACT Dragon Boat Challenge.

The 9th 2010 **Dragons Abreast ACT Dragon Boat Challenge** held on 23 October attracted 42 corporate teams and made \$35,000 — what a fantastic achievement! Feedback from teams has been excellent and the new location of Weston Park worked very well.



[Sylvia Flaxman](#) Dragon Spirit Award for the team most in keeping with the ethos of DA Australia :QEII ([Queen Elizabeth II Family Centre](#))



Kel Watt, President CDBA, sweeping in pink, Dragons Abreast ACT Dragon Boat Challenge, 23 October 2010



Senator Kate Lundy, DA ACT Patron, congratulations Judy Rafferty (DA ACT) for the Health Heroes Award for fastest hospital/medical team [Can't Swim](#) ([Capital Region Cancer Services](#))

A very big THANK YOU to all our volunteers for making the event such a huge success. It was an amazing effort with almost 200 volunteers supporting us! Thank you to Dragons Abreast ACT members and their families, CDBA, members of Dragon Flyers, Navmat, Diamond Phoenix, Ice Dragons, Canberra Griffins, ADFA Spartans, Komodo, Uni Dragons and Canberra Grammar Dragons, Canberra Yacht Club, ACT Rowing Association, Rotary Club of Canberra North, Om Shanti College, Nutrimerics, Canberra Grammar Schools, St John Ambulance, Phantom Drums and Hotel Realm for working absolutely tirelessly and with such good humour to ensure the event ran smoothly. Thank you for training up teams, washing, packing, lifting and towing boats, delivering food and equipment, setting up and taking down the site, marshalling, drumming, sweeping, wrangling, timing, water marshalling, announcing, starting, running warm ups, BBQing, providing DAA information and selling merchandise, organising prizes, running raffles, cleaning portaloos, greeting VIPS, distributing snacks and fruit, assisting with parking, providing first aid, massages, pampering and entertainment and lots of other important jobs.

The regatta was a fantastic community event which certainly met its objectives of raising awareness and funds for breast cancer groups. It also introduced 850 people to dragon boating, boosting CDBA team memberships and was a fun day of racing and entertainment enjoyed by corporate groups and the community. Your input was absolutely superb. Hopefully, you are not too bruised, battered or tired as you relax and enjoy and reflect on the event's success. Weren't we fortunate with the weather!



Bob Sloan, Di Bradshaw, Sue Drew and Sandi Atkins, DA ACT Dragon Boat Regatta, 23 October 2010 *Image: Kerrie Griffin*



Marion Blake presents the fundraising award to two of the Purple Caduceus team, with Carolyn Pettit, Bea Brickhill and Anna Wellings Booth, 1 November 2010

At the **regatta wind up event** held on 1 November at the CSC Yacht Club. The Purple Caduceus, a team from Joint Health Command at Department of Defence, was awarded for a fantastic effort the shield for the highest fundraising team (\$3237) while the worthy runners up were Rainbow Warriors (\$1080). We presented cheques to the groups supporting women with breast cancer.

- \$16,000 [Dragons Abreast Australia](#) — Our umbrella group supporting 44 dragon boat teams across Australia and individual members in country towns
- \$ 4000 **Otis Foundation** to provide cleaning for the Creekside lodge, Thredbo, where people can go for R&R with family and friends free of charge during or soon after treatment [Otis Foundation | Breast Cancer Network Australia](#)
- \$ 3000 [Palliative Care in the ACT](#)
- \$ 1500 [ACT Eden Monaro Cancer Support Group](#) providing practical support for people undergoing treatment
- \$ 5000 **Dragons Abreast ACT & Region** for general running costs including team registrations for Chinese New Year, Darling Harbour and for other DAA teams
- \$ 1000 **Breast Cancer Network Australia** providing [Advocacy](#) and the [My Journey Kit](#) to all newly diagnosed women www.bcna.org.au
- \$ 4500 [Canberra Dragon Boat Association](#) for use of boats, equipment and expertise.



Patti Pye paddling and drumming all day, 23 October 2010

DRAGONS ABREAST – keeping the spirit alive!

Thank you to our generous supporters:
 ACT Rowing Association, Black Magic Coffee,
 Burgmann Anglican College, Canberra Grammar
 Schools, Cafe2Us, Canberra Dragon Boat
 Association, Canberra Southern Cross Club,
 Canberra Trophy Centre, Canberra Yacht Club,
 Chameleon Ice Creamery, Chris Holly — Holimage,
 City Group, Coca Cola Amatil, Curves Belconnen,
 Fruitacious, Go Traffic, Hotel Realm, Kennards
 Woden, Leonards Chickens, NutriMetrics, Om
 Shanti College of Tactile Therapies, Pace Farm
 Eggs, Phantom Drums, Rotary Club of Canberra
 North, St John Ambulance, Simco Butchers,
 Typhoon8 and Yarralumla Bakery.

Thank you to our raffle contributors:
 Canberra Symphony Orchestra, Fernwood Gym,
 Belconnen, Forrest Park Hotel & Apartments, Jane
 Brown Pearls, National Convention Centre
 Senator Kate Lundy and the Thursday Friendship
 Group at Addicted to Fabric.



Annette Dean, Colleen White, June McMahon, Sandi Avis and
 Di Bradshaw, Regatta Wind up, 1 November 2010

Fees

The DA ACT committee has set the **DA ACT Fee for this year at \$200**. This amount was decided on following the decision by CDBA to increase their fee component to \$200, plus an additional building fee of \$10, a total of \$210 for each member. To reduce the increase in cost for our members, DA ACT club funds will be used to subsidise your payment by a total of \$30 (\$10 for the CDBA building fee plus \$20 for your DAA membership component). We apologise for the fee increase for you (from \$185 last year) but as discussed at the CDBA AGM, compared with other sports or a gym, the cost of dragon boating is still very reasonable at around \$4 a week.

Full Membership (which includes your CDBA and DAA membership)

Per year \$200
 Per half year \$100 (1 February to 17 August)

Associate/Friend Membership (non paddling members)

per year \$45

Dual Members (full CDBA member in another club)

per year \$45

2010 DA ACT Committee

Coordinator	Marion Blake
Secretary/Asst Coordinator	Di Bradshaw
Treasurer	Joy Tonkin
Committee Member	Patsy Sheales
Committee Member	Bea Brickhill
Committee Member	Colleen White
Committee Member	Boerge Alexander
Other key roles	
Website & Regional Coordinator	Jan Skorich
Public Officer	Elsbeth Humphries
Newsletter Editor	Kerrie Griffin
Membership Secretary	Viki Fox
Merchandise Officer	Cindy Young
Coach	Narelle Powers
Sweeps	Narelle Powers, Elspeth Humphries, Marion Blake, Gillian Styles, Kathy Bobyne (and hopefully a few more by the end of the season!)
Boat Captain	Carol Summerhayes
Equipment Officer	Mary-Lou Reid
Inventory Officer	Robyn Chen
Come and Try Coordinator	Margie Perkins
BBQ Coordinator	Di Bradshaw
Social Coordinator	Patsy Sheales and Sue Drew
DAA Regional Races Liaison	Bea Brickhill
CDBA Representatives	Bea Brickhill, alternates needed
Budget Sub Committee Coordinator	Joy Tonkin with Judy Cluse and Judy Richmond
Birthday greetings	Susan Woodhams
Paddling Registrar	Colleen White

Congratulations to our DA ACT team who paddled in the 500 metre CDBA regatta on 6 November and especially to newbies Andrea and Karen We hope you both are now hooked! Thanks to our volunteers Anna, Patti and Elspeth. We have some great paddling and social activities planned for the next couple of months. Paddles up!

Marion Blake, Coordinator DA ACT
Canberra@dragonsabreast.com.au

Special thanks from our team to our hardworking and innovative event organisers **Marion Blake, Boerge Alexander and Di Bradshaw.**

Editor



http://www.dragonsabreast.com.au/ACT/2010_regatta/gallery.htm

If you would like high resolution copies please contact webmaster@dragonsabreast.com.au specifying the image number. Please make a small donation to Dragons Abreast (minimum \$5) by using the [online donation facility](#)



Sandi Atkins, Val Barger and Becky Barnes at the BCNA stall, 23 October 2010 *Image: Kerrie Griffin*

It was another successful, exciting and well organised regatta. Thanks so much to everyone who Marion has referred to — you are amazing women and men. The support of CDBA is just fantastic and is appreciated so very much by the DA members. Media coverage was great too. ABC on Sunday evening, WIN on Monday and *The Canberra Times* on Sunday. I really think the bucket brigade trudging from the lake's edge to the loos when water ran out would have been worth capturing on film! My goodness, seeing Jane arrive with those countless boxes of cupcakes which sold so quickly. I know I don't have ownership of DA but I can tell you my heart was singing watching almost the entire membership being involved in so many different ways. You done good gals! The Old Dragon salutes you! **Anna Wellings Booth**



Susi Gross, Marion Leiba, Val Barger, Marion Blake, Lenyss Snellen, Sandi Atkins and Anna Wellings Booth, DA ACT stall 23 October 2010 *Image: Kerrie Griffin*



Dragons Abreast ACT Dragon Boat Challenge, 23 October 2010



Carolyn Pettit and Louise Muir shared their stories about staying at the Otis Foundation residence, 1 November 2010

Well done to you guys! I was so tired last night and I had done nothing like you have been doing for days. It was so good that everywhere you looked people were having fun. **Patsy Sheales**

First of all DA ACT are such an amazing group of women — our club has never been stronger or better or more fun. The regatta is such a great event as it gives so many people an introduction to something new, to team building and to a great day on the water with their work mates and families truly a community effort as well as corporate. So that is a tremendous accomplishment. I would like to add my thanks to all those who put in the effort from one who did very little this year. When I finally arrived from the airport the atmosphere was so good even though the first job was to collect water for toilets! **Elsbeth Humphries**

You were all magnificent and the event was a lot of fun for our corporate teams thanks to your efforts. **Boerge Alexander**

A big thank you to everyone for your help with the raffle; sourcing prizes and selling tickets. We made nearly \$3500. I rang many happy people who weren't present to receive their prizes who all said what a great day it was. You are amazing women. **Bea Brickhill**



Kathryn Kralikas, Boerge Alexander, Sandi Atkins, Bea Brickhill and Kathy Bobyn, 1 November 2010 *Image: Kerrie Griffin*



African drummers and dancer with paddler *Image: Kerrie Griffin*



Joan's warm up exercises *Image: Kerrie Griffin*



Carol Summerhayes, Jan Skorich presents her brother's book to Leslie Ralph, 1 November 2010 *Image: Kerrie Griffin*

It was a wonderful event. The team worked well together! Thank you for allowing me to be a part of the event! **Leslie Ralph** Chief Marshall, Flyers

We felt honoured to be there and look forward to returning for the 2012 Dragon Boat Challenge. **Peter and Sabine**, St John Ambulance

Thank you, it was a great day, so much fun so many people having a good time! It is heart warming too to see so many volunteers working so hard for a good cause. Well done to you all. For myself it was most rewarding to get such a great response to what I was trying to do , it seemed to bring the teams together and they joined in the spirit of it . So many people said thank you to me, it was most heart warming! **Joan**, Warm up leader, Flyers



Courtney Leiba entertains *Image: Kerrie Griffin*



Gillian Styles, Chief Official, Di Wright and June McMahon

Some feedback from teams

This year is the first year for my work team to participate; we all had so much fun and were very impressed at how skilled and organised the event was, a great big thank you to all the volunteers. We will be back next year. **Caroline**, QEII Team
 Congratulations!! What a fantastic day! Our teams and students had a wonderful time, thank you for all of your hard work **Leanne MacKenzie**, Burgmann Anglican School



Dragons Abreast ACT Dragon Boat Challenge, 23 October 2010

I would like to thank Dragons Abreast for organising a most successful regatta. I was keen to participate and pleased to attend the wind up event. It gave me the opportunity to meet several of your members who put in significant effort. I also appreciated knowing how all the fundraising was disbursed to most worthy organisations. Breast cancer is an issue which has impacted on so many Australian families including my own. I look forward to being part of next year's regatta.

Peter Phillips ACTPLA Perfectly Planned



Derwent River, Hobart, Tasmania, September 2010

Visit with Dragons Abreast, Hobart

I recently returned from six weeks in Hobart. During that time I made new friendships and shared some lovely paddling sessions with Dragons Abreast on the Derwent River. Dragons Abreast in Hobart is a vibrant group, incredibly well organised and have a supportive community behind them. Their only paddling support comes from Derwent Storm, the local sports team. DA store their boats at the Lindisfarne Rowing Club and have access to the club facilities. They own three boats and a safety boat. They paddle three times a week as well as participating in fun community events. Their spouses have rostered themselves to take out the small rubber dinghy with outboard which is their safety boat. This happens on Saturdays when there are likely to be beginners on board and they paddle further on the river.

Members are asked to indicate attendance at each session so that the boat captain can draw up a boat plan. They sign on each session, help launch the boats which are stored on trolleys and warm up. A number of girls have sweep accreditation and several are completing their coaching accreditation. They wipe down each boat at the end of every session. They face many of the same challenges that we do such as cold, wind and rough water. One Saturday we had a glorious paddle on the Derwent with the city and snow capped Mount Wellington in the background. On other days we were confined to the bay and paddled in and out of moored yachts and marinas of luxury cruisers. I was excited to join them for a day at Franklin in the sunshine. DA and Derwent storm raced against each other as part of the Apple and Salmon Festival. This was a fun community day with rowers, dragon boaters, plastic apples and plastic salmon taking it in turns to race down the river. The two dragon boat clubs share great camaraderie and paddler interchange. A number of DA girls are going to Pan Pacs with Derwent Storm.

A special bonus for me was getting to know the Tassie girls after briefly meeting them at the DAA conference. When I introduced my sister Mary to her first Encore session, there were Rosemary and Moira to welcome her. I really enjoyed and appreciated the friendship and laughter I shared with the Hobart girls. I hope they visit Canberra sometime.

Gillian Styles



DA Hobart team with Gillian Styles, Tasmania, September 2010



Mary Lou Reid and Kathy Bobyn, DA ACT, Franklin, Tasmania, September 2010 *Image: Gillian Styles*



Nutrimetics hand massage, 23 October 2010



Dragons Abreast ACT Dragon Boat Challenge, 23 October 2010



Debbie Whitfield, Eden Monaro Cancer Support Group Rep, Narelle Powers, Anna Wellings Booth, Carol Summerhayes, Joy Tonkin and Val Barger, 1 November 2010 Image: Kerrie Griffin

Nutrition post cancer — sifting through the hype

Rae Van Gaelen gave a talk about nutrition at the DAA conference in Hobart. She is a naturopath, RN and is currently undergoing her PhD on nutrition and breast cancer. Rae's talk was about good common sense when eating such as having a colourful, varied diet and using seasonal food. We thought some of you might be interested in the main points. NB these are Rae's ideas and we take no responsibility for any of the information. The following are particularly important for good health:

Vitamins A

- Found in red, orange and green vegetables and fruit
- Important for skin.

Zinc

- Found in peppitas and oysters
- Important for adrenal nourishment and to prevent mouth ulcers and fatigue.

Selenium

- Found in onions, garlic, chives and leeks
- Soil in Australia is deficient in selenium; if you grow your own vegetables you may consider supplementing your soil with selenium
- Thought to minimise metastasis.

Vitamin D

- Low levels associated with breast cancer and implicated in depression
- Consider asking your GP for Vitamin D levels.

Omega 3 6 and 9 fatty acids

- Are all important, but consider reducing omega 6 fats found in polyunsaturated margarines (may be associated with breast cancer) and try and get it from almonds
- Omega 3 is found in fish and walnuts
- Omega 9 is found in Olive oil.

Other interesting issues and recommendations:

- Ideally vegetables should be 'fresh' which is eating them within 1–2 days of picking them
- Avoid cans lined with white coating — banned in Europe and thought to leech toxic chemicals
- Don't refill plastic water bottles as the plastic may start to break down
- Look for BPA free plastics
- Check the bottom of water bottles and don't use any with 5 or 7 on the bottom

- Use olive oil in preference to other cooking oil
- Hyper insulin is associated with inflammation of breast tissue. Therefore, exercise, try to keep upper body fat down and consider eating low GI food.
- After a lot of hard exercise replace electrolytes, vitamin C and magnesium (mg is found in brazil nuts) and have an Epsom salt bath!

Recent research suggests soy is beneficial to breast cancer survivors. Recommended 9–11g in soy per day is beneficial. This equates to about 1 cup soy milk, 1/3 cup soy beans or small amount of tofu. Rae cited some recent research in the *Journal of the American Medical Association* (the reference follows). The conclusion from this paper was 'Among women with breast cancer, soy food consumption was significantly associated with decreased risk of death and recurrence'.

Soy food intake and breast cancer survival

<http://jama.ama-assn.org/cgi/content/full/302/22/2437>

JAMA. 2009;302(22):2437-2443 (doi:10.1001/jama.2009.1783) Xiao Ou Shu; Ying Zheng; Hui Cai; et al.

Anne Baynes and Colleen White

Merchandise

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



Warm up and training times

6.15 for	6.30am	Tuesdays
8.00 for	8.30–9.30am	Saturdays
5.30 for	5.45pm	Wednesday

Contact:
Colleen Wright milltom@grapevine.com.au

Some great paddling technique tips:
<http://www.dragonsabreast.com.au/NSW/PaddlesUp59March09.pdf>
 (note: DA ACT paddling technique may be slightly different from Sydney, so listen to OUR coaches please!)

Remember water, hat, sunscreen and sunglasses!

If you want to have a try at sweeping contact:
Narelle Powers narelle.powers@defence.gov.au
 or **Elspeth Humphries** humphries44@ozemail.com.au
Weather watch
<http://www.canberrayachtclub.com.au>
<http://www.canberrayachtclub.com.au/webcam/cam>

Coaching Program - Narelle Powers

- [Broad Training Plan](#)
- [General Preparation](#)
- [Specific Preparation](#)
- [Pre-Competition Training](#)

Under the pink umbrella



Breast
Cancer
Network
Australia

www.bcna.org.au

Latest BCNA news

- News -- [Women out-of-pocket for compulsory heart testing](#) (12/11/10)
- News -- [Special offer for BCNA members: Breast Cancer, Taking Control](#) (05/10/110)
- News -- [BCNA joins The Circle](#) (29/10/10)
- News -- [NBCF launch Register4](#) (28/10/10)
- News -- [Promising research for triple negative breast cancer](#) (28/10/10)
- News -- [Prayer may improve wellbeing](#) (27/10/10)
- Media release -- [Breast Cancer Kit supports 50,000 women](#) (22/10/10)
- Media release -- [Breast cancer: That's what he's walked about](#) (16/09/10)
- News -- [Report: 2nd National Conference for young women with breast cancer](#) (17/09/10)
- **REPORT: 2nd National Conference for Young Women affected by Breast Cancer.pdf**
- News -- [Men with BRCA2 gene at increased risk](#)

Helping a friend or colleague with breast cancer brochure

If you have been affected by breast cancer, then you are invited to [join our online network](#) whether you were diagnosed yourself, or are close to someone who has.

- [Subscribe to The Beacon](#)
- Fact sheets

Get involved with BCNA

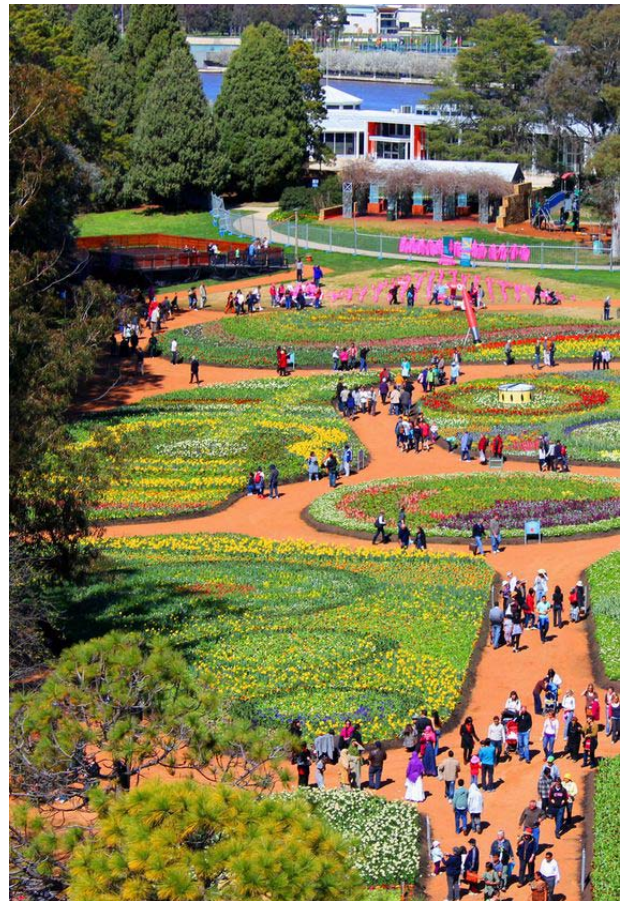
- [Community fundraising](#)
- [Join our online network](#)
- [Advocacy](#)
- [Speak out](#)



Gillian Horton (wig), Jean Widdowson and Geraldine Robertson, BCNA Mini Field of Women, Floriade, 11 September 2010



BCNA Mini Field of Women, Floriade, 11 September 2010



Floriade, ABC national news website from Christine Cannon <http://www.abc.net.au/news/photos/2010/09/13/3009608.htm>

Floriade 2010

Bravo! I want to congratulate and thank you on a wonderful effort at Floriade. **Marita O'Keefe** filled me in and was raving about how wonderful the whole thing was. Thanks so much for continuing to spread the BCNA word. It's so wonderful for us to know we have an army of ACT women on the ground. Warmest regards to all!

Lyn Swinburne AM CEO BCNA

The media interest was great — I did two radio interviews, stories and images appeared in *The Canberra Times* and *Canberra Chronicle* and I was approached by *Better Homes and Gardens*.

Anna Wellings Booth

Floriade roster for 11, 12 and 13 September

Thank you to our roster volunteers over three days: Anna Wellings Booth, Susan Pitt, Christine Cannon, Susan Faulbaum, Geraldine Robertson, Jean Widdowson, Robyn Chen, Patsy Sheales, Larissa Sinclair, Gillian Horton, Tamara Harbus, Marion Blake, Colleen White, Lenyss Snellen, Gillian Styles, Bev Sloan, Marion Leiba, Hadas Haileselassie, Kerry Greenwood, Leonie Heffernan, Gabrielle Mullins, Becky Barney, Judy Rafferty, Susan Woodhams, Kirrily McIntosh, Stephen Evered, Edna O'Dell, Sandra Dickinson, Marilyn Ward, Pam Robertson, Louise Muir, Margie Perkins, Katherine Kralikas, Sandy Spears, Vicki Byrnes, Amelia Thiedeman, Andrea and Debbie Whitfield.

Special thanks to **Marita O'Keefe**, Queen of Mini Fields, BCNA, who came and supported everyone over the three days. Thanks also to **Kathy Wells**, Senior Policy Officer BCNA, who came on Saturday on her day off.

Floriade — imagine there is no breast cancer

Many thanks to everyone for raising awareness about breast cancer in our community and beyond. We had perfect weather and engaged in chats with many people and many wanted to leave messages on the pink lady silhouettes. There were several visitors from the National Services AWM ceremony staying for the week from WA, Tassie and Qld. We gave a Polish doctor a BCNA *My Journey Kit* (for newly diagnosed women as they have nothing like it in Poland). Sunday afternoon was quieter as the expected *Canberra Times* fun run participants were not as many as anticipated and it was windy. I spoke to three young teenagers whose aunt was diagnosed recently and they filled in messages of hope for her and clutched a pink poncho. Several kids came and drew pictures on the tags for their loved ones. I gave out eight bags of balloons. A lady from Forbes, who is a BCNA member, came with her husband and we gave her ponchos for the group. Everyone has touching stories and there was a lot of hope and laughter. For the BCNA volunteers who had never been to Floriade I hope you found it was more than a mere flower show.

Kerrie Griffin



Geraldine Robertson, Kathryn Kralikas, Marita O'Keefe, BCNA Forbes member and Kerrie Griffin, BCNA Mini Field of Women, Floriade, 12 September 2010



Anna Wellings Booth, Viki Byrnes, Marita O'Keefe, Geraldine Robertson, Kathy Wells, Mary Lou Reid, Amelia Thiedeman, Kerrie Griffin, Susan Pitt, Susi Gross and Elspeth Humphries, BCNA Floriade volunteers dinner at Thirst, 11 September 2010



ACT Tourism Minister Andrew Barr presented Susan Pitt, BCNA, with a Floriade thank you certificate, 23 September 2010

BCNA Mini Field of Women at Dragons Abreast ACT Social and Corporate Annual Regatta

Thank you to all helpers including **Jean Widdowson, Tania Willis** and **Becky Barnes**. Despite the weather, it was a fantastic day raising awareness about breast cancer with 42 teams (22 per team) with families and friends. **Next year's regatta is Saturday 22 October 2011.**



Many teams had their team photograph taken with the BCNA Mini Field of Women, DA ACT Dragon Boat Regatta, 23 October 2010 *Image: Kerrie Griffin*

Mothers Day Classic (MDC)

Australians helped raise \$2.1 million for research into the prevention and cure of breast cancer. A record 100,000 raised the most funds in 13 years. Congratulations and sincere thanks to our local hero **Cate Wood** and her fantastic team.

MDC thank you

I can't tell you how much I appreciate the support and encouragement from BCNA groups particularly from Susan Pitt, Kerrie Griffin and Narelle Powers.

Cate Wood, Mothers Day Classic and Women in Super Chair



Lenyss Snellen, Marion Leiba, Kerrie Griffin and Sandi Atkins, BCNA Stall, DA ACT Dragon Boat Regatta, 23 October 2010

BCNA Mini Field of Women at Calvary Hospital

Thank you to **Geraldine Robertson**, BCNA Community Liaison speaker, **Bunty Scott-Charlton**, regular volunteers, the breast care nurses and **Christine English** the Volunteer Coordinator at Calvary Hospital for another successful day.

Geraldine Robertson said that after the care from family and friends and expert treatment from her clinicians she thought OK, been there, done that. She talked at Calvary about the opportunities that have arisen because she had breast cancer. Geraldine is a very active BCNA Community Liaison who participates in various committees on behalf of BCNA in the Seat at the Table program. Great image and story on page three in *The Canberra Times* 26 October 2010.



Front: Margaret, Louise Muir, Lenyss Snellen, Kathryn Kralikas, Geraldine Robertson, Mary Lou Reid, back: Kathy Bobyne, Patsy Sheales, Kerrie Griffin, DA ACT at the Bosom Buddies celebration of life dinner, 25 October 2010 Image: Kerrie Griffin

Bosom Buddies

Sincere thanks to **Sally Saunders**, President, and the Bosom Buddies team, for their annual dinner (not a fundraiser) for members and survivors to celebrate Australian Breast Cancer Day which was held on 25 October. Adam, the opera singer, was a highlight.



Kayla Lee, Year 12 student, designed the distinctive ipaddle team's tshirt as a college graphic design project. She has paddled with Jelly Beans in previous regattas and sold lots of DA ACT raffle tickets too. BCNA Mini Field of Women, DA ACT Dragon Boat Regatta, 23 October 2010 Image: Kerrie Griffin

Free breast imaging services extended

Women who have previously been forced to turn to the private sector for medical breast imaging are now able to access a free service at the Canberra Hospital. GPs, surgeons and genetic screening clinics are now able to refer patients with breast health concerns to the Diagnostic Breast Imaging Service. BreastScreen ACT provides a free mammography service for women aged over 40 years but it does not cater for women who have shown breast cancer symptoms or need follow up imaging services. ACT Health Minister Katy Gallagher said patients who required regular follow up screening had had to pay about \$500 to access services privately. "They have had to go to the private system for check-ups and follow-ups which is usually every year or two years and that can be quite expensive," Ms Gallagher said. "Breast cancer support groups lobbied us very strongly to have a public service so that women could come and get that ongoing care and treatment post their treatment and recovery."

It will provide mammography, ultrasound and magnetic resonance imaging (MRI) to high-risk patients as well as other services, including image-guided biopsies.

Sincere thanks to the donation from the Independent Property Group that helped ensure its establishment.

<http://www.canberratimes.com.au/news/local/news/general/free-breast-imaging-services-extended/1960699.aspx>

ACT has top breast cancer rate in nation

The ACT has the highest rate of breast cancer in Australia but treatment outcomes and survival rates for patients have been rated as excellent in a new report. The ACT and South-East NSW Breast Cancer Treatment Group studied the treatment of 2911 patients in the region with invasive breast cancer and ductal carcinoma between 1997 and 2007.

Health Minister Katy Gallagher said the ACT had the highest age-standardised incidence of breast cancer in

Australia, with about 200 new cases in women and one in men diagnosed each year. “Despite those statistics, this report indicates that breast cancer outcomes in the ACT are excellent, both in terms of disease-free survival and overall mortality from breast cancer,” Ms Gallagher said.

“Analysis of this data also shows that breast cancer treatment in the ACT and SE NSW demonstrates high compliance with Australian and international guidelines on the treatment for breast cancer.”

A nine-year analysis of the project data showed that 80 per cent of patients were alive and disease-free, 3.4 per cent were alive with a recurrence of cancer and 7.3 per cent had died due to breast cancer. The report said that cancer had recurred in 247 of the 2371 patients with invasive disease and four of the 293 with ductal carcinoma. It also said that 176 invasive disease patients died as a consequence of their cancers.

The five-year median survival rate was 93.4 per cent but patients who underwent surgery at rural hospitals had an increased risk of dying. The majority of patients were post menopausal and more than 90 per cent had not been diagnosed with a previous cancer. “Approximately 9 per cent of patients were classed as having a potentially high risk of developing breast cancer, based on their family history,” the report said.

“This is similar to published data that suggest up to 5 per cent of breast cancers can be attributed to the inheritance of a mutant gene.

“Referral for high-risk surveillance, genetic counselling and possible genetic testing should be considered for these ‘high-risk patients’.” Half of the breast cancer cases were initially detected by the patient, 31 per cent by breast screening, 7 per cent by another screening program, 11 per cent by a doctor and 1 per cent by other means.

The Canberra Times, 3 September, page 3 news
<http://www.canberratimes.com.au/news/local/news/general/act-has-top-breast-cancer-rate-in-nation/1931764.aspx>

After the treatment website

www.cancer counselling.org.uk/northsouth/extra4.nsf/WebResHarvey?OpenView&ExpandAll&Count=500

Courtesy of Marilyn Brookes and Sarah Holmes

HeadsUp@Calvary

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://heads up.net.au>

Open: 10am to 3pm Wednesdays and Thursdays

<http://web.me.com/sueowen1/HeadsUp/Welcome.html>

Sue Owen 0416 227 5959

Otis Foundation retreats

We are very privileged that Elspeth Humphries' family allows visitors to *Creekside* during summer.

<http://www.otisfoundation.org.au/OTISSanctuaries.asp?SanctuaryID=6>

Prosthesis recycling Contact Jan Murphy 0402 188 361

janaliveandwell@hotmail.com.au

**Kerrie Griffin, Community Leader,
 Seat at the Table (SATT) Program, BCNA**



Racing on Lake Burley Griffin at Weston Park, Yarralumla, DA ACT Dragon Boat Regatta, 23 October 2010 Image: Chris Holly



DA ACT Dragon Boat Regatta, 23 October 2010 Image: Chris Holly



DA ACT Dragon Boat Regatta, 23 October Image: Chris Holly
http://www.dragonsabreast.com.au/ACT/2010_regatta/index.htm



BCNA Mini Field of Women at the 9th 2010 Dragons Abreast ACT Dragon Boat Challenge, 23 October 2010 Image: Chris Holly




Calendar of events

Dates and events may change – please check www.cdba.com.au/

PS = Point Scoring Regatta NPS = Non-Point Scoring Regatta Club in [brackets] has BBQ duty)

Canberra Dragon Boat Association: HOSTS OF THE 2011 AUSDBF AUSTRALIAN CHAMPIONSHIPS

Month	Date(s)	Event	Location	Notes
November	Saturday 20	CDBA Regatta 4: 500m, 200m PS	Canberra Yacht Club Lotus Bay	Canberra@dragonsabreast.com.au
	Sunday 21	Beginner sweep school	Canberra Yacht Club Lotus Bay	www.cdba.com.au/
	Thursday 25	Meeting to evaluate 2010 DA Challenge	KPMG, L3, 20 Brindabella Cct, Airport	bugz_mini@hotmail.com Boerge Alexander
	Saturday 27	Paddle to the island to celebrate Narelle's 40th and Jan's 60th birthdays	Canberra Yacht Club Lotus Bay	Canberra@dragonsabreast.com.au
December	Saturday 4 9.30–10.30am	Come and try session	Canberra Yacht Club Lotus Bay	Canberra@dragonsabreast.com.au
	Saturday 11	CDBA Regatta 5: 200m – NPS	Canberra Yacht Club Lotus Bay	Canberra@dragonsabreast.com.au
	Sunday 12 6.30pm	DA ACT Christmas Party	Patsy Sheales' home Bring a plate	RSVP patc@grapevine.net.au
	Saturday 18	CDBA Regatta 6: 15 km Challenge – NPS	Canberra Yacht Club Lotus Bay	Canberra@dragonsabreast.com.au
	Wednesday 22	Christmas carols on the lake	Canberra Yacht Club Lotus Bay	Canberra@dragonsabreast.com.au
January 2011	Friday 7	200m Twilight FIVE:5 Regatta 1	Canberra Yacht Club Lotus Bay	Canberra@dragonsabreast.com.au
	Friday 14	200m Twilight FIVE:5 Regatta 2	Canberra Yacht Club Lotus Bay	Canberra@dragonsabreast.com.au
	Friday 21	200m Twilight FIVE:5 Regatta 3	Canberra Yacht Club Lotus Bay	Canberra@dragonsabreast.com.au
	Friday 28	200m Twilight FIVE:5 Regatta 4	Canberra Yacht Club Lotus Bay	Canberra@dragonsabreast.com.au
	Saturday 29	CDBA Regatta 7: 200m - NPS	Canberra Yacht Club Lotus Bay	Canberra@dragonsabreast.com.au
February	Saturday 12	CDBA Regatta 8: 200m Chinese New Year NPS	Canberra Yacht Club Lotus Bay	Canberra@dragonsabreast.com.au
	Saturday 12	DA ACT Chinese New Year dinner	Darling Harbour, Sydney tbc	carol.summerhayes@bigpond.com
	Sunday 13	DAA Chinese New Year Paddle and Flowers on the water ceremony	Darling Harbour, Sydney	carol.summerhayes@bigpond.com
	Sunday 20 8am	Long paddle to Dairy Flat Bridge	Canberra Yacht Club Lotus Bay	bea.brickhill@bigpond.com
	Saturday 26	CDBA Regatta 9: 500m+2000m – PS	Canberra Yacht Club Lotus Bay	DAA Category included Canberra@dragonsabreast.com.au
March	Saturday 5	CDBA Regatta10: 500m ACT Championships	Canberra Yacht Club Lotus Bay	www.cdba.com.au/
	Tuesday 29	AusDBF Australian	Training Day 1	www.cdba.com.au/

		Championships		
	Wednesday 30	AusDBF Australian Championships	Training Day 2 & Opening Ceremony	www.cdba.com.au/
	Thursday 31	AusDBF Australian Championships	Day 1 – State v State 500m	www.cdba.com.au/
April 	Friday 1	AusDBF Australian Championships	Day 2 – Club v Club 500m	www.cdba.com.au/
	Saturday 2	AusDBF Australian Championships	Day 3 – Club v Club 2000m	www.cdba.com.au/
	Sunday 3	AusDBF Australian Championships	Day 4 – Club v Club 200m	www.cdba.com.au/
	Saturday 16	Sat REGATTA 11: 200m – PS		www.cdba.com.au/
May	Saturday 7	CDBA Presentation night	Club Championship Presentation	www.cdba.com.au/
August	1–7	IDBF World Championships	Tampa Bay Florida USA	http://tampa2011.idbfworldchamps.com/
	Monday 15	CDBA AGM	Canberra Yacht Club Lotus Bay	www.cdba.com.au/
October  	Saturday 22	Dragons Abreast ACT Corporate Challenge Regatta	Weston Park or Lotus Bay, Lake Burley Griffin tbc	canberra@dragonsabreast.com.au
	Saturday 22 8am–3pm	BCNA Mini Field of Women at the Regatta	Canberra Yacht Club Lotus Bay	Volunteers needed for the BCNA stall!

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 ACT newsletter — February 2011

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

Please submit any news, items and images by 15 February 2011 to the newsletter coordinator

Kerrie.griffin@act.gov.au or taylorclan@inet.net.au

Seven steps for your images to appear on the website

- Snap your photos and download to your computer
- Email digital photos to dragonsabreastaustralia.dragon@picasaweb.com
- In the subject line of the email, include a description, for example “*Tit Tit Boom team at the ACTDragons Abreast Corporate Challenge 2010*”
- If possible, also name the individual photos – “Mary paddling”, Jo sweeping” etc. *NB: this step is not essential*
- Email webmaster@dragonsabreast.com.au to inform that photos have been sent to the above address.
- Webmaster will then create an album of these photographs
- This album will be placed on the ACT regatta 2010 page, and on the ‘Gallery’ page <http://www.dragonsabreast.com.au/Gallery.htm>