



# ABREAST of the NEWS

DRAGONS ABREAST CANBERRA under the umbrella of Breast Cancer Network Australia

PO Box 7191, Yarralumla ACT 2600 • DRAGONSABREAST.COM.AU • ISSUE 58 • NOVEMBER 2015



DA Corporate and Social Regatta 17 October 2015 Image: Chris Holly

## Coordinator's report

Congratulations! It was another successful and fabulous DA Corporate and Social Regatta. Thanks to all the team for their efforts — from set up to pack up you were all awesome. The Pink Ladies sure can put on an event. The vibe was electric throughout the day and everyone had a great time. The 16 teams looked fantastic and really got into the spirit of things, what a fabulous day. Many photographs on our Facebook <https://www.facebook.com/Dragons-Abreast-Canberra-448649108487643/>

## 15<sup>th</sup> Dragons Abreast Canberra Social and Corporate Regatta, 17 October 2015, Grevillea Park

This year's theme was *Superheroes*. As usual, teams happily joined in with the theme, there were some sensational Superhero costumes. Grevillea Park was awash with colour and movement throughout the morning. Although we had a few less teams this year, the excitement, fun, competition and general atmosphere indicated that everyone was having a great time. The weather provided a perfect day for paddling as well. DA also celebrated the 5<sup>th</sup> national DAA paddle day at our regatta on 17 October.

It was a pleasure to have **Senator Katy Gallagher**, who is also patron of Dragons Abreast Canberra, **Brendan Smyth, MLA**, and **Dr Carolyn Cho**, breast surgeon, come along to present awards, prizes and to draw the raffle. Already, we've received some great feedback and teams wanting to sign up for next year!



Senator Katy Gallagher, Frances Heaney, Dr Carolyn Cho and Brendan Smyth, MLA, at the BCNA Mini Field of Women at the DA Corporate and Social Regatta 17 October 2015 Image: Chris Holly

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



Pioneer Training- Pioneer Super Heroes shared first place for best dressed team and won the C Final. Fantastic effort your team looked sensational both on and off the water. DA Corporate and Social Regatta 17 October 2015 Image: Chris Holly



Crowds at Grevillea Park during the DAA Flowers on the water ceremony, DA Corporate and Social Regatta 17 October 2015 Image: Chris Holly





Flowers on the water ceremony, DA Corporate and Social Regatta 17 October 2015 Image: Chris Holly

Dragons Abreast Canberra is donating money to the following organisations for local and national groups supporting women on their breast cancer journey.

\$920 [Dragons Abreast Australia](#), our national organisation supports 35 groups providing many opportunities for dragon boating following breast cancer treatment

\$1500 [the Cancer Support Group](#), provides practical support to women undergoing treatment in our region

\$500 [Otis Foundation](#) to support a program where women can spend free R&R time at a lodge in Thredbo with family or friends while undergoing treatment

\$1500 [Palliative Care in the ACT](#) for training volunteers.

\$500 Breast Cancer Network Australia our umbrella body providing [Advocacy](#) and the [My Journey Kit](#) to all newly diagnosed women [www.bcna.org.au](http://www.bcna.org.au)

**Congratulations** to KPMG who won the Highest Fundraiser Award, for over and above their registration, raising \$1,584.80; we also thank the QEII Family Centre for raising \$414.50.

Sincere thanks to the many groups and individuals who supported us with running this fabulous event. Dragon Boat ACT Committee, to the many DB ACT members who volunteered on the day, all clubs were represented, Grammar School Students, Cafe2U, Canberra Trophy Centre, Canberra Yacht Club, Chris Holly: Holimage (photography), Hire All, Nutrimerics, Rotary Clubs of North Canberra and Gungahlin, Fyshwick Fresh Fruit Markets, Chris Durkin: Happy Faces Face Painting, Subway owners: Erika and Tony Prior, DA Canberra members, family and friends.

Thank you to our raffle contributors: Jane Brown Pearls, Thursday Friendship Group at Addicted to Fabric for the King sized bed quilt, Purewill Fitness Studio for a 4 week membership pass, Paul Jurak KayakCamerman for the framed photographic print, 3in1 Fun Family Pass, Seg Glide Ride family pass, Megan Dennis framed painting and Jindii Eco Spa.



US Embassy: Breast Friendz shared first place for best dressed team. They looked sensational on and off the water. DA Corporate and Social Regatta 17 October 2015 Image: Chris Holly

The fantastic **DAA Festival** was held the following weekend in Darling Harbour, Sydney with 41 teams including 12 DA teams from around Australia.

**Patsy Sheales, Donna Lennon, Val Devlin and Frances Heaney** participated in a composite team, *DA Team Inspiration*, including 14 New Zealanders, one Canadian and two Tasmanians paddlers. We had three heats coming 4<sup>th</sup> in each race and getting stronger with every race. We won gold in the Minor final and brought home a gorgeous trophy. It was a fabulous day for DAA.



Sylvia Flaxman Dragon Spirit Award won by Canberra Imaging Group – Xrayted, DA Corporate and Social Regatta 17 October 2015 Image: Chris Holly



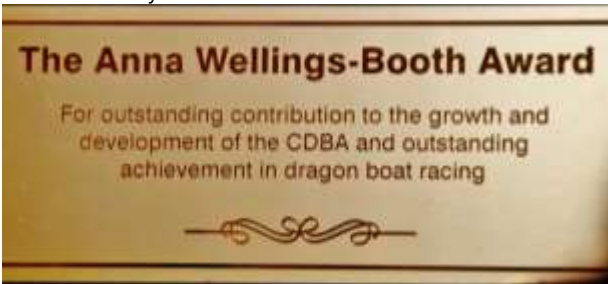
The Anna Wellings-Booth Memorial Award presented by Dr Carolyn Cho to the fastest medical team the Gotham City Paddlers: Baptist Care, DA Corporate and Social Regatta 17 October 2015 Image: Chris Holly



Cake stall, DA Corporate and Social Regatta 17 October 2015 Image: Chris Holly



Gillian Styles was awarded the Anna Wellings Booth award for outstanding service to DB ACT 3 September 2015 *Image: Frances Heaney*



Congratulations to **Narelle Powers** who received the 2014-15 **Coach's award** at the DB ACT presentation and season launch on 3 September. Narelle coached the **Senior C mixed team to Gold** at the Nationals held in Perth in April. Congratulations also to **Gillian Styles** who received the **Anna Wellings Booth award** for her outstanding service to DB ACT. It was a great night.

#### Handmade Market

Thanks to the 22 members who volunteered at the **Handmade Market on 26 and 27 September** at the new venue **Exhibition Park in Canberra (EPIC)**. We raised \$8123 and thank **Julie Nichols** and encourage members and friends to support the Handmade Market and [Shop Handmade Canberra](http://www.handmadecanberra.com.au/our-story.html). <http://www.handmadecanberra.com.au/our-story.html>



Julie Nichols and Rachel, accept a certificate of appreciation and morning tea from Dragons Abreast Canberra Cindy Young, Clare Purcell and Kerrie Griffin, Shop Handmade, Civic 15 October 2015 *Image: Kerrie Griffin*



Frances Heaney with Narelle Powers DB ACT Coach of the year, Canberra Southern Cross Club Yacht Club 3 September 2015 *Image: Frances Heaney*



Julie Kesby, Wendy Ceravolo, Frances Heaney, Patsy Sheales Judy Cluse and Sue Drew paddled to Floriade 30 September 2015 *Image: Julie Kesby*



Kerrie Griffin BCNA, Patsy Sheales and Frances Heaney DA, Rare Cancers CANrecall app launch, Parliament House 12 October 2015 *Image: Frances Heaney*

#### Parliamentary launch of CANrecall

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

#### BCNA lunch

**Mim Forrest, Patsy Sheales, Frances Heaney, Gillian Styles, Elly McGinness, Cate Hale and Kerrie Griffin** volunteered at the BCNA lunch, Gandel Hall, National Gallery of Australia on Secondary Breast Cancer Day on 13 October. The [BCNA secondary breast report](#) was launched by the Hon. Sussan Ley, Minister for Health.





Mim Forrest, Elly McGinness, Patsy Sheales, Cate Hale, Kerrie Griffin and Gillian Styles, BCNA lunch, Gandel Hall, National Gallery of Australia 13 October 2015 *Image: Cate Hale*



Marion Blake, MaryLou Reid, Heidi Ramsay, Nick van Weelden, coordinator and Kerrie Griffin, Casting for recovery launch 19 October 2015 *image: Kerrie Griffin*

**Casting for recovery** launch on 19 October was attended by **Marion Blake, MaryLou Reid, Sue Drew and Kerrie Griffin**. Casting for recovery is holding two weekend retreats near Canberra starting April 2016 to encourage women with breast cancer in the gentle art of fly fishing to improve movement in the arms and upper body.

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



Helen, Debbie Whitfield, Anita Godley, Julie Kesby, Denise Brown, Kerrie Griffin, Cathy Powell, Gillian Styles, Ellen Connell, *front:* Frances Heaney, Patsy Sheales and Mrs Connell, Bosom Buddies Australian Breast Cancer Day dinner 26 October 2015 *Image: Kerrie Griffin*

**Congratulations to Bosom Buddies ACT** who celebrated their 20<sup>th</sup> anniversary at their annual Australian Breast Cancer Day dinner on 26 October. Dragons Abreast members were well represented. Congratulations to **Ellen Connell** who was instrumental in urging the Australian Institute of Health and Welfare (AIHW) to publish [\*Breast cancer in young women: key facts about breast ... cancer in women in their 20s and 30s\*](#). It was launched at the Cancer Australia Pink Ribbon breakfast which Ellen attended on 26 October.

Our next **Come and Try** session will be Saturday 28 November and run by **Elly McGinness, Clare Purcell and Maureen Wild**. Please invite any potential new paddlers along and bring a plate to share for morning tea.

Our profile in social media has increased via our Facebook site [Dragons Abreast Canberra](#) and we have hundreds of followers locally and internationally. Please sign up and 'like' all the other teams too! We updated our profile on the new [DAA](#) website and will use Twitter and the #tag app as we move with the times. Our club is thriving; we have gained some fantastic new members who are also turning into great paddlers. Welcome to our newest member **Mabel Sansom**, DAA Board member, who joined at our last come and try on 19 September.



DB ACT regatta, 7 November 2015 regatta *Image: Sam Ceravolo*

### First regatta of the season

Congratulations to the 19 members who participated in the first DB ACT regatta for the season on 7 November. Our first race was pretty good 3.08.27 coming 4th! Our second race, the B final was awesome in 2.47.47 coming 3rd! The 3 key words ladies: **long, strong and timing**. Well done everyone. Congratulations to **Jenny Green** on her first of many regattas. Thank you to **Di Bradshaw** and **Karen Visser** our official volunteers in the marshalling tent. Thank you to everyone who helped set up from 7am and for parking at Russell. **Patsy Sheales, Donna Lennon and Judy Cluse** did a fantastic job policing the parking. Our next regatta is Saturday 21 November, 200m.

Please note these forthcoming events:

**15 May 2016** Vogalonga in Venice, Italy

**18-19 June 2016** 2nd National DAA Regatta, Lake Kawana, Sunshine Coast, Queensland

**2017** DAA Convention hosted by DA Melbourne

**2018** International Breast Cancer Paddlers Commission Florence, Italy (dates tbc)

Please remember those in our group who cannot get out on the water at the moment. **Di Bradshaw** is taking a reluctant break but is still up for coffee. **Julie Richardson** welcomes gifts of food and drink! Our thoughts are with **Susan Pitt** whose mother is ill. Thank you to **Cindy Young** who organises the merchandise as well as the Palace Cinema film and lunch on Tuesdays.

**Frances Heaney**  
**Coordinator, Dragons Abreast Canberra**  
[canberra@dragonsabreast.com.au](mailto:canberra@dragonsabreast.com.au)  
<http://www.dragonsabreast.com.au/>  
<http://www.dragonsabreast.com.au/act/>

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



Kellie Toohey, owner, Fernwood Belconnen ACT with the latest Fernwood BCNA November promotion.  
<https://www.fernwoodfitness.com.au/join-us/14-day-pass/>

**Fernwood partners with BCNA to support women diagnosed with breast cancer**  
 As you know, **Kellie Toohey** is researching a PhD at the University of Canberra on *women with breast cancer and exercise as medicine* and she presented with Dr Kate Pumpa at the Breast Cancer and Treatment Group for ACT and SE NSW at the 23 March meeting at the ANU.

Congratulations to Kellie who wrote the national Fernwood six week program for women with breast cancer that was recently launched in September:  
<https://revitalise.bcna.org.au/>  
<http://www.fernwoodfitness.com.au/weight-loss--exercise/well-being/fernwood-partners-with-bcna-to-support-women-diagn/>

- Provides customised advice from breast cancer experts on nutrition, exercise, mindfulness, relaxation, and mindset
- Does not require a Fernwood membership to participate
- The program costs \$87, which is donated to BCNA, and includes a free month's membership at a local Fernwood

**Kerrie Griffin**



Julie Kesby, Denise Brown and Anita Godley, Bosom Buddies ACT 20<sup>th</sup> anniversary dinner 26 October 2015 Image: Lyn Mills



Ann O'Neill breast care nurse, Patsy Sheales, Frances Heaney Bosom Buddies ACT 20<sup>th</sup> anniversary dinner 26 October 2015 Image: Lyn Mills, City News

### **Social activities**

- 14 November Kingston Koffee
- 10 December DA Christmas party, Raiders Club, Kippax
- 16 December Christmas carols paddling
- 10 January concert and byo picnic, Australian National Botanic Gardens
- 20 February come and try session and morning tea
- 19 March bulb planting and morning tea on Springbank Island
- ? April DA Muster
- ? April come and try session and morning tea
- 8 May Mothers Day Classic
- mid? May Belly dancing
- 2 June dinner at a restaurant
- 17-19 DAA Regatta Lake Kawana QLD
- ? July Ten pin bowling
- ? August DA Muster

As Assistant Coordinator I'm organising social activities this year. Yes, we are all about paddling, but we also have a lot of fun in other ways. Some of the dates for activities are not set yet and some may need to change, but we all know about unexpected changes! I hope that you will be able to attend these activities when possible. Keep your eye on the weekly updates from Frances in regard to specifics and RSVP when needed. I am excited about a few of the new activities for us this year and hope you will be too! Music and picnic at the National Australian Botanical Gardens in January just after our first paddle back in 2016, belly



dancing in May and tenpin bowling in July. Our DA Musters will be explained better for new members closer to the date. If you have any questions or suggestions, please let me know.

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

### **Socialising in the boat**

This is not on! Once in the boat we need to be attentive to our coaches/sweep during that time. Please save announcements until we have disembarked, cleaned the boats and done the stretching. Then the socialising can begin! I know that sometimes everyone cannot stay for coffee, which actually is the best time to pass on communications, but perhaps just when stretches are finishing up before people scatter, any information that needs to be passed on to the group could occur. Remember, Frances does a great job keeping us up-to-date and well informed in advance of activities through the **weekly update**. Our members are scattered across Canberra so emails and Facebook are vital in keeping informed. It is up to you to keep yourself informed!

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

Hello ladies! I echo Frances...you are a great group of ladies. Gosh, I do miss you. My time in Canberra and more recently in Sarasota and Hong Kong are some of my most precious memories. You are lovely ladies and friends. Keep paddling!

**Your Yankee sister, Cheryl Bower**



DAA Festival Darling Harbour 24 October 2015 *Image:* Frances Heaney

### **Dragons Abreast Festival**

Another successful DAA Festival was held on 24 October at Darling Harbour, Sydney. This year 43 teams entered, representing hospitals, corporates social groups and DAA member groups including some of our DA Canberra members. They had a fantastic day of dragon boat racing and raised money and awareness for Dragons Abreast. I had a great time applying dragon tattoos which were surprisingly popular, with lower legs and necks being the most popular sites. I heard they stay on up to two weeks, but come off with some effort with baby oil.

The DAA Festival is an annual event and the major fundraiser for Dragons Abreast Australia, a national



Team Inspiration international team won gold at the DAA Festival Darling Harbour 24 October 2015 *Image:* Frances Heaney

not-for-profit registered charity raising breast cancer awareness through the sport of dragon boating and giving hope to those with a diagnosis of breast cancer. The national body supports the 35 DAA groups located in cities and regional areas around the country.

**Marion Blake, Director, DAA Board**

### **Dragons Abreast Festival**

On Saturday 24 October 2015 Frances, Patsy, Donna and myself attended Dragons Abreast Australia's 8th Annual Dragons Abreast Festival at Cockle Bay, Darling Harbour Sydney. Our team was diverse; including members from New Zealand, Canada, Tasmania and Canberra. *Team Inspiration* was our name and due to our team composition, Frances Heaney detailed her inspiring personal journey (as a speaker at the opening ceremony) and we won a gold medal with trophy — I would like to say that the name was fitting.

We were fortunate to have excellent weather, a wonderful sweep (Jason) and a team that improved with every race. The effort with costumes was appreciated by all and our very own Marion Leiba looked spectacular with Melbourne Dambusters. In addition, Marion Blake was assisting with raffles and applying numerous dragon tattoos for donations. There was much laughter and all was relaxed until we had to give all we had for each race and for the final, all we had, plus 25 per cent. The last race was such a shock and most memorable when we realised we had won!

Other highlights included the Chinese Youth League Lion Dancers and my first most moving *Flowers on the Water Ceremony* accompanied by *Remember me*. All was so respectfully peaceful while this ceremony progressed with the exception of understandable sobs and the wiping away of tears. To conclude the day was successful in working toward the vision of Dragons Abreast to spread awareness, empowering individuals and educating on the benefits of an active lifestyle after diagnosis. This is an event to mark on the calendar!

**Val Devlin**

***DRAGONS ABREAST – keeping the spirit alive!***



Ben, Dean and Romy at the BCNA Mini Field of Women at the DA Corporate and Social Regatta, 17 October 2015 *Image:* Chris Holly

### Romy's roller coaster ride!

As a newcomer to all things dragon boating, the regatta held on the 17 October was a great way to get into the swing of things, learn lots, and meet a multitude of other paddlers from all walks of life. The last 12 months has been a tumultuous one for my family and me with my diagnosis of breast cancer in October 2014. When the bomb shell hit we had been first time parents to our beautiful little boy Dean for only five months so as you can imagine the pendulum swung from the great highs to the spectacular lows!

Treatment had its ups in the form of wonderful chemo nurses and radiation technicians who always had a smiling face for me and answered all my questions – no matter how dopey! It also had its big downs with feeling progressively lousier, awful side effects from all the drugs and feeling cheated of the joys of those early parenting days. But, I survived and it is groups like Dragons Abreast that has made this journey doable.

My first paddle was with some trepidation as I'd only finished radiation a few weeks beforehand. I shouldn't have worried as that first time on the lake had me hooked! Meeting all the wonderful ladies at Dragons Abreast and sharing your stories has helped both my husband and I feel part of a community — one that welcomes, supports and encourages no matter what. That is a rare gift and one that we feel very grateful for.

So a big thankyou from us and we look forward to many more paddles and lots of great times getting involved with all things dragon boating!

**Romy, Ben and Dean**



Susan Pitt's 60th birthday paddle 12 September 2015 *Image:* Frances Heaney



The power of DAA, Anita Godley visited BCF Paddlers in the Pink Singapore for a paddle but due to the effects of the Indonesian bushfires they held a gym session. October 2015 *Image:* Anita Godley

### Singapore

I visited BCF Paddlers in the Pink in Singapore. There was too much haze for their weekly paddle so I joined them in a fun and exhausting land exercise workout. They haven't paddled for a few weeks due to the haze (fires in Indonesia are the cause). The ladies were so nice and welcoming!

**Anita Godley**

### Exercise physiology students training program

**Denise Brown** said she's watched her son's strength and confidence improve, and at 62, the breast cancer survivor and international dragon boating competitor has also gained confidence. 'We feel very comfortable here, it's a welcoming place for us to learn about exercise and it's a nice thing for Daniel and I to do together, we really enjoy it. It's been great for Daniel but it's good for me too, we feel great since doing the program'.

### Merchandise

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



### Warm up and training times

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

**Contact:**  
[donnalennon@dodo.com.au](mailto:donnalennon@dodo.com.au)

**Donna Lennon**

Some great paddling technique tips:  
[http://www.youtube.com/watch?v=j7IRbj3K8c4&feature=player\\_embedded](http://www.youtube.com/watch?v=j7IRbj3K8c4&feature=player_embedded)

Remember water, hat, sunscreen and sunglasses!

If you want to have a try at sweeping contact:

**Narelle Powers** [narelle.powers1@defence.gov.au](mailto:narelle.powers1@defence.gov.au)

**Weather watch**

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

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

**Under the pink umbrella**



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



BCNA staff Cara Davey and Gillian Styles, Cate Hale, Eily McGinness, Franches Heaney, Patsy Sheales, Mim Forrest, Kerrie Griffin, Tracey Tau and Rozalee Erceg, erected Veronica at the BCNA lunch, Gandel Hall, National Gallery of Australia, 13 October 2015 *Image: Kerrie Griffin*

#### **BCNA lunch**

Australia's Minister for Health, the **Hon. Sussan Ley**, launched [BCNA's research report](#) into the information and supportive care needs of Australian women living with secondary breast cancer at Parliament House.

<https://www.bcna.org.au/news/2015/10/health-minister-launches-bcna-s-secondary-breast-cancer-survey-report/>

**Elsbeth Humphries** organised a table with friends. **Mim Forrest, Patsy Sheales, Frances Heaney, Gillian Styles, Eily McGinness, Cate Hale** and **Kerrie Griffin** volunteered at the BCNA lunch, Gandel Hall, National Gallery of Australia on secondary breast cancer day on 13 October.

**Kerryn Ernst**, McGrath Foundation secondary breast cancer nurse, and some of the secondary breast cancer BCNA members came to the lunch after the launch at Parliament House. (Veronique, the pop up doll, was erected by the DA team very successfully.)

#### **Kerrie Griffin**

Wonderful day lunching with the pink ladies at Gandel Hall, National Gallery of Australia!

#### **Cate Hale**

[Socials / At Bosom Buddies 20th anniversary dinner, Woden - Canberra CityNews](#)



BCNA Mini Field of Women, in front of James Turrell's *Within without* skyspace, National Gallery of Australia, 13 October 2015 *Image: Kerrie Griffin*



Louise Walmsley, Val Barger, Joy Tonkin, Megan Dennis, Marion Leiba and Pene Lee planting the BCNA Mini Field of Women at the DA Corporate and Social Regatta, 17 October 2015 *Image: Chris Holly*



Thet Khin, Kerrie Griffin, Jen Green, Dr Angela Rezo Chair Breast Cancer Treatment Group ACT and SE NSW, Geraldine Robertson BCNA, Clare Purcell Dragons Abreast Canberra, and Yanping Zhang, Quality Assurance Project Team 1 October 2015 *Image: WIN TV news*

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

Congratulations! The *Breast Cancer Treatment Quality Assurance Project 15 Year Report* was launched on 1 October 2015. It outlines the findings of breast cancer treatment from diagnosis in the ACT and South East (SE) NSW region

[http://health.act.gov.au/sites/default/files/BCTG%20Report%202015%20V2\\_0.pdf](http://health.act.gov.au/sites/default/files/BCTG%20Report%202015%20V2_0.pdf)

Congratulations to **Yanping Zhang**, medical researcher, who was nominated for [the ACT Local Hero award in the 2016 Australian of the Year awards](#).

#### [ACT breast cancer mortality rates falling, new report reveals](#)

Better early detection and treatment options means ACT women with breast cancer are being diagnosed younger.

Report shows improved ACT breast cancer outcomes

The rate of breast cancer survival in Canberra is higher than average for Australia, an ACT Government report suggests.

#### [Breast cancer patients hold their breath, and get better results](#)

Treatment reduces radiation risk for breast cancer sufferers.

#### [The enduring 'Angelina effect' on breast cancer awareness and gene testing](#)



## Coming up

5:30-6:15pm, 30 November

### The 2015 John Curtin Lecture: Cancer Research in Canberra: Pathways for the future

Prof Ross Hannan is giving a public lecture. Please spread the word. It would be great to have a good turnout to hear of his' vision for cancer research in the ACT. <http://jcsmr.anu.edu.au/2015-john-curtin-lecture>

**World Cancer Day 4 February:** breast cancer awareness materials and some volunteers at Canberra Region Cancer Centre TCH.

**ACT Multicultural Festival 12-14 February:** Please contact **Cate Hale** who is organising a BCNA stall to display material and needs volunteers. [willixsix@iinet.net.au](mailto:willixsix@iinet.net.au)

**Casting for Recovery** was launched on 19 October. The first weekend retreat in **April 2016** will be fun. Register now. See <http://www.castingforrecovery.org.au/>

### Miles to Go Before We Sleep

[http://www.huffingtonpost.com/judith-a-salerno/miles-to-go-before-we-sle\\_b\\_8226132.html?ir=Australia](http://www.huffingtonpost.com/judith-a-salerno/miles-to-go-before-we-sle_b_8226132.html?ir=Australia)

### Take My Hand: Canberran Kerryn Ernst is inspiring McGrath Foundation nurse

October 10, 2015

Nurse **Kerryn Ernst** is there not only for patients with secondary breast cancer, but she's there for the families as well. The book: *Take My Hand* by Jo Wiles.

### Myriad Genetics High Court win

A two-time cancer-surviving grandmother from Brisbane won her 'David and Goliath' battle against a US biotech firm that wanted to patent the BRCA-1 cancer gene. <http://www.abc.net.au/news/2015-10-07/breast-cancer-gene-cant-be-patented-high-court-rules/6833232>



<http://www.aihw.gov.au/publication-detail/?id=60129553359>  
AIHW [media release](#)

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



Professor Fran Boyle explained cancer cells grows thoughtlessly and defiantly BCNA 23 October 2015 *Image:* Kerrie Griffin



Kathy Wells BCNA Policy Manager, Kerrie Griffin, Lisa Morstyn BCNA Organiser and Angela Verde, BCNA science and advocacy course, 22 October 2015 *Image:* Kerrie Griffin



BCNA science and advocacy course delegates, 22 October 2015 *Image:* Kerrie Griffin

### 2015 Science and Advocacy Refresher Training

I was lucky enough to be nominated as a consumer representative to attend a refresher training on 22 and 23 October. BCNA was invited to share speakers at the international **World Congress on controversies in breast cancer conference**. Please see links below to presentations.

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

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

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

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

### Kerrie Griffin

**Nicky's group 10.30am 1<sup>st</sup> Tuesday of the month**  
**Nicky's group** gives people with **secondary breast cancer in the ACT and region**, the opportunity to meet, share issues and ideas, learn more about secondary breast cancer and even have a laugh! Join us at at Rodney's Plants Plus at Pialligo, in 'Jungle Fever' a private room. Feel free to bring a friend or family member. There is also a great park for the kids. 'Nicky's Group' is supported by **Bosom Buddies**, for more information **0406 376 500** [Mon.-Thurs. 9am-3pm].



### ACT Casting for recovery program

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

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

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

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



### NBCF news

[Adding ultrasound to breast screening provides better detection for women](#)

November 2015

Adding ultrasound to standard mammography tests in breast screening could result in improved rates of detection for breast... [MORE>](#)

[Strategies for monitoring breast cancer may be written in blood](#)

Blood tests may soon provide more accurate, predictive and less invasive disease monitoring for patients at risk of relapse... [MORE>](#)

[Microscope-in-a-needle to improve outcomes in breast conserving surgery](#)

Breast tumours have microscopic tentacles that can prove elusive during surgery, and precision instruments able to detect the... [MORE>](#)

[Job not done on breast cancer](#)

NBCF research finds Australians do not understand their medical history and are unaware of their genetic risk of breast cancer.... [MORE>](#)

[Research combines nanomedicine and cutting-edge imaging to pinpoint metastatic tumours](#)

October 2015

Current therapies such as chemo and radiation are not only damaging to cancer cells but to healthy cells in the body. Dr... [MORE>](#)

[NBCF welcomes new report on young women and breast cancer](#)

NBCF Acting CEO Jackie Coles attended Cancer Australia's Pink Ribbon Breakfast this morning where the latest report from the... [MORE>](#)

[Do stem cells hold the key to breast cancer spread?](#)

NBCF funding is helping Dr Ewa Michalak find the stem cells that hold the key to how breast cancer spreads, and could lead to... [MORE>](#)

[Starving triple-negative breast cancer cells](#)

New research has discovered a way to stop tumour growth by starving cancerous cells of a nutrient called glutamine, which is... [MORE>](#)

[How is research going to help cure metastatic breast cancer?](#)

Breast cancer is the most common cancer diagnosed in Australian women (after non-melanoma skin cancer), and although the... [MORE>](#)

[The National Breast Cancer Foundation welcomes the High Court ruling that the breast cancer gene BRCA-1 cannot be patented.](#)

October 2015

"This is great news for Australia. NBCF oppose any impediments to the timely and cost-effective diagnosis and treatment of... [MORE>](#)

### BCNA NEWS

[Mandala Calendar and Colouring Pages](#)

Women involved with BCNA's Active and Well Program have been learning about mindfulness and relaxation as a great way to soothe anxiety and eliminate stress. Colouring or illustrating your own mandala is a way to practice mindfulness that has become very popular.

We've created stunning mandala illustrations to help you exercise mindfulness, drawing on your creativity as you fill the spaces with colour. A mandala is a simple way to focus on being in the present moment.

Please download and print your own mandala colouring activity and allow your mind a moment to wander and be creative.

<https://www.bcna.org.au/health-wellbeing/bcna-mandala/>

[BCNA and Palliative Care Australia \(PCA\) have been awarded an international grant to develop a new toolkit](#) of resources to help women with secondary breast cancer to understand palliative care and the benefits of accessing it early.

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

[New clinical trials](#)

BCNA developed a website page which outlines some of the clinical trials currently running for women who have finished their active treatment for breast cancer (i.e. surgery, chemotherapy and/or radiotherapy).

[100k for BCNA new partnership with Fernwood Fitness](#) Revitalise program. In November 2015 all 68 Fernwood across Australia are donning their pink for the 100K for BCNA Campaign.

[Secondary breast cancer telephone support](#)

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

[Brave for BCNA invites daring supporters to raise funds and awareness for BCNA ... by jumping out of a perfectly good plane!](#)

**About BCNA's Cultural Diversity Program** BCNA's Cultural Diversity Program has been developed in consultation with Australia's cancer, breast cancer and multicultural sectors. The program aims to provide appropriate and accessible information and support for women from diverse cultural backgrounds. The first phase of our resource development has focused on developing bilingual print and audio resources in the following priority languages: **Arabic, Chinese, Greek, Italian and Vietnamese**. BCNA is also hosting community breast cancer information forums in languages other than English, and training women from



diverse cultural backgrounds to be spokespeople for BCNA. For more information about BCNA's Cultural Diversity Program, and to access our new bilingual resources. [www.bcna.org.au/news/2015/03/bcna-launches-bilingual-breast-cancer-resources](http://www.bcna.org.au/news/2015/03/bcna-launches-bilingual-breast-cancer-resources)  
<https://www.bcna.org.au/news/2015/07/bcna-joins-diversity-campaign/#sthash.wGGdVTR3.dpuf>

BCNA News 01 Jul 2015

Changes to **superannuation laws** will make it easier for Australians living with a terminal illness to access their lump sum superannuation tax free from today. For more information read the News item [Earlier access to superannuation from today](http://www.bcna.org.au/news/2015/07/new-benefits-start-today/#sthash.Si7Ukwlf.dpuf) on <https://www.bcna.org.au/news/2015/07/new-benefits-start-today/#sthash.Si7Ukwlf.dpuf>

**BCNA NEWS 01 JUL 2015**

[New drugs on PBS from today](#)

**BCNA NEWS 01 JUL 2015**

[Earlier access to superannuation from today](#)

**BCNA NEWS 26 JUN 2015**

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

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

#### Online Network

The BCNA online network connects people affected by breast cancer and brings them together in real time. To join go to <http://www.bcna.org.au/user/register>

#### BCNA Resources

If you would like to link up with our network across Australia and receive our free national magazines, *The Beacon* and *The Inside Story*, or contribute to them, you can subscribe either visit the website <http://www.bcna.org.au/news/beacon-magazine/subscribe-beacon> or 1800 500 258.

#### Research Bulletin

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

- Family history and hereditary breast cancer
- Young women and breast cancer
- Secondary breast cancer
- Women with breast cancer in rural and remote areas

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

#### Review & Survey Group

Participation will give you an opportunity to assist researchers to solve some of the puzzles around breast cancer, by contributing your own experience. All you need is an email address, and a willingness to be involved. When there is an important breast cancer survey being conducted, BCNA will email you with the details. It's then up to you to decide if you are interested in participating or not. The choice is entirely yours. To register for the Review and Survey Group click on the following link <http://www.bcna.org.au/news/about-bcna/get-involved/speak-out>

#### BCNA Forums Team

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

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

#### BreastScreen ACT

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

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

Please spread the word that BreastScreen ACT has lots of appointments available for the new digital mammography service in **Belconnen, Civic or Woden**. The service screens women from 40 if higher risk, else the service **target women from 50–74. Women more than 74 years of age are welcome too.**

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

#### [Support your partner through breast cancer](#)

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

#### [Ten years of tamoxifen may be better than five](#)

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

#### Useful links

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

Associate members including Dragons Abreast

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

Bosom Buddies is a member group

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

Read about how BCNA does advocacy

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

Read about how BCNA nominates community liaisons

<http://www.bcna.org.au/about-bcna/advocacy/consumer-representatives#cl>

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

#### Get involved with BCNA

- [Community fundraising](#)
- [Join our online network](#)
- [Advocacy](#)
- [Speak out](#)
- [Find services & support near you](#)
- [The Beacon](#)
- [I never thought I would](#) – Issue 72, Spring
- [Help with research](#) Join our Review & Survey Group
- <http://www.bcna.org.au/store/Merchandise>
- **BCNA updates to share their work with ACT members in case you are interested in being more involved:**
- [The BCNA Networker](#) [Download your electronic version](#)
- [Connecting BCNA Member Groups online group](#)
- [BCNA Community Liaison online group](#)

#### [Otis Foundation](#)

*Creekside* is a luxury chalet situated in the picturesque Thredbo Village. *Creekside* is available to people who are newly diagnosed or who have undergone active treatment for breast cancer in the 12 months prior to their stay. To enquire about a booking at *Creekside* or another retreat, or for more information please go to [www.otisfoundation.org.au](http://www.otisfoundation.org.au) or call 03 5444 1185  
**Elsbeth Humphries**

#### Bosom Buddies

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

#### Gillian Horton, Colleen's Post Mastectomy Connection

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

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



Lesley Thomas was helped by Sue Own to select a wig, HeadsUp@ Kippax 10 September 2015 Image: Kerrie Griffin

### 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

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

Brain Tumour Alliance Australia Inc. [www.btaa.org.au](http://www.btaa.org.au)

<http://ourhealth.org.au/stories/making-a-difference-btaa-members-share-their>

<http://ourhealth.org.au/stories/daineres-journey-anthoney-family-story>

Susan Pitt, Secretary BTAA

Improve your brain health and performance

Build your Personalised Training Program

[http://www.lumosity.com/landing\\_pages/188](http://www.lumosity.com/landing_pages/188)

Kerrie Griffin

Consumer Representative

Seat at the Table (SATT) Program, BCNA



### Calendar of events

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

Month	Date(s)	Event	Location	Notes
November	Saturday 14 7.45am	Paddle to Kingston Foreshore for coffee	Lotus Bay	<a href="mailto:francesheaney.dacanberra@outlook.com">francesheaney.dacanberra@outlook.com</a>
	Saturday 21 7am-12pm	DB ACT regatta 3 200 m and 2 km	Grevillea Park	<a href="mailto:francesheaney.dacanberra@outlook.com">francesheaney.dacanberra@outlook.com</a>
	Saturday 28	Come and try session and morning tea	Lotus Bay	<a href="mailto:ellymcginness@gmail.com">ellymcginness@gmail.com</a>
December	Saturday 5 7am-1pm	DB ACT regatta 4 500 m and 2 km Christmas BBQ	Grevillea Park	<a href="mailto:francesheaney.dacanberra@outlook.com">francesheaney.dacanberra@outlook.com</a>
	Sunday 6 11am-3pm	Day on the lake for all water users Hosted by the Royal Life Saving Society	Lotus Bay	<a href="mailto:francesheaney.dacanberra@outlook.com">francesheaney.dacanberra@outlook.com</a>
	Thursday 10	DA Christmas party	Raiders Club, Kippax	RSVP to Annette Dean <a href="mailto:annetted@pcug.org.au">annetted@pcug.org.au</a>
	Wednesday 16	DA Christmas carol paddle	Lotus Bay	<a href="mailto:francesheaney.dacanberra@outlook.com">francesheaney.dacanberra@outlook.com</a>
	Saturday 19	Last DA paddle for 2015	Lotus Bay	<a href="mailto:francesheaney.dacanberra@outlook.com">francesheaney.dacanberra@outlook.com</a>
January	Saturday 9	Dragons Abreast Canberra commence Saturday morning training sessions	Lotus Bay	<a href="mailto:francesheaney.dacanberra@outlook.com">francesheaney.dacanberra@outlook.com</a>



	Sunday 10	concert and byo picnic	Australian National Botanic Gardens	PatsySheales <a href="mailto:shealespatsyterry@hotmail.com">shealespatsyterry@hotmail.com</a> V
	Saturday 17 12-3pm	DA ACT Pirate Regatta and BBQ	Lotus Bay	<a href="mailto:francesheaney.dacanberra@outlook.com">francesheaney.dacanberra@outlook.com</a>
	Saturday 30 7am-12pm	DB ACT regatta 5 200 m and 1 km	Grevillea Park	<a href="mailto:francesheaney.dacanberra@outlook.com">francesheaney.dacanberra@outlook.com</a>
	Thursday 4	World Cancer Day Display at the Canberra Region Cancer Centre,	TCH	Andrea Ardeleanu, DP
February				_____
				_____
	Saturday 20	Come and try session and morning tea	Lotus Bay	<a href="mailto:ellymcginness@gmail.com">ellymcginness@gmail.com</a>
	Sat 27-Sun28	Albury/Wodonga	Wodonga	<a href="mailto:francesheaney.dacanberra@outlook.com">francesheaney.dacanberra@outlook.com</a>
	Saturday 12 7am-1pm	National Capital Dragon Boat Festival	Grevillea Park	<a href="mailto:francesheaney.dacanberra@outlook.com">francesheaney.dacanberra@outlook.com</a>
	Saturday 13 7am-1pm	National Capital Dragon Boat Festival	Grevillea Park	<a href="mailto:francesheaney.dacanberra@outlook.com">francesheaney.dacanberra@outlook.com</a>
	Saturday 19	Bulb planting and morning tea	Springbank Island	PatsySheales <a href="mailto:shealespatsyterry@hotmail.com">shealespatsyterry@hotmail.com</a>
April	Date tbc	DA Muster	venue tbc	PatsySheales <a href="mailto:shealespatsyterry@hotmail.com">shealespatsyterry@hotmail.com</a>
	Date tbc	Come and try session and morning tea	Lotus Bay	<a href="mailto:ellymcginness@gmail.com">ellymcginness@gmail.com</a>
May	Sunday 8	Mothers Day Classic	Lotus Bay	BCNA Stall, Rond Terrace needs volunteers
	15	Regatta in Vogalonga in Venice, Italy with Bravehearts Albury	Vogalonga in Venice, Italy	
	Date tbc	Belly dancing session	Venue tbc	PatsySheales <a href="mailto:shealespatsyterry@hotmail.com">shealespatsyterry@hotmail.com</a>
June	Thursday 2	DA dinner at a restaurant	Venue tbc	PatsySheales <a href="mailto:shealespatsyterry@hotmail.com">shealespatsyterry@hotmail.com</a>
	17-19	DAA Regatta	Lake Kawana QLD	<a href="mailto:francesheaney.dacanberra@outlook.com">francesheaney.dacanberra@outlook.com</a>
July	Date tbc	Ten pin bowling	Venue tbc	PatsySheales <a href="mailto:shealespatsyterry@hotmail.com">shealespatsyterry@hotmail.com</a>
August	Date tbc	DA Muster	venue tbc	PatsySheales <a href="mailto:shealespatsyterry@hotmail.com">shealespatsyterry@hotmail.com</a>
October 	Saturday 8 7am-1pm	Dragons Abreast Canberra Corporate Regatta BCNA Mini Field of Women at the Regatta	Grevillea Park	<a href="mailto:francesheaney.dacanberra@outlook.com">francesheaney.dacanberra@outlook.com</a>
	Saturday 24	Dragons Abreast Festival National fundraiser regatta	Darling Harbour, Sydney	<a href="http://www.dragonsabreastfestival.com.au/">http://www.dragonsabreastfestival.com.au/</a> Volunteers needed
2017	Date tbc	DAA Convention Hosted by DA Melbourne Dambusters	Melbourne	<a href="mailto:francesheaney.dacanberra@outlook.com">francesheaney.dacanberra@outlook.com</a>
2018	Date tbc	<a href="http://www.internationalbreastcancerpaddlers.com.au/">International Breast Cancer Paddlers Commission</a> breast cancer survivor regatta	Florence, Italy	<a href="mailto:francesheaney.dacanberra@outlook.com">francesheaney.dacanberra@outlook.com</a>

**Dragons Abreast Australia — Mission statement**

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

To offer hope and inspiration to those faced with a diagnosis of breast cancer and promote the fact that there is quality of life after breast cancer.

*Keeping the spirit alive!*

**Next issue of the DA Canberra newsletter — February 2016**

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

Please submit any news, items and images by 20 February 2016 to the newsletter coordinator

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



DA Corporate and Social Regatta, 17 October 2015 *Image: Chris Holly*



The Hulks, Canberra Regatta 17 October 2015 *Image: Frances Heaney*



Flowers on the water ceremony, DA Corporate and Social Regatta, 17 October 2015 *Image: Chris Holly*



DA Corporate and Social Regatta, 17 October 2015 *Image: Chris Holly*



Louise Walmsley, Alison and Julie Kesby and Wendy Ceravolo — the fruit queens, DA Corporate and Social Regatta, 17 October 2015 *Image: Chris Holly*



Women in Super, DA Corporate and Social Regatta, 17 October 2015 *Image: Chris Holly*



DA Corporate and Social Regatta, 17 October 2015 *Image: Chris Holly*