



# ABREAST of the NEWS

DRAGONS ABREAST CANBERRA

PO Box 7191, Yarralumla ACT 2600

DRAGONSABREAST.COM.AU

ISSUE 80

MARCH 2022



Congratulations to Natalie Evans-Sandell, on attaining her Level 3 sweep accreditation. Nat passes the DA Canberra guard of honour 19 February 2022 *Image:* Claudia Schiliró

## Coordinator's report

Most of us wondered what 2022 would bring after an eventful (of sorts) 2021. There's been some improvement: we can travel, see family and friends but we were introduced to Omicron and we still have the rain. I hope everyone is surviving well amid the challenges.

It's been wonderful to see more members come back to paddling and having fun on the water while building our paddling muscles. Thank you to our coach, **Donna Lennon**, who ensures paddlers' technique is correct to lessen the chance of injury.

## DAA update

In January, **Anita Godley** and I signed the Renewal of Terms and Conditions of Group Membership and the Renewal of Trademark User Agreement with **Dragons Abreast Australia (DAA)**. Our membership numbers remain strong with DAA. We have lost some members who didn't renew but we have gained new members who have been warmly welcomed.

## New members

We welcome our new members **Megan Dennis** (returning as a sports member), **Kate Reid** and **Angela Spencer**, and hope they enjoy paddling and DA camaraderie. Great to welcome back **Lenyss Snellen** and **Cindy Young**.

Some of our members put their hand up to learn more about our sport. Thank you and well done to: **Jenny Milward-Bason** Level 1 Coaching course **Kellie Nissen** and **Susan Pitt** Level 1 Officials course



DA come and try paddle, Parliament House, Lake Burley Griffin 26 February 2022 *Image:* Kerrie Griffin



DA Canberra stretching, Lake Burley Griffin 22 January 2022 *Image:* Susan Pitt

## DB ACT Regattas

We have been fortunate that regattas #4, #5, #6, #7 and #8 were held with all weather conditions experienced. In the majority of our 20s boat racing, we raced short of paddlers and/or were supported by paddlers from other clubs including Diamond Phoenix, Invictus and Canberra Griffins. Thank you to all the volunteers that make our regattas tick.

Congratulations to **Natalie Evans-Sandell** on achieving her Level 3 sweep registration. Nat completed four 500m sweepstake events and, unlike some other novice sweeps, managed to stay and finish in her lane. We encourage members to consider training to be a sweep.

We are now gearing up for the **ACT Championships on 19 and 20 March**. This is a huge weekend with lots of dragon boat racing. Volunteers required. Visitors welcome.





Elly McGinness and Sugar Masangcay, Mad Hatter DB ACT Regatta 4 18 December 2021 *Image: Susan Pitt*

### Out of area regattas

We competed in the **Jindabyne Flowing Festival** which was not at the usual venue due to the Lake Jindabyne flooding. Thanks to **Lisi Bromley** and **Alison Kesby** for paddling at the last minute. DA Canberra paddled hard in the 2km on Saturday evening with thanks to **Lyndall Milward-Bason**, sweep, and **Wendy Ceravolo**, drummer. On Sunday morning for our second 200m, as we were about to paddle, to the start line, the wind whipped up and the officials cancelled the remainder of the regatta. It was a shame, but everyone still had lots of fun and an adventure. Well done to **Susan Pitt**, sweep, and **Jenny Milward-Bason**, drummer, for keeping us safe paddling to the start line and returning to marshalling in rough conditions.

Some of us were set to head to Tasmania to participate in the **Nipples on Ripples regatta** on Lake Barrington. Unfortunately, the organisers cancelled it because of a lack of entries due to Omicron.

It was agreed that DA Canberra would not travel to **Adelaide for the 2022 AusChamps**. Good luck to all the DB ACT teams competing in April.



Janet Olsen (centre), Gillian Styles (white bib), Chief Official, and other admin volunteers, Mad Hatter DB ACT Regatta 4 18 December 2021 *Image: Susan Pitt*



DA come and try participants 22 January 2022 *Image: Cindy Young*

### DA come and try sessions 22 January and 26 February

Congratulations to our Come and try team, **Megan Davis, Fiona Maguire and Clare Smyth**, on two successful sessions. Thank you to everyone who participated by being a buddy, sweeping, coaching, paddling or providing a delicious morning tea.

Dragon boating after breast cancer is a fantastic exercise. Exercise is medicine. If you know anyone who might be interested, please encourage them to come along to a paddle session or contact our DA come and try team.



DA come and try participants including Kate Reid and Megan Dennis, 22 January 2022 *Image: Susan Pitt*

### Relay for Life 3 April

Thank you to **Amanda Ferris** for organising the DA Canberra team. It's not too late to join. The event will be for one day only on 3 April at the AIS Track at Bruce from 10:30am to 8:30pm. [Register](https://secure.fundraising.cancer.org.au/site/TR/RelayforLife/CCACT?fr_id=6899&pg=entry) at: [https://secure.fundraising.cancer.org.au/site/TR/RelayforLife/CCACT?fr\\_id=6899&pg=entry](https://secure.fundraising.cancer.org.au/site/TR/RelayforLife/CCACT?fr_id=6899&pg=entry). There is a "Register" button at the top right hand side. The cost is \$40. There will be a **survivors' lap** and everyone is welcome. Amanda has also organised a fundraiser with local small business [Wattlebird Soap Kitchen](#). All proceeds will be donated to **Relay for Life**. The soaps are made locally using local raw products wherever possible.





DA Canberra swim and safety capsizing drills 6 March 2022  
Image: Anita Godley

### Swim and safety capsizing drills 6 March

Many thanks to **Anita Godley** for taking paddlers through a water safety assessment, capsizing drills and swim test. All paddlers are encouraged to participate in these sessions as it is an interesting and valuable exercise. Anita, a qualified swim and water safety officer, ensures a safe environment even for the most nervous of participants. A second session will be organised later in the year.



DA Canberra swim and safety capsizing drills 6 March 2022  
Image: Anita Godley

### [Mother's Day Classic](#) 25<sup>th</sup> anniversary 8 May

Please paddle with Dragons Abreast Canberra and cheer on the walkers/ runners around Central Basin. Thank you to **Gillian Styles and Cathy Powell** at the [BCNA stall](#) at Rond Place. #mdc2020  
<https://www.mothersdayclassic.com.au/mdc-move>

### DAA news

The new DAA Board recently held an informal Zoom meeting with DAA members. More informal Zoom meetings with all DAA members will be conducted. **Pearl Lee** participated in DA Canberra's come and try on 26 February.

### Why we say 'June' instead of 10

Have you ever wondered why we say 'June' at the end of each on water stretch instead of 10?

One of DA Canberra's founding members, **June McMahon** (who passed away in 2012 at 74 years of age) apparently saw no shades of grey, it was black or white. She was a stickler for rules, a perfectionist who had no time for trivia. June would say if you didn't do each exercise on the boat for at least 10 seconds, preferably 20, there wasn't much point in doing them — hence our members count 1,2,3,4,5,6,7,8,9, *June*. There is also a Dragons Abreast Canberra bench in Lennox Gardens named after June. From members who knew June — she was a softie at heart and although she had a scary exterior everyone loved her.



PinkVictus, 2km race DB ACT Regatta 8 5 March 2022 Image: Clare Smyth



DA Canberra, DB ACT Regatta 5, 15 January 2022 Image: Frances Heaney



DAGRIFFS, 200m x 3 races DB ACT Regatta 8 5 March 2022  
Image: Kerrie Griffin [Griffins video](#)  
<https://www.facebook.com/canberragriffinsdragonboatclub/video/s/798729717752708>



Bea Brickhill, Chief Official, Sue Pigeon and volunteers, DB ACT Regatta 8 5 March 2022 Image: Kerrie Griffin





Timekeepers in action, Joan White (second left)  
DB ACT Regatta 8 5 March 2022 Image: Carolyn Rogers

### Merchandise

If you would like to purchase any merchandise, please contact: **Kathy Hayes**  
[hayes.spain@gmail.com](mailto:hayes.spain@gmail.com) Please pay online.

### Dragons Abreast clothing and equipment pool

If you would like to donate or recycle any dragon boating and/or Dragons Abreast items please contact: **Clare Purcell** [clare@cgpurcell.com](mailto:clare@cgpurcell.com)

### TeamApp

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

### DA Canberra Facebook and website

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

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

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

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

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

### Julie Chynoweth, Coordinator

**Dragons Abreast Canberra**

**0439 382 661**

[coordinator.dac@gmail.com](mailto:coordinator.dac@gmail.com)

### Dragons Abreast Australia

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

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

**Fernwood Belconnen** Thank you for your support of DA Canberra.



Susan Pitt, Sophie Seck, Susan Roraff, Katherine Davis Kralikas, Kingston Foreshore 17 November 2021 Image: Lyndall Milward-Bason



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

[IBCPC Participatory Dragon Boat Festival NZ](#)

### Monday 10 - Sunday 16 April 2023

#### New Zealand update

Time is flying by. In a little over a year we will be making our way to Lake Karapiro. Please contact **Clare Purcell** at [clare@cgpurcell.com](mailto:clare@cgpurcell.com) if you have any questions. The Festival hyperlink is:

<https://www.newzealandbcs2023.com/>

<https://www.ibcpc.com/post/letter-from-the-president-6>

<https://www.ibcpc.com/post/vaccine-policy-statement-from-the-ibcpc-medical-advisory-panel-map>

[Florence video memories:](#)

<https://www.youtube.com/watch?v=BOhLG46LSxM>

<https://www.facebook.com/newzealandbcs2023/>

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



Natalie Evans-Sandell, Mad Hatter DB ACT Regatta 4  
18 December 2021 *Image:* Susan Pitt *Video:*  
[Mad hatter celebrations for Lyndall Milward-Bason birthday](https://www.facebook.com/DragonsAbreastCanberra/videos/1579660452402351)  
<https://www.facebook.com/DragonsAbreastCanberra/videos/1579660452402351>



Jenny Milward-Bason drumming 29 January 2022 *Image:*  
Susan Pitt

[Dragons Abreast Australia's National Ambassador, Dr Kellie Toohey has devised a fantastic at home work out that anyone can do!](https://youtu.be/kWXi6L5GHlo)

<https://youtu.be/kWXi6L5GHlo>

[Dr Kellie Toohey's latest research:](#)

[The effect of exercise for improving bone health in cancer survivors — A systematic review and meta-analysis - ScienceDirect](#)



Jenny Milward-Bason, trainee coach and Donna Lennon, coach,  
22 January 2022 *Image:* Susan Pitt

### **Coaches' corner**

How do you measure a year? Loads of different ways: 'it's my birthday'; a calendar year; financial year, Lunar New Year — for dragon boating coaches it's divided into 'on' and 'off' seasons. This means regatta season (on) is drawing to a close and 'off' season is about to begin... which is really the start of our training for the next 'on' season.

So, I'm claiming 1 April as the beginning of our Dragons Abreast Canberra year. Looking ahead, it goes like this:

*Funday: (yes – introducing a new weekday as well)* on land team activities — fun ones that anyone can join (call out to Pink Paddlers too); on water play, finished with morning tea. About an hour all up!

Strokes, drummers and sweeps — it'll be all about you for 2 or 3 sessions plus anyone else who would like to have a go.

Wednesday social paddles will switch to midday when conditions tell us it's time.

Come and try sessions; Annual swim tests; out of town regattas.

All of our other training in between: technique, endurance and stamina.

We have wonderful new members along with returning members, so our patch is definitely looking like the 'cool place' to hang out. Come and join us!

Congratulations to **Jenny Milward-Bason** who completed the Level 1 Coaching Course. Watch the [TeamApp](#) for comments linked to each training session for any warnings, advice or cancellations. Watch here for future editions of the *Coaches' corner*.

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

**Donna Lennon**





Congratulations to Fiona Maguire, joint recipient of the Rookie Award 14 December 2021 *Image: Kerrie Griffin*

### Rookie Award 2021

Well, it wasn't so long ago I was writing something for the newsletter because I was new to dragon boating. A newbie! I did have a bit of a setback in December 2019, not long after I joined, as I broke my hand, and I was out of action for several months. But when I returned, I was more determined than ever to give it a good go and soak up the beautiful lake and the camaraderie from everyone. I've been having a wonderful time and I can feel myself getting stronger and fitter. I love being part of the team and pitching in at the lake to help make everything run smoothly. Then I received the surprise of my life — the **Rookie Award**. Not being a sports person, in any capacity, participant or spectator, I had no idea what a rookie was! The award is gratefully received, thank you, and my granddaughter loves admiring it when she visits. She might get a shock if she comes to watch me paddle as she probably thinks I fly around on beautiful pink dragons!

### Fiona Maguire

*Note: Fiona Maguire is now a member of the new DA come and try team. Thank you Fiona!*



Megan Davis, Fiona Maguire and Clare Smyth, DA come and try team 22 January 2022 *Image: Kerrie Griffin*



Megan Davis, Fiona Maguire and Clare Smyth, DA come and try team meeting 29 January 2022 *Image: Fiona Maguire*



Donna Lennon, coach, running the DA come and try warm up 26 February 2022 *Image: Kerrie Griffin*

### Come and try sessions

#### 22 January and 26 February 2022

What better way to start the year than to welcome 11 new paddlers to come and try sessions in January and February. There was a wonderful buzz as they met their buddies, were kitted out with life jackets and paddles, joined in our coach, **Donna Lennon's** on land instruction with gusto, and proved to be naturals out on the water. The happy new paddlers then came ashore to chat with their buddies and meet many DA Canberra members over a delicious morning tea.

To cap it off **Anita Godley** and **Julie Kesby** initiated them into the secrets of the free month's **DragonPass, TeamApp** and what's involved in joining DA Canberra. On 26 February, the new chair of **DAA, Pearl Lee**, a former DA Canberra paddler, welcomed them to the broader Australian Dragons Abreast community.

Our January paddlers have now joined DA Canberra officially! We welcome **Angela Spencer** and **Kate Reid** and welcome back **Megan Dennis**. Happy paddling all. We're so glad you're now part of Dragons Abreast Canberra! **Nicole Petersen** also indicated she hopes to join later this year.

Our February paddlers will be using their DragonPass throughout March which is a wonderful time to be out on the water enjoying the magic of the **Canberra Balloon Spectacular**. Happy paddling **Joanne, April, Dianne, Helen, Alicia and Penny!**

Highlights of the sessions were their happy faces when they came ashore after their first paddle and the old hands sharing what they love about paddling and the many places it can take you!

A memorable moment for the February paddlers was when **Donna Lennon** reassured all in the boat that the capsized dragon boat and paddlers in the water some distance away were the result of a safety drill and not an accident! That was a relief to all in the boat — old hands and new!

Thank you to everyone who coached, swept, paddled and provided delicious morning teas. **Clare Smyth, Come and try team**



Alicia, Come and try 26 February 2022 *Image:* Kerrie Griffin



April Weiss, Come and try 26 February 2022 *Image:* Kerrie Griffin

Newbies paddling on Molonglo River 17 February 2022 *Video:* Lyndall Milward-Bason:

<https://dragonsabreastcanberra.teamapp.com/clubs/448667/photos/1607044?detail=v1> or

<https://www.facebook.com/100009974494512/videos/pcb.1691400207869113/464180575421888>



Sophie Seck, Clare Purcell 8 February 2022 *Image:* Jeannie Cotterell

### **Skies, water and womenfolk**

I've done many things in my life, but dragon boating wasn't one of them. I'll be honest, it wasn't really on my bucket list either. What I really cherish though is how life throws up an unexpected opportunity every once in a while, and it came at a point in my life where I was keen to harness as much life I could manage. Not only that, but I saw a tribe of women who had weathered the storm I had experienced, or at least a version of it, who were welcoming, strong, and clearly had a good sense of humour. Clearly something I wanted to be part of

Maybe it's my age, helped along by a cancer diagnosis, but I am clearer now about the things that make me happy. And one of those is being on or in the water, feeling small in the largeness of nature, under sweeping skies, especially at sunrise and sunset. My many woes and worries just seem to melt away and feel insignificant. I recognise the power in this community of women and even though I don't know many of you well, there are times where I imagine just being carried along by your strength and energy. It's a collective identity and I am grateful to be part of it.

I don't have huge amounts of time but maybe in the future I'll give a regatta a go. Having 4 daughters and working full time at Medicines Australia can make timing tricky. There are times I have come home from Wednesday evening paddle, spirits soaring, to find anarchy and teenage angst aplenty! So, for now, I'm just really appreciating a weekly 'soft' paddle and I thank you for making us 'newbies' feel truly welcome.

### **Sophie Seck**

[International Women's Day 2022](#) video 8 March 2022

Dragon Boat ACT gives a shout out to all women and those who identify as women paddling in our clubs.

The UN Women's purpose is to create an environment in which every woman and girl can live up to her full potential. [#IWD2022](#)





Kerrie Gougeon, Nicole Petersen, Fiona Maguire and Kathy Hayes, Commonwealth Place, 10 February 2022 *Image:* Lyndall Milward-Bason

### **Camaraderie and laughter**

I'm Kerrie Gougeon, one of the newbies at DA Canberra.

I paddled with **DA Illawarra** from 2002-08 following my first breast cancer diagnosis. My sons were 3 and 6 years old and, as a family, we'd head off to regattas in Sydney with occasional link ups with DA Canberra. They were always fun days and Mummy enjoyed everyone's support. But like a Boxing Day present the novelty soon wore off for the children and Daddy's patience was sorely tested so eventually Mummy went paddling minus family.

Cut to 2022 and Mummy is now Mum, Daddy is affectionately called Dog (young people's lingo, long story) and 3 and 6 year olds are 23 and 26.

In 2008, we moved from Sydney to a small property in southern NSW. I always thought I would continue paddling and link up with DA Canberra but it took another breast cancer diagnosis in 2019 to get me thinking about the friendship, support and damn good fun that dragon boating offers. It took me another three years to google dragon boating in the ACT and contact the coordinator **Julie Chynoweth**.

I'm so glad I did. The club is a great bunch of women who welcomed me at my first paddle on a

Wednesday evening. Laughter and camaraderie abound at every paddle and I really appreciate **Donna Lennon's** warm up and warm down exercise routines to keep us injury free. I recently dragged myself out of bed for a 6am Tuesday paddle (I'm retired and a bit of a night owl so it won't happen every week) and was rewarded with a great early morning paddling session followed by a hilarious breakfast at Yarralumla. What a way to start the day!

So, thank you DA Canberra. I'm glad I joined and look forward to many years of paddling with you all.  
**Kerrie Gougeon**



Kate Reid, Sophie Seck, Marion Leiba and Fiona Maguire 8 February 2022 *Image:* Jeannie Cotterell



DA Canberra, Jindabyne Flowing Festival 20 February 2022 *Image:* Kerrie Griffin





DA Canberra, Jindabyne Flowing Festival 20 February 2022  
Image: Kerrie Griffin

### Jindabyne Flowing Festival Dragon Boat Regatta

This is #FLowingFestival 2022! Thank you to Steve from includes our 200m first race and our pink tent. <https://www.facebook.com/jindabyneflowingfestival/videos/1029661114559690>

See some action shots of DA Canberra by **Adrian Schoo**, **Fiona Maguire's** partner. Thanks Adrian.

<https://www.facebook.com/DragonsAbreastCanberra/posts/5277673798918459>



Susan Pitt, sweep, and Jenny Milward-Bason, drummer, DA Canberra, Jindabyne Flowing Festival 20 February 2022  
Image: Adrian Schoo



Jindabyne Flowing Festival banners 20 February 2022  
Image: Kerrie Griffin



Susan Pitt, sweep, and Jenny Milward-Bason, drummer, DA Canberra, Jindabyne Flowing Festival 200m 20 February 2022  
Image: Adrian Schoo

### Dragon boat drumming Jindy style

Dragon boat drumming is both fun and a responsibility. The fun part is easy, even for someone without a natural sense of balance. The role of the drummer is the sounder of the strokes, support for the sweep and encourager of the crew. It's taken a while for me to be confident enough in the role to drum in a regatta.

Jindabyne was my 2<sup>nd</sup> regatta as a drummer. And I chose the 2<sup>nd</sup> 200m on Day 2 which turned out to be a wild ride.

The weather for the **Jindabyne Flowing Festival** weekend was predicted to be windy on Sunday afternoon. It was a little windy for our first 200m around 10am and by 11am the lake had started to churn. After boarding the boat for our 2<sup>nd</sup> 200m, the Jindabyne officials decided to call a series of meetings to discuss the conditions. While it did look rough, it seemed pretty much Jindy to me.

We finally headed for the start and it became very clear that the conditions were not improving. To help with balancing the boat I moved to the left (my right) with one 'cheek' over the edge and hanging onto the gunnel with my left hand so I didn't fall into the water.

It was so rough our courageous sweep **Susan Pitt** struggled to get to the starting position. The boat bucked and rolled and it was amazing we didn't capsize. Thanks to the focus of the crew and the strength and skill of the sweep.

The race was called off and we headed back in. I decided to drum us in, calling for paddles deep all the way. What a ride! I was singing 'hanging one' (adapted from the Beach Boys famous song) as we surfed the waves into shore. I was reminded of my old catamaran sailing days acting as the 'ballast' to keep us upright. When we made it to shore, I just wanted to go out again. Fantastic, fabulous fun!

**Jenny Milward-Bason**





Lyndall Milward-Bason, sweep, and Wendy Ceravolo, drummer, DA Canberra, Jindabyne Flowing Festival 2km 19 February 2022 *Image: Adrian Schoo*



Susan Pitt, sweep, and Jenny Milward-Bason, drummer, DA Canberra, Jindabyne Flowing Festival 200m 20 February 2022 *Image: Adrian Schoo*



Alison and Julie Kesby met up with cousin, Kelly, and partner Geoffrey, announcer, Jindabyne Flowing Festival Dragon Boat Regatta 20 February 2022 *Image: Julie Kesby*



Julie Kesby, Kerrie Griffin, Lenyss Snellen (86), Cindy Young and Elly McGinness 5 February 2022 *Image: Kerrie Griffin*



Daniel Purcell (right) and teachers, New York 21 October 2021 *Image: Daniel Purcell*

### Daniel Purcell strides out against breast cancer

My family played an enormous role in providing support, encouragement, and love at the time of my breast cancer diagnosis. My three children, Daniel, Erin, and Amy Purcell, all in their own special ways, continue to be my support system.

Daniel has lived in New York for the past 12 years and he teaches at the Walter H. Crowley School of Leadership at I.S. 5 in Queens. October is breast cancer awareness month in the United States and every year his school has a breast cancer awareness display and fundraiser to remember the breast cancer angels and those affected by breast cancer. Every year Daniel has taken great pride in putting my name on the 'wall of fame'.

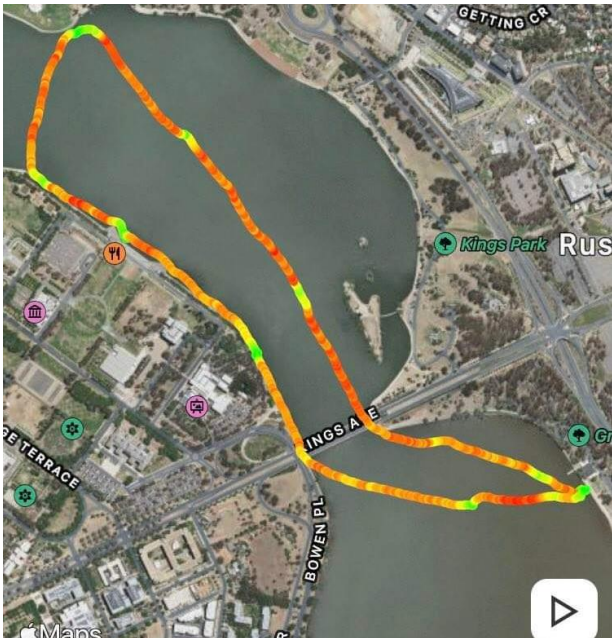
In 2021, Daniel took on the organisation role for the breast cancer display and fundraising at his school.

Daniel and other teachers participated in the 5km **Making strides against breast cancer** walk in Flushing Meadows Park Queens. Overall, almost \$1000 was raised. I'm such a proud mum.  
**Clare Purcell**



Daniel Purcell and school teachers at 5km Making strides against breast cancer walk, New York 21 October 2021 *Image: Daniel Purcell*





Map of Watersports App tracker of paddling circuit in Gecko 15 February 2022 Image: Jeannie Cotterell



Congratulations to **Megan Davis** and our amazing Police, Ambulance and Clinical Early Response (PACER) crew who trained Tasmania's first PACER cohort. January 2022 Image supplied  
<https://www.facebook.com/100064583806170/posts/306992904796834/?sfnsn=mo>



### Warm up and training times

#### Saturday morning:

Extra effort : 7.15 – 8.00am

Saturday morning: 8.00 – 9.30am

Wednesday evening: 5.30 – 7.00pm

Contact: [TeamApp](#)  
**Kellie Nissen** [kellie@justrightwords.com.au](mailto:kellie@justrightwords.com.au)

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!

#### Weather watch

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

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

## Under the pink umbrella



Kerrie Griffin, Bina Brown, Siobhan Glyde, MDC Chair, [Louise Momber](#), Julie Chynoweth DA Canberra coordinator, Cate Wood, Women in Super, Sugar Masangcay, Erin Sorrensen, Jenny Fowler, Geraldine Robertson, BCNA, and Pene Lee, IWD Mother's Day Classic launch, Double Drummer Cafe 8 March 2021 Image: Jacqui Reid

### Mother's Day Classic 25<sup>th</sup> anniversary 8 May

Thank you to **Gillian Styles** and **Cathy Powell** who will be volunteering at the [BCNA stall](#) at Rond Place. In 2022, MDC walkers/ runners will do the Bridge to Bridge around Central Basin. As an option, you can do it virtually to suit you. #mdc2020 New six-week exercise program from 28 March: <https://www.mothersdayclassic.com.au/mdc-move>

Look out for **Sugar Masangcay's** story in the *City News*. Thank you to **Erin Sorrensen** for sharing her story about metastatic breast cancer at the MDC launch on International Women's Day. Both Sugar and Erin are courageous young mothers.



Sugar Masangcay and Erin Sorrensen, IWD Mother's Day Classic launch, Double Drummer Cafe 8 March 2021 Image: Kerrie Griffin





### Mother's Day Classic 25<sup>th</sup> anniversary

Proceeds go to the **National Breast Cancer Foundation** for breast cancer research to improve outcomes for those affected by breast cancer. The **Mother's Day Classic Foundation** supports the NBCF's goal of zero deaths from breast cancer by 2030. There is still so much work that needs to be done to ensure that women can live free of breast cancer in the future.

Breast cancer is the most commonly diagnosed cancer in Australia and sadly, **8 Australians die from it every single day.**

Together we can improve the lives of the **55 Australians diagnosed with breast cancer each day** – now and in the future.

In the 24-year history of the Mother's Day Classic, almost \$40 million has been donated to fund game-changing breast cancer research.

### [Women in Super and the Mother's Day Classic](#)

**Mavis Robertson** founded the Mother's Day Classic with her friend **Louise Davidson**, who had recently lost her mother to breast cancer. The idea came when Mavis saw a breast cancer walk while overseas in 1998. She returned to Australia and announced to co-founder Louise that the Women in Super network should consider launching a fun run/walk to raise money for breast cancer.

At the time, industry superannuation funds, especially those with large female memberships, were seeing that breast cancer featured strongly in the highest group of diseases for accessing death and disability benefits. Mavis galvanised the WIS network with the simple logic: there was no point in advocating for women's retirement outcomes if they were dying prematurely from breast cancer. Women in Super determined that breast cancer research would be of the greatest assistance for their fund members.

<https://www.womeninsuper.com.au/content/our-history/gjyfkq>

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

[READ THE FULL REPORT CARD](#)

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

### [Breast Cancer Network Australia](#)

[Breast Cancer Network Australia](#)

### [\\$5.5 million for clinical trials to treat low-survival breast cancers](#)

BCNA welcomes the Federal Government's investment in breast cancer research. We encourage all Australians to participate in clinical trials – speak to your Health Professional about opportunities that may be right for you. For more info: <https://www.health.gov.au/.../55-million-for-clinical...>

### [The Beacon Issue 90, March 2022](#) | [View online](#)



[http://beacon.bcna.org.au/2022/02/ask-expert-lymphoedema/?fbclid=IwAR1GH0dEmxCCUvR1MY\\_vWxhOyp\\_uNBJSqbCd15EhCp5ZTLpGrbKIH77J2t7s](http://beacon.bcna.org.au/2022/02/ask-expert-lymphoedema/?fbclid=IwAR1GH0dEmxCCUvR1MY_vWxhOyp_uNBJSqbCd15EhCp5ZTLpGrbKIH77J2t7s)

### [March is Lymphoedema Awareness Month](#)

Lymphoedema can be a side effect of some breast cancer treatments such as surgery and radiotherapy due to damage to the lymphatic system for the breast or arm or removal of lymph nodes from the armpit or breast.

There is no one way of treating lymphoedema. The management of your lymphoedema needs to fit in with your lifestyle, needs and preferences. It's helpful to build a good community around you. This might include finding a lymphoedema therapist, connecting with another person with lymphoedema, or talking to a psychologist or counsellor.

Read our article in *The Beacon* for tips on how to live well with lymphoedema. <https://buff.ly/3syn4dH>

### **Triple Negative Breast Cancer Day 3 March**

*Caring for patients at their most vulnerable has a way of cutting through life's worries. However, I was unprepared for my own vulnerability when I was diagnosed with grade 3 triple negative breast cancer.*



BCNA share **Emma Warnecke's** experience. Emma is a Consumer Representative at BCNA and speaks about her experience navigating triple negative breast cancer as a medical professional: <https://buff.ly/35qHnRE>



BCNA held an **Ask The Expert** webcast with Medical Oncologist **Nick Zdenkowski** about triple negative breast cancer. Access the recording on-demand here: <https://buff.ly/3I5LqJZ>

### BCNA resources

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



[Welcome to our new 10-part podcast series, Upfront About Breast Cancer – What You Don't Know Until You Do, with Dr Charlotte Tottman.](#)

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

From our detailed digital conferences that share insights from health professionals, trusted advisors, and those with a lived experience.

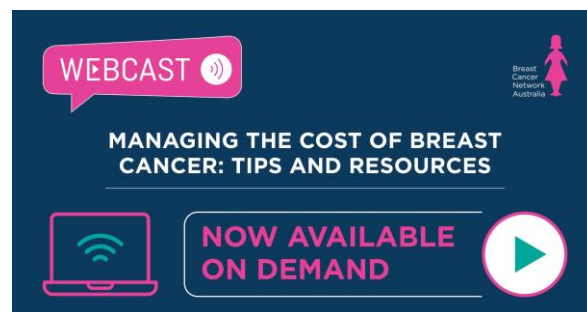
To our one hour on-demand webcasts that provide access to helpful, up-to-date information.

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



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

Contact BCNA's helpline on 1800 500 258.



Access the recording on-demand via <https://buff.ly/3qXaWNb>

<https://www.bcna.org.au/webcasts-new/managing-the-cost-of-breast-cancer-webcast-tips-and-resources>

### The Role of Radiotherapy in the Treatment of DCIS and Early Breast Cancer

Available as a webcast:

<https://kapara.rdbk.com.au/landers/f19ef8.html>



## [Breast Cancer Trials](#)

We want to ensure that every person has access to information about clinical trials, so we've translated our resources into several different languages.

Find out more about the benefits of participating in clinical trials research and how you can help researchers find new and better treatments for breast cancer. Visit our website to download our free brochures.

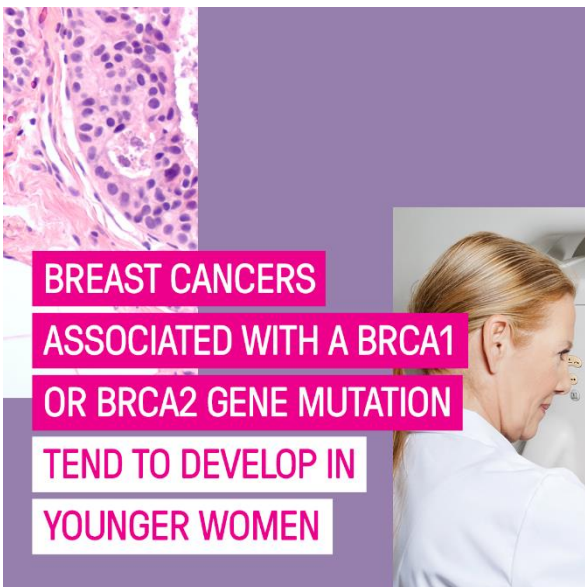
<https://www.breastcancertrials.org.au/brochures>



### **Breast MRI Evaluation Study**

Led by **Professor Christobel Saunders**, the **Breast MRI Evaluation Study** is a simple but important study that is investigating whether or not an MRI scan is a helpful tool for doctors treating women with early-stage breast cancer. More than 400 patients will be recruited to this study, and we're excited to see the results! Learn more:

<https://www.breastcancertrials.org.au/.../breastevaluatio...>



25 February 2022

Did you know that...

➔ Breast cancers associated with a BRCA1 or BRCA2 gene mutation tend to develop in younger women?

➔ Women who carry a BRCA1 gene mutation have a 72% lifetime risk of developing breast cancer?

➔ BRCA1 and BRCA2 gene mutations account for about 5-10% of breast cancer diagnoses?

Join the Breastolution and help prevent breast cancer in women with the BRCA1 gene mutation. Learn more and join our world-first clinical trial to prevent breast cancer clicking on the link:

<https://www.breastcancertrials.org.au/breastolution/>



### **Breast Cancer Trials**

Neoadjuvant treatments are used to reduce the size of a tumour before surgery. They can involve everything from chemotherapy to targeted hormone treatments. Deciding on a treatment can often feel overwhelming — that's why we've created our **Neoadjuvant Patient Decision Aid** for women who have recently been diagnosed with early-stage breast cancer. It isn't meant to change your mind about your treatment. Instead, it's intended to be used with your doctor to ensure you are confident in your treatment choices: [www.myneoguide.com](http://www.myneoguide.com)

### **IMPACT**

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

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

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





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

### Younger Women's Cancer Support Group

It's a reality that cancer affects many younger women under 50. Whether they are single or have young families, their challenges are unique such as reduced fertility, dealing with different issues relating to their sexuality and physical appearance. This is in addition to increased psychosocial stressors with ongoing careers as well as extended survivorship periods, fear of recurrence and financial burden. Having these different issues makes an already difficult cancer vendetta more challenging — not just for patients but for medical professionals.

Young women undergoing treatment for cancer remain understudied despite special needs. Very similar issues and challenges extend to women caring and managing their partner's/spouse's (and/or direct family member's) diagnosis and treatment too. As a result, if you're unable to be proactive, extremely vigilant and advocate your rights, things get missed and people fall through the cracks of the system. While the Canberra region has numerous growing support groups and resources there are still significant gaps in the support/assistance and awareness for younger woman managing less common forms of cancer — lymphomas, ovarian/cervix, colorectal, melanoma, sarcoma - just to name a few! The **Younger Women's Cancer Support Group ACT & Surrounding Region (YWCSG)** was created to support these women: to ask questions, vent, socialise and support each other, raising awareness of these challenges, standing up to make a difference and ultimately close up the gaps.

Join at: [www.ywcsq.com](http://www.ywcsq.com)  
[ywcsq.act@gmail](mailto:ywcsq.act@gmail.com) [www.facebook.com/ywcsq](http://www.facebook.com/ywcsq)  
[www.linkedin.com/company/ywcsq](http://www.linkedin.com/company/ywcsq)

**Beth LeFerve, Founder**



[Let's talk about sex](https://www.youtube.com/watch?v=nA-6eEeUkDI&t=13s) recording 6 October 2021

<https://www.youtube.com/watch?v=nA-6eEeUkDI&t=13s>

## Breast Cancer Trials

### Online Q&A:

## Metastatic Breast Cancer

5.00 - 6.30PM (AEDT), Monday 7 February



[Breast Cancer Trials Q&A: Metastatic Breast Cancer](#) If you missed the live Q&A, here is a recording: <https://youtu.be/Td-ejQkoF7s>



**RETREAT: 18-20 March 2022**

[Casting for Recovery](#), a program run by the ACT Fly Fishing Club for women who have had breast cancer at any time in their lives.

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

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

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

### [Why are my lymph nodes swollen and sore after a Pfizer or Moderna COVID booster vaccine?](#) ABC News

<https://www.abc.net.au/news/science/2022-01-17/lymph-nodes-swollen-sore-covid-booster-immune-system-mrna/100754318>

### Mammographic density

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

### News

#### BCNA NEWS01 MAR 2022

[Let's work together to create change](#)

**BCNA is working to support and empower women with breast cancer to make informed decisions regarding their finances and employment.**

A diagnosis of breast cancer should not mean financial hardship but for many Australian women this is unfortunately the case.

#### BCNA NEWS30 DEC 2021

[Cuts to Telehealth may impact those with breast cancer](#)

[Donate through your medications](#)

For Tax Benefits Medicines donates 50 per cent of its profits to BCNA.

<https://www.bcna.org.au/get-involved/donate-through-your-medications/>



### Tips from Kellie Toohey

Exercise Physiologist for Cancer Council ACT's  
ENRICHing Survivorship Program

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

<https://bit.ly/ENRICHingsurvivorship>

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

**BreastScreen ACT** is part of a national population breast screening program aimed at reducing deaths from breast cancer through early detection. The Program provides **free screening and follow up services to ACT resident women from the age of 40 years.**

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

Statistics show that **only 57% of women, aged 50-74 year old**, take up the free mammograms in the ACT.

### **Otis Foundation**

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

### **Gillian Horton, Colleen's Lingerie and Swimwear**

22 Garran Place, Garran. 2605 | T: 02 6285 1311 | E: [info@colleens.com.au](mailto:info@colleens.com.au)

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

Appointments can be made via the website.  
Online shopping.

[www.colleens.com.au](http://www.colleens.com.au)

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

### **HeadsUp Kippax Inc.**

2/12-16 Hardwick Cres. Holt ACT 2615

Open 10am-4pm Tuesday-Friday

HeadsUp provides a service for women who have total or partial hair loss. We sell wigs, hats, scarves and other headwear. Appointments are preferred so that we can provide individual attention in a safe environment.

Shop instore or online at [www.headsup.net.au](http://www.headsup.net.au)

For assistance call Sue Owen 02 6254 4403



### **Bosom Buddies ACT Inc.**

Throughout the year, Bosom Buddies hold regular morning teas, after work drinks, Young Women's Group and a variety of social events and outings. These get-togethers provide the perfect environment to meet other members, build networks and catch up with old friends! Bosom Buddies also runs information sessions where you can receive information about the support services and activities that are available across the ACT and surrounding region. Information on exercise, dental care, first aid, nutrition, fertility, genetics, sexuality and reconstruction. [www.bosombuddies.org.au](http://www.bosombuddies.org.au) or <https://www.facingbreastcancer.com.au/bosombuddiescanberra>

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

### **Lymphedonna**

<http://www.lymphedonna.com.au/faqs/>  
[lymphedonna@positivemotion.com.au](mailto:lymphedonna@positivemotion.com.au)

### **Positive Motion Physiotherapy**

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

### **Rare Cancer Australia**

Rare Cancers Australia calls for equality with clear message: Cancer is Cancer.

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

### **Brain Tumour Alliance Australia Inc.**

[www.btaa.org.au](http://www.btaa.org.au)

### **Kerrie Griffin**

Consumer Representative




Seat at the Table (SATT) Program, BCNA





## Calendar of events

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

| Month  | Date(s)                          | Event  | Location                                | Notes  |  |
|--|----------------------------------|--|---|--|--|
| <b>March</b><br>  | Saturday 12                      | Canberra Balloon Spectacular paddle<br>6.00-9.30am                         | Grevillea Park                          | TeamApp RSVP                                     |  |
|  | Saturday 19                      | ACT Championships Age divisions – Races<br>2km (20s), 200m (10s, 200m 20s) | Grevillea Park                          | TeamApp RSVP                                     |  |
|  | Sunday 20                        | ACT Championships – Age divisions –<br>Races 500m (10s), 500m (20s)        | Grevillea Park                          | TeamApp RSVP                                     |  |
| <b>April</b>   | Sunday 3                         | Relay for Life 2022  | AIS Walking Track, Bruce                | Amanda Ferris                                    |  |
|  | Tuesday 5 -<br>Sunday 10         | AusChamps, AM Ramsay Rowing Course   | West Lakes,<br>South Australia          | TeamApp RSVP                                     |  |
|  | Saturday 30 -<br>Sunday 1<br>May | 2022 –Merimbula Water Dragons 18km<br>Mallacoota Run TBC                   | Merimbula<br>NSW                        | TeamApp RSVP                                     |  |
| <b>May</b><br>  | Sunday 8                         | Mother's Day Classic paddle<br>BCNA stall at Rond Place                    | Grevillea Park                          | TeamApp RSVP<br>Gillian Styles, BCNA coordinator |  |
|  | Saturday 15 -<br>Sunday 16       | Nowra Dragon Boat Regatta TBC  | Nowra NSW                               | TeamApp RSVP                                     |  |
|  | Sunday 15                        | Battle on Barwon, Geelong TBC  | Geelong VIC                             | TeamApp RSVP                                     |  |
|  | Friday 27 -<br>Sunday 29         | Coast to Coast Dragon Boat Festival, Lake<br>Kawana, Sunshine Coast, Qld   | Lake<br>Kawana, Qld                     | TeamApp RSVP                                     |  |
|  |                                  |  |   |  |  |
|  |                                  |  |   |  |  |
| <b>June</b><br> | Saturday 4<br>matinee            | Tempo Theatre's Pygmalion with Joan White                                  | Belconnen<br>Community<br>Theatre       | TeamApp RSVP                                     |  |
|  | Saturday 11<br>– Sunday 12       | Flamin' Dragons annual June Long<br>Weekend Regatta<br>Rocks Ferry Reserve | Rocks Ferry<br>Road,<br>Wauchope<br>NSW | TeamApp RSVP                                     |  |
|  | Saturday 11<br>– Monday 14       | Pink Up Paynesville, Gippsland Lakes                                       | Gippsland<br>Lakes                      | Contact organisers directly                      |  |
| <b>August</b>  | Sunday 7                         | DB ACT Annual General Meeting  | TBC                                     | TeamApp RSVP                                     |  |
| <b>December</b>  | Saturday 3                       | DBV Pink Paddle Power Regatta, Yarra River                                 | Melbourne                               | TeamApp RSVP                                     |  |

|               |                          |   |  |   |
|---------------|--------------------------|---|--|---|
| 2023<br>April | Monday 10 -<br>Sunday 16 | IBPCP <a href="https://www.newzealandbcs2022.com/">International Breast Cancer Paddlers Commission</a> Festival<br>Lake Karapiro, Cambridge,<br><a href="https://www.newzealandbcs2022.com/">https://www.newzealandbcs2022.com/</a> | Lake<br>Karapiro,<br>Cambridge,<br>Waikato,<br><a href="#">New Zealand</a> | <a href="#">News bulletins</a><br><a href="#">IBPCP Festival 2022 Bulletin #8</a> |
|---------------|--------------------------|---|--|---|

**Dragons Abreast Australia — Mission statement**

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

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

*Keeping the spirit alive!*

**Next issue of the DA Canberra newsletter — June 2022**

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

Please submit any news, items and images by **6 June 2022** to the newsletter coordinator

[Kerrie.griffin22@gmail.com](mailto:Kerrie.griffin22@gmail.com)

[Previous newsletters](#)



Julie Chynoweth and Jeannie Cotterell, Mad Hatter DB ACT Regatta 4 18 December 2021 *Image:* Susan Pitt



Lyndall Milward-Bason and Natalie Evans-Sandell sweeping 12 February 2022 *Image:* Lyndall Milward-Bason



DA Canberra, Mad Hatter DB ACT Regatta 4 18 December 2021 *Image:* Susan Pitt



Kellie Nissen, Truus Forde, Marion Leiba and Fiona Maguire, Regatta Point 25 January 2022 *Image:* Susan Pitt





Janet Olsen, Chief Marshall, volunteer, Mad Hatter DB ACT Regatta 4 18 December 2021 *Image: Susan Pitt*



Lyndall and Jenny Milward-Bason, Mad Hatter DB ACT Regatta 4 18 December 2021 *Image: Susan Pitt*



Joanne Widdup, DA come and try 26 February 2022 *Image: Kerrie Griffin*



Angela Spencer and Katherine Davis Kralikas 29 January 2022 *Image: Susan Pitt*



Penny Hehir, DA come and try 26 February 2022 *Image: Kerrie Griffin*



Wendy Ceravolo and her mum Shirley, DA Canberra, Jindabyne Flowing Festival, 19 February 2022 *Image: Kerrie Griffin*