



ABREAST of the NEWS

DRAGONS ABREAST CANBERRA

PO Box 7191, Yarralumla ACT 2600

DRAGONSABREAST.COM.AU

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Lyndall Milward-Bason celebrates her Level 3 Sweep accreditation DB ACT Regatta 6 13 February 2021 *Image:* Kerrie Griffin



Che Mortimer, Gigi Lungu and Natalie Evans-Sandell, DB ACT Regatta 6 13 February 2021 *Image:* Kerrie Griffin



DA Canberra, DB ACT Regatta 6 13 February 2021 *Image:* Kerrie Griffin

Coordinator's report

Dragons Abreast Canberra are nearing the end of our regatta season and how lucky are we to paddle and participate in the regattas. Only one regatta was cancelled due to poor weather. Thank you to all our volunteers.

The **ACT Championships** on 20-21 March will conclude our season. DA has so many positives to note. Congratulations to **Lyndall Milward-Bason** who has advanced to Level 3 Sweep. Our membership has increased. We welcomed **Margaret** and **David Stevens**. It's wonderful to see a husband and wife team in our fold.

Christmas party – 6 December

We had a lovely fun evening at **Susan Roraff** and **Patricio Powell's** home. Thank you again for being wonderful hosts. Two annual awards were presented.



DA Canberra committee members, Lyndall and Jenny Milward-Bason, Anita Godley, Di Bradshaw, Julie Chynoweth and Helen Couper Logan, DA Canberra Christmas party 6 December 2020 *Image:* Kerrie Griffin



Lyndall Milward-Bason was presented with the Kashgar Cup by Julie Chynoweth, DA Canberra Christmas party 6 December 2020 *Image: Kerrie Griffin*

The **Kashgar Cup** is awarded annually to the DA Canberra member who has made an extraordinary contribution to the work of DA Canberra.

I had the honour of presenting **Lyndall Milward-Bason** the Kashgar Cup. Lyndall first paddled with us in November 2016. It was wonderful to see how much Lyn enjoyed paddling with so many fine fit women. Lyndall sang the praises of Dragons Abreast, about how much fun dragon boating is and even practiced her paddling stroke sitting on a dining room chair (or anyone's dining chair!).

There was no doubt Lyndall was hooked so apparently for her birthday and Christmas presents that year there was a definite dragon boating theme! Lyndall even persuaded her sister **Jenny** to join as a supporter.

At the end 2018/early 2019, Lyndall decided to give sweeping a try. With her natural sense of balance, great sense of direction and team encouragement, the only other sweep skill Lyndall needed was a commanding voice! We agree she has one now!

In April 2019, **Donna Lennon** relinquished the role of boat captain to focus on coaching. As Lyndall loves a challenge, she quietly and confidently stepped into the boat captain's role.

Also, as part of our 2019 Social and Corporate Regatta, Lyndall was the key person for Industry Department's regatta entry. Lyndall is now a Level 3 Sweep. Lyndall has well and truly embraced both sweeping and boat captain roles with commitment, enthusiasm, communication while still maintaining her great sense of humour. Congratulations!



Megan Davis and Sugar Masangcay were presented the Rookie Awards by Jenny Nicholls, Helen Couper Logan and Anita Godley, DA Canberra Christmas party 6 December 2020 *Image: Kerrie Griffin*

The **Rookie Awards** (two trophies, one a dragon statuette donated by **Robyn Chen** and a wooden paddle donated by **Megan Dennis**). These are presented to paddlers who joined DA Canberra in the preceding paddling season and have:

- Adhered to the principles and philosophies of DAA
- Strived to learn the required skills to be an effective paddler
- Showed improvement in paddling skills over the year
- Strived to improve personal fitness
- Showed persistence in attending as many training sessions and regattas as personal circumstances permit
- Participated and volunteered in team events, both on and off the water.

At our come and try in October 2019, eight women attended and three joined. We all know what happened a couple of months later, fires and COVID-19. So, we were very excited when this paddler returned with the easing of COVID-19 restrictions. This award goes to **Megan Davis**. Megan is friendly and receptive, attends paddling regular, is keen for regattas, attended the swimming session and has signed up to go to NZ! Congratulations Megan.

The next recipient is currently our youngest member and has a heart-warming smile. She didn't come via a come and try day but joined us when we starting walking before we were allowed back on the water due to COVID-19. This award goes to **Sugar Masangcay**

Sugar attends paddling regularly and is regatta keen, and it is lovely seeing her young family there supporting her. Sugar only joined six months ago but she has certainly made a positive attribution to our club!

Megan and Sugar are very worthy recipients of this award and we consider ourselves very lucky to have them join our club.

The Come and Try team presented these awards to [Megan Davis](#) and [Sugar Masangcay](#).



Di Wright June McMahon Gillian Styles Robyne Kellett and Mavis Fowler, DA Canberra volunteers, World Championships Sydney 2007

Why do we say 'June' instead of '10' at the end of each water stretch?

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

One of DA Canberra's founding members, [June McMahon](#) who passed away in 2012, apparently saw no shades of grey, it was black or white. June 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 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.

https://dragonsabreast.com.au/?s=June+McMahon&id=1660&post_type=angel



Penny Ovington, Julie Chynoweth, Pene Lee and Denise Brown, DA Christmas party 6 December 2020 Image: Kerrie Griffin



Patricio Powell and Susan Roraff, hosts, DA Christmas party 6 December 2020 Image: Kerrie Griffin

DB ACT is moving

DB ACT must move from Lotus Bay to Grevillea Park before the end of March 2021. The Southern Cross Club wish to redevelop the carpark and the Yacht Club will take over our current area.

DB ACT welcome the ACT Government allocating to DB ACT \$1.7M towards our temporary and permanent facility at Grevillea Park, and like all these moves and new structures being built — it takes time. We need volunteers to move!

On, Wednesday 17 February 2021, DA was privileged to have our Patron join us paddling — **Yvette Berry** Deputy Chief Minister and Minister for Education Sport and Recreation, Women, Housing and Prevention of Domestic and Family Violence. It was a fun session in challenging conditions. Well done to **Jeannie Cotterell** for sweeping and asking each paddler to describe one thing they loved about Dragons Abreast.



DA Canberra and Yvette Berry Deputy Chief Minister and DA Patron. 17 February 2021 Image: Yvette Berry

Yvette Berry wrote on Facebook:

It was a bit blowy on Lake Burley Griffin this afternoon but I enjoyed the paddle none the less.

It's was lovely to hear all of your stories and the experiences that brought each of you to dragon boating. Thank you so much for sharing them with me. Thanks again for inviting me out [Dragons Abreast Canberra](#)

I'll definitely be back.

Dragon boating community gets a new home | [Canberra CityNews](#)

<https://citynews.com.au/2021/dragon-boating-community-gets-a-new-home/>

[Time to wave goodbye to motorsports on Lake Burley Griffin](#)

GoAnna1

We have been searching for a new home for *GoAnna1* as she will not be taken to Grevillea Park.



DA Canberra socially distanced DB ACT Regatta 5 16 January 2021 *Image:* Susan Pitt



DA Canberra socially distanced back view DB ACT Regatta 5 16 January 2021 *Image:* Susan Pitt



Margaret and David Stevens, National Carillon 10 February 2021 *Image:* Lyndall Milward-Bason

PFDs

PFDs must be worn by everyone during the winter months – from **1 May to 30 August 2021**.

PFDs must be worn on **Tuesday morning** sessions because they commence before sunrise.

DB ACT Come and Try 21 February

Thank you **Jeannie Cotterell** who joined me to assist. Wow! What a turnout– 48 registered. Some newbies have already paddled with a club.



Mother's Day Classic 9 May

It will be three hubs plus a virtual event due to COVID-19. Please support this fantastic cause:
<https://www.mothersdayclassic.com.au/canberra>

Come and Try 13 March

Do you know of a family member or friend that might be interested in giving dragon boating a try? If so, please encourage them to come to Lotus Bay on Saturday, 13 March and try. The hyperlink to the **DB ACT return to play COVID19 safe plan:**
<https://cdn.revolutionise.com.au/cups/dbact/files/siqqztvm5hvgonp2.pdf>

If you would like more information, please contact **Helen Couper-Logan, Anita Godley, Jenny Nicholls** or **Janet Olsen**.



<https://www.abc.net.au/news/2021-02-07/skywhalepapa-unveiled-in-canberra-at-national-gallery-australia/13127580>



Skywhalepapa and Skywhale DA paddle Sunday 7 February 2021 *Image:* Kerrie Griffin

Skywhalepapa and Skywhale 7 February

DA were lucky to paddle to Central Basin with many kayaks and stand up paddle boards to

see **Skywhalepapa and Skywhale** tethered at Commonwealth Place looking magical.

https://m.facebook.com/story.php?story_fbid=10164780686475634&id=64111595633

<https://www.facebook.com/NationalGalleryofAustralia/videos/2831065747149381>



IBCPC Participatory Dragon Boat Festival NZ
Monday 10 - Sunday 16 April 2023

Stop press!

It is with great sadness, but not unexpected, that the IBCPC has [postponed the NZ event until 2023](#).

DA Canberra has 32 breast cancer survivors (BCS) paddlers — 22 BCS paddlers will paddle in the DA Canberra boat and 10 BCS paddlers will be placed in an international composite boat in the IBCPC Dragon Boat Festival on Lake Karapiro, Cambridge in New Zealand.

There are six supporters who will be paddling in the supporter's races. There are 4 supporters who will not be paddling. There are 5 who will be travelling to New Zealand but not registering as supporters.

Please contact **Clare Purcell** clare@cgpurcell.com

The Festival hyperlink is:

<https://www.newzealandbcs2022.com/>

[News bulletins](#)

<https://planmyevent.eventsair.com/ibcpc-dragon-boat-festival-2022/>

TeamApp

The introduction of [TeamApp](#) is going well. Thanks to our 'tech heads' **Donna Lennon** and **Anita Godley** who continue to look at ways to overcome any issues that sometimes arise.

DAA website revamped

Please check out the revamped national DAA website. Thanks to **Kerrie Griffin** who updated the [DA Canberra](#) group [location](#), [individual profiles](#) on the homepage as well as [remembering our angels](#). <https://dragonsabreast.com.au/>

DAA In the loop December 2020 issue

<https://mailchi.mp/dragonsabreast/in-the-loop-april19-4808466>

There's a tribute to **Marion Blake** and other DAA Board members as well as an article by **Kerrie Griffin** on the DB ACT regatta during COVID-19 restrictions. Many other clubs around Australia are unable to paddle. See page 8.



Lyndall Milward-Bason in action sweeping 23 January 2021
Image: Lyndall Milward-Bason

DA Canberra Facebook and website

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

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

Facebook <https://www.facebook.com/DragonsAbreastCanberra/>

DAA website <https://www.dragonsabreast.com.au/>

DAA Facebook

https://www.facebook.com/search/top/?q=dragons%20abreast%20australia&epa=SEARCH_BOX

DB ACT website <http://www.dbact.com.au/home/>

Julie Chynoweth, Coordinator

Dragons Abreast Canberra

0439 382 661

coordinator.dac@gmail.com

Dragons Abreast Australia

Celebrating 22 years of breast cancer recovery

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

Fernwood Belconnen Thank you for your support of DA Canberra.

[News from International Breast Cancer Paddlers' Commission](#)

Merchandise

New merchandise was very popular with regatta patrons. If you would like to purchase any merchandise, please contact: **Kathy Hayes** hayes.spain@gmail.com Please pay online.

Dragons Abreast clothing and equipment pool

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



Gigi Lungu, DB ACT regatta 6 13 February 2021 *Image: Kerrie Griffin*



Nadine Leiba, Lucy Cheetham sweeping and Karen Adams 20 January 2021 *Image: Lyndall Milward-Bason*



Janet Olsen, Jenny Milward-Bason, Bea Brickhill and Jenny, volunteers, DB ACT Regatta 3 28 November 2020 *Image: Kerrie Griffin*



Amanda Ferris and sweep Jeannie Cotterell DB ACT Regatta 3 28 November 2020 *Image: Kerrie Griffin*



Volunteers including Gillian Styles, Chief Official and Zac, announcer, DA Canberra, DB ACT Regatta 6 13 February 2021 *Image: Kerrie Griffin*



Lucy Cheetham DA sweep and coach 10 February 2021 Image: Lyndall Milward-Bason

Coaches' corner

Congratulations to **Lyndall Milward-Bason** for qualifying as a level 3 sweep and well done to **Natalie Evans-Sandell** for stepping up as our new trainee sweep. We now have a core of five qualified sweeps (thanks to **Susan Pitt's** regular visits) but could do with some more drummers and strokes. If you would like to try these roles (no commitment necessary) let us know. Well done **Jenny Milward-Bason, Susan Roraff** and **Elly McGinness** who tried drumming on 27 February.

We are now well into the regatta season and it is wonderful to see so many paddlers signing up to have a go. DA races with the same philosophy of inclusivity that is the backbone of our club. Everyone who wants to paddle, gets a go. As coaches, our job is to enable everyone to contribute to the best of their ability.

Whether you are in the back or front, left or right, you are making a difference with every stroke as we all strive to 'paddle as one' down the course.

On those lucky occasions when we have enough paddlers to register reserves, we will be sharing those opportunities around. You will likely find yourself pressed into service to take photographs and cheer the team on.

In local regattas, new more flexible rules mean we have the option of entering both women's and mixed categories. We will make our event selections to reflect your responses to EOIs and



Jodie Forster and Natalie Evans-Sandell DB ACT Regatta 3 28 November 2020 Image: Kerrie Griffin

maximise everyone's enjoyment. Your early response to requests from our boat captains is much appreciated.

At this point in the season, having mastered some excellent form in our race starts, we are focused on building strength and endurance with a view to mastering the 500m which is the distance we expect to race in New Zealand next year. That is where our friend *Dennis the Drogue* comes into play to increase drag on the boat in training so that on race day it just feels easy. The drogue slows the boat allowing paddlers to really focus on nice technique. As always however, if you are nursing a 'niggle' or coming back from time away, let us know, self-manage and be patient.

Some paddlers have expressed the desire for a bit more challenge in training, if this is you, the Extra Effort session could be what you are looking for: a short sharp session of full-on paddling, 7am each Saturday morning.

DA's mission means that we will always have a healthy mix of experienced paddlers and newcomers as well as people returning from a spell off water. Whichever session you come to, we will always calibrate the session to cater for the group on the day. So, don't be shy, let us know how you are doing and if there are any concerns that we need to be aware of.

As we head towards the end of daylight saving and autumn, please bring your PFDs as these are compulsory when paddling before sunrise or after sunset. Watch the [TeamApp](#) for comments linked to each training session for any warnings, advice or cancellations.

As well as continuing to follow COVID-safety, remember to 'Slip, Slop, Slap' with the UV protection/hat/sunglasses, and bring your asthma medication (if applicable) with you to all regattas and training sessions — a checklist to see you set for hours of paddling fun!

Watch here for future editions of the *Coaches' corner*. <https://www.revolutionise.com.au/dacanberra/>

Lucy Cheetham and Donna Lennon



DA Canberra DB ACT Regatta 4 12 December 2020 *Image:* Kerrie Griffin

DB ACT Regatta

By Kerrie Griffin - DA Canberra

<https://mailchi.mp/dragonsabreast/in-the-loop-april19-4808466>

Dragons Abreast Canberra is so lucky to paddle on Lake Burley Griffin for several months. The Dragon Boat ACT regatta season is proceeding with COVID-19 restrictions and guidelines.

Deputy Chief Minister **Yvette Berry** and Patron of Dragons Abreast Canberra celebrated Dragon Boat ACT's 30th birthday at the DB ACT Regatta 4 on 12 December 2020 and launched a [video](#)*.

Deputy Chief Minister **Yvette Berry** presented a DB ACT Life Membership to one of the founders, **Geoff See**, NAVMATs. Geoff reminisced about the early years and made a special tribute to Dragons Abreast Canberra who started paddling in 1999.

Dragons Abreast Canberra participated in the 2km 20s boat race as well as two teams, **GoAnna** and **Gecko** (named after our two boats), in the 10s 200m x 2 races.

[*Celebrating 30 years of dragon boating in the ACT.](#)

View the new DB ACT promotional video which highlights DA Canberra members **Gillian Styles** and **Clare Purcell**:

<https://www.dbact.com.au/news/celebrating-30-years-of-dragon-boating-in-the-act/>

Thanks to all the regatta volunteers. A memorable milestone for all and lots of fun.

CONNECT.MOVE.LIVE.

Kerrie Griffin



Deputy Chief Minister Yvette Berry and Patron of Dragons Abreast Canberra with our team 12 December 2020 *Image:* Kerrie Griffin



Deputy Chief Minister Yvette Berry presented a DB ACT Life Membership to one of the founders, Geoff See, NAVMATs. Membership Officer Sue Pigeon and President John Corcoran at the right. 12 December 2020 *Image:* Kerrie Griffin



Clare Purcell stroke and Lyndall Milward-Bason, drummer and Boat Captain, DA Canberra Gecko 10s 200m 12 December 2020 *Image:* Kerrie Griffin



Janet Olsen and Gecko team 10s 200m 12 December 2020 *Image:* Kerrie Griffin



Regatta 3 28 November 2020 dragon heads *Credit:* Paul Jurak [Kayakcameraman](#)



Gillian Styles [YOUTUBE.COM](https://www.youtube.com/watch?v=...)
 Celebrating 30 years of dragon boating in the ACT!
 We're celebrating 30 years of fun, fitness and community.
 Please sha



DA Canberra socially distanced DB ACT Regatta 3
 28 November 2020 Image: Kerrie Griffin



Lyndall Milward-Bason, Wendy Ceravolo and Megan Davis, DA
 Canberra, DB ACT Regatta 6 13 February 2021 Image: Kerrie
 Griffin



Amanda Ferris, Natalie Evans-Sandell, Donna Lennon and
 Megan Davis, DA Canberra, DB ACT Regatta 6 13 February
 2021 Image: Kerrie Griffin



Natalie Evans-Sandell and other volunteers DB ACT Regatta 4
 12 December 2020 Image: Kerrie Griffin

CLARE PURCELL
DA CANBERRA
BOAT CLUB
SENIOR C
CANBERRA

Why are you ready to get back into dragon boating?
 Covid-19 affected all aspects of my life, including dragon boating. It was only when this part of my life was suddenly compromised did I realise how important the sport of dragon boating was to me.
 I was so ready to get back into the boat for so many reasons. It was for the friendships, the feeling of belonging, the happiness of being part of the very special pink ladies cohort.

What is one thing that you get from dragon boating that you couldn't get anywhere else?
 For me, dragon boating provides a safety net. I know that I will always have someone I can call on if the going gets tough. That is what being a member of Dragons Abreast is about.

When you haven't been able to be in the boat, what has kept you connected to your dragon boat family and the sport?
 Our Dragons Abreast co-ordinator, Julie Chynoweth, put out regular updates that kept us abreast with anything and everything that we needed to know about the situation with dragon boating in Canberra and the DBACT responses to a Covid safe return to paddling. One of our very long term members, Kerrie Griffin, continued to publish the comprehensive Dragons Abreast Canberra newsletters during the lockdown. The Dragons Abreast Australia website also provided great pandemic relevant information and articles.
 WhatsApp kept me connected with my dragon boat family. We also had some interesting zoom

Australian Dragon Boat Federation

From bushfires to a pandemic, **Clare Purcell's** story and connection to our sport is one that is felt by many in our community. [#AreYouReadyDB Club: Dragons Abreast Canberra](https://www.facebook.com/DragonsAbreastCanberra)

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

Territory: [Dragon Boat ACT](https://www.facebook.com/DragonsAbreastCanberra)



DA Canberra DB ACT Regatta 7 20 February 2021 Image:
 Natalie Evans-Sandell



Di Bradshaw, Assistant Coordinator and Julie Chynoweth,
 Coordinator, DA Christmas party 6 December 2020 Image:
 Kerrie Griffin



Alicia and Karen Adams with our Christmas tree, DB ACT Regatta 4 12 December 2020 *Image:* Kerrie Griffin

Outdoors camaraderie

I grew up in Port Macquarie, and have enjoyed being able to go to the beach, often before school for a swim. My family enjoyed 4X4 and camping, where I also enjoyed swimming in the local streams. I like being outdoors walking or riding along the local lakes and trails and discovering new walking tracks to explore with my family.

I trained as a registered nurse in Wagga Wagga, with my first nursing job in Sydney, and moving to Canberra a year later. I initially nursed at the hospital overlooking Lake Burley Griffin, and stopped nursing when my children were born. I've always found this view to be peaceful and relaxing.

While raising my family, I commenced volunteer administration work with a community organisation. This opportunity has led to employment with varied non-profit groups, where I still work.

During treatment for breast cancer in 2018, I learnt about the benefits of dragon boating from my Breast Care Nurse at Calvary Hospital for assisting with regaining flexibility after surgery and managing the neuropathy and lymphedema.

At the time, I had also joined a local breast cancer support group, some of whose members were involved with DA Canberra including **Natalie Evans-Sandell**. After attending the Come and Try Day I felt extremely welcomed and was enthusiastic to join such a wonderful and understanding group.

Having discovered the enjoyment of the team sport and social environment, I am looking forward to increasing my fitness and confidence while participating in our sessions and events. During my breast cancer journey, I appreciate the support and friendships of my family, friends, and everyone in DA Canberra.

Karen Adams



Karen Adams, Marion Leiba, Susan Pitt, Julie Cluse, Truus Ford and Amanda Ferris 15 December 2020 *Image:* Susan Pitt



Sunrise, 12 January 2021 *Image:* Susan Pitt



Kellie Nissen, Doodle Diva and TeamApp helper, DB ACT regatta 6 13 February 2021 *Image: Kerrie Griffin*

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



Warm up and training times

Saturday morning:

Extra effort : 7.00 – 8.00am

Saturday morning: 8.00 – 9.30am

Wednesday afternoon: 5.30 – 7.00pm

**Contact: [TeamApp](#)
Kellie Nissen kelkarlnissen@gmail.com**

Some great paddling technique tips:

http://www.youtube.com/watch?v=j7IRbj3K8c4&feature=player_embedded

Remember water, hat, sunscreen and sunglasses!

Weather watch

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

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

Under the pink umbrella



Congratulations to **Dr Paul Craft AM**, who was awarded one of Australia's highest honours, Member of the Order of Australia, on Australia Day for his significant service to medicine, to oncology, and to professional organisations.

'It's incredibly humbling – I wasn't expecting anything like this. The recognition is very gratifying, that's for sure.'

Dr Craft has worked as Clinical Director of the Division of Cancer and Ambulatory Support at The Canberra Hospital since 2014 and in the area of medical oncology since 1988. He contributed significantly to numerous Australia medical committees, councils and organisations including the ACT Health Research Ethics Committee, ACT Cancer Council, Royal Australian College of Physicians, and Clinical Oncology Society of Australia, among others.

'I'm part of a very large team, and the constant support I've had over the years from my colleagues at the hospital and beyond has certainly helped along the way.'

Well done on this well-deserved recognition for your outstanding achievement and service, Dr Craft.

<https://www.canberratimes.com.au/story/7112201/theres-still-work-to-be-done-whats-keeping-dr-craft-dedicated-to-his-work/>



[Pinkoala](#)

Aka **Linda Papworth** DA Melbourne Dambusters
Breast cancer changed my life 🧡🐼

It was always going to be up to me whether the change was for the better or for the worse. I couldn't control my outcome — with no cure, you take the treatments prescribed and hope for the best. I couldn't control what was happening to me. I couldn't control the changes to my body or my fertility as I fought to live.

The only thing I could control was my reaction. I could wallow in despair and gloom (I had my moments) or I could live with urgency and embrace the 'now is awesome moments' (Thank you **Connie Johnson @loveyoursister**)

However, as a younger breast cancer survivor — diagnosed at age 31, I found it difficult to find adequate resources to inform or comfort me. I couldn't relate to the cutesy pink slogans and felt out of place and alone.

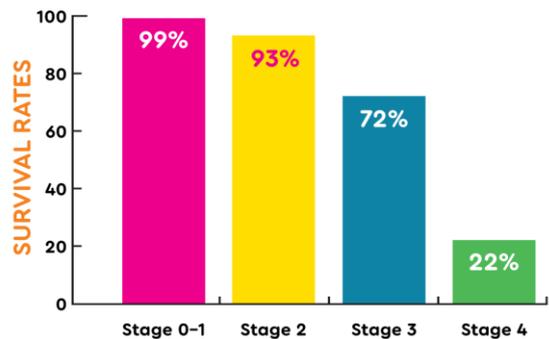
That's when I decided to create **Pinkoala**. A koala bear who is a breast cancer survivor. A three-dimensional character that I could project my experiences onto — the highs and lows, the dark reality, the fragile hope, the joys of life. **Pinkoala** is here to give a true insight into life after cancer.

Pinkoala has lost her fluffy ears due to chemotherapy and wears a gum leaf cap with pink eucalyptus blossoms instead. All **Pinkoala** products have a percentage of the profits donated to my favourite breast cancer charities as our way of paying it forward.

To shop- <http://pinkoalaart.etsy.com/> 🧡🐼🍷

To receive Pinkoala newsletters straight from the big gum tree- <https://mailchi.mp/2257f3551b99/pinkoala-newsletter-signup>

WHY EARLY DETECTION FOR BREAST CANCER IS EVERYTHING:



KNOWYOURLEMONS.COM/RESEARCH

Women who have 3 alcoholic drinks per week have a

15% higher risk

of breast cancer.



2.26 MILLION WOMEN DIAGNOSED IN 2020

SOURCE: GLOBOCAN 2020



World Cancer Day 4 February 2021

[Breast Cancer Trials](#) webinar hyperlink:

[Breast Cancer 2021: Research, Risks and Recovery](#), this special Q&A event hosted by Breast Cancer Trials, brought together some of Australia's leading breast cancer researchers, to discuss the latest on research, breast cancer risk, breast cancer prevention and the BRCA-P clinical trial and breast cancer and exercise.



US President Joe Biden visited the Peter MacCallum Cancer Centre back in 2016. In the image he is with Professor Sherene Loi [Breast Cancer Trials](#) who is the Study Chair of Breast Cancer Trials DIAMOND and Neo-N clinical trials.

International collaboration has been a key part of the success of our research program. This collaboration ensures that women and specialists in Australia and New Zealand get early access to new, promising treatments. It also places our region at the forefront of research progress, playing a pivotal role in influencing breast cancer practice globally thereby contributing to better outcomes for thousands of women in Australia and New Zealand, and potentially millions more throughout the world.

Professor Loi is a world-renowned breast cancer researcher and a Breast Cancer Trials board director. We are looking forward to opening another of her clinical trials later this year.

Does a breast MRI help inform treatment decisions for women with early breast cancer?

The Australian Federal Government recently funded MRI via the Medical Benefits Schedule (MBS) to be used in some women with early breast cancer. Under the MBS, MRI can be used where there is a difference between a physical examination of the breast by a doctor (clinical examination) compared to imaging examinations (such as ultrasounds or mammograms) and/or the results of the MRI may change the type of treatment originally planned.

However, this is temporary funding and the Government has asked for more research to find

out the best way to use MRI, when it will be most useful, and to find out if it can improve treatment options and patient outcomes.

The Breast MRI Evaluation study is a part of this research, and aims to find out if having a breast MRI after being diagnosed with breast cancer might change plans for treatment and how this might affect patient outcomes.

This study will recruit 400 participants and is currently open at six hospitals around Australia.

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



[National Breast Cancer Foundation](#)

NBCF has developed a [Reconciliation Action Plan](#) (RAP) as a means to address how we can positively impact the lives of Aboriginal and Torres Strait Islander Peoples. To achieve our mission of zero deaths from breast cancer we need to ensure all Australians, including Aboriginal and Torres Strait Islander Peoples, have equal health opportunities and outcomes. By working towards better health opportunities and outcomes for Indigenous Australians through breast cancer research, and promoting a more inclusive and diverse workforce, we look forward to watching our vision come to life. Read more about our RAP here: <https://nbcf.org.au/about/reconciliation-action-plan/#ZeroBy2030>



[Episode 30: Breast cancer, genes and family](#)

It's widely known that inherited genetic mutations, or faults in genes associated with breast cancer such as BRCA1 and BRCA2 genes, can occur in some families and increase the risk of breast cancer. <https://buff.ly/3sivp2b>



Many people who have been treated for early breast cancer feel anxious and worry that their cancer may one day come back. Fear of cancer recurrence is the term used to describe these worries and anxieties. This [webcast](#) provides you with the techniques and strategies to support reducing such fears.

Professor Bruce Mann, Breast Surgeon, Dr Charlotte Tottman, Clinical Psychologist and Kathy Bell, BCNA Consumer Representative explore the facts around how likely it is that your breast cancer will recur, what you need to look out for (what are the red flags) and how to manage the emotional triggers and challenges.

If you were unable to tune in live, the webcast is now available to watch on demand here <https://bit.ly/BCNA-WebcastLibrary>



BCNA has free resources to help support you through every stage. Our free **My Journey** online tool www.myjourney.org.au is regularly updated with the latest information tailored to your individual diagnosis, our Helpline nurses are available to support you through your treatment decisions, and our online network provides a safe place to connect with others going through a similar experience. <https://bit.ly/3bxliHr>

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

[The Beacon Issue 86, October 2020](#) | [View online](#)

BCNA online webcast: [New and emerging treatments for metastatic breast cancer](#)

Tuesday 23 March 2021, 7–8 pm (AEDT)

Today, we are seeing new and improved treatments for metastatic breast cancer. These emerging treatments are more targeted and greatly improving overall survival. This webcast will provide you with evidence-based information about new and emerging treatments in metastatic breast cancer, including the important role of clinical trials research. [Register now.](#)

BCNA upfront about breast cancer

<https://www.bcna.org.au/understanding-breast-cancer/resources/podcasts>

- [Episode 26: Caring for a loved one](#)
- [Episode 27: Vulnerability and strength - Peta Murphy on breast cancer](#)
- [Episode 28: Men get breast cancer too](#)
- [Special episode: COVID-19 update for health professionals](#)
- [Episode 29: Navigating a breast cancer diagnosis as an Aboriginal or Torres Strait Islander](#)

- [News](#)

BCNA NEWS 18 NOV 2020

[PBS listing of Faslodex \(fulvestrant\) remains unlikely](#)

BCNA NEWS 08 OCT 2020

[The impact of COVID-19 on people living with breast cancer](#)

Mammographic density

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

Get involved with BCNA

[Community fundraising](#)

[Join our online network](#)

[Advocacy](#)

[Speak out](#)

[Find services & support near you](#)

Help breast cancer research move forward

Do you want to make a difference to breast cancer research? [Join our Review & Survey Group](#) to participate in the latest research projects and improve breast cancer treatment and care.

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/>

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.

[Casting for Recovery](http://www.castingforrecovery.org.au/), a program run by the ACT Fly Fishing Club for women who have had breast cancer at any time in their lives. Look out for **21 March 2021**.
<http://www.castingforrecovery.org.au/>

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

The Breast Cancer Treatment Project commenced in May 1997, and led to the development of an ongoing community-based audit of breast cancer treatment based on clinical indicators agreed by the ACT & SE NSW Breast Cancer Treatment Group. The aim is to collect and examine data on treatment and outcomes for women with breast cancer. BCTG link below.
<https://www.health.act.gov.au/research/breast-cancer-treatment-project>

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 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**.

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



Gillian Horton, Colleen's Lingerie and Swimwear*

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

Open: Mon.-Fri. 9.30am to 4.30pm and Sat. 9.30am-1.30pm. Spread the word and that Gillian is also travelling to regional NSW: Cowra, Crookwell, Moruya, Goulburn, Mudgee, Wagga Wagga and Young.

<http://www.colleens.com.au/page/regional-visits-for-2020/>

***Mastectomy pocketed bras and breast forms for Fiji — drop off point.**

HeadsUp@Kippax

HeadsUp accepts wigs and headgear for recycling.

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

[Bosom Buddies ACT networking and social activities](http://www.bosombuddies.org.au/)

A full list of dates for the gatherings can be found here:

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

Mawson Coffee Group - TUESDAY 9 March @ the Mawson Club from 9.30am. (Tuesday due to the Canberra Day long weekend)

Young Women's Group - Thursday 18 March @ Queenies Kingston from 7pm

Due to COVID restrictions please RSVP via email or phone 0406 376 500.

[Otis Foundation](http://www.otisfoundation.org.au/)

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

Elsbeth Humphries

[Lymphedonna](http://www.lymphedonna.com.au/faqs/)

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

lymphedonna@positivemotion.com.au

Positive Motion Physiotherapy

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

[Rare Cancer Australia](http://www.rarecancer.org.au/)

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

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
 DRAGONS ABREAST	Saturday 6	Balloon chasing paddle on first day of the Canberra Balloon Spectacular	Lotus Bay	TeamApp RSVP
	Saturday 13	DA Canberra Come and Try	Lotus Bay	TeamApp RSVP
	Sunday 14	Sweeps Course		
	Saturday 20	ACT Championships Age divisions (2km, 200m, 20s & 10s)	Grevillea Park	TeamApp RSVP
	Sunday 21	ACT Championships Age divisions (500m, 20s & 10s)	Grevillea Park	TeamApp RSVP
	Saturday 27	Autumn social paddle/picnic to celebrate the end of the racing season	Lotus Bay	TeamApp RSVP
May	TBC	GoAnna's Gathering	TBC	TeamApp RSVP
	Sunday 9	Mother's Day Classic paddle	Lotus Bay	TeamApp RSVP
August	Sunday 8	DB ACT Annual General Meeting		
October	TBC	DA Canberra Social and Corporate Regatta	TBC	TeamApp RSVP
2023 April	Monday 10 - Sunday 16	IBCPC International Breast Cancer Paddlers Commission Festival https://www.newzealandbcs2022.com/	Lake Karapiro, Cambridge, Waikato, New Zealand	News bulletins IBCPC Festival 2022 Bulletin #5 IBPCP Festival 2022 Bulletin #8

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 2021

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

Please submit any news, items and images by **5 June 2021** to the newsletter coordinator

Kerrie.griffin22@gmail.com

[Previous newsletters](#)



Sugar Masangcay, Kellie Nissen, Anita Godley, Raana Asgar and Clare Smyth, DA Christmas party 6 December 2020 *Image:* Kerrie Griffin



Susan Pitt, Donna Lennon and Deb Whitfield, DA Christmas party 6 December 2020 *Image:* Kerrie Griffin



Adrian and Fiona Maguire and Megan Davis, DA Christmas party 6 December 2020 *Image:* Kerrie Griffin



Lyndall Milward-Bason performing the Highland Fling at warm ups, DB ACT Regatta 6 13 February 2021 *Image:* Kerrie Griffin



Lyndall Milward-Bason, Deb Lopert, Raana Asgar and Jenny Milward-Bason displaying Secret Santa gifts, DA Christmas party 6 December 2020 *Image:* Kerrie Griffin



Susan Roraff tried drumming, Henry Rolland Park, Lake Burley Griffin 27 February 2021 *Image:* Lyndall Milward-Bason



DA Canberra in 2 km race, DB ACT Regatta 4 12 December 2020 *Image:* Alicia Adams



DA Canberra in 500m race 2, DB ACT Regatta 6 13 February 2021 *Image:* Deb Lopert