

Dragons Abreast ACT & Region
www.dragonsabreast.com.au

Abreast of the news
newsletter

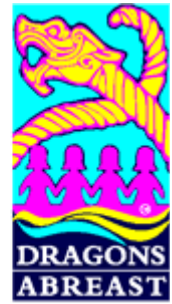
Under the umbrella of
Breast Cancer Network Australia
P.O. Box 7191 Yarralumla ACT 2600

Issue 28 November 2008

"10 Years On - Paddling Strong"



10th Anniversary
1998 - 2008



DA ACT Corporate Challenge Regatta for corporate and social teams on beautiful Lake Burley Griffin on 25 October 2008

[Dragons Abreast ACT Corporate Challenge Regatta 2008 - click for more photos](#)



DA ACT Corporate Challenge Regatta for corporate and social teams on beautiful Lake Burley Griffin on 25 October 2008

Coordinator's report

Spring 2008 has been very special! We celebrated the arrival of our new 10 seater boat *Gecko* with a successful launch and Buddhist blessing at Lotus Bay, enjoying the support of the Canberra Brumbies and ACT Raiders who paddled with us in a fun race between our two boats, *Gecko* and *GoAnna*. *Gecko* looks great with its signage and boat cover, and with both boats we really make a presence on Lake Burley Griffin.



Canberra Raiders and ACT Brumbies players and a Buddhist monk joined Dragons Abreast ACT to celebrate the arrival of their new dragon boat *Gecko* on Lake Burley Griffin on 10 September.



Gecko is a 10-seater dragon boat and is a welcome addition to the 20-seater *GoAnna*. *Gecko* — funded by a grant from the ACT Department of Sport and Recreation as well as fundraising.

Wooden grey owl paddles for \$80 make great Christmas presents for new paddlers!
Contact Robyne Kellett
Kellett@netspeed.com.au



June McMahon, Elspeth Humphries, Jan Skorich and Anna Wellings Booth cut the 10th anniversary of Dragons Abreast birthday cake at the regatta on 25 October 2008

On 25 October we ran our major annual event, the 7th Dragons Abreast ACT Dragon Boat Challenge for Corporate and Social teams. Together, thanks to the tremendous support of our members and also the generous assistance of CDBA members and friends we hosted a most enjoyable regatta. 37 teams participated with enthusiasm and we managed to raise awareness as well as raise funds for DAA, DA ACT, BCNA and a number of other



Lenyss Snellen sold her beautiful handmade jewellery with proceeds donated to the 2008 DA ACT Dragon Boat Challenge



2008 DA ACT Corporate Challenge Regatta teams marshalling

breast cancer organisations. We plan a Regatta Wind Up function on 20 November when we will celebrate our success and announce fundraising results — all members welcome.

These events have given us lots of publicity in the Canberra region, thanks in no small part to the generous assistance of **Shea Foster** and **Gemma Beard**, PR professionals, who volunteered to do our media for us for 2008.

Robyne Kellett was awarded Life Membership of CDBA in recognition of her tremendous work with the dragon boat community over many years.



Thanks Awards ACT Sport and Recreation, 28 October 2008



Marion Blake, Mary Porter MLA, Viki Fox and Judy Richmond at Thanks Awards, ACT Sport and Recreation, 28 October 2008

Judy Richmond and **Marion Blake** were honoured to be acknowledged with Thanks Awards, receiving Certificates of Appreciation from ACT Department of Sport and Recreation in recognition of our contribution to sport and recreation in the ACT.

DA ACT members enjoyed the recent Bosom Buddies' dinner, filling two riotous tables. Other members attended the Calvary Hospital BCNA Field of Women, the Encore 10th birthday celebration and the announcement by Minister of Health Nicola Roxon MP at Parliament House of 44 new national breast care nurse positions with the McGrath Foundation.



Dragon dancing at the 2008 DA ACT Challenge Regatta
Image: Linda Wright

Congratulations to **Robyne Kellett** and the **Dragon Flyers Grand Masters Women's** team who won silver in both the 200m and 500m races at the Pan Pacific Games.! And also to the men who did pretty well with 4th. We are proud of you all. 'Bling went the strings of my heart!' Tarquin said at the Pan Pacs.

Dragons Abreast Australia 10th Anniversary
This week **Anna Wellings Booth**, **Elsbeth Humphries** and **Jan Skorich** are participating in the amazing celebrations and AGM in Darwin. Elspeth recently shared her knowledge at a weekend sweeping school for DA Hobart.

Our next adventures include the DA ACT Christmas party to be hosted by **Margo Neale** — partners welcome. We are looking forward to our

annual carols on the lake organised by **Megan Dennis**, Chinese New Year in Darling Harbour, the inaugural National Multicultural Festival Dragon Boat Challenge and the AusDBF Nationals in Caloundra. See *calendar of events*.

IBCPC, 11–13 June 2010 Peterborough

Peterborough is in a very pretty lakes area midway between Toronto and Ottawa. It should be a great event. **Elsbeth Humphries** says let's get organised for the third international survivor regatta (after Vancouver and Caloundra)!

New DA ACT Committee

At the AGM our new committee was elected:

Coordinator	Marion Blake
Assistant Coordinator	Judy Richmond
Treasurer	Joy Tonkin
Secretary	Mary-Lou Reid
Membership Secretary	Viki Fox
Members:	Patsy Sheales, Val Barger and Julie Richardson
Public Officer	Elsbeth Humphries

As we move towards the lovely warmer weather of summer we are on the look out for more new members. We have been putting up posters around town and welcome all survivors who enjoy a bit of exercise, healthy fun and camaraderie to come along and give dragon boating a try. We love it!

Marion Blake canberra@dragonsabreast.com.au
Coordinator DA ACT

Positive regatta feedback

It was an amazing day! Every time I turned around I saw other dragons doing all sorts of jobs to make the day such a huge success. Marion's massive thank you email shows the complexity of the planning and the need for everyone's contribution, teamwork and good leadership. I think our regatta is just the best fundraiser I know because of the real community involvement within our own club and with the others who support and contribute to our effort — especially CDBA. We reach a huge number of people with our message, we give the teams new skills and teambuilding and a really great day out. We have grown so much in nine years and the regatta reflected everything we are about — I was so proud of us! Paddles up!

Elsbeth Humphries

I am so honoured to be apart of such an amazing group of women. Thank you for the regatta and for being the most incredible bunch of 'succulent wild women' I know. The start of the season has been terrific, I feel I am turning into a dragon boat junkie!

Leanne McKenzie (*Leanne entered her work team*)

Well, it was perfect! Thank you so much, Marion, for making it the success it was, and for all those behind the scenes. And thanks to our teams, who were wonderful, and entered into the spirit of the day with enthusiasm and verve!

Jan Skorich

Congratulations Marion! What a 'WOW' day! Thank YOU for your calm, thorough, tireless patience and planning. It was a pleasure to share in such a super event. Once again I am thrilled to be associated with all of you.

Queen of the Portaloos
Health and Safety Officer/ Sanitation
Katherine Kralikas



DA ACT Dragon Spirit Award annual trophy

I felt humbled to receive the annual DA ACT Dragon Spirit Award (alias the dust buster) at the AGM. I appreciate that there are so many more worthy recipients than me and it's a privilege to belong to such a dynamic, passionate and enthusiastic and inclusive group. Thank you.

Kerrie Griffin



DA ACT Dragon Spirit Award recipients Kerrie Griffin, Anna Wellings Booth and Jan Skorich at *Emily*, NMA



Margo Neale and 'breasts' work (depiction of body painting on breasts), by Emily Kame Kngwarreye. VISCOPY

Utopia – The genius of Emily Kame Kngwarreye

Many thanks to our talented **Margo Neale** gave a very insightful talk and tour to DA members and friends of this amazing exhibition on Sunday 7 September. Some enjoyed lunch afterwards at the National Museum of Australia.



DA ACT Corporate Challenge Regatta painted the lake pink on 25 October 2008

Gecko cookies *an American classic!*

Cream ½ cup butter and ½ cup crunchy peanut butter
 Beat in ½ cup sugar and ½ cup brown sugar
 Stir in 1 egg
 ½ teaspoon vanilla
 ½ teaspoon salt
 ½ teaspoon baking soda
 1 cup flour
 Roll into small balls, roll in sugar, place on ungreased cookie sheet.
 Press with a fork to flatten slightly and make cross hatch marks in the top.
 Bake about 10 minutes at 180 degrees
 Refrigerate cookie dough and bake them as required; or bake the whole batch and keep some in the freezer. Enjoy!

Cindy Young



Spring warm up and training times

6.30 for 6.45–7.45am **Tuesdays**
 5.30 for 5.45–6.45pm **Wednesday**
 8.00 for 8.30–9.30am **Saturdays**

Wooden grey owl paddles for \$80 make great Christmas presents for new paddlers!

Remember water, hat, sunscreen and sunglasses!
 Fact Sheets are on the website.

Contact me if you want to be a sweep.
Kellett@netspeed.com.au

Weather watch
<http://www.canberrayachtclub.com.au/default.asp>

Robyne Kellett, Technical Officer

What were you doing in 1969?



On a mission. Grabam Freudenberg, Carol Summerbays and Gough Whitlam arrive at Melbourne airport on the campaign trail for the 1969 Dandenong by-election.

Courtesy Jan Skorich

DAA merchandise local



A Dragon's Tale (DA member price) \$25
 Contact: Anna Wellings Booth wfamily@home.com.au

Greetings cards showing the ACT team paddling on Lake Burley Griffin (two designs and blank for your own message) @ 50 cents each

Pink spray jacket (smaller sizes) \$40
Pink dress shirts (sizes 10–20) \$45

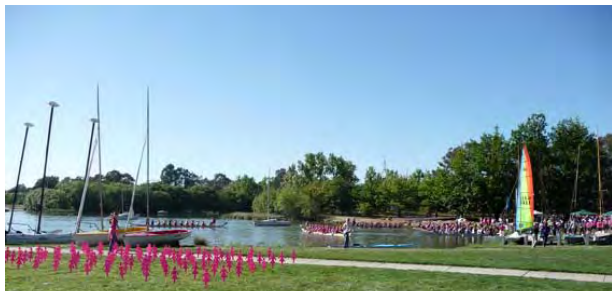
Contact: Patti Pye pattledoo@msn.com

DAA merchandise — national direct
 DAA key ring of hope \$15

Members may also order these shirts separately and many other items from the merchandise page on the DAA website at www.dragonsabreast.com.au/Admin/merchandise.htm

DAA National office prefers credit card payment as it allows us to only charge you for what we supply.

Under the pink umbrella



BCNA Mini Field of Women at the DA ACT Corporate Challenge Regatta 25 October

Wow what a great month!

October started off with training corporate teams for the **Dragons Abreast ACT Regatta**. I had the pleasure of helping out with many others.

25 October The big day came and the weather gods were on our side with the lake as calm as one could hope to ensure races ran smoothly but **Marion Blake**, DA ACT Coordinator, is the one who, with some other very special members, pulled it all together for another great regatta.

27 October: I was able to attend **Calvary Hospital's BCNA Mini Field of Women** where we had excellent speakers: Calvary Healthcare **CEO Dr Deborah Cole**, oncologist **Dr Allison Davies** and **Eleanor Bates** who was diagnosed at 29 years and shared her experience with us. That evening, I enjoyed the **Bosoms Buddies** dinner and caught up with others over a good meal with entertainment by Taps Dance Company and live music. DA had two tables.

31 October **Curves Belconnen** put on a girls' night in with plenty of food and wine and many locals displaying their wares and all profits to the BCNA. It was a great night and raised over \$1000.

Debbie Whitfield

Thank you Debbie!



Australian Open Garden at Narrabundah *Image: Linda Wright*



Lenyss Snellen, Mary-Lou Reid and Jean Widdowson, BCNA representatives, at the Australian Open Garden at Narrabundah *Image: Linda Wright*

Australian Open Garden Scheme

We would like to convey our sincere thanks for the assistance of the BCNA volunteers who assisted us on 18 and 19 October with our garden opening. Without their help we would not have been able to cope. Particular thanks to **Geraldine Robertson**, who was here all day on Saturday, together with **Yvonne, Tanya, Tessa, Marilyn Ward** and **Amelia Thiedeman**. On Sunday thanks to **Linda Wright**, who took lots of photographs, **Mary-Lou Reid**, **Lenyss Snellen** and **Jean Widdowson**. If I have missed anyone, particular thanks to them.

Over the weekend we had nearly 400 visitors, plus children, dogs and 'official' visitors. We had perfect spring weather and *The Canberra Times* and radio media coverage gave significant publicity to BCNA and the support that you provide. Many thanks. **Beverley and Ian Carmichael**



Lenyss Snellen, Jean Widdowson, Bev and Ian Carmichael at the Australian Open Garden at Narrabundah *Image: Linda Wright*

Thank you ACT

I have to say our ACT women continue to blow me away. You are such an amazing group of women, Kerrie keeps me informed of all the wonderful work you do together. What I particularly love is how you all band together to support each other and for the greater good of the cause at hand. I know that whenever there is an opportunity to raise awareness of the impact of breast cancer and/or to promote BCNA, it can be relied upon that the job

will be done, and that the standard to which it will be done will be wonderful.

THANK YOU to all who have helped out and will continue to be involved in this weekend's activities. I hope you all know how much BCNA appreciates all your efforts. As a national organisation we need women 'on the ground' connecting with local communities – for this we will always be grateful.

Amanda Winiata, Relationships Manager, BCNA
23 October 2008



Australian Open Garden at Narrabundah Image: Linda Wright

BCNA Mini Fields of Women 2008

Bosom Buddies and **Dragons Abreast** aren't organisations that we like to add our friends (or anyone) to, but when breast cancer strikes it is wonderful that we have these groups to turn to for whatever reason. It was a shock to me, at the DA ACT Corporate Challenge Regatta, to recognise a familiar voice at the Bosom Buddies stall. **Carmel Marshall** looked after my youngest child in preschool. As things happen you don't run into each other much after that. Well, we had hugs and quick tears on discovery that she too had breast cancer. Fortunately, Carmel was able to join me at the Bosom Buddies dinner on Monday night. We had a great time – all in pink and even managed to get into the *The Canberra Times* social pages! It was good to catch up with her and I look forward to some good times when she finishes chemotherapy. I'm sure she will add great power and strength to the dragon boat! Take care of yourself Carmel.

Patsy Sheales

[Helping a Friend or Colleague with Breast Cancer 557.79 Kb](#)



Jellybeans, one of several teams, who took their team image at the BCNA Mini Field of Women, DA ACT Corporate Challenge Regatta, 25 October 2008 Image: Fiona Fawns



Sally Saunders, Kerrie Griffin, Gigi, Bec Karr, Jan Skorich and Archela, BCNA Mini Field of Women, DA ACT Corporate Challenge Regatta 25 October 2008



Susi Gross, Sally Saunders, President Bosom Buddies, Gigi, Kerrie Griffin, Jan Skorich 'wonder woman', Lucy Taylor with Gecko mascot made by Annette Dean, Bec Karr, Anna Wellings Booth and Archela, BCNA Mini Field of Women, DA ACT Corporate Challenge Regatta, 25 October 2008

Otis Foundation

Thanks to the generosity of **Elsbeth Humphries** and the **Otis Foundation**, I spent five wonderful days in Thredbo after finishing chemo for my second primary. There is always something meditative about being in the mountains, perhaps it has to do with gaining a different / broader perspective of things.

My husband, two friends and I went for long walks and came home every afternoon with that nice type of appetite and tiredness that comes from having been outside all day. I'm proud to say that exactly five weeks after my last chemo I climbed Australia's highest mountain ... although admittedly the chairlift helped with the first several hundred meters ascent.

Not just the landscape was great, the house at Creekside was absolutely stunning: a beautiful interior, lots of space and fantastic views. A welcome pack from the Otis Foundation was waiting for us with goodies such as teas, a small bottle of pink bubbles and cosmetic samples — nice!

One of the best things, however, was that after five months of treatment I hardly thought about cancer in those five days. Herzlichen Dank Elsbeth and Otis! www.otisfoundation.org.au

Susi Gross



Calvary Hospital's BCNA Mini Field of Women, 27 October 2008

Calvary Hospital's BCNA Mini Field of Women

It was a delight to meet the new breast care nurses and I wish them every success with their very challenging mission. Many thanks to **Robyn Chen** who organised this year's event and **Greg Bayliss** who organised the sporting stars and media. Thanks to **Debbie Whitfield, Mary-Lou Reid, Susi Gross** who installed the mini field. Thanks also to **Sue Drew, Nan Donaldson** and **Bec Karr** for being prepared for media interviews.

I echo Debbie's sentiment about the inspirational speeches. **Eleanor Bates** spoke very eloquently about the support of the breast care nurses, especially **Bethel Holley's** support.

<http://www.canberratimes.com.au/news/local/news/general/breast-cancer-survivor-gives-thanks-for-a-doctors-offer/1344926.aspx>

Many thanks at the regatta on 25 October for installing the BCNA Mini Field of Women to **Mary-Lou Reid, Viki Fox** and **Steve** and **Lucy Taylor**. Also, thanks for helping with the BCNA stall to **Sally Saunders**, President Bosom Buddies, **Gigi, Natrasska Chiron, Val Lee, Helen Arnold, Linda Wright, Bec Karr, Susi Gross, Jenny Edwards**, Encore, and **Claudia Cresswell**, BreastScreen ACT.



Anna Wellings Booth, Minister for Health Nicola Roxon MP, Glenn McGrath AM, Marion Blake and Kerrie Griffin at the announcement at Parliament House of 44 new national breast care nurse positions on 13 October 2008



BCNA display at Woden Library, October 2008

Thanks to **Elspeth Humphries** who helped Kerrie Griffin install BCNA displays at all ACT public libraries, BreastScreen ACT and the Women's Information and Referral Centre, Civic during October.

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

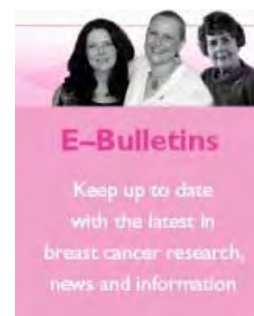
As we celebrate our 10th Year of supporting women and their families affected by breast cancer, we are delighted to let you know that for the first time Breast Cancer Network Australia has a patron. Her Excellency **Ms Quentin Bryce AC, Governor-General** of the Commonwealth of Australia, has accepted our invitation to be our Patron. Quentin has had a long standing relationship with BCNA, including hosting the *Hope & Hurdles* launch in November last year in Queensland. A wonderful ambassador for women, we are honoured that the Governor-General will join our team.

Lyn Swinburne CEO BCNA

Field of Women website

BCNA has now launched a world first for people to offer strength and support to a loved one with breast cancer. The Field of Women website, www.fieldofwomen.org.au, is the first international website enabling loved ones to dedicate messages of hope and inspiration for those affected by breast cancer.

Log on today, leave a message of support for a loved one and make a donation of \$20 to help BCNA to further support Australians affected by breast cancer.



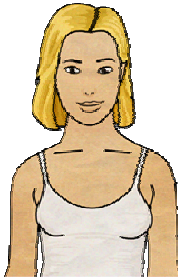
BCNA's E-Bulletins

Please subscribe directly via an online form by going to our website www.bcna.org.au > information > form or www.bcna.org.au/component/option.com_philaform/Itemid,1411/form_id,24/.

Most recent edition, click here [October e-Bulletin 2008](#)

Genetic testing for BRCA1 and BRCA2 genes

The current debate in Australia about genetic testing highlights issues for women with a strong family history of breast cancer, who may decide to be tested for the BRCA1 and BRCA2 'breast cancer genes'. Women with these genetic mutations have an increased risk of breast cancer, although only 5–10% of women with breast cancer have mutations in the BRCA1 or 2 genes.



Cheeky new breast cancer campaign speaks to younger women

A cheeky new public information campaign launched on 27 October by the National Breast and Ovarian Cancer Centre is set to reassure young women they do not need to learn a complicated technique to check their breasts for changes.

Far removed from the structured technique once taught, the campaign television community service announcements introduce a new generation of Australian women to the Cheeky check-up. The 'jam on toast', 'car wash' and 'hairdryer' techniques demonstrate just how easy it is to incorporate breast awareness into everyday life.

National Breast and Ovarian Cancer Centre Director Dr Helen Zorbas said, 'Many women do not check their breasts regularly because they are anxious about doing it the 'wrong' way and missing something. Yet international research involving hundreds of thousands of women has shown there is no evidence to promote the use of any one self-examination technique over another.

There is no need for a special technique, no correct number of times a month to check, no right or wrong way and you don't need training in how or what to do.

"It really is a simple but empowering message of getting to know the normal look and feel of your breasts as part of everyday life and reporting any unusual changes to your doctor,' said Dr Zorbas.

www.cheekycheckup.com.au

Reach to Recovery. Brisbane 13–15 May 2009

15th UICC Reach to Recovery International Breast Cancer Support Conference — the first ever worldwide forum across Asia-Pacific, Europe, Africa as well as North, Central and South America for breast cancer consumers, support organisations and health professionals to meet and address common goals.

Breast cancer is the most common cancer among women. In 2002 more than one million new cases of breast cancer were diagnosed globally — this represents 10 per cent of the world's cancer burden and 23 per cent of all female cancers. There are now more than four million women living with breast cancer worldwide.

Breast cancer is a local, national and global concern.

[The Cancer Council Queensland](http://TheCancerCouncilQueensland) warmly invite you.

[Contact us](#) for regular updates:

<https://www.astmanagement.com.au/uiccRegister/>









Courtesy Anna Wellings Booth

Calendar of events paddling

www.cdba.com.au/

Sat 15 Nov 08	CDBA 200m Regatta <i>Point Scoring</i>	Lotus Bay Canberra Yacht Club	BBQ - Saints
Sat 22 - Sun 23 Nov 08	South Coast Sprint/Marathon Regatta (community/sport)	Shoalhaven River, Nowra	Contact DBNSW for further details
Sat 29 Nov 08	CDBA 500m Regatta <i>Point Scoring</i>	Lotus Bay Canberra Yacht Club	BBQ - Diamond Phoenix
Sun 07 Dec 08	DBNSW Race 3 (200m)	SIRC <i>Penrith</i>	Contact DBNSW for further details
Sat 13 Dec 08	15km Invitational Challenge (Dragons Abreast)	Lake Burley Griffin	
Sat 10 Jan 09	DBNSW Race 4	Tacoma	Contact DBNSW for further details
Sat 17 Jan 09	CDBA 200m Regatta <i>Non Point Scoring</i>	Lotus Bay Canberra Yacht Club	BBQ - Dragon Flyers
07 - 08 Feb 09	DBNSW Race 5 Chinese New Year	Darling Harbour	Contact DBNSW for further details
Sat 14 Feb 09	CDBA 1000m Regatta	Lotus Bay Canberra Yacht Club	BBQ - Griffins
Sun 15 Feb 09	Canberra Multicultural Festival Dragon Boat Challenge	Commonwealth Place	president@cdba.com.au
20 Feb – 1 Mar 09 24–25 Feb paddling	12th Australian Masters Games	Geelong, Victoria	1300 725 266 or email admin2009@CASevents.com DA marion_leiba@yahoo.com
Sun 22 Feb 09	Flowing Festival	Lake Jindabyne	Contact DBNSW for further details
Sat 07 Mar 09	Shellharbour Festival of Sport	Oak Flats	Contact DBNSW for further details
Sun 15 Mar 09	Mid North Coast	Manning River, Taree	Contact DBNSW for further details
Sat 14 - Sun 15 Mar 09	Canberra Festival (500m Saturday, 200m Sunday)	Lotus Bay Canberra Yacht Club	BBQ - Grammar / ADFA
Sat 21 Mar 09	NSW State Titles (500m)	SIRC <i>Penrith</i>	Contact DBNSW for further details
Sun 22 Mar 09	NSW Corporate Games (200m)	SIRC <i>Penrith</i>	Contact DBNSW for further details
Sat 28 Mar 09	CDBA 500m + 2000m Regatta <i>Point Scoring</i>	Lotus Bay Canberra Yacht Club	BBQ - Ice Dragons
Sat 4 Apr 09	200m Regatta <i>Point Scoring</i>	Lotus Bay Canberra Yacht Club	BBQ - Blue Gums
Thu 23 – Sun 26 Apr 09	AusDBF National Championships	Caloundra, Sunshine Coast, Qld	www.cdba.com.au/events/calendar.php
June 09	Sprint / Marathon	Port Macquarie	Contact DBNSW for further details

Calendar of events social

Month	Date(s)	Event	Location	Notes
 November	Thursday 20 6–7.30pm	Regatta wrap up — Thank you	Drinks and nibbles at Lotus Bay	Please RSVP to canberra@dragonsabreast.com.au
 November	Saturday 29	Dragons Abreast Christmas party	Margo Neale's at 5 Rolfe Place Chapman	Bring a gift to the value of \$10 and a plate and prepare to have a great time. More details to follow. RSVPs essential.
 November	November 29 – December 6	Amazon Heart Adventure See images and stories of the 2007 adventure: http://ahodysseyblog.amazonheart.org/	Madurai, in Tamil Nadu, South India	To register for this and other adventures info@amazonheart.org www.amazonheart.org
 December	Wednesday 17 5.30 for 6pm departure	Christmas Carol singing paddle	Lotus Bay	RSVP to Megan Dennis megan.dennis@ed.act.edu.au 0407 662 670
 February	February– March tbc	DA ACT 10th Anniversary celebration	Hudson's Cafe, Australian National Botanic Gardens,	canberra@dragonsabreast.com.au details tbc
	Saturday 7	DAA Banquet	Port Orient Restaurant, Darling Harbour, Sydney	RSVPs essential Contact Sydney DAS tbc
	Sunday 8	DAA Chinese New Year regatta	Darling Harbour, Sydney	tbc
2009 September	12–13	Wasabi Paddling Club — Inaugural Dana Nelson Challenge Cup Regatta	Willamette River, Portland, Oregon, USA	RSVP Joan cavanaghj@comcast.net tourism info: www.travelportland.com/visitors/
2010 June	11–13	2010 IBCPC International Participatory Festival , third international survivor regatta (after Vancouver and Caloundra)!	Peterborough, Canada	News coming soon to www.ibcpc.com
	4 terms per year	YWCA Encore 8 week gentle exercise program	http://www.ywcaencore.org.au/	fiona.meilroy@ywca-canberra.org.au 1800 305 150

Dragons Abreast Australia — Mission statement

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

Keeping the spirit alive!

Next issue of the DA ACT newsletter — February 2009

Thank you to all members who have contributed to this issue.
Please submit any news, items and images by 14 January 2009 to the newsletter coordinator
Kerrie.griffin@act.gov.au or taylorclan@inet.net.au



www.globalillumination.org.au