

DRAGONS ABREAST ACT & REGION

www.dragonsabreast.com.au

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



Abreast of the News newsletter

Issue 22

September 2007



Congratulations to the **Titan Grand Master Women's crew** who competed at the Nationals in Penrith at Easter and won themselves a place at the World Championships in Penang in 2008.



Dragons Abreast ACT Annual Regatta Sunday 21 October Commonwealth Place

Plans are well underway for the annual Dragons Abreast ACT Regatta. We are very appreciative of the support provided by Canberra Dragon Boating Association (CDBA) as well as our invaluable community of paddlers and friends who are volunteering their time and effort to make it possible.

The Regatta will be officially opened by the Chief Minister, Jon Stanhope, with the Pink Lady Shield presented by Brendan Smyth (MLA). Other prizes will be presented by Senator Kate Lundy.

As in past years, this highly successful event has attracted a diverse range of paddlers from the local region, with a wide range of corporate and social teams entering teams. While the prime purpose in holding this event is to promote awareness of breast cancer, the Regatta also provides organisations with the opportunity to work together

as a team as they try out the sport of dragon boating. As in previous years, funds raised from the event will be distributed to provide support breast cancer organisations.

The Regatta will be held in Central Basin as this location can accommodate a large group of spectators and paddlers on the shores of Commonwealth Place, has extensive parking facilities and will have outlets selling refreshments and for entertainment. A **BCNA Mini Field of Women and Flowers on the Water ceremony** will be held during the day to acknowledge women and men affected by breast cancer.

How can you help? Please make sure you have put your name down on the roster. We need a wide range of skills throughout the day, as well as some help before and after. For more information please contact one of the Regatta Committee Members:
Cathy Powell cpowli@netspeed.com.au
Marion Blake marionblake@bigpond.com
June McMahon, Lenyss Snellen and Marie Ball

Field of Women Live! 2007



Dragons Abreast ACT and Canberra supporters at the National Library of Australia preparing to board the pink lady buses to go to the BCNA *Field of Women Live!* at Telstra Stadium on 11 August 2007

DRAGONS ABREAST – keeping the spirit alive!

Coordinator's Report

Don't forget the launch of *A Dragons Tale* – the history of Dragons Abreast in Australia at Hog's Breath Cafe in Woden on Thursday 6 September 4.30–6 pm. Stay for dinner afterwards.

On behalf of our DAA ACT members, I would like to sincerely thank all our outgoing Committee members for the work they have put in over the last year. It has been truly appreciated and has allowed us to achieve what we have done. For full Minutes of Committee meetings go to <http://www.dragonsabreast.com.au/ACT/documents.htm>

Congratulations to **Judy Cluse**, our Treasurer, a quiet achiever, raised the most money in the ACT (over \$1300) in the Mother's Day Classic Walk.

A big thank you to **Beth Peedom** for the winter exercise program over 10 weeks conducted at the YM Sailing Club. Many members have asked that we consider it for June–July 2008.

The very successful Dragons Muster social event on 10 August is covered elsewhere in the newsletter — thanks to **Robyne, Gillian, Cathy, Marion** and all the soupers and helpers. On the costume front, thanks to **Patti Pye** for ordering the pink spray jackets and other merchandise. Thanks to **Robyne Kellett** and Secretary **Julie Richardson** for overseeing the DAA ACT Dragon Spirit Award which was well earned by **Jan Skorich** this year. The DAA ACT Memorial bench will be in Lennox Gardens, near the 200 metres start line.

DAA ACT contributed \$100 for two tickets for recently diagnosed ACT breast cancer survivors to attend the **Field of Women Live!** in Sydney on 11 August. Our thanks have been conveyed to **Susan Pitt**, the organiser of the pink lady buses, who was very ably assisted by our **Kerrie Griffin**.

We also pledged financial support of \$350 to assist one of Australia's top lymphoedema experts, **Professor Neil Piller**, from Adelaide, in conducting a consumers' workshop (which we can all attend) on Monday 19 November 2007 at Calvary – we have also invited Professor Piller to paddle with us the following morning -20 November.

The Committee donated a \$125 raffle prize for a *Meet-a-cheetah experience* at the Zoo, as part of their Caloundra fundraising.

The AGM was held on 25 August in the marquee at the Southern Cross Yacht Club; there was a good turnout with 27 members. Members unanimously endorsed the Committee's proposals on the creation of the position of DAA ACT Technical Director (concentrating on duties of supervising training, giving advice on equipment, regattas, boat and paddler safety) and on continuing

investigations on the possible purchase of a baby boat (10 paddlers) as well as insurance of our assets. There was also some good discussion from the floor.

Membership fees for the 2007–08 season were agreed by the members at \$150 for a member and \$30 for an Associate or Dual member — no change from current fees. Fees are due Saturday 8 September to **Wendy Antoniak** 6161 1685 wendy.antoniak@inet.net.au



DAA ACT Dragon Spirit Award trophy awarded to Jan Skorich

After the AGM closed, **Anna Wellings Booth** presented **Jan Skorich** with the annual DAA ACT Dragon Spirit Award trophy.

Committee membership:

Judy Richmond	Coordinator
Marion Blake	Assistant Coordinator
Judy Cluse	Treasurer
Julie Richardson	Secretary

Committee members:

Truus Ford, Liz Clowes and **Joy Tonkin**

Other positions — ex officio:

Elsbeth Humphries	Public Officer
Wendy Antoniak	Membership Secretary

Alicia Eames, a CIT student, will be working on an assignment on the PR for the Regatta with the Regatta Planning group, **Anna Wellings Booth** and **Kim Cameron**. Thank you to our dedicated regatta team who have reported on page one.

I spoke about Dragons Abreast to the Active Seniors group, Belconnen Community Service, on 14 August. Many interesting questions made for stimulating and interesting discussion.

I spoke to the **Encore** group on 29 August and interested participants will paddle with us on 9 September. Some DAA Regional meeting participants on the previous day will join in too.

A big thank you to **Robyne Kellett, Gillian Styles, Mavis Fowler** and **June McMahon** who participated in the World's Dragon Boat Championships volunteer training on 1–2 September. They are sharing the Dragons Abreast spirit.

Congratulations to **Elsbeth Humphries** who was presented with the ACT Government's Sport and Recreation's coach's award to Dragons Abreast ACT by Robyne Kellett on 1 September. Elsbeth has developed a comprehensive training program and she immediately wanted to share the award (a

boxed memory data stick and silver whistle) with Robyne! Elspeth promptly tested the whistle during training that morning.

In the words of our founder and wise dragon, **Anna Wellings Booth**, at the launch of *GoAnna* on 27 November 2006... 'To the women of Dragons Abreast I urge you all to continue living your dream, to embrace the uncertainty of life and appreciate the miracle of being alive. We have all fought the dragon of fear and uncertainty and have risen above it.' These are certainly powerful words reflecting Anna's strong commitment to the world of Dragons Abreast, and our club, and good words for us to live and work by.

This is an amazing organisation — it means different things to different people, but the inclusiveness of paddling participation at a range of levels, intensity and frequency; the task of raising breast cancer awareness in the community and the teamwork and enjoyment of the social aspects, have meant that we've all been able to draw on our group resources at times when we've had busy lives and crowded agendas.

Paddles up!

Judy Richmond, Coordinator
actdragons@iimetro.com.au

My Poem for Maggie Sharp

One of our girls
has been called away
her time did come so suddenly
and I struggle
with the finality
of this day.

An inspiration
a gutsy woman
with a cheeky smile
and quick wit
that could take you by surprise
and leave you with a smile.

She'd not want pity
or the shedding of tears
she'd may even scold us
for making such a fuss.

So it's time to celebrate
Her Life
and I tip my paddle to you, Maggie
a woman with strength and character
who will be with us
forever in spirit
forever in *Goanna!*

Mary-Lou Reid

Maggie

When I think of Maggie — I think of her beautiful smile, her concern for others, her bite, classical music, vegetarian meals, her garden, beautiful hair, determination to get on with things despite the circumstances, her willingness to help, calling a spade a spade, someone who has seen life and it

wasn't always good to her, a devotion to her family and caring for them, a cheeky smile on the lake



Vale Maggie Sharp

one day as if she had been caught out doing something wicked, her love of the lake, a tough little sweep *buts against the gunnels* and paddle two million strokes. Her lovely inner self that was guarded and protected by the tough *get on with it* appearance. Her comment, 'I've had this but so what — get on with it' and a dry sense of humour.

Her floral pedal pushers, the hat. And a cuddle. Life is too short and the friendships we form never last long enough...Miss my friend.

Robyne Kellett

Maggie Sharp's funeral was a very inspiring shared experience with about 40 new and old members performing a paddle salute. I'll always remember Mary-Lou's poem and Robyne standing at the back reciting a wonderful and powerful lament — both very moving moments. It was a reflection on the dark side of breast cancer and how lives are cut short.

Kerrie Griffin

DAA ACT Memorial Bench

In April 2006, after a founding member of DAA ACT **Sylvia Flaxman** died, the idea of a Memorial Bench on the shores of Lake Burley Griffin for DAA ACT was initiated. **Anna Wellings Booth** has guided this project over the past 16 months; donations have been made in Sylvia's memory, and more recently in **Maggie Sharp's** memory.

The ACT Dept of Parks, Conservation and Lands has approved this project. The bench will be located several metres back from the pathway, along from the eastern headland of Lotus Bay, in Lennox Gardens. The bench will be protected by some mature trees and will have views over the lake to the National Museum of Australia, Commonwealth Avenue Bridge, the city, Springbank Island and the Canberra hills to the west.

It is hoped that the bench will be installed by our annual regatta on 21 October — just before National Breast Cancer Day. As the bench will be located close to the 200 metres start line for races, our paddlers will be much encouraged by feeling the spirits and encouragement of our dragon angels at regatta events, at training and during reflective moments by the lake.

Judy Richmond
Coordinator

DAA ACT Dragon Muster

There were 38 dragons mustered at the YMCA Sailing Club on Friday 10 August. The Muster was called to herald the start of another dragon boating season. It was a very cold evening with a winter wind blowing and the spray coming off the lake, so it was great to have so many attend. The room was decorated to provide a warm ambience, a slide show depicted pink ladies paddling and partying, and a welcome drink set the tone for a friendly informative evening. Our volunteer chefs had provided six delicious soups and Baker's Delight some crunchy bread. This was welcomed on such a cold evening. Whilst enjoying the company of others and the warm victuals we listened to the presentations.

Robyne Kellett, our Assistant Coordinator, tireless coach and sweep, outlined the goals and aims of our club. She gave us information to consider in planning our own paddling commitment, and information about upcoming regattas that we could aim for as a team. **Elsbeth Humphries** shared with everyone the excitement that is about in planning for *Abreast in Australia* in Caloundra. **Cathy Powell** and **Marion Blake** shared the planning process for the DAA ACT Challenge Regatta to be held on Sunday 21 October and scouted for volunteers to sign up for the many tasks.

So September brings warmer weather to encourage us all on to the water. Each of us will consider what we can do, what new goals we can reach and in the process have great fun and friendship amongst our fellow dragons.

Keep on paddling!

Gillian Styles

The Great Muster feedback

I am very proud to be a member of such a professional, thoughtful, caring and real group of people (I mean Dragons really). Congratulations and thanks to everybody who contributed to the dragon muster. I was exhausted — usually, I am on Fridays. I must admit to hoping the meeting would be very short. Instead, I was in awe of the work put in by all of you. Yes, it was a Great Muster.

AND how fantastic I felt again on Saturday at the **Field of Women Live!** We had a great Muster. Up there the pink ladies! I met so many fabulous people.

Katherine M Davis Kralikas



Warm up and training times

6.30–7.45am Tuesdays
5.30–7.00pm Wednesdays (Caloundra)
6.30–7.45am Thursdays
8.00–9.30am Saturdays
9.30–11.00 am Sundays

Daffodils and jonquils are up and what looks like bluebell leaves are all sprouting on Springbank Island. A swan was sitting on her nest nearby so we will be aunties again.

Weather watch

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

Fact Sheets are now available on the website.

Robyne Kellett



Apprentice sweeps no more..... off their Ls and on their Ps

Congratulations to **Gillian Styles** and **Deb Whitfield** for passing their theory and practical assessments to become provisionally accredited sweeps.

What is a Provisional sweep?

She's a sweep in training who has gained the required skills and competence to present for an accreditation assessment. This assessment involves theory and practical tests to demonstrate that they are not only able to control the boat but also the crew as well; and can manoeuvre a boat safely under a variety of weather conditions with full, or part, crews.

Basically, they are on their Ps and have restrictions on who they can sweep. To move from provisional accreditation to full accreditation they must successfully complete four races over two or more regattas sweeping sport teams (they cannot sweep social teams in a regatta until they are fully accredited). After gaining full accreditation they must sweep four races every year to maintain that accreditation. This is an AusDBF accreditation and lasts three years, after which they need to be retested. Learner sweeps cannot be in control of a boat without an accredited sweep on board.

Robyne Kellett



Abreast in Australia 2007

Caloundra, sunshine Coast, Queensland

28–30 September 2007

The 1 September session was fantastic with really strong hard paddling from everyone on a perfect morning. So keep that image of yourself as a really athletic paddler! After a tough week, my spirits were lifted being out on the lake with full crews. Our core business, paddling and having fun together, is flourishing! Thanks to everyone for a great day. I'm away for the next two weeks.

Elsbeth Humphries

Thank you to **Debbie Whitfield** and the team that stayed back after paddling on 1 September to finish the friendship bags and decorate the colourful masks organised by **Mary-Lou, Elsbeth and Gillian**.

Merchandise

See the new catalogue on the website at http://www.dragonsabreast.com.au/Australia_2007/merchandise.htm

Check out the Dragons Abreast website for the latest details (ably updated by **Jan Skorich**).

Team practice sessions in Caloundra

Thursday	27/09/2007	10:00 am
Friday	28/09/2007	8:00 am

Get well soon to Marion Blake, Marion Leiba and Di Whiteford. (*Apologies if I've left someone out, Kerrie*).

amdean@optusnet.com.au

Annette Dean, ACT Team Manager

Come and try day

Thank you everyone who stayed on 1 September to help with the Bidgee Boobs, Wagga team and locals. We will gain some new members out of this!

The Wagga girls were terrific, all that in-water (pool) strength building training with Lynelle has paid off. They were in time, had good technique, and were strong. It's great to see a new team coming along, now they just need a boat! They are struggling financially so it may take them a while. But once they have a boat they have invited us to Lake Albert, Wagga to paddle — let's hope this happens soon! Thanks to the individual coaching from our dragons to their partners and making everyone welcome, they'll be back!

Jan Skorich, Southern NSW Coordinator

DAA merchandise local

Pink spray jacket @ \$40 — will be ready to be picked up at Caloundra (not beforehand)

Socks long navy blue with pink Dragons Abreast @ \$7.50 each

Greetings cards showing the ACT team paddling on Lake Burley Griffin (two designs and blank for your own message) @ \$2 each

Pink paddling gloves \$22

Pink dress shirts sizes 8–24 and cost \$45.00.

Contact: Patti Pye pattledoo@msn.com

DAA merchandise — national direct

Members may also order these shirts separately and many other items from the merchandise page on the DAA website at

<http://www.dragonsabreast.com.au/Admin/merchandise.htm>

$\frac{3}{4}$ **pants** are also most popular!

Bucket hats with the Abreast in Australia logo (and slightly wider brim)

PINK caps – all Pink. With DAA logo on front.

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

Under the pink umbrella



WE DID IT!

On the 11 August 2007, 13,000 people wearing pink ponchos and 100 in blue, stood in the shape of a pink lady on Sydney's Telstra Stadium to represent the number of Australia's diagnosed with breast cancer in 2007. Go to

<http://www.fieldofwomen.org.au/> to see the **Video of the Night** and **Images of the Night**

Thank you to all those who stood beside us on the field to create such a powerful image.

In the emotionally charged half hour before the Swans AFL match, there was a minute's silence for women who had died from breast cancer, and breast cancer survivors were asked to put up their hands. *Up There*, Cazaly composer Mike Brady, who lost his mother to breast cancer, sung a special rendition of his famous song, called *Up There, Pink Lady*.

As yet our tally of funds raised has not been finalised. However, 100% of the funds will go toward the work of Breast Cancer Network Australia (BCNA). [BCNA](http://www.bcna.org.au) is the voice for those affected by breast cancer. Please take the time to reflect on what happened [on the night](#) and read people's [testimonials](#) of this amazing experience. www.fieldofwomen.org.au

To make a \$5 donation to BCNA SMS 'DONATE' to 199 222 37. You will receive a 'Pink Lady' wallpaper for your phone!



Mary-Lou Reid (holding a Tickled Pink Dragons Abreast sign) and Patti Pye, Field of Women, Telstra Stadium on 11 August 2007 Photo: www.fieldofwomen.org.au

Reflections on the Field of Women Live! 2007

The smell of pink ponchos and anticipation as we gathered with excitement to celebrate life is still with me. Thank you for the power and the passion to realise a dream of how to make boring statistics come to life with 13,000 women in hot pink and 100 men in blue. Mike Brady's *Up There, Pink Lady* created a great chorus.

Breast cancer, for five years, has been a rollercoaster of highs and lows and never more so than when we stood united in the Field of Women — on her right hand side above her waist. Thank you to all the fantastic and dedicated staff at BCNA as well as supporters such as **Anna Wellings Booth** who make things happen. Thanks to **Susan Pitt** who organised the two pink lady decorated buses from Canberra with enthusiastic members of Dragons Abreast, Bosom Buddies, Encore, Pink Links, Goulburn girls and supporters.

I missed MCG 2005 as I was in RPH having a reconstruction, due to the confidence gained by joining Dragons Abreast ACT and BCNA. I had the pink lady newspaper clipping above my hospital bed and was there in spirit. In 2007, I stood with my wonderful husband, Steve, my youngest daughter, Lucy (14 years), my university friend, Josephine, 200 people from the ACT and 13,000



Alex Skorich, Debbie Whitfield, Jan Skorich, Amelia and Kelly Thiedeman,, Field of Women, Telstra Stadium on 11 August 2007 Photo: www.fieldofwomen.org.au

new kindred spirits on the field with Steve's brother's family in the stands. It was a thrill to see Carolyn Parsons from Hobart and bump into old Sydney friends with no connection to breast cancer. Carolyn sounded fantastic when AJ interviewed her while we were waiting in the dome to go forward to Telstra Stadium in batches of 500. She's a remarkable woman.

Vale Sylvia Flaxman, Jan Pommeroy, Maggie Sharp, Veronica Macaulay-Cross and all those in Angels Abreast who have departed too early. BCNA is making a difference.

Sincere thanks to DAA ACT and Bosom Buddies who responded to our request and sponsored seven newly diagnosed local women to participate as part of their healing process.

Kerrie Griffin

Marion and Viki...



Viki Fox, my sister, and I (image above) joined one of the two pink lady buses that travelled from Canberra to the Field of Women. We met up at the National Library and set off in our decorated buses, stopping to pick up a few others along the way and catch up with friends in the other bus.

On arrival, we were given our pink plastic ponchos and directed to wait at the various entry tunnels into the stadium. There were so many people that we lost everyone from both buses, but the pair of us had fun and made new friends to chat with in the queue. Going into the stadium was amazing — so many people! Astonishing to think that this many people are affected by breast cancer each year.

DRAGONS ABREAST – keeping the spirit alive!

We were able to watch the pink lady made up of 13,000 people form on the large screens and listen to the entertainment. The 100 men diagnosed each year were represented by blue ponchos.

At the end of the Field event, we filed out of the oval and up into the stand to watch the Aussie Rules game with our ACT group. It was also great to catch up with Carolyn Parsons and her contingent during the game. After finding the bus, we drove home arriving back at the Library at 1.15 am. I don't think many of us made it to paddling the next morning!

Marion Blake

Susi and Katie...



I didn't go to Sydney on the pink lady bus since I had already booked the train to attend the City2Surf Run on the same weekend as FOW. On Saturday night, my sister-in-law and great supporter of the fight against breast cancer, Katie (image above), queued up with me to leave our (pink) mark on the Field of Women. Walking through the tunnel, just before stepping out onto the field we passed by a waiving Raylene Boyle. A few metres further, we were overwhelmed by seeing all the people in the stadium, both in the stands and on the field. We tried to determine where our husbands and Katie's sons were in the audience and after some animated descriptions on the mobile we could actually see them — funny they didn't spot us. We tried to help by determining which part of the silhouette we were but it was difficult to tell and after a while we simply decided that it felt like we were in the centre of the heart.

Meeting up with fellow dragons from Tickled Pink didn't happen until we were leaving the field. How nice to actually recognise fellow dragons with their faces sticking out of the ponchos. Since a wonderful Kerrie Griffin had done the ticket booking for us (a very time consuming task!) we were all sitting together and I could catch up among others with Carolyn Parsons who had come all the way from Tasmania with a very impressive count of family and friends. It must have been at least 12,

Carolyn? I can't say that I watched much of the game that night. I was too hyper for that. In all, it was a unique experience and well worth the waiting. There was a bit less pink around me the next day when I jogged among 62,000 others towards Bondi. Perhaps we can work on that one and have a Tickled Pink Team in the City2Surf next year...

Susanne Gross

Lyn Swinburne — 2007 Melburnian of the Year
Melbourne's Lord Mayor John So presented Lyn Swinburne, CEO of Breast Cancer Network Australia, with the city's top honour — the title of the 2007 Melburnian of the Year. The Award recognises individuals who are making outstanding contributions to our society and Melbourne's profile. 'Lyn Swinburne has demonstrated incredible strength of character by using her experience as a breast cancer survivor to help and inspire other survivors and their loved ones. Her outstanding contribution to the city makes her the ideal choice for the 2007 Melburnian of the Year.'

Sign up to an E-List

- Young women
- Secondary breast cancer
- Rural and remote
- Family (inherited) breast cancer.

Send an email to policy@bcna.org.au and include:

- The name(s) of the list(s) you wish to sign on to
- Your first name, last name and postcode.



BCNA's new **Hope & Hurdles Pack** is now available for women living with secondary breast cancer (also known as advanced or metastatic breast cancer). Check out the website to read more and place an order

www.bcna.org.au

Hope & Hurdles forums for women with secondary breast cancer will be held around Australia over the next 12 months.

Life after breast cancer

A big thank you to **Megan Dennis** who organised the BCI Forum broadcast in ACT on 25 August as Kerrie and Elspeth were away. Thanks to our DAA ACT members as well as other participants. The DVD is \$10 and should be available in a few weeks for purchased via the website www.bci.org.au or call 02 9845 6728. It has some great up-to-date and expert breast cancer information.

BCNA Mini Fields of Women in October update

- Calvary Health Care ACT at 12.30pm on Monday 22 October
- Crowne Plaza Hotel in Canberra (garden out the front of the hotel for whole month of October)

- DAA ACT Regatta at Commonwealth Place on Sunday 21 October (throughout the day)

Displays during the month of October

- 10 ACT public libraries*
- Women's Information and Referral Centre, London Cct, Civic
- Westfield Woden (6–8pm on Friday 5 October cocktail party planned with donations to BCNA. The format will be champagne and canapés for approximately 200 people in the atrium at WW. There will be a brief fashion parade (approx.. 15 minutes) with opportunities for networking and displays by BCNA and other BCNA breast cancer member groups such as Dragons Abreast and Bosom Buddies. (more information to come when available)
- WW shops to continue to display pink ladies and posters during the month of October

* If you have time to set up display in a local public library please let Kerrie Griffin know. The displays are either in a glass cabinet or on a pinboard at the front or in a central location of each library. We are also allowed to display brochures, balloons, etc.

Initially, I had permission for the new Civic Library but they have had a double booking but I'm still hopeful of some coverage.

Check out the information on BCNA mini fields of women if you want to organise one too. Kathryn Rowarth, Events Officer, BCNA, is the whizz to speak to:

http://www.bcna.org.au/index.php?option=com_content&ask=view&id=437&Itemid=463

Electronic registration form (fill in ASAP)

http://www.bcna.org.au/index.php?option=com_philaform&Itemid=1242&form_id=6

New cancer detection method

Scientists have created a new chemical compound to help doctors detect cancers without the need for intrusive biopsies, the BBC reports.

The compound is administered to patients before an MRI scan. Fluorine in the substance reacts differently to varying levels of acidity in the body, highlighting tumours. Researchers said the method could benefit diagnosis of breast, liver and prostate cancer.

Australian Doctor, 31/8/07, p14

Kerrie Griffin, BCNA ACT representative

Birthday greetings

September

- 11 Julie Richardson
- 15 Judy Richmond
- 20 Lyn Agnew
- 22 Felicity Murdoch, Heather Millar
- 23 Amelia Thiedeman
- 25 Mavis Fowler, Helen Maguire
- 26 Marion Blake
- 28 Catherine Powell
- 30 Marion Leiba

October

- 18 Lyn Langer
- 24 Marg Hourigan
- 30 Jan Skorich

November

- 2 Susan Drew
- 3 Lynn Harden
- 5 Gail Burns, Susi Gross
- 8 Nadine Farrelley
- 9 Narelle Powers
- 13 Adam Farrelley
- 17 Sue Evans



Goulburn Soldiers Club Presents...

Best Dressed Breasts

1st Prize: \$500 cash!!! Make or decorate a bra, bikini top or boob-tube

Pick up your entry form and pay your \$5 entry fee when putting in your entry

Be there at the cocktail party on the 31st October for the judging to see if you win!

Every person who attends the night receives a "vote" (You can also "buy" extra votes!) They put their vote into the box of their choice to win. The entries with the most votes will win 1st, 2nd & 3rd prizes in descending order of counted votes

Live Music by DJ & the KarismaKats
Breast Cancer Survivor, DJ Gosper, together with her band the KarismaKats will entertain you with their kool bluesy jazz grooves!

IT'S SO SIMPLE!!!
All proceeds raised will be donated to the Goulburn & District Breast Cancer Support Group

To subscribe to the ACT list, send a message to: actdragons-subscribe@dragonsabreast.com.au














To remove your address from the list, just send a message to the address in the 'List-Unsubscribe' header of any list message. If you haven't changed addresses since subscribing, you can also send a message to: actdragons-unsubscribe@dragonsabreast.com.au








For addition or removal of addresses, Jan Skorich sends a confirmation message to that address. When you receive it, simply reply to it to complete the transaction.

If you need to get in touch with the human owner of this list, please send a message to: actdragons-owner@dragonsabreast.com.au

Please include a FORWARDED list message with ALL HEADERS intact to make it easier to help you.

Calendar of events

Month	Date(s)	Event	Location	Notes
 September	Thursday 6 4.30–6 pm	<i>A Dragons Tale</i> – book launch of the history of Dragons Abreast in Australia	Hog's Breath Cafe cnr Hindmarsh Dr. and Ball St, Woden	Stay for dinner afterwards. Book \$35rrp actlaunch@dragonsabreast.com.au
	Saturday 8	DAA Regional meeting	Canberra	Jan Skorich, Judy Richmond and Marion Blake
	Sunday 9	DAA ACT Come and try session for Encore and DAA ACT regional participants	Lotus Bay, Yarralumla	Jan Skorich RSVP jskorich@grapevine.net.au
	20–23	Dragons Downunder — 2007 IDBF World Dragon Boat Championships	Penrith, SIRC, NSW	http://www.dragonboat07.com.au/
	28–30	Abreast in Australia 2007 100% Breast Cancer Survivor Regatta	Kawana Lake, near Caloundra, Sunshine coast, Queensland Come and join us!	Annette Dean amdean@optusnet.com.au 6232 4420 (home,) 6272 4231 (work)
October 	Friday 5 6–8pm	Westfield Woden free cocktail party with donations to BCNA	Westfield Woden atrium	RSVP 6283 6000 or kelly.mcguifficke@westfield.com.au
	13–14	Up Close and Personal 2 1st National Breast Cancer Conference for Australian Young Women Affected by Breast Cancer	Jasper Hotel 489 Elizabeth Street, Melbourne	Register by 20 September www.yabc2007conference.org
	Month of October	BCNA Mini Field of Women	Crowne Plaza, Civic	www.bcna.org.au \$20 per silhouette
	17	YWCA Encore 8 week gentle exercise program after breast cancer	Venue and more information: http://www.ywcaencore.org.au/	Local enquires: Fiona.meilroy@ywca-canberra.org.au 1800 305 150
	Saturday, 20 6:30 for 7:00	Bosom Buddies Celebration of Life — annual fundraising fashion parade and dinner. Dress is Pink Tie	Ballroom, Hyatt Hotel Canberra Corporate table for 10 \$1500, individual tickets \$150 each	RSVP by Friday 12 October bosombuddies@shout.org.au Melanie Godfrey 0406 376 500
	Sunday 21 8am–3.30pm	DAA ACT Regatta	Commonwealth Place, Central Basin	Volunteers needed! Contact Cathy Powell now cpowli@netspeed.com.au
	Sunday 21 8am–3.30pm	BCNA Mini Field of Women at the DAA ACT Regatta	Commonwealth Place, Central Basin	Volunteers needed! Contact Kerrie Griffin Kerrie.griffin@act.gov.au
	Monday 22 12.30pm	BCNA Mini Field of Women	Calvary Health Care ACT, Bruce	www.bcna.org.au \$20 per silhouette
	Monday, 22 6:30 for 7:00 \$50.00 all inclusive	Bosom Buddies Australian Breast Cancer Day event for BB and BCNA members and supporters	Yowani Golf Club, Northbourne Avenue, Lyneham	RSVP by 15 October bosombuddies@shout.org.au Melanie Godfrey 0406 376 500
	Wednesday 31 7.30pm	Best dressed breasts: make or decorate a bra, bikini top or boob-tube	Goulburn Soldiers Club Live blues music by DJ Gosper and the Karisma Kats	Funds to Goulburn & District Breast Cancer Support Group RSVP by 26 October to club: 02 4821 3300

November 	Saturday 3	DAA ACT Come and try session	Lotus Bay, Yarralumla	Jan Skorich RSVP jskorich@grapevine.net.au
	Monday 19	Lymphoedema consumers' workshop with expert, Professor Neil Piller , Adelaide	Calvary Health Care ACT, Bruce	RSVP tbc
	Tuesday 20	Paddle with Professor Neil Piller	Lotus Bay, Yarralumla	
	10am Saturday 24 until 10am Sunday 25 (24hours)	Relay for Life, South Coast A community fundraising event for the Cancer Council that honours the lives of people touched with cancer and aims to increase awareness about cancer as well as raising money for cancer research, support and education.	Moruya Showground Moruya Julie Knight, Batemans Bay, organiser	Contact details If you or your family would like to enter as a team or be a guest at our opening ceremony, please call us or visit the website for more information www.relayforlife.com.au/nsw . Ph 02 4225 3660.
December 	Saturday 1	DAA ACT Come and try session	Lotus Bay, Yarralumla	Jan Skorich RSVP jskorich@grapevine.net.au
	Saturday 8	DAA ACT Christmas Party 	Margo Neale's home	RSVP tbc
 <small>Amazon Heart Odyssey</small>	1-8	Amazon Hearts Take up the challenge of an Amazon Heart Adventure	Madurai, in Tamil Nadu, South India	To register for this and other adventures click on the link to find out more or email info@amazonheart.org .

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!

If you wish to be informed on national DAA issues, please send an empty email to newsletter-subscribe@dragonsabreast.com.au. It works in the same way as the actdragons@dragonsabreast.com.au address, except that you cannot send mail to this address, you can only receive messages.

Next issue of the DA ACT newsletter —November 2007

Thank you to all members who have contributed to this issue.
Please submit any news, items and images by 25 October 2007 to the newsletter coordinator
Kerrie.griffin@act.gov.au or taylorclan@iinet.net.au