

# DRAGONS ABREAST ACT & REGION

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

Under the Umbrella of Breast Cancer Network Australia



## Abreast of the News Newsletter

Celebrating life!

Issue 12

September 2005

### Dragons Abreast Challenge Regatta Sunday 23 October 2005

Greetings! Thank you to all who have volunteered to help on our annual major fundraising day.

Please contact Amelia or Robyne (details below) if you would like to be a liaison officer or general dogsbody. We invite you to help 30 corporate teams experience the fun-filled and invigorating sport of Dragon Boating on Lake Burley Griffin while raising awareness about breast cancer in our community.

**We can't guarantee the weather but we guarantee the enjoyment.**

Yours in our *breast* interests

**Amelia Thiedeman**  
Regatta coordinator  
[ameliadt@hotmail.com](mailto:ameliadt@hotmail.com)  
6236 3162

**Robyne Kellett**  
Training Officer CDBA  
[Kellett@netspeed.com.au](mailto:Kellett@netspeed.com.au)

A special thank you to Amelia, Robyne as well as all the coaches and sweeps preparing corporate teams for the regatta.



### Greetings from Floriade!

These gnomes have paddled over to Gnomestock at Floriade for the month to raise awareness about Dragons Abreast. Visit [www.floriadeaustralia.com](http://www.floriadeaustralia.com)



### Global Illuminations

On Tuesday 27 September, Canberra's icons will be lit 'pink' for the official launch of **Breast Cancer Month** (October globally) as part of the *Estee Lauder Global Illumination Event*. This year over 20 icons across 10 Australian cities will participate in the biggest Australian illumination of this international event. Last year, 41 cities participated to raise

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

awareness and vital funds for breast cancer research worldwide.



Sky Tower, Auckland, New Zealand 2005

### Porches in pink

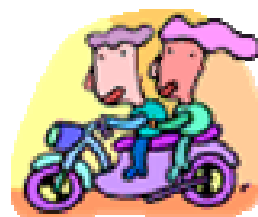
As the pink glow endures, the local community will have the chance to bring the Global Illumination to their own front porch by purchasing a limited edition pink OSRAM light globe. **They cost \$2 from Bunnings Warehouse, Carpet One and the Professionals Real Estate agencies nationally** – with all funds raised going to the National Breast Cancer Foundation. By decorating porches (in pink!) and submitting the images to Channel 7's *Weekend Sunrise*, entrants have the opportunity to win a trip to New York.

The Canberra icons will join other famous landmarks around the world including the Empire State Building, Tower of Pisa, Niagara Falls and Tokyo Tower. Sydney, Melbourne and Brisbane will be joined the first time by Newcastle, Canberra, Wollongong, Hobart, Perth, Darwin and the Gold Coast will join. The illuminations coincide with a gala fund-raising event in each city attended by a host of prominent guests including Australia's corporate elite, international consular community and celebrities.

Most monuments will remain pink throughout the month to remind Australians of the importance of breast cancer research. Breast cancer is the most common cause of cancer mortality among

Australian women. We need to improve the outcome of the 11,500 Australian women who are diagnosed with breast cancer every year, including 4000 in NSW and ACT.

The National Breast Cancer Foundation is Australia's only non-profit organisation that funds research across Australia into every aspect of breast cancer. Since its inception in 1994, it has provided over \$20 million for 110 research projects through its corporate and community fundraising activities. October is the Foundation's most important fundraising period.



**WIMA Raffle for**

### Breast Cancer Network Australia

Many thanks to members who rallied to help Debie sell tickets and/or relieve her for a meal break. Debie really appreciated your efforts and has done the most outstanding job with tremendous results. It's time to start calling in the outstanding books as they are not able to sell tickets after 8 October. If you don't think you will be able to sell your tickets by the end of September please let Anna know on **6247 8470**.

*Books outstanding:* Elspeth, Marg Tudor, Sandi Avis (2), Margo, Jan, Patty P, Bernadette B, Maggie, Katherine K.

### **Lyn Langer, Treasurer extraordinaire!**

An extra special vote of thanks to Lyn Langer who has spent countless hours finalising the books, which are now audited.



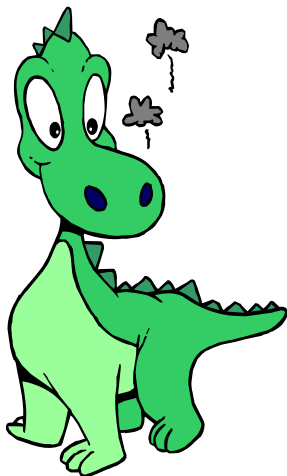
***DRAGONS ABREAST – keeping the spirit alive!***



### Screening: digital scan trial offers hope in cancer fight

A landmark trial has found that mammograms conducted with new digital technology are far more effective at detecting cancer among women under 50 than those with standard film technology. The study of almost 50,000 women in the US found that digital mammogram picked up between 15 and 28 per cent more cancers in women younger than 50, those who had not yet gone through menopause and those with dense breasts. Women in these groups were more likely to have fast-growing, aggressive tumours for which early detection and treatment are crucial. Based on the findings, the US-based National Cancer Institute, which sponsored the study, and the American Cancer Society, recommended that younger women seek digital mammography where it is available.

*The Age* and *Sydney Morning Herald*, 19/9/05



### Risk: study challenges breast cancer stress link

BMJ: High levels of everyday stress do not lead to breast cancer, according to a large prospective study. In the 18-year study of more than 6500 women in Denmark, 251 were diagnosed with first-time breast cancer. Women with higher stress levels were 40 per cent less likely to develop the disease than those with low stress levels, researchers found (*BMJ* 2005: online).

With every incremental level of stress on a six-level scale, women were 8 per cent less likely to develop breast cancer. The association was particularly pronounced in women taking HRT.

Professor Alan Coates, CEO of the Cancer Council Australia, said, based on all the available evidence, it was now fairly safe to reject the idea that stress caused breast cancer. 'Equally, I am not convinced it protects you either', he said.

*Australian Doctor*, 16/9/05, p3

### Birthday greetings

#### September

22 Felicity Murdoch  
23 Amelia Thiedeman  
25 Lorraine Owens  
25 Mavis Fowler  
25 Nicki Endt  
30 Marion Leiba

#### October

2 Margaret Wolf  
18 Lyn Langer  
30 Jan Skorich

Have a great day!



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

**Calvary Health Care ACT**  
Invites you and a friend  
to attend an information night

## Living well with breast cancer

Hormonal treatment: Tamoxifen vs Arimidex  
Managing menopausal symptoms  
Breast reconstruction  
Relationships and communication skills

**Thursday 6 October**  
**6.30pm for 7pm**  
Ainslie Football Club  
52 Wakefield Avenue, Ainslie

Light refreshments will be provided and beverages can be purchased if desired.  
**RSVP Friday 30 September ACT Breast Care Nurses on 6201 6672**

## Public Forum 2005

**Saturday 12 November 1.00–3.30pm**  
**Yamba Sports Club, Irving Street, Phillip**

**Live satellite broadcast to rural and metropolitan sites across Australia**  
NSW Breast Cancer Institute [www.bci.org.au](http://www.bci.org.au)

Time pm	Topic	Presenter
12.30	Registration and refreshments	
1.00	Welcome and introduction	A/Professor John Boyages, Executive Director NSW Breast Cancer Institute
1.05	Move over tamoxifen? The new hormone treatments for breast cancer	Dr Nicholas Wilcken
1.20-1.40	Fat, bones and hormones: menopause and breast cancer	A/Professor Katherine Samaras
1.40-1.55	What are cancer trails and how do they help?	Dr Martin Stockler
1.55-2.15	Breast cancer support and action groups <ul style="list-style-type: none"><li>✓ Dragons Abreast</li><li>✓ Encore</li><li>✓ Look Good Feel Better</li><li>✓ Breast Cancer Network Australia</li></ul>	
2.15-3.05	Question and answer session	All speakers
3.05-3.10	Closing	A/Professor John Boyages

Registration is free of charge. Optional donations  
**Register now!** Phone: **9265 0700** Fax: **9267 5443**  
Email: [bcipublicforum@tourhosts.com.au](mailto:bcipublicforum@tourhosts.com.au) or Online: [www.tourhosts.com.au/bcipublicform](http://www.tourhosts.com.au/bcipublicform)

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

## Calendar of events

Month	Date(s)	Event	Location	Notes
September	Saturday 24 11.30am	Sweep familiarisation session	Lotus Bay, Yarralumla	Robyne Kellett <a href="mailto:Kellett@netspeed.com.au">Kellett@netspeed.com.au</a>
	Tuesday 27	Global illuminations	Old Parliament House	Various venues including your own pink lit porch
	Tuesday 27	Old Parliament House dinner	Old Parliament House	\$120 bookings <b>1800 000 118</b>
October	Sunday 2 8am	CDBA Regatta	Lotus Bay, Yarralumla	<a href="http://www.cdba.com.au">www.cdba.com.au</a>
	Sunday 2 5.30pm	Marion's place for pot-luck dinner	26 Fimister Cct, Kambah	RSVP Marion Leiba <b>6231 9476</b>
	Thursday 6 6.30pm for 7.00pm	<i>Living well with breast cancer</i> – Consumer Information Evening hosted by Calvary Breast Care Nurses	Ainslie Football Club 52 Wakefield Avenue, Ainslie	RSVP by 30 September <b>6201 6672</b>
	Fri.-Sat. 14-15	Masters Games	Adelaide	Good luck to all participants!
	Saturday 15	WIMA's Benefit Concert <a href="http://www.wima.org.au/act">www.wima.org.au/act</a>	Tilley's, Lyneham	Cost \$20 pp – tickets available from Anna Wellings Booth <b>6247 8470</b>
	Sunday 16	Newcastle Corporate Regatta	Throsby Creek, Carrington	<a href="mailto:lynnflanagan@smartchat.net.au">lynnflanagan@smartchat.net.au</a>
	Sunday 23 7am-1pm	<b>Dragons Abreast Regatta. Let's make this a BIG and very PINK Day fellow Dragons!</b>	Lotus Bay, Yarralumla	<b>Amelia Thiedeman</b> <a href="mailto:ameliadt@hotmail.com">ameliadt@hotmail.com</a> <b>6236 3162</b> Robyne Kellett <a href="mailto:Kellett@netspeed.com.au">Kellett@netspeed.com.au</a>
	Monday 24  12.30pm 1.00pm	Mini Fields of Women	venues: Calvary Hospital St Edmund's College	Bernadette Brady <a href="mailto:b.brady@actdgp.asn.au">b.brady@actdgp.asn.au</a>
	Monday 24	Bosom Buddies Gala Dinner  Black tie gala dinner with a touch of pink		\$80pp – tickets available from Anna Wellings Booth for Dragons Abreast table <b>6247 8470</b>
	Saturday 29 10am- 4.30pm	Open Day at home of Lenyss Snellen – Wonderful Christmas gifts –tell your friends and neighbours!	23 Carstenz Street, Griffith	A superb collection of handcrafted jewellery on sale – necklaces, earrings, bracelets. Profits to Dragons Abreast (ACT & region).

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

<b>Calendar of events</b> continued...				
<b>2005 October</b>	Sunday 30	CDBA Regatta	Lotus Bay, Yarralumla	<a href="http://www.cdba.com.au">www.cdba.com.au</a>
	Sunday 30	2005 Gold Coast Dragons Festival	Hinza Dam, Gold Coast Hinterland	Corporate and sporting teams Contact: Soren White <b>0438 767 369</b> <a href="mailto:soren.white@team.telstra.com">mailto:soren.white@team.telstra.com</a>
<b>November</b>	Date tbc	Annual General Meeting	tbc	
	Date tbc	Sweep familiarity session	Lotus Bay, Yarralumla	<b>Robyne Kellett</b> <a href="mailto:Kellett@netspeed.com.au">Kellett@netspeed.com.au</a>
	Saturday 12 1-3.30pm	Public Forum 2005 —live satellite broadcast to rural and metropolitan sites across Australia, NSW Breast Cancer Institute <a href="http://www.bci.org.au">www.bci.org.au</a>	Yamba Sports Club Irving Street Phillip	Register now! Call 9265 0700 or visit <a href="http://www.tourhosts.com.au/bcipublicform">www.tourhosts.com.au/bcipublicform</a>
	Sunday 20 8am	CDBA Regatta	Lotus Bay, Yarralumla	<a href="http://www.cdba.com.au">www.cdba.com.au</a>
	Wednesday 23 to Sunday 27	Walking/running 100 continuous hours for breast cancer.		More about this later.
<b>December</b>	Sunday 11 8am	CDBA Regatta	Lotus Bay, Yarralumla	<a href="http://www.cdba.com.au">www.cdba.com.au</a>
<b>2006 February</b>	Sat.-Sun. 11-12	Chinese New Year Regatta	Darling Harbour, Sydney	<a href="http://www.cdba.com.au">www.cdba.com.au</a>
<b>March</b>	Sunday 5	Celebrate Canberra Regatta	Yarralumla tbc	<a href="http://www.cdba.com.au">www.cdba.com.au</a>
	Saturday 25	NSW State Titles	Tbc	<a href="http://www.cdba.com.au">www.cdba.com.au</a>
<b>April</b>	14-16	2006 National Championships	Nagambie, Victoria (1½ hrs from Melbourne)	Accommodation tight in area, need to indicate early if participating.
<b>May</b>	Sunday 14	CDBA Regatta	Lotus Bay, Yarralumla	<a href="http://www.cdba.com.au">www.cdba.com.au</a>
<b>August</b>	Dates tbc	2006 World Club Championships	Toronto, Canada	AusDBF pre-selecting teams
<b>2007 September</b>	20-27 tbc	Dragons Downunder — 2007 IDBF World Dragon Boat Championships	Sunshine coast, Queensland	tbc
	28-30	100% Breast Cancer Survivor Regatta <i>Jan Skorich is fearlessly building new website for this international event.</i>	Sunshine coast, Queensland	<a href="mailto:contact@dragonsabreast.com.au">contact@dragonsabreast.com.au</a> Crickey! Pink Lady invasion downunder postcard <a href="http://www.dragonsabreast.com.au/Dragons_Abreast_Post_Cards.pdf">http://www.dragonsabreast.com.au/Dragons_Abreast_Post_Cards.pdf</a>

**Next issue — end October 2005**

Please submit any news, items, images or poems to [kerrie.griffin@act.gov.au](mailto:kerrie.griffin@act.gov.au)

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