

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 36

May 2010



Marion Blake, sweep and Mary-Lou Reid, drummer, *GoAnna*, Mothers Day Classic 9 May 2010 Image: Steve Taylor



GoAnna at the start of the Mothers Day Classic 9 May 2010 Image: Steve Taylor

Coordinator's report

What a glorious autumn it's been at DA ACT! We have enjoyed a full season's paddling due to the changes to the blue green algae regulations. *Tickled Pink* has performed well at the CDBA regattas, winning a couple of third place trophies.

Our **Dragon Muster** on 11 March was full of fun, laughter and information thanks to **Sue Drew** and her wonderful catering team. At our annual bulb planting picnic on Springbank Island we took two boats and had a great time planting bulbs and eating morning tea. We plan to have a BBQ on the island in spring to admire our work. Some members took part in the **Relay for life** followed by dinner.



Judy Richmond, Boerge Alexander, Colleen White, visitor, Bev Sloan, Lenyss Snellen and Val Barger, Dragon Muster 11 March

Planning is well underway for the **2010 DA ACT Corporate and Social Dragon Boat Challenge**. Approvals are done — thanks to **Di Bradshaw**; invitations are out (12 expressions of interest in the first 3 days) and the website has been upgraded thanks to **Jan Skorich**. **Boerge Alexander** ACTregatta@dragonsabreast.com.au is already working on the registrations and plans to keep in contact with teams via her computer in Canada.



Anne Baynes, Boerge Alexander, Gabby Mullins, Di Bradshaw and Kerrie Griffin, Springbank Island, 10 April 2010

Our 19 excited members travelling to Canada to compete at the 3rd International Breast Cancer Survivors Regatta at Peterborough in June have been working hard under coach extraordinaire **Narelle Powers**. We have enjoyed pushing ourselves at the extra Sunday morning training and would like to thank other members who have joined

DRAGONS ABREAST – keeping the spirit alive!

us as we attempt to build up our stamina and race technique. **Bev Sloan** hosted a lovely afternoon tea for Canada team members and partners to meet, and team manager **Patsy Sheales** keeps us informed. It's getting very close now!



Kerrie Griffin, Terry and Patsy Sheales, Colin and Marilyn Ridley (DA Mornington Peninsula) met at half-time, BCNA Field of Women Live at the MCG, Melbourne 7 May 2010

Slipper camp (think boot camp designed for DA!) has been a great success. Thanks to **Robyn Whytcross** who has volunteered her time to instruct us for the early morning session. We have had up to 22 members attending the offshore exercise program and found muscles we didn't know we had.

DA ACT had a wonderful presence at the **Mothers Day Classic** and were delighted to be able to have two boats paddle the walking course. What a fabulous way to promote DA and show life after breast cancer can be great. Many of us have been told by friends and acquaintances that they saw us, so hopefully we will have some of them come and join us next season.

The committee has arranged cover in June. **Judy Richmond** will act as Coordinator, **Robyn Whytcross** will sweep (Saturday morning paddle) and **Colleen Wright** milltom@inet.net.au will take names. Thank you all for making sure things roll along smoothly for those at home.



Gillian Styles sweeping *Gecko*, Mothers Day Classic 9 May 2010 Image: Steve Taylor



GoAnna, Parliament House, Mothers Day Classic 9 May 2010 Image: Steve Taylor

The talented **Mary-Lou Reid's** inspired and hilarious DA ACT song on video will be broadcast at the CDBA Presentation Night. Thanks to Mary-Lou and **Cheryl Brower** for getting this DA ACT 'commercial' off the ground. Can't wait to see it!

Congratulations to our members and dual members who represented the ACT in Adelaide at the Nationals. They are **Carol Summerhayes, Jan Skorich, Cheryl Brower, Maureen Sandilands, Cathy Powell, Deb Whitfield, Gillian Styles, Julie Richardson** and **Robyn Kellett**. Please see **Gillian Styles'** report and **Jan Skorich's** images on page four.

Splashademy Awards

CDBA presentation night is 7pm for 7.30pm, on 28 May, at the Top of the Cross, Southern Cross Club. Let's make up a DA ACT table! RSVP: <http://v2.jotform.com/form/11074343872>. Also email Cheryl so she can keep tabs on our table cheyba@juno.com AND Browercm@state.gov



GoAnna and *Gecko*, Commonwealth Place, Mothers Day Classic 9 May 2010 Image: Steve Taylor

Inaugural Dragons Abreast Australia national member convention

17–19 September, Hobart, Tasmania
We have registered a team of 20 with a waiting list. DA ACT has subsidised the registration (using donations and fundraising), meaning our members only pay \$100 (instead of \$176). Please make a

direct bank transfer of \$100 into the Dragons Abreast ACT Account by the end of May.
BSB 012 964 Account No 4920 03119

DA ACT Code of Conduct

Thanks to all of you who participated with this and to **Narelle Powers** who's done a fantastic job in briefly capturing our values in the code of conduct. [DA ACT Code of Conduct \(April 2010\)](#)

Thanks to all our members for your time, skills, energy and good humour. You each help make DA ACT such great group to belong to. Get well soon to **Katherine Kralikas** and **Julie Richardson** as well as welcome back to **Anna Wellings Booth** and **Sandi Avis**. Paddles up!

Marion Blake, Coordinator DA ACT
Canberra@dragonsabreast.com.au

Mothers Day Classic

To everyone who paddled in the Mothers Day Classic — you guys looked fantastic. I heard many complimentary comments from the crowd; and did you notice that WIN news had a clip of both boats to finish their news segment?

Narelle Powers, Coach and Sweep, Mothers Day Classic ambassador

NB: Members Judy Cluse, Becky Barney and Judy Rafferty walked the course.



Mothers Day Classic 9 May 2010 Image: Steve Taylor



GoAnna and Gecko, Mothers Day Classic 9 May 2010 Image: Steve Taylor



GoAnna, National Library of Australia, Mothers Day Classic 9 May 2010 Image: Steve Taylor



Heather Millar, Viki Fox and Robyn Chen, Springbank Island, 10 April 2010



GoAnna and Gecko, Manchurian pear trees, Mothers Day Classic 9 May 2010 Image: Steve Taylor



Anne Baynes, Judy Cluse and Sue Drew bulb planting, Springbank Island, 10 April 2010



ACT Grand Masters Women wearing silver medals, Nationals, Adelaide, April 2010 *Image:* Jan Skorich

Australian Championships 2010

This year the Australian Championships were held in Adelaide at the AM Ramsay Rowing Course at West Lakes. This is a beautiful setting with a sandy beach along the side of the course for viewing the races. The weather was mixed over the weekend but did not spoil the atmosphere. With nearly 2000 competitors racing over four days it was a busy place. All the racing was close and in most finals less than a second separated the boats. The girls from Dragons Abreast/Flyers/Ice Dragons/Navmats had trained very hard since December to win a place on the state team. I think this training really led to a sense of strength and wellbeing. The feeling of knowing you can complete the distances still in control gives one confidence and a desire to go hard.

The ACT Grand Masters Women won the silver medal behind the home state South Australia. We were thrilled to beat NSW and Qld, the bigger states. We all paddled in the club races and although did not win medals we reached finals in a number of races, losing by a dragon's whisker! Thank you to our DA friends who encouraged us throughout the season.

Gillian Styles



Robyn Whytcross Lorraine Bayliss, (team captain ACT GMW) from Navmats and Robyn Kellett, ACT Grand Masters Women displaying the trophy, Nationals, Adelaide, April 2010 *Image:* Jan Skorich



Warm up and training times

May

6.30 for 6.45–7.45am Tuesdays

8.00 for 8.30–9.30am Saturdays

Don't forget to book your seat on the boat

carol.summerhayes@bigpond.com

June

8.00 for 8.30–9.30am Saturdays

Colleen Wright milltom@inet.net.au

Some great paddling technique tips:

<http://www.dragonsabreast.com.au/NSW/PaddlesUp59March09.pdf>

(note: DA ACT paddling technique may be slightly different from Sydney, so listen to OUR coaches please!)

Remember water, hat, sunscreen and sunglasses!

If you want to have a try at sweeping contact:

Narelle Powers narelle.powers@defence.gov.au

or Elspeth Humphries humphries44@ozemail.com.au

Weather watch

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

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

Coaching Program - Narelle Powers

- [Broad Training Plan](#)
- [General Preparation](#)
- [Specific Preparation](#)
- [Pre-Competition Training](#)



DA ACT Canada team 5 March 2010

Merchandise

Look out for the DA shop on Saturdays from **Cindy Young's** car boot. She has polo shirts and paddles and pink gloves. Please bring cash or your cheque book to pay. [ACT merchandise price list](#)

Some reflections (or ramblings!)

At the last Dragon Muster **Elspeth Humphries** and I were enjoying watching from the sidelines, feeling somewhat elated (and a little smug) in having played a pivotal role in the formation of Dragons Abreast ACT! Many of the newer members may not know that Elspeth was the first accredited survivor sweep in Australia and has capably swept many teams around the globe.



Gecko, reflections, Mothers Day Classic 9 May 2010

Another observation was that previous coordinators are still very active and visible in the Club, all of them being at the Dragon Muster. **Jan Skorich** has moved on to work untiringly for the national organisation and is webmaster *extraordinaire*; **Judy Richmond** is still very much an active, supportive member always available for advice and encouragement. Then there is the indomitable, greatly respected **Marion Blake** who has forged ahead to carry the Club through to its current vibrancy. We remembered those early days of fund-raising including **Lenyss Snellen's** jewellery and her daughter **Carol's** quilting, the organisational abilities of **June McMahon**; our beloved sweeps no longer with us — **Sylvia Flaxman** and her fruit cakes and 97 and a half strokes and **Maggie Sharp** with her white hat and acerbic wit.

*Life is a journey
We are all passengers
On a boat called life
And we are all alive in the moment called now
The journey of life is so beautiful
That it needs no destination*

It was tough in the early days getting people to acknowledge that we were fair dinkum in our efforts to form our own Club but persistence and a fair amount of tact eventually won through. Yet again we reflected on the very first challenge regatta and how difficult it was to encourage teams to participate. If you have read *A Dragon's Tale* (and I hope you have!) you will know that this came about during a meeting Elspeth and I had with **Brendan Smyth** who said he would donate a perpetual trophy and that he would organise a team from the Legislative Assembly. Through the great work of the coordinators and members such as **Robyne Kellett, Amelia Thiedeman, Lyn Langer, Cathy Powell, Cheryl Brower, Marion** and the whole membership it is now a permanent fixture on the ACT calendar. The feedback over the years has been extremely positive and already I've heard

there are about 12 teams who have already registered with the mighty **Boerge Alexander** for the 2010 event.



Anna Wellings Booth, Susan Pitt and staff at Bakers Delight, Dickson, 1 May 2010

Marion's ability to delegate tasks is legendary but more so is the way in which members agree to take on the roles which she suggests. There is a new energy in the Club and each and every member is unique in their own special way but impossible to name everyone. The support of CDBA has been outstanding in recent years and through all your efforts we are now a force to be reckoned with — in the nicest possible way of course! To see, I think, seven current/past members participating in the Grandmasters event in Adelaide was testament to their hard training and we hope they all remember where they began!

Women in the ACT, who have breast cancer, are so fortunate in their access to networks; information and support through Breast Cancer Network Australia, Dragons Abreast, Bosom Buddies, Feel Good, Look Better Program and the HeadsUp@ Calvary Hospital (and Encore Program prior to the cutbacks). Many women serve on committees in our community, have been founding members of those groups and how could one not be informed about all matters relating to breast cancer when **Kerrie Griffin** is at the computer. Her networking is invaluable and her energy boundless and she still finds time to produce a professional newsletter.

So having done my Greta Garbo (I want to be alone!) act in recent months I can honestly say I'm enjoying being (almost), committee-free and slowly coming back to just paddle — in seat 5 of course. The Old Dragon has to have some rights! To all of you going to Canada I know you will have the most amazing time and will endear yourselves to our Canadian sisters. We will be encouraging that Great Dragon to breathe fire into your efforts and ensure that those 'lifts' are explosive as you pant breathlessly over the finish line and the major falling over the back of the boat! Travel safely, be a little bit bad, a little bit mad and take time to laugh it is the music of the soul! *GoAnna*
Anna Wellings Booth

Photos are coming in from everywhere, but if you have more, please email to"
dragonsabreastaustralia.dragon@picasaweb.com

To realise

To realise the value of a sister/brother
Ask someone who doesn't have one
To realise the value of ten years:
Ask a newly divorced couple
To realise the value of four years:
Ask a graduate
To realise the value of one year:
Ask a student who has failed a final exam
To realise The value of nine months:
Ask a mother who gave birth to a stillborn.
To realise the value of one month:
Ask a mother who has given birth to
A premature baby...
To realise the value of one week:
Ask an editor of a weekly newspaper
To realise the value of one minute:
Ask a person who has missed the train, bus or
plane
To realise the value of one-second:
Ask a person who has survived an accident
Time waits for no one
Treasure every moment you have
You will treasure it even more when
You can share it with someone special
To realise the value of a friend or family member:
LOSE ONE.

Supplied by **Narelle Powers**

Under the pink umbrella



Breast
Cancer
Network
Australia www.bcna.org.au

An exciting new development for BCNA

Our website has had a make-over! We have a great new design, additional content, and have made it much easier to find things. One of the most exciting features is an online network, which gives people affected by breast cancer the opportunity to connect with each other in real time no matter where they are. It works a bit like Facebook, but you can also search the online network to find people and groups. It was launched during the *Field of Women LIVE* event at the MCG visit www.bcna.org.au.

BCNA representation on committees

Thanks to **Elsbeth Humphries** who is stepping down from the Advisory Committee of the BreastScreen ACT and South East NSW after many years of service; welcome to **Susan Pitt** who is replacing Elspeth. Thanks to **Geraldine Robertson** who is continuing to be a BCNA representative on the following committees:

- ACT & SE NSW Breast Cancer Treatment Group
- NBOCC Sentinel Node Working Group
- NBOCC Hypofractionated Radiotherapy Working Group
- NBOCC Bisphosphonates Working Group
- Consumer Health Forum (CHF) ad hoc nominations to working groups (*Usually as a BCNA rep*)

Thanks to **Pam Robertson** who is stepping down and **Gabby Mullins** who is replacing Pam as the Bosom Buddies rep, ACT & SE NSW Breast Cancer Treatment .

Anna Wellings Booth is the BCNA Representative on the Greater Southern Area Health Service Breast Cancer Reference Group (after participating in numerous committees over many years).



Geraldine Robertson with staff at Bakers Delight, Tuggeranong *Image: Gillian Styles*

HeadsUp@Calvary is a new service at Calvary Hospital assisting women with hair loss requiring specialised headwear. We also offer personal support in funkying up headwear. Initially, HeadsUp@Calvary is opened on Wednesdays between 11am and 2pm and soon to open on Thursdays. Appointments are not necessary. For more information contact **Sue Owen** on **041 6227 5959**



HeadsUp@Calvary launch 23 March: Kerrie Griffin (BCNA), Elizabeth Scrivener (Calvary Volunteers Manager), Alex Charalambous (Freedom Manager), Sue Owen (HeadsUp Coordinator), Sarah Holmes (BCNA), Amelia Thiedeman (HeadsUp volunteer) and Marion Blake (DA ACT Coordinator)

Prosthesis recycling

Contact **Jan Murphy 0402 188 361**
janaliveandwell@home.com.au



BCNA *Field of Women Live* at the MCG, Melbourne 7 May 2010



BCNA *Field of Women Live* at the MCG, Melbourne 7 May 2010
See [a gallery of images from the night](#) and time lapsed video

Full circle

[Field of Women Live](#) 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 14,000 women in hot pink and 100 men in blue. Breast cancer, for eight years, has been a rollercoaster of highs and lows and never more so than when we stood united in the *Field of Women Live!* on her right hand side just below her belly button (or field of dreams to eradicate this disease). Thank you to all the fantastic and dedicated staff at BCNA. Thanks to Pene Lee, Patsy Sheales, Larissa and Vicki Sinclair, Gillian Scott, Susan Pitt, Christine Cannon, Gloria, Sue Smith, friends and families who shared the experience. We watched the pink lady form shape as we entered the MCG and I thought of all our friends, past and present. I missed the MCG 2005 as I was in RPH having a TRAMflap 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 I was there in spirit. BCNA is making a difference. Thank you.

Kerrie Griffin



Front: Pene Lee, Vicki and Larissa Sinclair, back: Kerrie Griffin, Garry and Gillian Scott, Patsy and Terry Sheales, BCNA *Field of Women Live* at the MCG, Melbourne 7 May 2010



Touching the hallowed turf of the MCG (t felt quite hard), Gillian Scott, Larissa Sinclair, Pene Lee, Patsy Sheales and Kerrie Griffin, BCNA *Field of Women Live* at the MCG, Melbourne 7 May 2010



Jane Fitzgerald, Bakers Delight, Weston

The thing that really struck me is how incredibly well recognised the 'pink lady' is and especially the colour pink. BCNA have done a remarkable job achieving that I think.

Jane Fitzgerald



Carolyn Pettit with staff at the revamped Bakers Delight, Weston

Pink Bun 22 April – 12 May

Thank you to Gillian Styles, Geraldine Robertson (Tuggeranong); Marion Blake, Kerrie Griffin (Civic); Debbie Whitfield Mary-Lou Reid (Belconnen); Leanne McKenzie, Narelle Powers (Gungahlin); Carolyn Pettit, Jane Fitzgerald (Weston); Susan Pitt, Anna Wellings Booth (Dickson); and Lenyss Snellen (Manuka). They supported Bakers Delight's quest to raise \$1 million to help BCNA distribute the newly revamped 2nd edition [My Journey Kit](#) to women newly diagnosed with breast cancer. The *My Journey Kit* is a free comprehensive information kit and over 45,000 have been distributed to women. You can [order your kit online now](#) or phone **1300 887 340** (free call).

Canberra pink blitz on Mothers Day weekend

Mothers Day weekend was peppered with hot pink ponchos, footballs, netball, joggers, paddlers and finger buns as people painted Canberra pink to raise awareness and show support for women and their families who are affected by breast cancer. The pink blitz kicked off the night of Friday, 7 May 2010 when supporters from the ACT and across the country convene at the Melbourne Cricket Ground (MCG) to attend Breast Cancer Network Australia's (BCNA) remarkable *Field of Women LIVE 2010*. Representing the number of Australians expected to be diagnosed with breast cancer this year alone, ACT BCNA members Kerrie Griffin and Susan Pitt say being among 14,000 people is a memorable way of drawing attention to the growing numbers of women diagnosed with breast cancer each year. More information and images: www.fieldofwomenlive.org.au Following the Field of Women LIVE, on Saturday 8 and Sunday 9 May, AFL Canberra, in conjunction with BCNA hosted the second annual Pink Footy Day 2010 where clubs swapped the traditional red footy for a hot pink match ball in support of breast cancer. Families and friends wore a splash of pink and cheered on the players on as they play for the Pink Lady to show their support for local families affected by breast cancer. To find out about Pink Footy and Netball please visit www.pinkfootynetballday.org.au The Canberra Mothers Day Classic rounded out the pink weekend on Sunday 9 May, with around 6000 participants in this fantastic event around Lake Burley Griffin. Dragons Abreast ACT paddled <http://www.dragonsabreast.com.au> www.dragonsabreast.com.au to raise awareness about breast cancer. To find out more about the Women in Super Mothers Day Classic event, visit www.mothersdayclassic.com.au

'And finally', added Susan, 'throughout the Mothers Day weekend and until 12 May, Bakers Delight donated 100 per cent of the sales of their Pink Finger Buns and Pink Tarts to BCNA.'

Breast Cancer Network Australia is the peak national organisation for Australians personally affected by breast cancer. Information on the resources and services provided by BCNA is available at www.bcna.org.au

NB Our media release (above) had a great run in *City News* with a mention for the Hawks, Steve's photo of the dragon boat came up well. My FM radio interview broadcast over the weekend promoting all the pink events. *The Chronicle* article with Leanne McKenzie.

Canberra turned on a perfect weekend for the pink Footy and Mothers Day Classic

Really enjoyed standing in the [Field of Women Live](#) on the MCG with you, my neighbour Gloria, and lots of our Canberra friends including lots of Bosom Buddies.

And a perfect day for the brilliant Mothers Day Classic on Sunday — a gentle walk with my partner Danny. It was lovely to see you and Anna and the other paddlers from Dragons Abreast on the lake. I caught up briefly with Cate Wood, Senator Lundy and her mum Helen, and great to see Kim from Unions ACT out there. Well done Women in Super.

Danny and I headed off to the Pink Footy including a photo with new Pink Footy ACT patron Senator Kate Lundy. We headed to Queanbeyan as our daughter Rose umpired the under 18s and 1st grade at Queanbeyan on Sunday. Queanbeyan put on a great Pink Footy Day — great greeting at the gate, pink decorations and their players in pink socks and pink tops coming to the ground. And a pink buffet lunch for the women set up by Chookie with pink knives, forks, pink baby champagne; even pink serviettes for the sausage sizzle. The BCNA materials were well displayed by Di at the canteen. I finished the day with a late Mothers Day lunch with my mother — now a 17 year survivor of breast cancer and five for me.

Susan Pitt



Pink Footy Day, Queanbeyan, 9 May 2010

Otis Foundation retreats

We are very privileged that Elspeth Humphries' family allows visitors to *Creekside* during summer. Check it out: <http://www.otisfoundation.org.au/OTISSanctuaries.asp?SanctuaryID=6>



www.ywcaustralia.org.au

Conference Travel Grants Open! RSVP by 11 June.

Body image/body reality

Gabrielle Mullins and **Sarah Holmes**, on behalf of Bosom Buddies, gave a presentation about the concept of body image/body reality and the interventions that nurses can make to enrolled nurses at the Canberra Hospital on 16 April. Additionally, talked about the impact of chemotherapy and had a lively discussion. The nurses' feedback was positive. We were able to talk about Bosom Buddies and BCNA and supply literature. **Sarah Holmes**

Mothers Day Classic

Congratulations to **Cate Wood** and the **Women in Super** team who organised the fourth successful day with 6000 participants enjoying a healthy start to the day. Thanks for displaying BCNA, Bosom Buddies, DA ACT and BreastScreen ACT brochures.

New breast cancer gene links found

British scientists have found five common genetic factors linked to the risk of developing breast cancer, giving researchers a better understanding of its causes and clues for developing more treatments. [View article...](#)

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

Calendar of events social below; paddling

go to www.cdba.com.au/

Month	Date(s)	Event	Location	Notes
May	Friday 28 May 7pm for 7.30pm	Splashademy Awards CDBA presentation night	Top of the Cross, Southern Cross Club Let's make up a DAACT table!	\$60 plus drinks RSVP http://v2.jotform.com/form/11074343872 Also email Cheryl so for our table cheyba@juno.com AND Browercm@state.gov
June	11–13	2010 IBCPC International Participatory Festival , third international survivor regatta (after Vancouver and Caloundra)!	Peterborough, Canada	www.ibcpc.com Patsy Sheales patc@grapevine.net.au
	Sunday 20 10am (rego 8.30am)	Canada (formerly Terry Fox) Fun Run	Canadian High Commission	
September	10–12	2nd National Conference for Young Women Affected by Breast Cancer	Radisson Gold Coast Resort, Queensland	www.ywcaustralia.org.au Cancer Council Queensland
	17 to 19 September	Inaugural Dragons Abreast Australia national member convention	Hobart, Tasmania paddling at Franklin on the Huon River on 19 September. Friday, 17 September 7:00am to Sunday 19 September:	http://www.facebook.com/event.php?eid=267683168446
October	Saturday 23	Dragons Abreast ACT Corporate Challenge Regatta	Lotus Bay, Lake Burley Griffin	canberra@dragonsabreast.com.au
	Saturday 23 8am–3pm	BCNA Mini Field of Women at the Regatta	Canberra Yacht Club Lotus Bay	Volunteers needed for the BCNA stall! Kerrie.griffin@act.gov.au
	Monday 25 12.30–12.55 pm tbc	BCNA Mini Field of Women at Calvary Healthcare	Calvary Hospital, Bruce Speaker: tbc	Volunteers needed! robyn.chen@bigpond.com.au

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 — July 2010

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

Please submit any news, items and images by 1 July 2010 to the newsletter coordinator

Kerrie.griffin@act.gov.au or taylorclan@inet.net.au