

DRAGONS ABREAST ACT & REGION

www.dragonsabreast.com.au

Under the Umbrella of Breast Cancer Network Australia



Abreast of the News newsletter

Issue 16

August 2006



Canberra and Illawarra Dragons Abreast teams visit the South-East

Special thanks to Katherine Kralikas for organising our visit to Eden, and to Marge and Mike Snyder for providing luxury accommodation for the visitors during the weekend 1-2 July. We were pampered by our hosts in more ways than one, and as we always say, Dragons Abreast does food particularly well: wherever we go we are astounded by the quality and variety of the food on offer!

There is a lot more to dragon boating than racing other teams along a carefully measured course for the honor and glory of winning, accompanied by the huge adrenalin rush that comes with competition.

It is also about team work, forming bonds with other paddlers, and forging friendships along the way. For those people who have survived breast cancer treatment, and for those who have watched loved ones undergo the varying medical indignities that cancer involves it is this side of the sport that is so important.

Thirteen DA Illawarra and 16 DA ACT members visited Eden-Merimbula on 1-2 July 2006 for the sole purpose of strengthening the bonds of friendship that have been growing since the Sapphire Water Dragons and SWD Abreast teams began competing 18 months ago.



Eden reflections: Illawarra, ACT and Sapphire Water Dragons Abreast members on Top Lake

DA ACT attempted to return the hospitality on 23 July when a DA team from Wagga Wagga paddled with us. We also look forward to sharing at our forthcoming annual **Dragons Abreast** regatta on **22 October**. It coincides with Australian Breast Cancer Awareness Day and the regatta will be a big pink festival. Any DA members from Merimbula or Illawarra who would like to join us, please contact me and we would be delighted to find a seat on a boat for you.



Eden Wharf Front to back and L to R Tina Bingham and Diane Whiteford, Penny Birtles and Katherine Kralikas, Tina and Truce Ford, Jan Skorich and Gail Ward and Charles Helmore

It was wonderful to see the Illawarra girls again, and to present them with the bronze medals our combined team won at the Nationals in April at Nagambie. Three Illawarra women, Kerry, Helena and Lesley, together with Vivienne Gregg from Hunter and 16 from the ACT, made up the team which came 3rd in the 500m and 200m races against 11 other teams. The Illawarra women were photographed with the two enormous trophies, and presented with a pink trophy in appreciation of their efforts.

It's great to get together with other DA teams, and know that we are warmly welcomed all over Australia.

Jan Skorich

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Snug Cover, Eden

Dragons Abreast Regatta 22 October

I need help for the regatta. Please come forward and put your name down to help with one of the following activities:

- Officials food and drinks
- Morning tea stall
- Decorating
- DA stall
- Raffle organiser

Lyn Langer

The day of the Waggas and the Warras

The Waggas and the Warras arrived at Lotus Bay, Yarralumla, on a beautiful Sunday morning. The weather was perfect. Maggie and Gillian took the Waggas out in a boat along with some of Tickled Pink to give them a dragon boat experience and do a bit of coaching, while husbands and children looked on.

Elsbeth, who was speechless due a sore throat, and Robyne took the combined Warras and Tickled Pink on a bit of a cruise on the lake. After a bit, both crews came together for a 30-stroke race that was seriously contested. The Waggas looked great, and obviously enjoyed their race.

Morning tea was very welcome and we all enjoyed a cuppa and a wonderful selection of delicious cakes, slices muffins, sandwiches etc (we do food well). It was Joanne's (a Warra) birthday and so we sang a wonderful rendition of the birthday tune and had her cut a cake (a bee sting). Cuppas were enjoyed along with a much chatting and mingling.

The Waggas decided to call it a day and go home full of enthusiasm after their paddling and the Warras were up for a paddle. We headed up to the Carillon, to give the Warras the 'under the



Paddle salute at Snug Cover, Eden

bridge experience'. As we paddled towards the Carillon we saw a penguin sunning itself by the lakeside and the Warras were very impressed by our lovely black swans. In honour of Joanne's birthday there was a Carillon recital on and we all enjoyed the lovely bells as we cruised by the Island. We all made it under the bridge and then Maggie took over the sweeping and we headed back to Lotus Bay.

We were distracted a bit by some litter (a small Pringles sour cream and chive tin) that was floating near the lake wall. After a bit of deft maneuvering and instruction by Maggie we retrieved the tin and then headed on to Lotus Bay.

The Warras enjoyed their paddle and we all decided lunch at the SCC was a great idea and that is how we ended the day of the Waggas and the Warras with great company and conversation and I think a great day was had by all, friendships made and renewed, while enjoying a great activity.

Robyne Kellett

Christmas in July

DA ACT and Bosom Buddies celebrated Christmas in July with dinner, games and laughter on 14 July.

On 29 July, members from all CBDA clubs joined together and mingled for a very social Christmas in July dinner at the Southern Cross Yacht Club. A big thank you to the Flyers who suggested the idea for an opportunity for all dragon boat teams to share their enthusiasm.

Ten canoes

It was great to see everyone and a big thank you to **Margo Neale** for the insightful expose of life in Arnhem Land in the 1970s. *Ten canoes* is terrific. It was definitely pre feminist era. I felt we were watching 'living anthropology' with humour thrown in and fantastic scenery. The film is certainly an eclectic mix.

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The film night was a great success and Margo already has plans for another in September. Anna wants to know if there a member who would like to volunteer to create a **database** of film goers so we can spread the word with the push of a button? We will make provision on the tickets for email addresses for the next film.



Paddling training times in winter

Thursday	tbc	12.15-1.00pm
Saturday		approx. 8.30-9.30am
Sunday		10.00-11.00 to 11.30am

Please be at the boats **15 minutes prior** to the training times, as listed, so that you can warm up and we can get the boat in the water and boarded by the on water time.

So paddle well together all you different types and enjoy being part of the DAA crew because you all belong.

Robyne Kellett

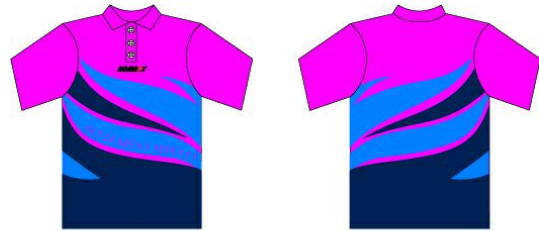
AusDBF Officials Course

June McMahon, Gillian Styles and Di Wright have volunteered to undertake the AusDBF Officials Course on 9 September, a very full day's course which trains volunteers in the role of race officialdom.

As part of our Club Development Strategy, the DAA ACT Committee voted unanimously to pay the fee for these three volunteers. You may sometimes wonder where our fundraising is spent, and Club Development is a very important part of our charter. Of course the benefit of having trained officials not only benefits Dragons Abreast, but the sport of dragon boating as a whole.

Jan Skorich

Dragons Abreast 2007 pocket diaries now available. \$8 - makes a great Christmas present. Contact pattledoo@msn.com



ACT Dragons Abreast Polo Shirts

New uniforms

Everyone looks great in our new tops. There are still some shirts available from Gillian. These are mostly larger sizes but a good seamstress could make adaptations! Order now before the warm weather arrives talk with Gillian or email jbstyles@goldweb.com.au

Many thanks to Gillian Styles and Di Wright for their work.



Veronica, our BCNA pink lady mascot, and friends at the Grand Prix, Melbourne, on 2 April 2006

Under the Pink Umbrella

You may have recently joined Dragons Abreast and ticked the box to say you would like to receive *The Beacon* which is the quarterly magazine produced by Breast Cancer Network Australia. Our Membership Officer, Robyne, is very prompt in forwarding me those names that I then forward to BCNA. If you have not received Issue Number 35 please let me know

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and I will forward you one immediately and will ensure your name is forwarded to BCNA.

If you are already on the mailing list, you will have received an invitation to attend a BCNA Forum on Monday 21 August at the National Library of Australia. We hope you have marked the time and date in your diary. Details on this page. Please spread the word to anyone has had breast cancer or who is interested.

Truus Ford and **Susan Nelle** have volunteered to organise a **mini Field of Women** in conjunction with our Regatta on **Sunday 22 October**. If you would like to sponsor a silhouette, or join with others to share one, forms will be available on the day. A silhouette costs \$20.

Dragons Abreast Australia raffle

Those of you who took your books from please return money and stubs to **Gail Murdoch** her. Those who obtained them from **Anna** please return to her. We need to dub **Elspeth Humphries** the Raffle Queen — she sold over 10 books on the film night. Please note the raffle is drawn on 25 August. You will need to hand your books and money in by **Saturday 12 August** at latest so a cheque can be drawn and tickets returned to Darwin.

Anna Wellings Booth

Australasian Lymphology Association

Congratulations to Anna Wellings Booth, who has been appointed by Health Care Consumers as a **consumer representative** on the **Australasian Lymphology Council** for a two-year term. If you would like her to raise anything regarding lymphoedema, the next Council meeting will be held on **16 October**.

Here is the mission statement and website for further information:

The Australasian Lymphology Association (ALA) is committed to promoting the development of lymphology in Australasia. The Association will strive to improve the management of those with, or at risk of developing lymphedema and enhance communication between health professionals, educators, relevant authorities and government in regard to oedemas and lymphedema.

<http://www.lymphology.asn.au/>



Breast Cancer Network

Australia

Invitation to afternoon tea

Hear from Raelene Boyle, Olympian and breast cancer survivor and **Dr Jane Dahlstrom**, Pathologist and breast cancer survivor. You will also meet key women from Breast Cancer Network Australia

- CEO Lyn Swinburne
- Board member Jocelyn Newman
- State representatives Elspeth Humphries and Anna Wellings Booth

This is a chance to learn more about BCNA's activities, hear about the latest issues in breast cancer treatment and understand a little more about pathology in breast cancer. It is also an opportunity to share afternoon tea with other breast cancer survivors from ACT and the greater Southern region. We would love to see you there.

Forum details

Monday 21 August, 1.00-3.30 pm

Venue Theatrette

National Library of Australia
Parkes Place, Canberra

There is no cost for the forum. Free parking available on site.

RSVP NOW

If you would like to attend please RSVP as soon as possible. Ring **1800 500 258** anytime and leave your name and a message that you can attend.

Herceptin on the PBS fact sheet

The Department of Health and Ageing has released a fact sheet about the PBAC Herceptin recommendation that raises a number of questions that BCNA will be following up.

BCNA is encouraging the Federal Government and Roche to work together for a speedy resolution to support the interests of Australian women affected by HER2 positive breast cancer.

Herceptin has the potential to reduce the risk of recurrence in between 300 to 500 Australian women a year — this is a significant number.

<http://www.health.gov.au/internet/wcms/publication.nsf/content/health-mediarel-yr2006-dept-dept003a.htm>

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www.bcna.org.au

Every single day 32 Australian women are told they have breast cancer. You can help to ensure these women have access to BCNA's *My Journey Kit* — a free resource for women newly diagnosed with breast cancer — by promoting the *My Journey Kit* in your work place. Posters and pamphlets are available by calling **1800 500 258**.



Media Monitoring

Nutrition and physical activity: Risk grows with weight

Gaining even a moderate amount of weight after menopause can increase a woman's risk of breast cancer, a study has concluded. Putting on 9.9kg increased the risk by 18 per cent, the US team found. Those who had lost the same amount cut the risk by 57 per cent, the *Journal of the American Association* study showed.

Cancer experts in the UK said the study showed it was never too late to lose weight. It found that women who gained 25kg or more after the age of 18 had a 45 per cent increased risk of developing breast cancer.

MX (Melbourne), 13/7, p. 8

Treatment: Olivia Newton-John in new cancer centre role

Cancer survivor Olivia Newton-John yesterday spoke of the importance of the mind in healing the disease, as she accepted a \$10 million Federal Government grant on behalf of the new centre to treat the condition.

Newton-John said the grant would help fund a planned \$50 million cancer centre in her name at Melbourne's Austin Hospital. She also donation \$2 million to the new centre.

The facility would have a "wellness centre" for people to practise tai chi, yoga, receive a massage or chat with other patients, Newton-John said.

Health Minister Tony Abbott urged the Victorian Government to also fund the facility, due to open in 2008.

West Australian, 18/7, p5; Herald Sun, 18/7, p4; Daily Telegraph, 18/7, p6; Courier Mail, 18/7, p9; Australian, 18/7, p11

Treatment: Finns offer a money-saving hope as breast cancer drug looks set for subsidy

A ground-breaking study in Finland has shown that the expensive cancer drug Herceptin works just as well with only nine weeks of treatment - a finding that could save millions of dollars a year.

The Pharmaceutical Benefits Advisory Committee yesterday announced that it had recommended that the drug be subsidised by the Federal Government for the 2100 women diagnosed each year with early stage HER2 positive breast cancer. The decision was based on drug company trials that gave women Herceptin for a year. If the recommendation is accepted by cabinet, the Government is likely to buy each woman's treatment for \$50,000, adding about \$105 million to the nation's annual drug bill. But a trial funded by the Finnish Government found the same number of women were disease-free after a nine-week course of the drug as after a year. Additionally, there were few heart problems among participants, due to changing the chemotherapy and Herceptin regime.

Yesterday the PBAC said it had assessed the heart concerns raised in the drug company's trials. It recommended patients vulnerable to heart damage should not take the drug.

Age, 15/7, p. 11

Kerrie Griffin



Abreast in Australia 2007

Caloundra, sunshine Coast, Queensland

20-30 September 2007

Check out the website:

http://www.dragonsabreast.com.au/2007/registration_page.htm to register online or download the registration forms. Please also check out the Frequently Asked Questions (FAQ) which should answer any queries.

<http://www.dragonsabreast.com.au/2007/FAQs.htm>

On behalf of 2007 Abreast in Australia Organising Committee

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PUBLIC FORUM 2006 Program for live telecast

Breast Cancer in Younger Women

Sunday 12 November 1.00–3.40pm

(Eastern Daylight Savings/Summer time)

12.30 – 12.45	Registration and refreshments (15 min)	
12.45 – 1.00	Enter auditorium (15 min)	
1.00 – 1.05	Welcome (5 min)	<i>A/Prof John Boyages</i>
1.05 – 1:20	Introduction to breast cancer in younger women	
	What are the issues? (15 min)	<i>Dr James French</i>
1.20 – 1:35	Family history and genetics (15 min)	<i>A/Prof Judy Kirk</i>
1.35 – 1:50	Fertility issues for women with breast cancer (15 min)	<i>Dr Howard Smith</i>
1.50 – 2:05	Breast reconstruction (15 min)	<i>Dr Thomas Lam</i>
2:05 – 2:20	Talking about breast cancer (15 min)	<i>Dr John Friedsom</i>
2:20 – 2:40	Breast cancer: Personal journeys	
	A young woman's perspective (10 min)	<i>Breast Cancer Action Group NSW</i>
	A partner's perspective (10 min)	<i>Mr Greg Castle</i>
2:40– 2:50	Surviving breast cancer- The Soiree support group (10 min)	<i>Cancer Council NSW</i>
2:50– 3:35	Question & Answer session (45 min)	
	<i>Panel A/Prof John Boyages, Dr James French, A/Prof Judy Kirk, Dr Howard Smith, Dr John Friedsom</i>	
3:35– 3:40	Closing (5 min)	<i>A/Prof John Boyages</i>



For further information about the Public Forum ring the
NSW Breast Cancer Institute on **02 9845 6728**

A 'Strengthening Support for Women with Breast Cancer' initiative by the Commonwealth Department of Health and Ageing, coordinated by NSW Health. Sponsored by the Best Breast Ball 2006, a major fundraising event hosted by Greg and Debbie Castle.

Birthday greetings

August

- 7 Kerrie Griffin
- 12 Truus Ford
- 17 Lenore Cupitt
- 20 Karen Weston
- 25 Jennie Holbrook
- 27 Liz Camilleri, Norma Robson



September

- 4 Judy Dillon
- 15 Judy Richmond
- 22 Felicity Murdoch, Heather Millar
- 23 Amelia Thiedeman
- 25 Mavis Fowler, Nicki Endt, Lorraine Owens
- 28 Catherine Powell
- 30 Marion Leiba







If you wish to remain informed on **national DAA** issues, please subscribe to our group email by sending an empty email to newsgrub-subscribe@dragonsabreast.com.au (if you have not already done so). 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 – September 2006

Please submit any news, items, images or poems to kerrie.griffin@act.gov.au

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Calendar of events

Month	Date(s)	Event	Location	Notes
August 	8-13	2006 World Club Championships	Toronto, Canada	AusDBF pre-selecting teams www.2006ccwc.com
August	12 Saturday	Dragons Abreast Australia – raffle book deadline		Gail Murdoch gmu44@bigpond.net.au or Anna Wellings Booth wbfamily@hotmail.com.au
August 	21 Monday 1.00-3.30pm	BCNA Forum with Raelene Boyle , Olympian and breast cancer survivor and Dr Jane Dahlstrom , Pathologist and breast cancer survivor	National Library of Australia	Free afternoon tea and networking with BCNA members Ring 1800 500 258 to RSVP
September-October 2006	29-1 October	1 st IPDBC Breast Cancer Dragon Boat World Championships	Singapore	Vivienne Gregg, DAA NSW vgregg@bigpond.net.au www.bcf.org.sg
October	22 Sunday	Dragons Abreast Regatta	Central Basin	evelyn.langer@dotars.gov.au birtles@grapevine.net.au diane.whiteford@dewr.gov.au
October	22 Sunday	Mini Field of Women at the Dragons Abreast Regatta	Canberra	susan.nelle@nfis.com.au Truus Ford tford@pcuq.org.au
November 	4-12	2006 Pan Pacific Masters Games Jo Parry our DA Qld State rep on: jo.parry@bigpond.net.au or 07 3324 9152 (ah)	Gold Coast	Early bird registrations by 4 August: http://www.mastersgames.com.au/ Email queries to: events@goldcoastdragons.com.au
November 	21 Sunday 1.00-3:40pm	NSW BCI live telecast PUBLIC FORUM 2006 Program Breast cancer in younger women	Canberra venue tbc	RSVP to humphries44@ozemail.com.au
December 	2-9	Amazon Heart Odyssey Check out the website for information on the latest trips on offer.	Travel to Madurai in the southern Indian state of Tamil Nadu	http://www.amazonheart.com/AHOdysey/
2007 September 	20-23	Dragons Downunder – 2007 IDBF World Dragon Boat Championships	Penrith, SIRC, NSW	We'll need lots of competitors and volunteers. tbc
	28-30	Abreast in Australia 2007 100% Breast Cancer Survivor Regatta	Kawana Lake, near Caloundra, Sunshine coast, Queensland (one hour from Brisbane)	Click here to book your registration package http://www.dragonsabreast.com.au/2007/RegistrationPackage.pdf

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