

**Dragons Abreast ACT & Region**  
[www.dragonsabreast.com.au](http://www.dragonsabreast.com.au)

**Abreast of the news**  
newsletter

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

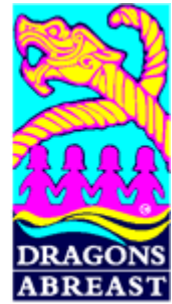
**Issue 34**

**November 2009**

**"10 Years On - Paddling Strong"**



**10th Anniversary**  
1998 - 2008



Cheryl Brower paddling with USAwesome team at the Annual and DA ACT Dragon Boat Challenge, 24 October 2009

### **My thoughts on the regatta**

I have been involved with DA ACT for about a year and it has been the most healing part of my cancer journey. I am so thankful to the wonderful ladies in Dragons Abreast for welcoming me to paddling. The fundraising regatta this year was a first for me in a support and organisational role. It was fabulous! Two teams from the American Embassy participated in supporting me and breast cancer. We had a fabulous day and want to return every year! I will so miss DA when I return to my home in the US next July. My kudos to **Marion Blake** and the DA crew in Canberra for the event and for their support in my recovery.

**Cheryl Brower**

### **Coordinator's report**

It's been lovely to welcome so enthusiastic (and already talented!) new paddlers over the last couple of months, as well as catch up with members who have been hibernating. The warmer weather seems to bring us all out to enjoy the lake and get fitter and we have had some fantastic paddles watching the baby swans grow up.

DA ACT now has 48 full members plus 6 dual members, 6 associate members and 6 friends.

Follow this [link](#) to read the *Dragons Abreast Australia national November 2009 enewsletter*. Go to our website [www.dragonsabreast.com.au](http://www.dragonsabreast.com.au).



DA ACT Regatta BCNA Mini Field of Women, 24 October 2009

### **2009 DA ACT Dragon Boat Challenge – 24 October at Lotus Bay**

Thanks to you all and 160 volunteers for support with the recent annual regatta which was a huge success. With 800 paddlers from 38 corporate and social teams entered we were fortunate to get excellent publicity, enabling us to raise breast cancer awareness and make a profit of \$30,000.

The date of next years DA Corporate Challenge Regatta is **Saturday 23 October 2010** at Lotus Bay.

### **Chinese New Year Regatta at Darling Harbour in Sydney Sunday 28 February**

This is a fantastic event and a 'must', especially for new survivor paddlers who will experience the hundreds of pink ladies as they gather together with DAA teams from around the country and take part in the moving *Flowers on the Water* ceremony.



Encore ACT/ Dragons Abreast BraveHearts Albury/Wodonga, DA ACT Regatta BCNA Mini Field of Women, 24 October 2009

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



Peninsula DragonFlies, Victoria, DA ACT Regatta BCNA Mini Field of Women, 24 October 2009

### Regatta Wind Up results of fundraising

Feedback about the event, as well as funds raised indicate the regatta was a huge success. And weren't we lucky with the weather this year! Thanks to:

- The 38 teams entered for their enthusiasm and generosity on the day and amazing padding!
- CDBA for support and assistance in running the regatta. Without CDBA we certainly could not do it! Special thanks to the many individual CDBA members who worked as volunteers
- **Maree and Ryde James** with assistance from **Deb Whitfield, Alfred and Michelle** and the absolutely remarkable team from **NavMat Dragons** for the hugely successful BBQ for the 2<sup>nd</sup> year running.
- **Brendan Byrne** Chief Official par excellence
- **Les Williams** Ace Starter
- **Leslie Ralph**, Chief Marshall who calmly kept teams moving
- **Kel Watt**, president CDBA
- **Burgmann College** art department and students for screen printing the fabulous bandanas
- DA ACT Regatta committee, in particular **Cheryl Brower** for registrations and updates, **Elsbeth Humphries** and **Deb Whitfield** for organising training and sweeps as well as members for their tireless work beforehand and on the day.
- **Jan Skorich** DAA webmaster
- **Alek Skorich** for developing the scoring system and producing the timely and easy to read computerised results
- **Canberra Grammar schools** for drumming and wrangling
- Congratulations to the winner of the **Highest Fundraiser Shield**, the **Cobras**, a composite team of National Health and Medical Research Council and John Curtin School of Medical Research staff who donated \$700 on top of their entry fee
- The event made **\$30,000**, which will be distributed to groups who support women and men diagnosed with breast cancer in many practical ways as they travel their journey. See the table.

\$ 14,300	Dragons Abreast Australia	There are now 44 clubs across Aust. It costs \$6000 to set up a new club
\$8000	Dragons Abreast ACT & Region	For use by the local DA group
\$2000	ACT Palliative Care	For training palliative care volunteers
\$2000	The Otis Foundation	Provide cleaning, linen and admin for <i>Creekside</i> lodge at Thredbo, used for R&R by those undergoing or finishing breast cancer treatment
\$1000	Breast Cancer Network Australia	Our umbrella group, which distributes information packs such as the <i>My Journey Kit</i> and <i>Hope and Hurdles pack</i> (secondary bc) and provides advocacy
\$2,700	Canberra Dragon Boat Association	For use of boats and equipment at regatta



Bea Brickhill, Val Barger, Marion Leiba, Cheryl Brower, Katherine Kralikas, DA Regatta stall 24 October 2009

**2010 International Dragon Boat Festival for Breast Cancer Survivors — Peterborough, Canada**  
 If you would still like to come please contact **Patsy Sheales** [patc@grapevine.net.au](mailto:patc@grapevine.net.au) as soon as possible so we can finalise arrangements. New members are most welcome. Accommodation options for our team for six nights at Best Western Otonabee Inn (arrive Tuesday 8 June; training 9–10; street parade 11; regatta Sat.–Sun. 12–13; gala dinner 12 June). **Elsbeth Humphries** recommends flying out on 5–6 June and spending a couple of days in or around Toronto to acclimatise.  
 Direct bank transfer name to:  
 Dragons Abreast ACT BSB 012 964  
 Account No 4920 03119 *Please ensure you identify your payment with your surname*  
**Joy Tonkin** [bookarts@webone.com.au](mailto:bookarts@webone.com.au)

Thanks to **Mary-Lou Reid** and team (Margi Perkins, Leanne McKenzie, Bev Sloan; Judy Cluse; Lenyss Snellen, Bea Brickhill and Kerrie Griffin) who raised funds towards our Canada registration through collecting entries at Fairbairn (14–15 November).

### CBDA regattas

It's also fun to maintain our presence in the dragon boat community if DA enters teams at all the local CDBA regattas. A team captain, paddlers of all levels of ability, and volunteers are needed for each regatta, so there's a spot for everyone whether paddler or non paddler. Check out the calendar at [www.cdba.com.au](http://www.cdba.com.au) We can enter regattas on **28 November, 16 and 30 January.**

### CDBA Chinese New Year 6 February

We need volunteers for the big CDBA Chinese New Year in Canberra event for the corporate and social teams.

### Jindabyne Flowing Festival 14 February

This is another good regatta. We have never entered a team, but should think about it.

### Albury Wodonga Regatta 6–7 March

**Marion Leiba** [marion\\_leiba@yahoo.com](mailto:marion_leiba@yahoo.com) is taking names. Hopefully, we can send a team but, if not, individuals can go and make up composite teams.

With Christmas fast approaching we look forward to our carol singing paddle (*date to be confirmed*) and all are welcome to the DA **ACT Christmas party at Patsy Sheales'** on Sunday **20 December** Paddles up!

### Marion Blake

[Canberra@dragonsabreast.com.au](mailto:Canberra@dragonsabreast.com.au)

### Coordinator DA ACT

What a regatta! Congratulations to absolutely everyone involved for organising and participating in such a successful day and in particular to Marion Blake and her small organising team. The ABC and WIN TV news had excellent coverage of the regatta. There was a great image and article in *The Canberra Times* on 25 October. As an onlooker for the first time, I felt so very proud of DA as everything ran so smoothly and efficiently. I had time to wander and talk to some of the participants and everyone was so enthusiastic in their praise of the organisation and the fun they were having. The dragon spirit was soaring!

### Anna Wellings Booth

*The Canberra Times* 28 October – lovely pictures of DA Peninsula, DA Albury, DA ACT, and others who helped to clean the boats in advance of the regatta  
[http://www.dragonsabreast.com.au/ACT/2009\\_regatta/CT28102009.gif](http://www.dragonsabreast.com.au/ACT/2009_regatta/CT28102009.gif)

*The Canberra Times* 25 October  
[http://www.dragonsabreast.com.au/ACT/2009\\_regatta/CT-25-10-2009.jpg](http://www.dragonsabreast.com.au/ACT/2009_regatta/CT-25-10-2009.jpg)

General ACT regatta update, including prize-winners and photographs

[http://www.dragonsabreast.com.au/ACT/2009\\_regatta/index.htm](http://www.dragonsabreast.com.au/ACT/2009_regatta/index.htm)

Photos are coming in from everywhere, but if you have more, please email to

[dragonsabreastaustralia.dragon@picasaweb.com](mailto:dragonsabreastaustralia.dragon@picasaweb.com)

**Jan Skorich, DAA Regional Rep ACT and Southern NSW; DAA webmaster**



Encore ACT/ Dragons Abreast BraveHearts Albury/Wodonga, DA ACT Regatta BCNA Mini Field of Women, 24 October 2009

Thank you all for making BraveHearts feel so welcome, we all had the most wonderful time. Your Encore campsite looked so fantastic and we have the little dragon and certificate in our boatshed, he's so cute; the weather was very kind to us. A great effort for a very well organised regatta and wonderful venue.

### Maxine Reid

**Dragons Abreast BraveHearts Albury/Wodonga**



Encore ACT/ Dragons Abreast BraveHearts Albury/Wodonga, DA ACT Regatta BCNA Mini Field of Women, 24 October 2009

### 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](#)



DA ACT Regatta BCNA Mini Field of Women, 24 October 2009



DA ACT paddled to the Light the Night Leukaemia Foundation, Floriade, September 2009



Patti Pye, Nan Donaldson, Jan Skorich, Mary Lou Reid and Carol Summerhayes, Light the Night Leukaemia Foundation, Floriade, September 2009

### Dragon boat newbie

A couple of months ago a sign at my gym invited ladies to sign up for the Dragons Abreast ACT Social Corporate Dragon Boat Regatta. The gym was getting a team together and I thought why not, this could be fun. It was! I enjoyed myself tremendously and while checking out the opposition online found out about Dragons Abreast. This sounded pretty good to me; I could do something I enjoyed, meet new people and I qualified as I had breast cancer. Yep, this sounded pretty good. I emailed the coordinator and asked if I could come along for a paddle. I felt sure I could do this; I'd had had a go or two with the girls at the gym, no worries.

My first paddle with the Dragon Boats Abreast ladies was at 6:30am. AM — do people really get up that early? It was not quite light and cold. Still, I had put my name down and off I went. There weren't a lot of us so we took out *Gecko*, the baby boat. We got out on the water and before long I discovered that this could be hard work. In a small boat. it's obvious if you collapse or lean over the side and throw up. I was determined to keep going, not one of my smarter decisions. But, it was still fun. I was quite proud of myself until the next day. Good lord what had I done? My legs were on fire, my back hurt and my butt was just clenched up tight. I decided these dragon boat ladies must have buns of steel and no cellulite. Sounded even better

now! It was going to get easier I knew it; and the ladies were fabulous.

After I recovered I put my name down for a paddle again, this time on Saturday. Reasonable hours I thought. Wrong. My name was now on the list for the regatta. Hang about; I have only been out once. Feeling like a bunny in the headlights, early on a Saturday morning off I went and had the time of my life in my first regatta. It didn't hurt this time, things were looking up. Of course, I could of done without that paddle load of freezing water in the middle of the back but I knew I was alive and it was still fun. Well. I am still going and still enjoying it. The 6:30am starts are even a bonus now that the weather is warmer and the sun is up. It is beautiful on the lake that early. The swans and other waterfowl are already out and the banks are alive with people exercising. It is peaceful and I am doing something with a group of ladies who have gone through the ordeal of cancer and are determined to continue to get the most out of life. I can relate to that. This is a great activity and I am deeply thankful that the team members are so friendly and willing to help a newbie out.

**Boerge Zerbe**



### Summer warm up and training times

Don't forget to book your seat on the boat  
[carol.summerhayes@bigpond.com](mailto:carol.summerhayes@bigpond.com)

<b>6.30 for</b>	<b>6.45–7.45am</b>	<b>Tuesdays</b>
<b>5.30 for</b>	<b>5.45–6.45pm</b>	<b>Wednesday</b>
<b>8.00 for</b>	<b>8.30–9.30am</b>	<b>Saturdays</b>

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](mailto:narelle.powers@defence.gov.au)  
 or **Elsbeth Humphries** [humphries44@ozemail.com.au](mailto: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](#)

## Under the pink umbrella



BCNs and BCNA, Calvary Healthcare, 26 October 2009



Back: Jane Anderson, Otis Foundation, Melbourne, nurse, DJ Gosper Front: Becky Barney, Bunty Scott-Charlton, Jean Widdowson, Calvary Healthcare, 26 October 2009

### BCNA Mini Fields of Women

I want to thank and congratulate you all on so many wonderful initiatives in the ACT over recent times. What an amazing group of people you are! It never ceases to amaze me at how well you all work together; I guess Kerrie's leadership sets the scene and she is following in the footsteps of other outstanding local leaders. Again, well done...and thank you from us all at BCNA.

Warm regards

**Lyn Swinburne AM, CEO BCNA**

### Otis Foundation retreats

We were very lucky to have Jane Anderson, Otis Foundation, Melbourne, at all three events and she was so impressed by the integrated level of support and cooperation in the ACT. 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>



Jean Widdowson, Geraldine Robertson, Carmel Marshall, Mary Bird, Kerrie Griffin and Val Barger, DA ACT Regatta BCNA Mini Field of Women, 24 October 2009



Jocelyn Newman, Patsy Sheales, Kerrie Griffin Anna Wellings Booth and Susi Gross, DA ACT Regatta BCNA Mini Field of Women, 24 October 2009

### BCNA Mini Fields of Women — Calvary

**Healthcare on Monday 26 October** Thank you to Bunty Scott-Charlton, Jean Widdowson, Sarah Holmes, Jocelyn Newman, Judy Rafferty, Becky Barney, Debbie Whitfield, Gillian Styles, Susi Gross, Louise Muir, Carmel Marshall and Robyn Chen. Thank you all very much for your support in raising awareness about breast cancer and helping at the Calvary Hospital BCNA Mini Field of Women. Some have been helping for several years as it is always an uplifting event. It was great to see some of you at the DA ACT Annual Regatta on Saturday and/or at the Bosom Buddies dinner on Monday night. Many thanks to **DJ Gosper** who spoke so honestly with candour about her journey and her new musical fulltime career that has come as a result. I love her CDs! [DJ Gosper - Hot Flush Blues](#)

A special thank you to our breast care nurses who are on the coal face every day helping women helping themselves and showing women that they are not alone... **Bethel, Morag, Jen and Kylea**. It was also good to meet **Susan Perryman**, the new acting McGrath Foundation Breast Care Nurse for secondary breast cancer based at the Canberra Hospital.



Bethel Holley and DJ Gosper, Calvary Healthcare, 26 October 2009

Many thanks to **Robyn Chen** who organised all the BCNA and Cancer Council material before the event. It was a pity that Robyn, Anna and Elspeth could not share the day with us. We are all women keeping the spirit alive and showing that there is quality of life after breast cancer. It is a privilege to be a member of such a dynamite team. Link to Calvary images:

<http://picasaweb.google.com/DragonsAbreastAustralia/FieldOfWomen?feat=embedwebsite>

**BCNA Mini Fields of Women Dragons Abreast ACT Annual Social and Corporate Regatta: 8am-3pm on Saturday 24 October**, Lotus Bay, Yarralumla. Thank you to Jocelyn Newman, Anna Wellings Booth, Carmel Marshall, Louise Muir, Mary Bird, Jean Widdowson, Becky Barney and Judy Rafferty who volunteered with many DA members to help on the BCNA Stall, Dragons Abreast (Val Barger and Susi Gross) and Bosom Buddies (Jenny Edwards and Marion van Brasch) stalls.

**Promising news for women**

A revolutionary new surgical trial to demonstrate if women can grow a new breast from their own fat tissue is due to begin in Australia early next year. <http://www.bcna.org.au/content/view/1084/1545/>

**The Beacon 50 (autumn 2010)**

Topic: Sexuality and Breast Cancer. Stories to be sent to BCNA by the end of January 2010

**Website stories**

We also have stories on our website at [www.bcna.org.au](http://www.bcna.org.au) > Stories. If you would like to submit a story to be considered for our website please email it to [beacon@bcna.org.au](mailto:beacon@bcna.org.au) with a photo.

**HeatherDrum's fantastic** presentation can be downloaded here: [Heather Drum - Submission to the Senate Inquiry August 2009 60.49 Kb](#)



Back: Julie, Louise Muir, Hadas Haileselassie, Carmel Marshall, front: Deb Whitfield, Susi Gross and Gillian Styles, Calvary Healthcare, 26 October 2009



Debbie Whitfield, Susi Gross, Hadas Haileselassie, DJ Gosper, Gillian Styles and Louise Muir, Calvary Healthcare, 26 October 2009



BCNA display at Erindale library during October 2009

## BreastScreen ACT

The ACT has one of the highest rates of breast cancer but only 55 per cent of women in the age group 50–69 yrs participate in the free BreastScreen ACT service. This is a great wake up call for women. Spread the word.

## Draft ACT research

**Claudia Cresswell, BreastScreen ACT and Janet Li** provided draft stats below on the higher incidence of breast cancer in the ACT as reported by **Dr Helen Zorbas, NBOCC**, at the BCNA Summit on 14 August. Janet Li from BreastScreen ACT's Cancer registry is undertaking a review of breast cancer in the ACT that is in draft form. Her findings so far are:

- The ACT women have a consistently higher median maternal age at the first childbirth
- The ACT has a higher proportion of childless females over 45 years compared to the national average
- The ACT women have a higher socio-economic status compared to all other states and territories
- The ACT women have a higher proportion of alcohol consumption at regular or risky level; and an insufficient intake of the recommended daily intake of vegetables
- The ACT women reported a slightly higher proportion of current use of hormonal replacement therapy (2001: ACT: 22.4 per cent; Australia: 21 per cent) (2005: ACT: 15.6 per cent; Australia: 11 per cent)
- The ACT women reported a slightly higher proportion of ever using oral contraceptives compared to national females (1995: ACT: 26.7 per cent; Australia: 20.6 per cent) (2001: ACT: 28.8 per cent; Australia: 26.8 per cent).



Susan Pitt, Lyn Mills, Tania Willis, Narelle Powers, Christine Cannon, Jane Anderson, Otis Foundation, Melbourne, Patsy Sheales, Gillian Styles, Marion Leiba, Kerrie Griffin and Debbie Whitfield at the Bosom Buddies dinner, 26 October 2009

**Bosom Buddies dinner 26 October 2009** was very successful. See the images in *City News*:

[www.issuu.com/citynews/docs/091029\\_citynews?mode=a\\_p](http://www.issuu.com/citynews/docs/091029_citynews?mode=a_p)  
(jump to page 15 for the photos).

Extras photos: [www.facebook.com/album.php?aid=128340&id=59427090043](http://www.facebook.com/album.php?aid=128340&id=59427090043) (you don't need to be a Facebook member)

**In reversal, panel urges mammograms at 50, not 40** *New York Times*

[http://www.nytimes.com/2009/11/17/health/17cancer.html?\\_r=1&hphttp://blog.dslrf.org/?p=116](http://www.nytimes.com/2009/11/17/health/17cancer.html?_r=1&hphttp://blog.dslrf.org/?p=116) We now know that there are at least five different kinds of breast cancer

**Bloom magazine link**

[http://www.cancerqld.org.au/reachtotherecovery2009/bloom/bloom12\\_oct09.pdf](http://www.cancerqld.org.au/reachtotherecovery2009/bloom/bloom12_oct09.pdf)



Kerrie Griffin, Linda Rubinstein AGESTSuper, Lauren (MDC major \$8000 fundraiser), Cate Wood chair Women in Super and Mother's Day Classic ACT; Narelle Powers



Michelle Hanton Coordinator DAA, Heather Drummond BCNA and DA Melbourne, Professor John Boyages, NSW BCI, Kerrie Griffin, NBCF Research Update, Sydney, 10 November 2009

## NBCF Annual Research Update 2009 - feedback

KISS (keep it simple stupid) is the key to a clear message about breast cancer screening. Australia is the envy of the world with a reduction of 22 to 28 per cent in deaths due to breast cancer. A contentious issue is what happens to women aged 40 to 45 years who will not be covered by the new recommended guidelines for women aged 45 to 74 years? BCNA is advocating for breast screening from 40 years but we all know that mammograms are not efficient with dense tissue. Hopefully, research will simplify breast screening in the future for women in Australia and in developing countries as cancer in 2010 will cause the greatest number of deaths worldwide. See the Lance Armstrong link [www.livestrong.org](http://www.livestrong.org)

The NBCF Research Update format now includes presentations by prostate cancer researchers who have discovered that there are many similarities with breast cancer such as a similar number of men are diagnosed and die each year from prostate cancer. This is why KISS is important as a clear message will help men and women be proactive and go to their GPs.

Stem cell research has discovered that it is not the stem cell but the daughter cell (luminal progenitor) that is the culprit in spreading breast cancer. Surprisingly, a vitamin D deficiency may be linked with breast cancer but further research is required.

Exercise and physical activity leads to fitness and diminishes fatigue, anxiety, depression, poor sleep and increased body weight. GPs and health professionals are being urged to encourage newly diagnosed women to continue exercising straight after surgery and during chemotherapy and radiation treatment to improve their quality of life.

These are a glimpse of the NBCF and Prostrate Cancer Foundation research which is happening now due in part

to the successful pink ribbon and Movember campaigns. I was boosted by the positive messages and glad to see other BCNA and Dragons Abreast members from around Australia. We need to keep singing from the same song sheet and promoting awareness about breast and prostate cancer to save lives.

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

**Calendar of events social below; paddling**

go to [www.cdba.com.au](http://www.cdba.com.au)

Sat 28 Nov 09	CDBA 500m Regatta		Diamond Phoenix on BBQ
Sat 19 Dec 09	Dragon Flyers Christmas Party <i>But open to all teams</i>	Canberra Club	
Sat 16 Jan 10	CDBA 200m 10's Regatta <i>Non Point Scoring</i>	Lotus Bay	NAVMATs on BBQ
Tues 26 Jan 10	Australia Day Celebrations		
Sat 30 Jan 10	CDBA 200m Regatta		Ice Dragons on BBQ
Sat 6 Feb 10	Chinese New Year Regatta <i>Non Point Scoring with National Multicultural Festival</i>		
Sun 14 Feb 10	Jindabyne Flowing Festival	Jindabyne	
Sat 27 Feb 10	CDBA 1000m Regatta	Lotus Bay	Grammar on BBQ
Sat 13 Mar 10	500m ACT State Titles and Canberra Festival Regatta	Lotus Bay	Dragons Abreast on BBQ
Sun 14 Mar 10	200m ACT State Titles and Canberra Festival Regatta	Lotus Bay	ADFA Spartans BBQ

Month	Date(s)	Event	Location	Notes
<b>December</b>	tbc	<b>Carol singing paddle</b>	Lotus Bay	
	Sunday 20	<b>DA ACT Christmas Party</b>	Patsy Sheales' home	Patsy Sheales <a href="mailto:patc@grapevine.net.au">patc@grapevine.net.au</a>
<b>February</b> 	Sunday 28	<b>Chinese New Year Regatta</b>	Darling Harbour in Sydney	RSVP for regatta: <a href="mailto:Canberra@dragonsabreast.com.au">Canberra@dragonsabreast.com.au</a> DA Sydney is arranging a harbour cruise on Saturday night tbc
<b>March</b>	6–7	<b>Albury Wodonga Regatta</b>	Albury Wodonga	Marion Leiba <a href="mailto:marion_leiba@yahoo.com">marion_leiba@yahoo.com</a>
<b>2010 June</b>	11–13	<b>2010 IBCPC International Participatory Festival</b> , third international survivor regatta (after Vancouver and Caloundra)!	Peterborough, Canada	News coming soon to <a href="http://www.ibcpc.com">www.ibcpc.com</a> Patsy Sheales <a href="mailto:patc@grapevine.net.au">patc@grapevine.net.au</a>
<b>October 2010</b>	Saturday 23	<b>Dragons Abreast ACT Corporate Challenge Regatta</b>	Lotus Bay, Lake Burley Griffin	<a href="mailto:canberra@dragonsabreast.com.au">canberra@dragonsabreast.com.au</a>
	Saturday 23 8am–3pm	<b>BCNA Mini Field of Women at the Regatta</b>	Canberra Yacht Club Lotus Bay	Volunteers needed for the BCNA stall! <a href="mailto:Kerrie.griffin@act.gov.au">Kerrie.griffin@act.gov.au</a>
	Monday 25 12.30–12.55 pm tbc	<b>BCNA Mini Field of Women at Calvary Healthcare</b>	Calvary Hospital, Bruce Speaker: tbc	Volunteers needed! <a href="mailto:robyn.chen@bigpond.com.au">robyn.chen@bigpond.com.au</a>

**Dragons Abreast Australia — Mission statement**

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

*Keeping the spirit alive!*

**Next issue of the DA ACT newsletter — February 2010**

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

Please submit any news, items and images by 15 January 2010 to the newsletter coordinator

[Kerrie.griffin@act.gov.au](mailto:Kerrie.griffin@act.gov.au) or [taylorclan@inet.net.au](mailto:taylorclan@inet.net.au)