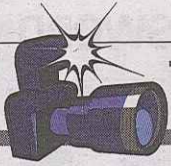


# ABOUT TOWN



Anne Baynes, Josie Baynes, Millie Black, Colleen White and Becky Barney.



Carol Summerhayes and Boerge Alexander.



Maria Mason and Emma Mason.

## Cancer survivors all in the same boat

### Dragons Abreast Morning Tea at Government House

STORY AND PHOTOS: LYN MILLS

**I**t was long and winding row on a calm, shimmering lake for the Dragons Abreast girls, enjoying an invitation to join Governor-General Quentin Bryce for a morning tea in the garden at Government House.

A long-standing invitation was fulfilled by this boat team and their many supporters – who did the drive rather than row – as a celebration of a successful regatta that has become an October fixture for dragonboaters and keeps the determination and enthusiasm of breast cancer survivors in our minds. And what a perfect way to arrive at the Government House jetty, resplendent in their distinctive uniforms and slipping into pink Crocs for a fashionable finish to all that Lycra.

I've known many of these girls – and yes, they're girls who love having fun – for many years. Their cancer stories are as varied as they are, and the numbers keep on

growing in the survival tally, slowly but surely, as diagnosis and treatments improve.

The new faces in the boats have found a supportive environment and a physical challenge that is good for them. The lymphoedema that is an after-effect of cancer treatments is not aggravated by rowing, and may be improved.

Anna Wellings-Booth, the founder of the ACT group, has been a test partner for the research of exercise physiologist Kate Pumpa into exercise and lymphoedema. Not wanting to blab the results before publication, let's just say I'd keep on movin' girls. It's good for all aspects of your recovery.

A cuppa to toast the regatta fund-raising efforts, a moist slice of Guvvie House Christmas Cake and a wave for the paddlers who had to row their way home.

■ [social@canberratimes.com.au](mailto:social@canberratimes.com.au)



Robin Bass, Robyn Chen and Chen Xing with Louise Muir.



Viki Fox and Susan Pitt.



Val Barger and Val Treverrow.



Narelle Powers, Julie Piggott, Debbie Whitfield and Amelia Thiedeman.



Anna Wellings-Booth, Governor-General Quentin Bryce, Marion Blake and Patsy Sheales.



Josefina Wellings-Booth, Kate Pumpa and Liz Turner.