



Abreast of the News

Newsletter of Dragons Abreast Australia (ACT)

Issue 9

September 04

Working Bee on Floriade Scarecrow

Taken from an email from Mavis Fowler

**Saturday September 4th after paddling.
Mavis' place: 14 McLean Place Curtin**

What we need to do:

- The "Pink Lady" needs sprucing up and a fresh coat of paint.
- The dragon will need to be covered with cheese cloth, painted and generally made to look like a water dragon. I



have created a frame from wire and bamboo to work with.

- Make our peg people
- Add a head and tail to the boat. I have self hardening clay or balsa for

who ever feels creative.

I'd suggest you wear old clothes !

I'll have all the bits we need but if you have something you think will add to our creations please feel free to bring it. Please bring some plastic bags for stuffing and if anyone has any, an old piece of chicken wire.

Salad, cold meat, tinned fish and crusty bread will be on hand – any cakes or biscuits you can bring will be most appreciated.



Don't Quit

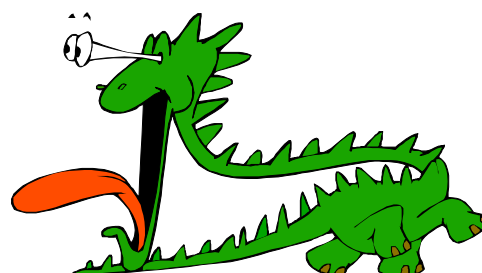
Submitted by Pattie Pye

If you think you are beaten - you are:
If you think you dare not - you don't
If you think you'd like to win - but can't
It's almost a 'cinch' you won't;
If you think you'll lose, you've lost,
For out in the world you'll find
Success begins with a person's will;
It's all in the state of the mind.

If you think you're outclassed - you are:
You've got to think hard to rise:
You've got to be sure of yourself before
You can ever win a prize.
Life's battle doesn't always go
To the strongest or fastest woman;
But sooner or later the one who wins
Is the person who thinks they **can**.
UNKNOWN

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DAA (ACT) Membership Due Now !

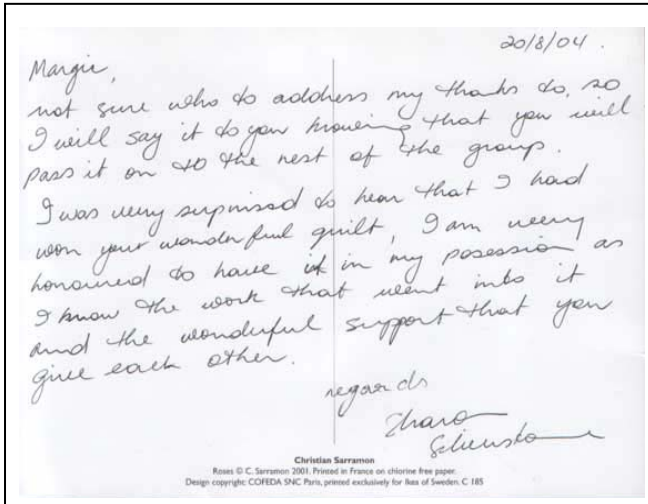
ONLY \$120.00 for a full years' worth of getting fit and having a fantastic time doing it with fabulous ladies and becoming AMAZING dragonboaters.

If you haven't paid your membership yet for the new season, see Robyne **NOW**.

Quilt Looking Great in Perth

Passed on by Margie Q

I just received a card from my friend Sharon who won the quilt in our raffle. She asked me to pass this message on to everyone.



Sharon moved to Perth last month and she tells me that it matches the curtains and carpet of her new home. I will be staying with her in Perth next week, so I can check it out and report back to you!!

Bosom Buddies launching ABC day

Submitted by Anna Wellings Booth

The launch of ABC Day will be at the park opposite the Woden Bus Interchange at 11.30am on Monday 25th October. We hope to have the Minister for Health Simon Corbel and the Minister for Urban Affairs at the opening.

Bosom Buddies will be holding their ABC day event at the Canberra Southern Cross club at 6.45pm on Monday 25 October.

Maggie Shepherd will be parading her fashions, Caryl Haslem will be our guest speaker and Sophisticated Swing will perform a number of songs for us.

Tickets for this event are \$40 and can be purchased by ringing The Southern Cross Club on 62837200.

This event is proudly sponsored by SPOTLESS, Open Space Management.

ABC Day in Brief

Submitted by Anna Wellings Booth

ABC Day is Australia Breast Cancer Day and is always the last Monday in October.

Our own Jan Skorich was one of those responsible for the introduction of ABC day; she spoke about the concept to Anita Keating (wife of Paul Keating former PM) in Dublin

Dr Linda Reaby the erstwhile patron of Dragons Abreast was also involved in the early development of ABC day.

Speaking to Groups

By Jan Skorich

Thanks go especially to Hadas and Narelle who so bravely joined Anna and I in speaking to the Cancer Council group without much advance notice.

You were brilliant, and everyone was inspired after your presentations.

Anna of course was her usual caring and informative self, all in all a good mornings' work and hopefully we will gain some new paddlers from these initiatives.

If you are invited to speak:

Remember that if you want to go and speak to a group you are not alone; there are several people amongst us who have made presentations and would be happy to give their help and advice - for example, Anna, Elspeth, Lynn, Megan and others have all spoken at functions and would be willing to give you support should you require it.



As I mentioned at the meeting, I have printed out some overheads for a presentation, which are currently with Lyn Langer, but you are welcome to borrow them if you like (when she's finished with them).

There is also a PowerPoint presentation available on the website, which you can use as is or adapt to your own purposes.



Excerpt from letter received from Helen Geltch, Supportive Care Coordinator of the ACT Cancer Council following the presentation made by Jan, Anna, Narelle and Hadas on DAA.

"I am writing to thank you, Anna and your teammates for addressing The Cancer Council ACT (TCCACT) Breast Cancer Support Group on 14 August. I found your presentation to be inspiring, informative and enjoyable, and believe that the group members were similarly impressed. I hope that some of them decide to give Dragon's Abreast a try after hearing from you all!

Jan, the fact that the four of you were prepared to give so freely of your time – especially after you had just been out training in the cold – is very much appreciated. I would like you wish your group continued enjoyment and good luck.

Please pass on our appreciation to your teammates."

Some Little Known Facts

Submitted by Narelle Powers

- A fine is a tax for doing wrong. A tax is a fine for doing well.
- It was recently discovered that research causes cancer in rats.
- Everybody lies, but it doesn't matter since nobody listens.
- I wished the buck stopped here, as I could use a few.
- I started out with nothing, and I still have most of it.
- When you go into court, you are putting yourself in the hands of 12 people that weren't smart enough to get out of jury duty.

Trans Tasman Masters Games

Taken from Jan Skorich email

The next Trans Tasman Masters Games (TTMG) will be held in Newcastle/Lake Macquarie, in the beautiful Lower Hunter Valley, from 9 -16 April 2005. The former Lake Macquarie Masters Games has now been incorporated into to make it a bigger and better event.

This event will be the 3rd TTMG, with previous Games being held in Newcastle in 2003 and North Shore City, Auckland, New Zealand in 2004.

The TTMG is the largest masters event in New South Wales. We presently have a program of some 45+ sports and we anticipate that they will attract between 2,500 and 3,500 competitors.

A strong dragon boat competition is planned for the Games at Throsby Creek in Newcastle.

For more information, call the Games Office on (02) 4961 4211 or visit www.transtasmanmasters.com

NB: Note from Jan...

Please note that the Nationals in Canberra are on from 8th -10th April 2005, but with a bit of luck the dragonboat component of the TransTasman Masters will be held towards the end enabling us to attend both. They have lowered the entry fee for the TTM dragonboat event to \$35.00 making it more attractive. Perhaps we can fundraise towards it.

Fenceliners: On the Grapevine

Are you a BC survivor looking for a challenge?

**Hike the Heysen Trail in South Australia.
When - 27th September to 23rd October 2004.**

Join other breast cancer survivors on Fenceliners' next wildly exciting activity, hiking the famous Heysen Trail in beautiful South Australia.



An active, rewarding and unforgettable experience, giving participants the opportunity to raise breast cancer awareness and make new friends.

For more information contact Lorrie Ledwell 07 55256399 or lorrie@secretreef.com.au or visit <http://www.fenceliners.com.au/grapevinefmset.htm>

What's in a Name # 2

To differentiate ourselves from the other DAA teams, the suggestion was made that we should have our own team name and in the last newsletter, I asked for suggestions and comments.

Disappointingly, the only response I received about naming ourselves was from Pattie Pye (thanks Pat). However, Pat's come up with a doozie I reckon well, her mum did anyway.

So, how's this for a suggestion for the team

————— "Liquid Allsorts" —————

.....because we certainly are '*all sorts*' of women !



To remind you, other suggestions included:

- ice breakers
- tall poppies
- pink panthers
- pink panthers
- Purrfect in Pink

and also from Pat:

- Happy Go Lakers (Happygolakers)
- Here We Go Lakers (Herewegolakers)
- Lake Cruisers
- Pinkpower Paddlers

So ladies....how about some feedback - Let's name ourselves before the DA Challenge !

My Experience: The Transit of Venus

By Marion Leiba

This article has nothing to do with breast cancer but, as the transit of Venus happens on only two occasions, eight years apart, every 130 years, and as precise time is a rather esoteric subject, I hope you may find this a bit interesting. You see, I am lucky to be associated with a new Aussie invention that was used to time the transit of Venus at Woodford Academy in the Blue Mountains, west of Sydney, on 8th June. The transit 130 years ago was timed at the Academy, then designated an official observing station, using a telegraphic connection to Sydney Observatory, but this is not possible now.

The new invention is a GPS time signal generator designed and built in Canberra by Dr Gary Hovey of the VNG Users Consortium. In addition to displaying time and other functions, the GPS "gizmo", as it is nicknamed, emulates the time pips of VNG, a short wave radio time signal station that ceased transmitting last year. The purpose of the gizmo is to provide a cheap source of accurate portable time, with audible time pips. The gizmo and Gary, an Electronics Engineer at Mt Stromlo Observatory, were victims of Canberra's January 2003 bushfires. All Gary's academic books and notes were destroyed by fire at the Observatory, and the first version of the gizmo no longer worked. That did not deter Gary. He bought electronic equipment with his own money, and proceeded to rebuild the gizmo at home.

What is the point of going to all this sacrifice for something that goes BEEP, BEEP, BEEP? Well, VNG had a variety of users including astronomers, surveyors, seismologists, scientists studying the Earth's magnetic field, navigators, automated radio stations, emergency response organisations, amateur radio operators, and freaky people who like to keep their clocks really accurate. I fall into the last category (surprise, surprise) as well as having used it every day to check the clock on my seismograph.

I am a foundation member and Honorary Secretary of the VNG Users Consortium. It was formed in 1988 to save VNG following its closure in Victoria in 1987. The Consortium, like Dragons Abreast, is made up of unpaid volunteers, who donated their time and money to save this piece of Government infrastructure. They succeeded, and radio VNG was moved to Sydney where it operated for another 14 years. On VNG's final closure in 2003, the Consortium resolved to produce an affordable time signal source for former VNG users.

The result is the gizmo. Surveyors in the Department of Lands in Bathurst heard about it and invited us to bring it to Woodford Academy to time the transit of Venus. This was due to start at about 7 minutes past 3 pm and would be visible until sunset, so I drove there from Canberra that morning. The weather en route was alternately cloudy and sunny and I fervently hoped that it would do the right thing by us.

The National Trust had decided to make the occasion a public celebration, with the general public and school groups invited to join in the fun. When I arrived at about 12.15 pm, a small crowd was already beginning to gather. The original telescope used to observe the transit at the Academy 130 years ago had been brought out of storage by the surveyors and set up with the aid of Gary Hovey. It was there for interest only, as the optics had been spoilt. There were displays in the old building, music and food stalls. The celebration started at 12.30 pm with speeches from visiting dignitaries, and a small crowd including a class of primary school kids looking on. While this was happening, Ian MacNamara and Lee Kelly from the ABC radio's Australia All Over program turned up. I had told them about it the previous Sunday. Ian interviewed Gary about the gizmo, which was beeping away impressively.

An astronomer had brought a properly-shielded telescope and, as he set it up, a long line gathered for their chance to be part of history. Our surveyor colleagues brought two theodolites with the proper shielding so that one could look straight at the Sun without damaging one's eyesight. They set them up in a sunny spot near one of the outbuildings, and Gary set up the gizmo on a table next to them. Gary had a pair of shielded binoculars that had fortunately escaped the Canberra bushfires and they also gave people a chance to see the transit.

With a few minutes to go, the sky clouded and our hearts sank, but the Force was with us. Right on cue, as Venus started going in front of the Sun, that patch of sky cleared and our surveyors were able to get a clear view to time this critical event using the beeping gizmo. I got my first look through Gary's binoculars when Venus was about half in front of the Sun. It was quite clear, looking as though a mouse had taken a little bite out of the edge of the Sun. Next time I got a look, Venus was fully in front of the Sun and I was surprised at how clearly it showed up as a black dot. A queue gathered next to the theodolites and binoculars, as well as at the telescope on the other side of the building. It was intermittently cloudy, but everyone got a chance to have at least one quick look. After the surveyors had made their critical observations, they back-projected the image of Venus in front of the Sun on to pieces of white paper so that more people could view it at once. Again I was surprised about how clearly you could see it.

I think what made the day particularly special for me, apart from the scientific success, was how thrilled all the non-scientists were with it. There were people of all ages there and they seemed to enjoy their day as much as I did. Ian MacNamara and Lee Kelly also seemed to have a good time and get a number of interviews. I introduced them to my surveyor friend, Chris Hutchison, from Newcastle. Chris is a cancer survivor. About one year after I was diagnosed with breast cancer, he was diagnosed with chronic myeloid leukemia. He underwent a severe course of chemotherapy, but it did not seem to do much good and he was fading fast. I was afraid that we were going to lose him, but he was put on to a clinical trial of Glivec, one of the new designer drugs. That saved his life, and Chris is now back to running his own business, doing a heavy program of field work, and providing employment for other people in Newcastle. Lets hope we get one, or several, drugs like that for breast cancer soon! Anyhow Macca interviewed him and the interview ran on Australia All Over the following Sunday, along with Gary Hovey's interview. It was a beaut day, and I will treasure the memories.

Calendar of Events

Month	Date(s)	Event	Location	Notes
Sep 04	Friday 24 th 7.00pm - 10.30pm	Trivia Evening	YMCA Sailing Club, Yarralumla	An evening of frivolity and fun -tea & coffee & nibbles included for just \$15.00 pp Bring your friends and family - call Lynn now on 61615960 or 0415211550 to book your seats.
Oct 04	Friday 22 nd	Pink Ribbon Breakfast	Hotel Kurrajong	Hosted by Cancer Council, ACT. Guest Speaker, Professor Don Iverson, \$35pp. Bookings Nicole Campbell or Danielle Finney on 6262 2222
	Saturday 23 rd	Launch of Mini Field of Women	The Canberra Centre	Followed by the Silent Walk to City Hill to plant silhouettes. Contact: Bernadette Brady 0421 648 044
	Sunday 24 th from 8.30am to noon	Dragons Abreast Challenge Regatta	Southern Cross Yacht Club, Yarralumla	Invite your colleagues, competitors etc. to be in the race to win the Pink Lady shield. Contact Jan Skorich on 6241 8061 for information and invitation/crew list sheets. Followed by an 'all welcome' bbq
	Sunday 24 th from 10am	WIMA Pink Ribbon Ride	From Old Parliament House	Womens' International Motorcycle Association: Contact Caroline Boshier 0418 399 213
	Monday 25 th 10.30am	Morning Tea	Crowne Plaza/Convention Centre	Contact Anna Wellings Booth on 6247 8470
	Monday 25 th 11.30am	Launch of ABC Day and BB Floral Display	Opposite Woden Bus Interchange	Contact Anna Wellings Booth on 6247 8470
	Monday 25 th 6.45pm	BB Dinner and Fashion Parade	Southern X Club	\$40 per head, bookings call 6283 7200
Nov 04	Sat 6 th - Sun14 th	Pan Pacific Masters Games	Gold Coast, Queensland	Talk to Amelia or Jan about paddling with a combined DAA team or with the Canberra Flyers
Feb 05	Thursday 3 rd	DAA Talk at Probus Club, Canberra	TBA	Lynn Harden and ?
Apr 05	9 th - 16 th	Trans Tasman Masters Games	Throsby Creek, Newcastle	For more information, call the Games Office on (02) 4961 4211 or visit www.transtasmanmasters.com
Aug 05	Wed 3 rd - Sun 7 th	World Champs 2005 and the European World Club Crew Champs	Schwerin, Germany	

A Warm Welcome

.....to our newest dragons:
Tracey Armstrong, Vivienne Saint and Wendy Antoniak.

Paddles Up Ladies !

Happy Birthday:

Margaret Ryan	12-Sep	Judy Richmond	15-Sep
Amelia Thiedeman	23-Sep	Lorraine Owens	25-Sep
Nicole Endt (Nicki)	25-Sep	Mavis Fowler	25-Sep
Marion Leiba	30-Sep	What a busy birthday month!!	

Have Your Say



to those who contributed this month....

Next Issue Due End September 2004
Please submit any news, views, pics, poems or funnies to lyndylu@tpg.com.au by 20/9/04