

Dragons Abreast Sydney

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Membership Renewals due June 30

Well, it's mid-winter and off-season so there's no news – right? Wrong! As usual, we've been very busy. Getta load of this fabulous photo!! We're not telling what it's all about yet but see if you can guess – the full story will be in next month's newsletter.

Remember that June 30th was the end of our financial year so if you haven't organized your membership renewal by now, then you're already overdue! Ring me if you have a problem with finding the form or whatever.

Diary Dates

The race dates for the coming 2006/7 paddle season are now confirmed (they're on the last page of this newsletter), so make sure you put all those dates in your diary right away. It's going to be a huge tear for dragon boating in Australia – with all the usual regattas, plus the World Titles at Penrith in September 07 and Abreast in Australia at Kawana the following weekend. You'd be mad to miss any of them!

When you look at the race calendar you will also see a Skins Event. No, it's not golf! It's a new kind of regatta where 6 teams will race 200m then the sixth place crew drops out. The five still in the event immediately race 200m again (ie no rest) and the fifth placegetter drops out; four race the 200m again and the fourth drops out and so on until there is only the winner left. Sounds a bit adventurous but I say let's give it a go if we can!

DASydney AGM

It's time for the club to set our directions for the coming season and to elect a new committee. You should all have received the agenda for the AGM and be considering who you want to nominate for the various positions on the committee. Please send your nominations to Helen Westwood, who has kindly agreed to be the Returning Officer for the elections – but please make sure that your nominee agrees to stand for that position.

All positions on the committee will be declared vacant and everyone on the current committee has agreed to be available for re-election again except Margo-Lynne Lee.



Margo-Lynne has done a splendid job as Social Events Coordinator, but she is now fully committed to the organizing committee for the World DB Titles, so can't manage the Social Events Coordination role again this time around. Hopefully she will agree to stand for one of the other available positions.

The motion on notice asks for a change in the constitution to expand the committee to 15 members. This is because now the club has grown so large and complicated some of the responsibilities need to be split up. But more critically, we believe it is vital for more members to understand how the club is run so that as current committee members step down in the future the know-how will remain. For this reason also, all committee positions will carry a portfolio of responsibilities, ie there will be no "general" committee members.

Another reason for taking the committee numbers to 15 is that our constitution provides for up to 20% of committee members to be supporters. With a committee of 12, that gives us the impractical number of 2.4 supporters on the committee. Taking the committee numbers

to 15 will permit three supporters to take an active role in running the club, so I commend the motion to you all.

Nominations Needed

The positions for which we need nominations are:

- Coordinator (must be a survivor)
- Assistant Coordinator
- Treasurer
- Assistant Treasurer
- Secretary (must be a survivor)
- Membership Coordinator
- Social Events Coordinator
- Fundraising Coordinator
- Merchandise Coordinator
- PR Coordinator
- Team Captain (must be a very regular attendee, and ideally a sweep as well)
- Assistant Team Captain
- Sweep Development Manager (must be a sweep)
- Paddle Registrar
- Head Coach (will be chosen by consensus of the club coaches)

Whееее!

The DASydney Bike Ride last weekend was huge fun again, thanks to Carolyn New and her Bike North pal, Pam, who organized it all. After a chilly start, it turned into a gorgeous day, culminating in a lovely, lazy Dejeuner Sur L'Herbe. Di Millgate captured the day with the following:

Hey, you know what? If you've decided that paddling around Black Wattle Bay on glistening water with great company isn't for you, you should give pedalling around Sydney Olympic Park a try.

We've just got home from stretching ourselves to another limit. Neil and I have once again been encouraged to step outside our comfort zone and try something we haven't done for years – all in the safety and support of wonderful company at an amazing venue.

I could go on to describe the scenery – around mangroves, listening to frogs and watching water birds making the roots home. I could tell you about the fun we had dodging fluffy speed bumps (poodles) and riding through all the little water fountains, proud of ourselves for missing the splashes, Neil showing off with both legs off the pedals, high in the air.

I could admit to you that the only way I could dismount was to grimace, take a deep breath and leap off both pedals at once, praying all the time that I wouldn't goose myself on the bar – or tell you about the gentle tumble I took while reaching the peak of the tallest mountain there.

But, I'll let the others do it for me. Here's what they said: -

Lyn: "This is exhilarating! Everything is such fun – and I've just bought myself a great pair of sunnies."

Matthew: "Wow – I've learnt so much. I'm coming back again to learn more about the place."

Wendy: "Fabulous blue sky, glorious fresh breezes, a kaleidoscope of senses – frogs croaking, beautiful South American music, cirrus clouds drifting overhead."

Cynthia: "Such yummy Dutch poffertjies – the low cal ones – tee hee!"

Samantha: "I was a bit scared on the hill. I liked coming down best."

Jessica: "I wish I was a mummy so that I can have a turn to ride the bike."

Caitlin: I like riding with Nanny."

Tiffany: This is a great school holiday activity."

Neil: "What a great day!"

Jan: "We should have more male riders."

Pam: "Beautiful weather, good company, leisurely ride. Wonderful way to spend a Sunday."

Margaret: "A great discovery! I'm coming again."

The Millgates, Farmers and Jensens, plus Robin Shoebridge, Margaret Davis, Lyn Tyson, me and Sue McClelland (just before all her grandchildren joined the ride at the top of the conical hill)



A bit of leg stretching and butt-relief at the ferry wharf midway through the ride.



The lazy, sunny picnic on the grass after the ride.

Peter: "Challenging, exciting, different. Thank God for the rest breaks! – But, I'll do it again!"

Vicki: "Brisk, sunny, gorgeous."

Robin: "The aim of this morning is to go up the conical hill in 4th gear and have coffee in the Boulevard Markets. I achieved both!"

Sue: "Awesome, fantastic family outing. I will return with the rest of the family."

Carolyn: "It's a beautiful day for cycling.

A great team to ride with."

So, you see, I don't need to say any more, except to say that I am grateful every day for meeting the Dragons Abreast Sydney mob and that I am challenging myself with new and exciting adventures.

Tomorrow – bungee jumping!

Di Millgate

(I hope Di doesn't really mean that bit about the bungee jumping!!)

200th Birthdays

It wasn't an official DASydney social function but, if the noise level was anything to go by, seems like half the members were there at the Italian restaurant to help celebrate the joint 200th birthdays of Sue Gibson, Helen Westwood, Deb Cooper and Jacquie Robinson. Those amazing twins made a magnificent birthday cake for them – the size and shape of a real paddle.



Above: The gang at the four fiftieths.



Left: Jacquie Robinson, Helen Westwood, Deb Cooper and Sue Gibson cutting the paddle cake – not so sure about the choice of backdrop.

Below Left: Jacquie and Karen swapped hair for the night, with Jacquie insisting she was now a dizzy blonde and not responsible for anything.

Below: Two of the birthday girls, Sue Gibson and Deb Cooper – and there's that naked male again!



Racing News

Well there isn't any, of course, being off-season, although Jo and Jenny Petterson, Karen Wyers, Jacquie Robinson and Bonnie Cheliski are training hard for Macao (we can't wait to see them standing up in the boat for that lift at the end!!). However, in racing-related news, four of our members completed the DB Officials course last weekend – taking the number of DASydney trained race officials to eleven already. A further six of our members have already signed up for the next course on September 17th. If you or any of your family would like to do that Officials Course and be involved as an official at the World Championships next year, please let me know and I'll give you the details. Becoming an official for the Worlds is especially recommended for injured or resting paddlers, and for other family members of paddlers.

Media Tarts Again

We've been in the press again, doing our thing for raising Breast Cancer awareness in the community. Eugenia Raftos was pretty enterprising, organizing an article about DASydney in her local newspaper, the Strathfield Scene. We also rated a paragraph about the Hospital Challenge at Chinese New Year in the latest Breast Cancer Institute newsletter and on the front page of the Sydney Adventist Hospital newsletter.

In person we've also racked up a few speaking engagements – Jenny Petterson jumped at the opportunity to speak at the Young Women With Breast Cancer Soiree in June and the Wakehurst Trefoil Guild members (all ex-Girl Guides) were kind enough to listen to me rabbiting on about Dragons Abreast at their June meeting.

Not only were they kind enough to listen, but at the end I was amazed when they handed me a cheque for \$100 to help us bring the joys of survivor dragon boating to more people. If any of you dig up any opportunities like this to address community service groups, please let us know.

Crafty Ladies

Robin Shoebridge has now taken over organization of the DASydney Craft Group and what a great session coming up on Friday, July 7th from 10am – 4pm – silk paper-making and lace dyeing. All the materials for the papermaking

Goals, New Crew Name, and Training Times

After the AGM we will be discussing several general issues: our goals for the coming season; the new gender-non-specific crew name to replace "Mel's Belles"; membership categories, and training times and days. Please email me your suggestions for the new crew name so we can have a list to consider on the day.



will be supplied, but bring some lace with you and \$20 to cover costs.

You'll need to book early so please contact Margo-Lynne Lee for more details on 9764 4720. Bring your lunch, a coffee mug, a sense of humour and look forward to enjoying a fun day, whilst picking up some know-how on another 2 new crafts.

Bush Babies

What a lovely winter treat! We're going on a bushwalk! Those of us who joined our Spit to Manly walk last year will tell you how much fun it was. Wilma Kippers has organized another lovely hike – this time around the

Manly Dam on Sunday 16th July. If you want to be part of it, contact Wilma on wkippers@bigpond.com for more details. Friends and family welcome and no charges involved.

Milestones

July's a bit quieter for birthdays than June, kicking off with Jacquie Robinson on 2nd; Kerry Enemark and Neil Millgate on 4th; Muriel Buckeridge on 11th ; Bobbie Fox on 12th ; Ann Maclochann on 27th and Jenny Petroni on 29th. Best birthday wishes and a great year of paddling ahead to you all.

Paddles up!
Cynth

DAS CALENDAR 2006.2007

Date(s)	Event	Location	Details
July 2006			
Fri 7th	DA Sydney Craft Day	Strathfield	Silk papermaking and lace dyeing. Bookings essential. Contact Margo-Lynne Lee
Sun 16th	DASydney Family Bush Walk and BBQ		Book with Wilma Kippers
Sat 29th	DBNSW AGM	7 Underwood Rd, Homebush	3-5pm
August 2006			
Sat 5th	DASydney AGM	Studio 4, Pyrmont	After the paddle
11th – 13th	World Club Crew Championships	Toronto, Canada	
Sat 27th	Bankstown Regatta	Deepwater Motor Club	Date to be confirmed
September 2006			
Sun 10th	Ryde Aquatic Festival Regatta	Kissing Point Park, Putney	
Sep 29th -1st Oct	IPDBC Breast Cancer World Dragon Boat Championships	Singapore	More info: www.bcf.org.sg
October 2006			
Sun 8th	DBNSW Regatta, Race 1	Penrith SIRC	Hosted by CYL, 500m
Fri 21st	Inaugural Skins Regatta	Blackwattle Bay, Bank St	
November 2006			
Sat 5th	DBNSW Regatta, Race 2	TBC	Hosted by PDs
10th – 11th	Pan Pacific Masters Games	Gold Coast	Contact team Captain, Fairlie Stanish for more details on fstanish@optusnet.com.au
Fri 24th	Twilight Regatta	Blackwattle Bay, Bank St	
December 2006			
Sun 3rd	DBNSW Regatta	Penrith SIRC	Hosted by Sloths. 200m
January 2007			
Sat 13th	Tacoma Regatta	Tacoma River, Wyong	
Fri 19th	Twilight Regatta	Blackwattle Bay, Bank St	
February 2007			
24th - 25th	Chinese New Year	Darling Harbour	
March 2007			
17th – 18th	NSW State Titles	Penrith SIRC	Mixed racing on 17th; Mens and Womens racing on 18th
April 2007			
5th – 8th	AusDBF National Titles	Penrith SIRC	
September 2007			
19th – 23rd	IDBF World Dragon Boat Championships	Penrith SIRC	We'll need lots of competitors and lots of volunteers
28th - 31st	Abreast in Australia Dragon Boat Festival	Kawana Lakes, Sunshine Coast, QLD	Small place – not too soon to book accommodation now