

Dragons Abreast Sydney

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Come to the AGM

We need lots of you to attend the AGM after paddling on 5th August. Even if you aren't paddling that day, can you please try to come to the AGM at Studio 4 Café? As your committee, we must report to you what we've been doing all year and also fill you in on the club's financial affairs, then you need to elect a new committee. Please remember that you will need to have renewed your membership if you want to vote at the AGM and also if you want to be elected to the committee.

Studio 4 Café is just up the hill from where we paddle. You can park where we always park for paddling, then head out the gate onto Banks St and walk back in the direction of the Fish Market. Take the first turn left up the hill and then the first right at the crest of the hill. At the end of that street you will find us all lining up for our caffeine-fix while we wait for the meeting to begin at 10.30am.

in the day. Wilma served up hot bacon and pumpkin soup and we headed back to the cars.

Thinking the day of restful bush walking had ended Margaret Davis and I were startled by two remarkable black cockatoos. A perfect ended to a relaxing and fun day. Thanks Wilma.

Bushwalk at Manly Dam

By Barbara Lane

It was just a fantastic day. We did have to wait a little while as Helen learned a little more about North Shore geography. There was also some concern over the identification of one of the water fowl, eventually "identified" as a very fat duck. So with maps of the dam and a guide book of local bird life given out by Wilma, we headed off for our 7km walk. Peter Farmer decided to give Vicki her independence, so he went off to explore the area by car and Vicki headed off on the trek. Martin and Wilma were born leaders, being the locals. The trek was so beautiful. Fairlie and Paul provided the horticultural expertise. Oscar provided interesting conversation on architecture and overseas travelling.

The walk itself was beautiful. The weather was perfect: cool enough to walk comfortably with blue skies and sunshine providing the back-drop. The path meandered around the dam then climbed to a picture perfect vista of Manly and the ocean beyond. There were flat rocks with water rushing over them. A few muddy spots, but overall a great 2 hour meander through some lovely Australian bush.

As we headed back to the car park Cynthia, Pam Telfer, Wilma, Fairlie and Deb Story assessed the dam for potential as a regatta venue – definitely worth mentioning to Mel if only we could get rid of the motor boats.

As lunch began the wind picked up. Deb Story and her friend Di sat in the sun on the edge of the Dam gaining the last warmth left



Half way rest – Helen Westwood, Vicki Farmer and Deb Story's friend, Di



Helen, Vicki, Sally, Deb, Martin, Barbara, Fairlie, Pam, Wilma, Margaret Oscar, Paul and Di.

Group Email Reminder

The group email is a fantastic facility for notifying everyone what is going on in our club, but please remember that it should NOT be used for any messages other than DAS-related issues. That is not only e-etiquette, it is an important practical issue. If all our members send broadcast messages to the membership about their other interests and activities outside of paddling then we will be swamped. Most of us are involved in good causes and fun activities outside of paddling but the DASydney group email is not an appropriate vehicle for promoting them.

Email groups are designed to be special interest groups only – and ours is targeted to be DASydney-only issues. Members will be reluctant to sign up if they know they will be bombarded with all sorts of non-DASydney issues. If you are in doubt about the suitability of a particular message you wish to send, please check with me first. Some people already receive too much email every day and are anxious to receive only what is necessary to their membership of DASydney. Please respect that wish so that our group email can continue to be the effective tool it is designed to be.

Pam's Promotional activities

Some good news re our efforts to spread breast cancer awareness is that Pam Bell has volunteered to undertake the newly-created PR role for the club. Obviously this position will be up for grabs again at the AGM, however, given the not-exactly-lemming-like rush to volunteer for the committee, I reckon the chances are good that she will continue in the role. Some of you may not realise that she is actually Dr Pam Bell and you probably won't have seen her recent *Lancet* contribution, but you will remember the dragon-boating article she had published in the *Sydney Morning Herald* a little while back. Well, she hit the presses again recently. This was Pam's contribution to Column Eight:

"What's all this nonsense about people placing their PJs next to their electric blanket or under their pillow if they're 50-year-olds or over?" hurrumphs Pam Bell, of Cammeray. "I'm 70 and I have to hide mine from my husband, as his mission in life still is to get me into bed without them!"

As mentioned above, in case you have a rush of academic interest, in her secret other life (ie when she's not paddling) Pam's co-written an article which has just been published in the prestigious medical publication, *The Lancet*: "What should doctors know about cancer? Undergraduate medical education from a societal perspective" by Michael B Barton, Pamela Bell, Sabe Sabesan, and Bogda Koczwara. <http://oncology.thelancet.com> Vol 7 July 2006.

More Media Tarting

This last month we've done quite well in the press: there was a front page article about the Hospital Challenge at Chinese New Year in the Sydney Adventist Hospital newsletter, the San Pacemaker; Eugenia Raftos managed an article about our Nagambie efforts in the Strathfield Scene; Jo and Jenny Petterson were highlighted in the St George and Sutherland Leader; the Breast Cancer Institute (BCI) newsletter, Venus, wrote up Westmead's participation in the Hospital Challenge at Chinese New Year; and also Jo and Jenny Petterson were guests at the "Australian Story" 10 Year Anniversary Celebrations.



Above left: Yes, we have no pajamas!
 San Newsletter 'Pacemaker'
 Strathfield Scene June 06
 St George & Sutherland Leader
 4/7/06
 BCI Newsletter 'Venus' June 06



Australian Story 10 year celebration

By Jenny Petterson.

Australian Story celebrated its 10th Anniversary with a special programme aired on 19 June. The anniversary special was largely filmed at ABC Ultimo headquarters in Sydney, at a gala reunion for the show's guests held on Monday 29 May. Jenny and Joanne Petterson, Michelle Hanton and Geoff Eldridge were fortunate enough to be invited and mixed it with more than 300 other guests.

Prior to the event, all invitees were asked to take part in a ballot to determine the all-time favourite Australian Story. The program featuring central Queensland graziers Gayle and Mac Shann drew the most support in the poll. Program guests cheered and applauded as Caroline Jones presented a special award to the Shanns.

Also featured were updates on several other guests present on the night, including Pauline Hanson, Hazel Hawke (through her daughter Sue Pieters-Hawke), and Victorian police whistleblower Simon Illingworth. The aired special finished with a visual collage of about 25 past Australian Story participants spanning the last 10 years. The pink of Dragons Abreast Australia featured twice in this collage with two great scenes of DAS training in Blackwattle Bay.

For the Dragons Abreast contingent, the celebration provided an opportunity to catch up with the Australian Story Team that produced the June 2004 episode of "In the Pink". All guests were given a copy of a recently published Australian Story Book (see photo taken by Pauline Hanson - we didn't ask, she volunteered to take our photo) which provided the opportunity for all guests to mingle, seek out autographs, and swap their experiences.

Finally, while Caroline Jones signed Michelle's, Jenny's and Joanne's book she turned to the foreword and highlighted the first paragraphs where she wrote about her experiences following the airing of the "In the Pink" episode to explain how it made her realise how much Australian Story reaches out to touch people in many different ways.

Maritime Museum exhibition "Watermarks – Adventure Sport and Play"

Jo and Jenny Petterson, Geoff Eldridge and I were invited by the curator of the exhibition to a morning tea at the Australian National Maritime Museum at Darling Harbour – to thank us for helping them with the dragon boating display. The dragon boating display is just one section of the whole Watermarks exhibition but, among other things, it features



Jo and Jenny Petterson with Michelle Hanton and Caroline Jones

an impressive vintage dragon boat drum, dragon head and tail; Jo Petterson's bronze medal from the world championships in China; my DAA shirt; a medal from the Inaugural Breast Cancer Specialists vs Patients dragon boat race in 2004; lots of fantastic photos taken by Jenny Petterson's husband, Geoff Eldridge (see who you can identify in them); and my

original grey owl paddle with a big DAA sticker on it. Get down to the Maritime Museum to see the exhibit if you get a chance – we go halfway around the world to see such things when we travel, but sadly tend to ignore such attractions in our own city. It's on the lower level of the museum, second cabinet on the left (after you pass the toilets).



City Dragon paddler, Jo Petterson, Daina Fetcher (curator), Jenny Petterson, me, Carlos, Raymond Cheung and another Dragon City paddler.



Dragon Boating at the Maritime Museum exhibition

Craft – Silk Papermaking and lace dyeing

Robin Shoebridge, who's taken over organising the craft group for DASydney, sent in this report on our recent day of silk papermaking and lace dyeing:

Who would have thought that hanks of silk fibre could be turned into beautiful silk paper of many gorgeous colours. Margo-Lynn skillfully demonstrated just how this could be done and we all followed step-by-step. After gently pulling apart the silk hanks and creating 3 or 4 layers between 2 A4 size pieces of tulle, wetting it well and painting on fabric glue and leaving it to dry, we created the most beautiful pieces of silk paper – blues, greens, golds, browns, yellows each with many shades. Good company and lovely yummy snacks made for a really enjoyable craft day. Buddy certainly enjoyed himself. Thank you to Margo-Lynn.

Our next craft session will be Christmas card-making on Friday 11th August at Robin Shoebridge's place – but you need to book. How timely is that? (Know it will be good to bump me into action, but I'm not sure I'm quite ready to think about Christmas just yet.)



Robin Shoebridge inspecting her handiwork

Special Thanks

How's this for member initiative and generosity? Kay Gailey, all by herself, not only came up with the really sensible idea of reflective vests for our sweeps to wear at night but she then went ahead, sourced the materials, made up the vests and donated them DASydney. They're extra well-designed, because they can be slipped on over even the bulkiest gear (like my big Nagambie fleecy coat) that a sweep might be wearing on a cold, dark winter's night and lo! And behold! Better visibility! Wow!

Thanks from us all, Kay – they're fantastic! Those Thursday night paddle-tragics among us will have already seen them in action, as will anyone else who happened to be on the water at night at the same time as us. We already know we're the "brightest lights", so to speak, in winter paddling – now everyone can see us as well.

Bobbie Fox

You might have noticed that Bobbie Fox hasn't been at paddling recently – that's because she sold up her Sydney home and moved

down the south coast to Nowra. We send our best wishes with her and hope that she'll be in Sydney from time to time and drop in on a paddle. Bobbie has been a member for yonks and was part of our first contingent of DASydney girls who qualified to represent Australia in the Women's Masters category at the World Dragon Boat Championships in Shanghai in 2004. Although she has nine grandchildren to keep her busy, we reckon she'll still miss paddling – hopefully she'll find a new club somewhere near her new abode.



Fundraising for DAA

What an encore! – Thanks to Brenda's splendid efforts in managing the whole thing for a second year, DASydney has raised \$1,700 for DAA this year through the sale of Entertainment Books – congratulations and thanks to everyone who made the effort to sell them.

It's a very successful program, because we not only raise money for DAA, which sorely needs our support, but we get to save money ourselves with the books. I used one of the coupons the other day to get my first ever set of fake fingernails – what a great start to the savings (they felt weird at first and must say I looked a bit like a vulture till I shortened them, but now they look quite uncharacteristically elegant – well almost!).

More good reasons to paddle

Research published in the journal "Heart" claims even couch potatoes who start exercising in later life can reduce their chances of developing heart disease. Scientists found the risk of coronary heart disease could be cut by up to 55% even if people only became physically active at the age of 40. Even at my venerable age the risk is still almost as dramatically reduced – paddles up!

Why Post-Paddle Coffee is important

It's not only the paddling that keeps us healthy either. Recent research at the University of Minnesota suggests that drinking decaffeinated coffee is associated with a lower risk of developing diabetes.

At the beginning of the large US study of 28,000 women, none of the women had diabetes or cardiovascular disease. Taking into account the other factors included in the study, compared with non-coffee drinkers, women who had six cups of coffee a day had a 22% reduced risk of developing diabetes. But when the researchers analysed the data separately for women who drank decaffeinated and caffeinated coffee they found the risk reduction was 'considerably' greater in the decaf group. The researchers found that more than six cups of decaf coffee a day was linked with a 33% lower risk of diabetes compared with no coffee. Hey – I'm reeally safe!!!

However a diabetes expert has pointed out that "If people really want to reduce the risk of developing diabetes then regular exercise and a healthy diet have been shown to be a much safer and reliable bet." Sooo – we're paddling AND THEN drinking coffee – can't beat that combination, eh?

Weight gain after menopause

Research teams at Brigham and Women's Hospital and Harvard Medical School have published a study of 57,000 women, showing that gaining even a moderate amount of weight after the menopause can increase a woman's risk of breast cancer.

Putting on 22lbs (9.9kg) since the age of 18 increased a woman's risk of developing breast cancer by 18%, the US team found. But the study showed those who had lost the same

amount cut their risk by 57%. They also concluded that 15% of the study's breast cancer cases could be attributed to weight gain of 4.4lb (1.9kg) or more since the age 18.

Encouragingly, losing weight carried a high degree of protection against breast cancer. The researchers said weight loss after the menopause lowers levels of oestrogen hormones which are linked to breast cancer, cutting the risk of the disease. But we knew that already. So there you are – Carol's idea to lighten the boat for next season could do more for us all than you thought!! Make that a skim decaf – but do I have to give up the extra chocolate?

Milestones

Birthday time is here for Michele Streight on 2nd August; Yolande Franklin and Lana Rodgers on the 5th; Jo Jeffcoat on the 18th; Sharon Elkin on the 20th; Judith Dykes on the 24th; Cathy Seddon on the 25th; and Christine Fitzgerald on the 28th. Happy birthday all!

First regatta of the season – 27th August

How exciting!! It's less than a month now till our first regatta of the season. Don't forget to put it, and all the other regattas, in your diary right now (see the back page of this newsletter). This one's nice and easy to get to at the Deepwater Motor Club in Bankstown – Fairlie has emailed all the details to you already – so please touch base with her ASAP with any questions and to reserve your seat in the boat.

Media tarts: to be continued...

Remember last month I promised you an explanation of the picture on the front page? Well, sorry, the powers that be have not yet approved the details for general release. So you'll have to keep guessing – don't know for how long.

Paddle Chat

This soundbite from our Esteemed Head Coach, Carol Fentoullis, at paddling last Thursday evening: "Now do you all remember where you were sitting last time? Put your hand up if you remember which seat you're in! Put your hand up if you remember you're in this boat! Put your hand up if you're in that boat!," and she paused slightly and looked a

bit sheepish... "Now put your hand up if you remember which boat I'm in!"



Carol Fentoullis

Then midway through the wet and drizzly paddle in the dark (well, it's a water sport) we found a rather late-arriving Angie Aston waving from the ramp. She'd decided to not paddle after all and was about to be picked up to go home. But she sent me this email later that evening: "You all looked so cute (and wet) in the boat!"

Statesquad

This last note for the paddle-tragics among us: Most of you will have seen the email which went out advising pre-training for the State Squad this season. I guess because there are so many potential contenders for the squad they want to do some winnowing to end up with a manageable number – because although there will be two Masters teams, there will only be one GrandMasters team. It's a bit of a shock to be starting up so soon, but if you missed the first of the four pre-training sessions on Sunday 30th July there are still three of them to go so make sure you come along on Sunday at 2.45 if you'd like to try out to represent the State.

Thanks to all the contributors to the newsletter and, as always, to Kerry Enemark for making it so beautiful.

**Paddles up
Cynth**

DAS CALENDAR 2006.2007

Date(s)	Event	Location	Details
August 2006			
Sat 5th	DASydney AGM	Studio 4, Pyrmont	After the paddle @ 10.30am
Fri 11th	DASydney Craft Group – Christmas Cardmaking	Engadine	Bookings essential with Robin Shoebridge.
11th – 13th	World Club Crew Championships	Toronto, Canada	Training Squad selection after the Nationals
Sat 27th	Bankstown Regatta	Deepwater Motor Club	
September 2006			
Fri 1st	DASydney Craft Group – scrapbook chalking and paper edge-rolling	Pymble	Bookings essential with Cynthia Kuiper
Sun 10th	Ryde Aquatic Festival Regatta	Kissing Point Park, Putney	
Sun 17th	Dragonhunters' Master and Grand Masters Fun Regatta	Throsby Creek, Carrington	Contact Fairlie Stanish for more details
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 20th	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 Paddle	Blackwattle Bay, Bank St	
December 2006			
Sun 3rd	DBNSW Regatta, Race 3	Penrith SIRC	Hosted by Sloths, 200m
January 2007			
Sat 13th	Tacoma Regatta	Tacoma River, Wyong	
Fri 19th	Twilight Paddle	Blackwattle Bay, Bank St	
February 2007			
24th - 25th	Chinese New Year	Darling Harbour	
March 2007			
Sat 24th	NSW State Titles	Penrith SIRC	
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