

Dragons Abreast Sydney

Sydney Coordinator – Cynthia Kuiper
PO Box 133, Pyrmont NSW 2009
Ph: 9449 6855
Email: cynthiagkuiper@yahoo.com



Kung Hay Fat Choy!

The Year of the Pig officially begins on 18 Feb. 2007 followed by 15 days of traditional celebrations. The Chinese New Year Dragon Boat Festival is a great chance for your friends and family to come and watch you paddle (and see what you've been up to)!

Please remember that although the Chinese New Year regatta is a fabulous, exciting event it does carry significant risk of dehydration, sunburn and theft so:

- Drink lots of water frequently
- Wear lots of sunscreen
- Bring nothing valuable
- Wear money, car keys etc in bum bag



Windswept Tacoma

It was a beautiful warm day and the races went perfectly to time – wait a moment that was January 2006. Let me rethink this. OK: 13 January 2007 – one of the longest days of the year. For the bus people who got up at the crack of dawn and weren't back till after sunset, they proved that you have to give our team credit for perseverance. The weather was cool and the winds were high and the paddling definitely developed character. Unlike last year the ice flavoured drinks were unnecessary but we showed our strengths.

Vicki Farmer organized our two teams with amazing grace. The mixed team again showed how strong our combination of men and women really are. They powered home in the final race – leaving no doubt that we are a force to be reckoned with. The women's team came home with a trophy for a hard fought second place. Yes, we do intend to hunt down and dazzle the Newcastle Dragon Hunters at the next race.

The winds blew and the waves churned and even Zeus (one of the most expert sweeps in Oz dragonboating) struggled to get his boat lined up for the start of the races, but Sue McClelland and Vicki McLean took it in their stride. They are now both fully qualified sweeps having passed one tough final examination day.

The regatta went later than any I had ever experienced. Fortunately the memory of the longest day is fading toward an affectionate view of Di's and Vicki's cakes, Angie rugged up against the cold with her book, Serge and Katherine's very spiffy new chairs and a great group of people.

So I'll see you next year at Tacoma. It is a beautiful spot just up river from the Entrance, can be a bit windy though.

Barbara Lane



DASzlers Mixed Masters in action with Sally Lynch drumming and Vicki McLean sweeping



DASzlers Mixed Masters ready for action

Just a further note about Tacoma - despite the grief the wind gave the sweeps, the paddling was still great (and mercifully the water was warm). Our Mixed Masters, with just four men, put in a splendid effort against much younger crews with more men; and our Women's Masters took out second against some tough competition from the DragonHunters. Sadly there wasn't a grand masters category - maybe next time. To give you an idea of just how tough the competition was - in the first heat of the Women's Masters we had to stop completely half way through the race to avoid a collision with another crew that strayed across our path, yet in a stellar catchup effort we restarted and still managed a time of 2.13.54, coming second to the Pendragon Pinks who did it in 2.06.30. In the next heat we pulled our best time of the day with 1.55.41, thoroughly offending the DragonHunters. But they got their revenge in a very exciting final: DragonHunters 1st in 1.57.50; DASzlers 2nd in 1.57.54 and BeiLoon 3rd in 1.57.57 - doesn't get much closer than that!

Squaddies were supposed to be watching their weight - so while the ravenous refuelling perhaps should have entailed more of Vicki McLean's famous "drink of water, a caraway seed and a swing on the gate", the sugar hits were mercifully also circulating regularly - as much as anything to keep everyone warm.



Vicki McLean and Sue McClelland now fully accredited sweeps



The Pineros and Liz Trenam practicing sitting around

Boatshed plans stir contamination fears

By Sandra Crouch
City of Sydney Reporter

Two of the three dry-dock boat storage sheds planned for Sydney are on sites where soil and sediment in stormwater runoff, prompting fears that increased boat traffic could disrupt the polluted habitat.

The State Government's 2004 boat storage policy allowed Rozelle Bay, the ADI site at Ryde and Wentworth Point in Homebush Bay as suitable spots for dry dock storage. The policy is part of a plan to reduce the proliferation of private sheds and to increase public access to the harbours.

But the environmental assessment report prepared for the Rozelle Bay development says the Rozelle and Homebush Bay areas are both contaminated and a clean-up would be highly expensive.

While noting that the dredged (level) storage at Rozelle Bay is the worst of the three sites, the report says the Rozelle site "is the most contaminated" and "is in the most sensitive area".

There is a plan for a 2000-bay storage centre at Homebush Bay, the worst of the harbours' dredged areas, says the report.

PROPOSED STORAGE SITES

"Pollution within Rozelle Bay is contained, and it does not have the potential to disturb settled and contained sediment at the top and just below the potential to pollute waters," the report finds.

The overall objective of the NSW Department of Environment and Conservation, Jim Woodward, said treatment of soil had begun and dredging and treatment of the sediment would be started in a few months. Mr Woodward said he would be concerned if boats were drifting over the bay and stirring up polluted sediment, but he said his department had not yet assessed the effects of a boat shed in the area.

The president of the Boat Owners Association of NSW, Michael Chapman, accused the Government of dragging its heels on the issue.

"The Government has committed to spend \$20 million on the remediation of contaminated sites, but they have already spent almost half of that on reports and investigations of how to do it," Mr Chapman said. "The proposal at Rozelle Bay West is definitely not a simple exercise."

The City of Ryde has raised concerns about the boatshed planned for the ADI site, saying the master plan included infrastructure elements that are not fit for level of working harbours.

"And state council should want that one to turn it back into a parkland," the Mayor, Don North, said yesterday.

Approved all three dry dock storage facilities were with the Rozelle Mayor, Frank Barber. A spokeswoman for Mr Barber said the Rozelle Bay project would not be approved until the company building it addressed concerns raised in submissions from stakeholders.

A spokeswoman for Dragons Abreast, a 75-member boat racing club for breast cancer survivors, said she would be "devastated" if increased boat traffic drove the passive water craft out of Rozelle Bay. "It's really important to us," Dr Pam Bell said. She said the group had helped women recover physically and psychologically from cancer and surgery.

Media tarts

In a flash of inspiration and initiative our PR maven, Pam Bell, drafted up a quick press release in response to a front page article about the dreaded dry dock destined for Rozelle Bay. Might not have made the front page, but they did pick up on our concerns at the end of the article. Well done, Pam! It read (well the important bit about Dragons Abreast): A spokeswoman for Dragons Abreast, a 75-member boat racing club for breast cancer survivors, said she would be 'devastated' if increased boat traffic drove the passive water craft out of Rozelle Bay. 'It's really important to us,' Dr Pam Bell said. She said the group had helped women recover physically and psychologically from cancer and surgery.'



Twilight Regatta 19th Jan

On Friday 19th January I was lucky enough to be involved in my first Twilight Regatta. It was a beautiful night with the water being quite calm (which is always a bonus!)

As I was sitting in the boat at the starting line I thought to myself how I had never before realised just how far across the bay really was. Although the distance seemed a bit daunting, there were plenty of inspirational words from our fantastic sweep to keep us going. She definitely gave us all the encouragement and determination we needed to make the distance.

While some of the other crews in our race may have dominated in terms of strength and experience, I felt we won the battle for style and panache! We completed the race in a great time, with the fantastic camaraderie between all of the other paddlers in the boat ensuring that 'newbies' like myself always felt a part of the team.

It was certainly a hard race where everyone put in their best. We were all well rewarded though, as there were plenty of sausages waiting for us back at shore to help replenish the energy levels!

Stephanie Barrett

For those who are interested in the stats, we were very pleased with our results at the Twilight. We did 10.26.84 – for our Mixed Masters – that's 30 seconds faster than we did in the same distance with the same number of men in the November twilight (we borrowed Mark from ACCA to add a bit of muscle in place of Martin Hirst who was on vacation).

This Twilight was also the first time we've put in two complete teams and again some virgin racers in the boat – fantastic effort from them (from memory only Tracey Bowne paddled twice). Our Masters Women did a very creditable 11.54.68. Think those long sets have definitely helped our endurance, Carol!



Warming up for 2000m race



Womens backing out.jpg) Women's Masters crew backing out



DASzlers Mixed Masters crew on the start line



Eager to get going

Carol's Kids

Congratulations n being appointed NSW State Junior Coach, Carol! NSW still needs more juniors – check your neighbours, grandchildren, friends' children and see if they are smart enough to jump at that opportunity. Pam Bell can speak with authority on the Juniors:

My 15 year old grandson who is trying out for the team thinks she's the greatest thing since sliced bread. I was even reprimanded when I told him that he was paddling so strongly that he might stand a good chance of getting in the team, as apart from his enthusiasm (he comes up by train from the South Coast every Sat.) he is also a fit young guy. He looked at me with disdain and said 'No Nan – you should know better- Carol says it's all about teamwork and timing!' That was after only one coaching session – I wish he'd take notice of me like he does of Carol !

Pam Bell

Stop the Boat! It's the End-of-Season Knees Up!

Actually, more likely Feet Up! This is definitely one for your diary. Make sure you come to our End-of-Season Knees Up! Instead of a party to celebrate the end of another successful season, this year we thought we'd all go on a weekend retreat! The Nationals will be over and there will be no more regattas until next Spring. Time to rest.

Plan is to head up the coast on Friday 20th April for a weekend of relaxation at Myall Lakes EcoPoint resort. There is a slim chance we may even be able to arrange a dragon boat, but if not, there are kayaks and canoes for hire and any number of other fun things to do. It will be the last weekend of the school holidays so the whole family can come.

There's a range of accommodation prices to suit everyone and no doubt those not travelling with families will want to buddy up to share villas for this friendly, relaxed weekend with people who speak your language eg. Paddles Up! (or should I say Dig it In?)

AIA website

Please check out this great new website about our fantastic international breast cancer festival and regatta at Caloundra (Abreast in Australia) in September – if you haven't registered yet, please do have a good look at the website and you will see that it's going to be huge fun – there is also an FAQ section that answers the most likely questions.

You can register on line, so DO IT NOW!
http://www.dragonsabreast.com.au/Australia_2007/index.htm

We want as many of our members – supporters and survivors – to come along as possible (you'll feel most terrifically left out if you don't) and do bring your families - they will love it too!

It's gonna be AWESOME!!

From the Ether Fairlie in China

I am in China and enjoying everything.. .started with being upgraded to the pointy end on our way over and hasn't stopped! The photo is as close as I've come to paddling here. It's taken in Jinghong, my son's home town! Again - hope each and every one has a great day at Tacoma. I'll be thinking of you as I make my way to the Burmese border in a bumpy bus!

Fairlie Stanish

PS. Fairlie's back now, but Margot's letter from the USA where she meet her baby grandson Jet is just too long to include in the newsletter – suffice to say the new man in her life is divine and her kids must've loved having her there as they asked her to stay an extra week. No Oswalds on the horizon though.

State and National Titles

Sound daunting don't they? But, the only difference from our normal regattas is the prizes – winners all get lovely medals instead of just

a shared shiny trophy. (How cool is that? Bling! Bling!)

So don't be put off entering – to all intents and purposes the State Titles is just another club regatta – and we want every club member, regardless of how experienced or fit they are to paddle with us. We are just as happy to have our newbies paddle with us as our Tuesday Tragic's and we'll field as many crews as we can fill with paddlers.

But surely the National Titles are different? No! Again, we all paddle, just like any other regatta. OK, so the State Teams will battle it out for the right to represent Oz at the Worlds on the Thursday, but on the Friday (1,000m races); Saturday (500m races) and Sunday (200m races) we want everyone there and paddling their hearts out. It will be no different to all the other regattas we've paddled in – same competitors, same lovely atmosphere only we get a grandstand to sit in instead of grass.

But what if you are intent on being an official at the Worlds in September, can you still paddle? Well, here's the gen: If you volunteer to be an official on a particular day of the Titles, you may not paddle on that day – however, you don't have to volunteer to be an official on every day for your officiating experience to count. DBNSW does say though that those who do the most days of officiating will be among the first chosen for the Worlds.

Because the State Titles are only a one day event, if you volunteer at the State Titles obviously you can't also paddle. But the National



Fairlie Stanish "practicing" in Jinghong, China

Titles is a four day event this year – so it is possible to just volunteer on the Thursday of the State vs State paddling (if you aren't in the State Team) and still paddle on Friday (1,000m races), Saturday (500m races) and/or Sunday (200m races).

So, now the CNY entries are all organised and you have the gen on the volunteering parameters, it's time to put your name and money down for the States and Nationals if you want to paddle in those events. See details in the email from Fairlie and Vicki. **DO IT NOW!**

Crafty Ladies

Vicki Farmer came to the DASydney Craft Group for the first time the other day and she had this to say about it:

My first day at the craft group was an eye opener. This scrapbooking business is very professional. Special bags are required to cart everything around with you and they have all these little compartments to hold all manner of bits and pieces – scissors (about 10 different kinds), pens, stamps, ribbons, little stick-on things, wires, papers, cardboard etc. etc. the list is endless and the bags are huge! But a place for everything and everything in its place and woe betide the person who doesn't put things where they belong!

Robin Shoebridge supervises and nurtures everyone along and gives capable advice and guidance where needed. Not all of us did scrapbooking though – Margo-Lynne Lee was making a beautiful quilt for her daughter and Geri Hill was embroidering a stunning hand-bag. Lyn Tyson and Cynthia were working on lovely old family photos and came up with some fabulous ideas for their presentation. Margot Case, of course, was working on an album for the light of her life—grandson Jethro – so we got to see the 150 or so photos she has to choose from!!! Proud Grandma! Pam Bell was compiling a book for her sister and, in between regaling us with hilarious stories, managed to finish a few pages. I actually finished two little frames with photos and am very proud of my efforts – thanks to Robin.

The day passed very quickly with time for morning tea with muffins (one lot low fat!!) and a leisurely lunch on the terrace. Needless to say, the conversation flowed and a productive day was had by all.



Margo-Lynne Lee, Geri Hill and Lyn Tyson hard at work.



Margot Case with the new male in her life

Milestones

Feb brings us just four birthdays to celebrate: Sophie Marinucci on the 3rd; Amanda Muir on the 6th; Brenda Owen on the 20th and Vicki McLean on the 24th. Happy Birthday to all four!

Special thanks to those who reliably contribute photos for the newsletter, in particular Robin Shoebridge, and also to those who were dragooned into writing pieces as well. Please everyone feel free to contribute thoughts and paddling tales to the newsletter – it's your contributions that keep it interesting. And not forgetting our hugely talented Kerry Enemark who lays it all out so beautifully each month – many thanks Kerry!

Diary Dates to Action

Book quickly for March 24th State Titles; April 5th-8th Nationals; and don't forget to register for Abreast in Australia, Caloundra 27th-30th September.

Paddles Up!
Cynth

DAS CALENDAR 2007

Date(s)	Event	Location	Details
February 2007			
Sat 24th	DASydney Bargain Shopping Tour	Factory Outlet shopping trip	Dependent upon sufficient numbers committing.
Sat 24th	DASydney Chinese New Year Banquet	Chinatown	All DA paddlers welcome. Booking form on the group email site. Enquiries Kathryn Pineiro on sergkat@hotmail.com
24th - 25th	Chinese New Year	Darling Harbour	Entries closed. Saturday is sports racing, Sunday is DA Challenge and DA Hospital Challenge
March 2007			
Sat 10th	DASydney Newbies Day	Banks St, Pyrmont	Prior registration required – phone Cynthia on 9449 6855
Sat 24th	DBNSW: NSW State Titles	Penrith SIRC	Let's hang on to that trophy!
April 2007			
5th – 8th	AusDBF: Australian National Titles	Penrith SIRC	1 day of state team to race plus 3 days of club racing for us all!
Fri 20th – Sat 22nd	DASydney End-of-Season Weekend Retreat		EcoPoint, Myall Lakes. Time to put our collective feet up and just relax.
June 2007			
Sun 24th	DASydney family bike ride	TBA	Always fun! Bring the family and a picnic, you can hire bikes there.
July 2007			
Fri 20th TBC	DASydney Champers and Supper Fashion Parade		Date and Venue to be confirmed
September 2007			
19th – 23rd	IDBF: World Dragon Boat Championships	Penrith SIRC	Hopefully we'll have some competitors racing and we'll also need lots of volunteers.
27th – 30th	IPDBC: Abreast in Australia Dragon Boat Festival		Kawana Lakes, Sunshine Coast, QLD Small place – not too soon to book accommodation in Caloundra now – or for your partners to help as volunteers
November 2007			
Sat 24th	DASydney Christmas Party	TBA	Well, you wanted to know well ahead of time!