

# Dragons Abreast Sydney

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Hi all

As you read this, some of our girls will be heading off to paddle in Berlin and others will have just returned from paddling in Canada – paddling certainly can take you all over the place! I'm especially delighted that thanks to Brenda Owen, we now have a wonderfully detailed account of the capers in Canada at the 10 Year Anniversary Celebrations of the founding of breast cancer survivor paddling. Here's her report:

After 20 hours of travelling, David and I touched down in Vancouver late in the afternoon on Wednesday 22nd June. Eager to get our bearings and see the regatta site, we set off on foot from our downtown hotel to discover that we were within easy walking distance from the Plaza of Nations and from there we could see the regatta site on False Creek – another 10 minutes pleasant walk around the bay. I must say our first impressions were "this is not exactly Darling Harbour" but we put our reservations down to jet lag and set off for a nearby restaurant to enjoy dinner in the lingering northern hemisphere summer twilight.

Thursday we had a late brekkie and then enjoyed the sights of Vancouver with a friend who had flown up from Mexico to her home town of Vancouver to see us. She took us to the markets at Granville Island in the heart of the city and to our amazement the whole place was decorated with huge pink ribbons and bows. This was the first inkling of how much the city of Vancouver was prepared to embrace the AIAB anniversary regatta.

That evening we joined up with everyone for an evening cruise. It was great to see Robin, Kay and the 2 Pams (plus the guys) and to hear all the adventures of travel, the Alcan experience – which was predominantly wet and cold – and the tales of woe regarding accommodation. (Photo 1) It was a great night and the camaraderie kicked in – we were off to a good start.

Friday was our first experience on the water. Robin did a great job as team manager despite Richard quoting "I'm the leader, which way did they go?" and during our warm up we were delighted to hear the familiar "Chicks, fire up" as Deb Read appeared out of nowhere to inject her special dose of enthusiasm. This was our first group outing in the race tops and despite our collective reluctance everyone else thought they were terrific ... can you beat that! (Photo 2)



Sydney girls were teamed with DA girls from Tasmania, Penrith & South Australia. We were Boobialla, which Moira Cannell insists is the name of a small native flower found on the banks of the Derwent ... So we donned out life vests (mandatory), filed down the ramp and into the boats and spent a couple of hours on False Creek along with the water taxis, the barges (carrying land fill somewhere) and everything else that used the waterway for pleasure or business. There was an ever increasing buzz about the place; a real air of expectancy.

Friday evening arrived along with the opening ceremony at the Plaza of Nations. Nearly 1,700 breast cancer survivors, plus supporters, decked out in team shirts and pink feather boas all packed into the open air auditorium for the formal welcome and opening. The mood was awesome with lots of dancing and greeting old friends. Personally, I found it totally overwhelming and stood on the sideline just watching. (Photo 3)



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Members of the original AIAB team were there along with organisers, officials and, of course, Dr Don McKenzie. What an amazingly humble man. He spoke of life altering experiences and of the several members of his family that he has lost to breast cancer. He also spoke of his involvement with the inaugural AIAB team and about the pride he felt for all of us. The room rose as one to recognise him. (Photo 4).

The evening ended on a high note and we all retreated for a light meal at Rosie's Restaurant and a moderately early night – minus the Mountie! (Photo 5)

On Saturday morning, things got off to a flying start and races were running ahead of schedule. A bit of a heart starter for Jenny, Jo and myself who came wandering in at the designated time only to find we were late. In our



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first race, we very cleverly positioned ourselves last (minor detail to do with being in the wrong lane).

I have included photos of us actually in boats, just in case you think we only went for the entertainment. Most of us (partners included) got onto a supporter's boat for a race as well, and then in heat 2 we did a little better, coming 4th from a field of 6, as you can see below on the right. Our crew on the left with Jenny in Row 1R, Pam B in Row 3L, Kay and Robin in 6, myself and Pam T in Row 7, Moira & Sue Houghton behind us, Michelle to sweep but someone was helping manoeuvre us out of the dock area. Take note of the barge in the background, being filled with landfill while we raced. (Photos 6 & 7)



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Then there were the more relaxing times – the Pink Parade (there are those shirts again) and the relay races and I don't know where we came in this – I think 2nd or 3rd but am happy to be corrected.

... and of course the Dragon Night Fever. Dinner with Jenny and Jo and Julie Quigley from Central Coast. (Photo 8) My new-found friend Roseanne, going through her 6th cycle of chemo, living it up on the dance floor and still drumming for the Phoenix crew. (Photo 9)

Sunday we had the heats and, because of our superior tactical performance on the Saturday, we managed to take out the silver medal in the C Class final. Look at that technique and the timing – what can I say! (Photo 10)

Meanwhile, back in the athlete's village there was some serious business being attended to. No GST invoices here but lots of enterprise. The art of trading was never finer and some real champions emerged. Pam Bell has confessed to being a trade-a-maniac. Pam says "I know that it's silly but I just can't help myself". And Pam should be starting counselling very soon after her return to Australia. She was even seen trading a piece of watermelon for a grape with my husband after lunch. Kay and Pam Telfer were new to this madness but managed to represent themselves perfectly well and seemed to handle the pace with ease. Robin Shoebridge, having experience on her side, got off to any early start and traded her way through the entire village until there was nothing left to trade but the shirt off her back. Jenny and Jo were late starters but quickly made up for lost time. The last I saw of them they were seriously negotiating for 2005 AIAB shirts.

Me? I wasn't going to get involved in this next-to-black-market silliness. Then Pam gave me some guidance, encouraged me to get involved in some panic buying of 2 (last of a kind) pink lanyards and before I knew it, I was in there, doing it with the best of them; trading my socks off. I've even managed to trade daughters with a girl from Ottawa (temporarily of course) and yes I traded my shirts just like Robin and had to borrow Jo's shirt to wear in to the presentation.

Here are some of the shots inside the athlete's village showing some of the insider-trading deals being executed. Check out Pam's hat in the lower left hand corner of photo 11 as she hurries over to check out what Jenny and Jo are up to.

In photo 12, Pam is giving me some tips and Michelle Hanton distracts me while the lady on the left is trying to work out how she can get one of our shirts.





In Photo 13 Richard (foreground) and Ted (rear) supervise a quick change before some more serious trading. Photo 14, Robin hard at it – what can I say; she’s such a professional!

The flowers on the water ceremony was quite a special event as always. (Photo 15) Jenny represented DASydney and we all looked on as thousands of pink carnations were offered in memory of those no longer with us. It was particularly moving for members of the Portland Oregon team who lost a crew member just that morning and for members of the original AIAB team who lost a team member this year and who would have celebrated her 50th birthday that day.

The closing ceremony was very special, almost like a mini Olympics. On the way out we bumped into Dr Don on his way down to have a well-earned beer and he kindly stopped and had a chat with Pam and me. (Photo 16) He is carrying the paddle that was presented to him and which is signed by all the teams. He told us that he is coming to Australia for a kayaking trip in October and will be in Sydney. It would be wonderful to get him out for a paddle.

You can see how Pam is weighed down by the lanyards and pins around her neck – proof of her exploits – and you can tell by my silly grin that I am wearing a 2005 AIAB shirt that I am not supposed to have. Both Pam and I were so excited to be speaking to Dr Don that we missed the greatest trade opportunity of all time – look at that shirt he’s wearing!!!!!!



## Thanks to Sally, Carolyn, Deb, Brenda and Claire

Having seen very little of all of you the last three months because of the Berlin training I want to pay special tribute to Sally Lynch, Carolyn New, Deb Read, Claire Hendy and Brenda Owen for looking after the paddle sessions so well these last three months. They've been fantastic and I'm sure those of you who have enjoyed paddling through the winter join with me in thanking them very much for their efforts to keep things going – it's the first time DASydney's ever paddled thru winter and they stepped into the breach magnificently. What a wonderful example it's been of how beneficial it is for a wider range of people to know how the club works so everything doesn't fall in a heap when others aren't available.

## Season Opening Coffee and AGM

As I write this in freezing late July it is hard to believe that the new dragon boating season is about to begin, but begin it will, in September. Saturday 3rd September will be the first time in ages that we'll mostly all be together because our Berliners will be back and happily they will be paddling pink again. So after the paddle we want everyone to come to Starkeys for a big, friendly, season-opening celebration coffee. We'll also have our AGM when you get to elect your new committee for the coming year – it's not too soon to start thinking about putting yourself forward to join the organising fun of DASydney.

Remember, that to vote at the AGM you need to be financial, so get those membership renewals in ASAP if you haven't done so already. If you didn't receive your renewal form from Carolyn, please contact her on carolynn@iinet.net.au or one of the committee ASAP for another copy. Remember too that your DASydney renewal (at \$120) includes your membership of both DAA and DBNSW plus your share of the club's membership of those bodies and associated costs – so do not also send any membership forms or money direct to DAA.

## Photo IDs for regattas

Starting this season DBNSW will issue photo IDs for all financial members – and all paddlers will be required to wear their DBNSW Photo ID at regattas.

Carolyn New has kindly offered to manage the collection and submission of DASydney member photos for incorporation into the IDs. Paddlers without their photo ID will not be allowed to paddle so please give a passport photo (with your name on the back) to Carolyn ASAP. By the way, replacement cost for lost IDs will be \$10 apparently.

## Milestones

Another busy month in the birthday department with Michele Streight on the 2nd, Sabrina Symons 5th, Brenda Hoffman 23rd, Christine Fitzgerald 28th and Anna Higgins and Lana Rodgers on the 29th. Happy Birthday to you all.

Special thanks again to Brenda for that super Vancouver report.

Paddles up!

Cynth...

## Fancy a Spin?

How long is it since you last rode a push bike? When we were in China last year Carolyn New spun off into the distance with me, Margot Case, Bobbie Fox, Akal and Pritham Khalsa wobbling along behind her, on the flat mercifully, through a string of ancient little villages. That was when my bike famously ended up in the rice paddy (you gotta laugh!). It was such a blast, even though we hadn't ridden bikes since we were kids we soon got into it again. We had such a good time that we asked Carolyn to organise a family bike picnic for us all here in Sydney. Here's what she's planned:

Sunday August 28th – A bike ride around Bicentennial and Olympic Parks (we can hire bikes there).

This will be an easy social ride on shared pathways and is mostly flat – there are kilometres and kilometres of pathways in this area – cycling paradise!!!

My intention is to ride as a group for a couple of hours exploring these lovely parks. We will stop regularly to appreciate the surroundings. Family are welcome along but please note that little legs and wheels may have difficulty keeping up and for some it may be better to 'do your own thing' after we start and meet up for a picnic afterwards. We can discuss that individually.

This will be a morning activity. Probably a 9am start as that's when the bike hire opens – and it's quiet. The paths, particularly in Bicentennial Park, get busier and busier as the day wears on with lots and lots of family cyclists and walkers. Olympic Park is much quieter. After the ride we can all have a BYO picnic back near the start.



## Postcard from the Ether

We now know why Lyn Tyson hasn't been at paddling lately – she had to endure a cruise round the Hawaiian Islands, all in the line of duty for work, you understand:

"Having a fabulous time – lying here on the deck of the ship in the sun, reading a book called 'Get a Life' Love Lyn PS Looked out the porthole this morning and what do I see – DRAGON BOATS!"

Lyn Tyson needs that pina colada for such a tough job!



# DAS CALENDAR 2005.2006

Month	Date(s)	Event	Location	Details
<b>Aug 05</b>	Sat 6th – Sun 7th	IDBF 6th World DB Racing Championships	Berlin, Germany	
	Sun 21st	Deepwater Motor Club Regatta	Deepwater Motor Club, Bankstown	10's racing (open, womens, mixed and Masters in each category - if numbers permit). Details TBA
	Thu 25th	Lymphoedema Seminar	Westmead Hospital	Guest speakers: Cynthia Kuiper
	Sun 28th	DASydney Social Bike Ride	Homebush Bay	Of course you can still do it after all these years. No hills – promise! – lotsa fun! Contact Carolyn New on carolynn@inet.net.au
<b>Sept 05</b>	Sat 3rd	DASydney season opening & AGM	Starkeys on Bridge	After paddling – very important!
	Sat 10th	DASydney Newbies Day	Banks St, Pyrmont	Remember, if you recommend someone to come, they must book.
	Sun 18th	Ryde Aquatic Festival Regatta	Kissing Point Park, Putney	
<b>Oct 05</b>	Fri 7th – Sun 16th	10th Australian Masters Games	Adelaide	Registrations close 5th August – <a href="http://www.AustralianMastersGames.com">www.AustralianMastersGames.com</a>
	Sun 9th	Dobroyd Regatta	Henley Marine Drive	
	Sun 23rd	DASydney lunch	Little Snail, Pyrmont	
	Sun 30th	Jacaranda Dragon Boat Festival	Clarence River, Grafton	
<b>Nov 05</b>	Sun 6th	Regatta	TBA	
	Sat 19th	DASydney Xmas Party	TBA	
<b>Dec 05</b>	Sun 4th	Regatta	TBA	
<b>Jan 06</b>	Sat 14th	Regatta	TBA	
<b>Feb 06</b>	W/E 11th /12th	Chinese New Year Dragon Boat Festival	Darling Harbour	Put this in your diary now!!! It's a MUST
	Wed 15th	Hornsby Zonta	Hornsby	Guest speaker: Cynthia Kuiper
<b>Mar 06</b>	Sat 25th	NSW State Dragon Boat Titles	Penrith SIRC	Not just for elite paddlers – this is for everyone too!
<b>Apr 06</b>	Fri 14th – Sun 16th	2006 AusDBF National Dragon Boat Titles (at Easter)	Nagambie Lake, Victoria	For accommodation, contact: Nagambie Lakes Visitor Centre ph: 03 5794 2647 <a href="http://www.nagambielakestourism.com.au">www.nagambielakestourism.com.au</a>
<b>Aug 06</b>	11th – 13th	World Club Crew Championships	Toronto, Canada	
<b>Sep 07</b>	28th – 31st	Internationally Abreast Festival	Kawana Lakes, Sunshine Coast, Qld	TBA