

Dragons Abreast Sydney

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Howzat!

Doesn't the new official DASydney logo look great? The poll asking which logo you liked best was well supported, so thank you to all who cast a vote. (If you didn't vote, c'est la vie) Seems most of you prefer this more ferocious version which is now the face of DASydney! We are all indebted to the very talented Kim Owen, Brenda's daughter, who designed the logo especially for DASydney and has gifted us the rights to its ongoing use.



Hi all,

We're all hanging out for news from our DASydney girls in Vancouver and their experiences at the Alcan Festival and the 10th anniversary celebrations of BC survivor paddling. Words and pics from Brenda Owen show they are having a fantastic time and Pam Bell sent this progress report:

"Hullo - we're just off to training .Don't think we are going to do too well at the week-end but you never know, we might get a nice surprise. The Canadians and NZ'ers are really gung-ho about it all . it's similar to Team Australia's China regime - very very serious. We're just floating around with no organisation - here for the social events methinks!"

Then, some days later, more from Pam Bell:

"We are enjoying lovely summer weather (after a cold start). Have just arrived back in a perspiring heap from the Pink Party - it's on until 11pm but we have to do the first race in the a.m - have to be down there 7.30am . Deb is great, Pam T and I enjoyed lunch and shopping with her at Granville Island yesterday. She's having a ball- was sweep for the supporters race today and has been coaching us at warmups etc She's become a mad keen golf fanatic so don't think she'll have much spare time. Brenda, Kaye, Twins, Pam T, Robin and yours truly are having a great time- the opening ceremony was really beautiful - Don McKenzie gave a lovely speech. You'll be pleased to know they're making a DVD of it all for distribution. Tonight they had the Awakening of the Dragon ceremony and we managed to get ourselves into the act as drummers - it was a hoot. You have never seen so much pink in your life - we had the grand

Pink Parade after the races today and tonight of course it's THE colour! Don't think we're going to be winning too many races - composite teams really don't work too well, but it's fun. We all piled in to help the supporters race and took part in the Relay Race. By now you will have received a party photo from Brenda's phone- we have too many on the cameras to download so that was the best we could do. Will say goodnight- see you all soon Pam."

Then this from Brenda

"We have just had a sensational day! One silver medal and lots of memories to bring home. Sorry about last Saturday's DASydney paddle but great news about the rain"



Pam Bell and Brenda Owen "having a jolly good time"



Brenda Owen's phone photo - it's the twins and Michelle Hanton partying with Don McKenzie - the founder of BC survivor paddling - and Julie Quigley.



Huge Contribution to DAA

There's quite a lot of news, despite it being off-season. First up must be huge congratulations to Brenda Owen, our Mistress of Merchandising, who brilliantly managed the Entertainment Book exercise. It was a massive administrative, logistic and marketing effort on Bren's part and raised an impressive \$1,525 for our national body, Dragons Abreast Australia. Special prizes for top booksellers will be awarded at the DASydney AGM.

In her note to Michelle Hanton, Brenda said: "This was quite a challenge for many of us, as we started quite late and found

that the market place was pretty well saturated – most people already had theirs through work/schools etc. However next year we will get the jump on everyone and now that we have a list of contacts to build on it will be a whole lot easier. Of the 30 people who took the challenge seriously, we sold 106 books. Top Bookseller was Wilma Kippers with 11 books and top money raiser was Barbara Scharrer with 9 books plus a \$30 donation. Well done everyone in DASydney who participated in this venture and many thanks for the spirit of cooperation and generosity."

And especially well done, Brenda!

Membership Renewal Time

By the time you receive this newsletter your membership renewal will be overdue, if you haven't renewed it already! Renewals were sent out in June by email, so if you haven't received yours yet, contact our Acting Membership Coordinator, Muriel Buckeridge pronto on buckeridgem@yahoo.com or 8765 1194.

Hitting the Hustings

It's been a blessedly quiet month on the PR front so I don't have much to report. Jenny Petterson, in between her Outrigger canoeing races, AusSquad training etc, was well received as guest speaker at Australia's Biggest Morning Tea in Gynea. I found myself doing likewise at a similar function in Bellevue Hill. Paula Adamovich, who hosted some 50 of her friends at the morning tea sent me the following good news:

"... You will be happy to know that I have banked \$2500 for the Cancer Council. Thank you again for your enormous contribution to the morning. Regards Paula"

You'll be amused to hear that two women in the audience identified themselves to the audience as mothers of Snatch paddlers, with one saying "My son paddles with the Snatch, Australia's champion dragon boat team, and he says you ladies are just marvellous!" I wonder if they'll take up my offer to join their sons at Chinese New Year in the "Put Your Mum In a Boat" race.

Cheers for Volunteers

Well it's starting to happen – I'm very happy to see that gradually more of you are stepping up to give back something to the club. So far this year we've had no secretary at all but one of our committee meetings, so I'm especially pleased to announce that Wilma Kippers (on top of her AusSquad training) put her hand up

to be Acting Secretary as of last month – and that takes a load off me, so I'm especially grateful. Much appreciated, Wilma! Special thanks too, to new member, Muriel Buckeridge, who has been helping the committee with membership issues and procedures and now takes over as Acting Membership Coordinator. Carolyn New, our current Acting Membership Coordinator, recently put out a call for help on the membership sub-committee. Thanks to newbies, Gael Ellis and Barbara Lane, who answered Carolyn's call and now become Keepers of the Name Tags. Kerry Enemark kindly volunteered as well, but she is already laying out the newsletter, which takes considerable effort, so we figured she was doing more than enough already.

That's fantastic to see more girls stepping up to help with the running of the club. It's a terrible cliché, but many hands do make lighter work – they also make it lots more fun!

New Season's Regatta Schedule

Time to mark out your diary!!! The coming season's regattas have now been announced, so check out the calendar on the back page and set aside those important dates! One you will need to think about quickly is the Masters Games in Adelaide as the cut-off date for actual registrations is 5th August. You don't have to be a great paddler to race and enjoy it – just whoever wants to come along makes up the crew – brand new paddlers are just as welcome and will have just as much fun!!

The other thing to think about soon is booking accommodation for the Nationals in Victoria next Easter – it's about an hour and a half west of Melbourne at a place called Nagambie Lakes and I gather the accommodation nearby is limited. If we are to have as much fun as we did in Canberra this year, we need to bags a good place to stay before it's too late.



From another Planet?

Recognise the bikey in the picture? Can it be that such a person also paddles dragon boats? Well yes, it can. Carolyn New has another not-so-secret passion – as seen in this picture in the North Shore Times, trumpeting her most recent success as a bicycle advocate. (We sure could use a few similarly inspired girls to help with the promotion of Dragons Abreast Sydney).

But the main reason we are exposing Carolyn like this is by way of thanking her for her humongous effort sorting out some quite complicated membership issues, procedures for the renewals, newbies, coordination of concurrent DASydney, DAA and DBNSW memberships for everyone etc. Many thanks Carolyn and congratulations on a superb administrative effort.

AusSQUAD Trivia Night

The AusSQUAD hosted a Trivia Night recently as a fundraiser to help get the team to Berlin. DASydney managed to fill four and a half tables with contestants. To lift our chances in the quiz Deb Read ran interference with the other tables, offering hilariously, inappropriate, "helpful" answers to throw them off the track- eg: "Tom Hanks" as the answer to "Who was the third man to walk on the moon?" and she earnestly (with that wicked twinkle in her eye) proffered "Pakistan" for any number of other questions.



One of the DAS tables, (including the incredibly "helpful" Deb Read) at the AusSQUAD Trivia Night

Grand Dragons

We might well make the most of every day, but we all need long term goals too, right? Well here's a doozy!! Seems Australia couldn't gather enough oldies to field a crew in the new 'Grand Dragons' category for this year's World Championships. But the good news is that in 2007 (when we'll host the World Championships here in Sydney) we plan to field a Masters crew (over 40 yrs) AND a Grand Dragons crew (over 50 yrs).

Hallelujah!! Maybe then some of us older gals (like me) will only have to compete against crews 10 years younger, instead of the current 20 years.

Both categories need to be in your sights if you are "that" vintage. Hey – we DASydney girls can do ANYthing!!! Wouldn't it be a hoot to have DASydney girls dominate the Aussie Masters and the Aussie Grand Dragons crews in 2007? Piece of cake, I reckon – let's go for it, girls!

Just to give you a taste – here are some photos of the AusSQUAD girls in training.



Above: At the AusSquad bootcamp – Deb Cooper tackles the erg machine while other victims watch sympathetically.



Left: Kris Sawyer on the Evil Erg.



left: Eugenia Raftos (the AusSquad's "Eveready Bunny") wasn't the least bit daunted by the erg trial.

Right: Ready to watch a video of our "paddling sins".



Spring Cleaning & Market Day

Remember all that "stuff" you haven't used for years filling up your drawers and cupboards – it's time to put it to good use! We're taking a market stall soon to help you get rid of all that stuff you don't need any more. What an incredible bonus – you reclaim space at home and DASydney raises money from it!

Spring is around the corner – so now's the time to get tough, get stuck into it and start setting things aside – kitchen gear, children's paraphernalia, bric-a-brac, potplants, garden tools, whatever – maybe you can even persuade your significant other to relinquish unused tools from the garage. Watch that pile grow and feel good about it!!

Just think of all that lovely potential space you'll gain – so you can fill it up with essential paddling gear.

UFO Sighting Due

With Vancouver and Berlin occupying most of our crafty ladies lately, the next gathering has been deferred until Friday July 22nd when we will all work on our UFOs (UnFinished Objects) at my place. I believe Margot Case will bring a few teddy bear kits along so anyone UFOless can tackle one of those cute little fellers under Margot's expert guidance. Everyone is welcome – call me for details on 9449 6855.

Why it's good to be a woman:

- We got off the Titanic first.
- We can scare male bosses with mysterious gynecological disorder excuses.
- Taxis stop for us.
- We don't look like a frog in a blender when dancing
- No fashion faux pas we make could ever rival the Speedo
- We don't have to pass gas to amuse ourselves
- If we forget to shave, no one has to know.
- We can congratulate our teammate without ever touching her rear end.
- We never have to reach down every so often to make sure our privates are still there.
- We have the ability to dress ourselves.
- We can talk to the opposite sex without having to picture them naked.
- If we marry someone 20 years younger, we are aware that we will look like an idiot.
- We will never regret piercing our ears.
- There are times when chocolate really can solve all our problems.
- We can make comments about how silly men are in their presence because they aren't listening anyway.

Postcards from the Ether

This update from Helen Hynes in Ireland:

Hello Everybody including all the newbies and recent newbies who never heard of me!

Sorry I have not been in touch. I have been writing cards but not sending them so when they arrive (or if they do) they'll be out of date.

Anyway - I have just had a check up with my surgeon who is pleased with my progress.

I got my first dose of chemo on 3rd June - of course I was dreading it but it was not so bad - so one down - five sessions to go.

I am eating quite well but am very tired most of the time. Julian is being magnificent. He feeds me constantly with interesting bits and pieces.

It was a Bank Holiday here last weekend and lo and behold I heard a piece on the radio about a race in Cork Harbour which included two dragonboats - I'll check around to see if there are any more because there is quite a large Chinese community here in Ireland at the moment learning English.

Thank you to Carol for the photographs of the luncheon. Thank you to Robin for the hand made card - it made me feel so special. Thank you to Sue for your letter. I think I thanked everybody else before but if I leave anybody out, please put it down to the disappearing brain cells.

I think of you all and watch your progress with great interest.

Best wishes to you all, Helen

Kick a Germ Joy Juice

Our very own naturopath, Deb Cooper, has come up with some timely winter advice:.



Simple Measures for Common Colds

Generally a cold takes 3 days to come on, 3 days with you and 3 days to go. You may not prevent it but you can ease the symptoms and prevent it worsening. The best treatment is echinacea but be aware there are three types. Angustifolia, Purpurea and Palida. By far the best is Echinacea Angustifolia which improves immunity by 70%. The other two will only have a 6% benefit, so make sure you buy the right one.

Elder flower tea has a lovely flavour and specific for sinus congestion so steep 1 teaspoon of the flowers for each cup and it can be taken regularly with no harmful effects. If you have a fever you might want to add some peppermint and/or yarrow and make a blend.

Finally an improvement on the hot lemon drink – 'Kick a Germ Joy Juice' Juice 2 lemons and put the juice into a cup and set aside.

Slice the lemon skins and put into a small saucepan with a couple of chopped garlic cloves and some grated ginger root or ginger powder. Cover with water and simmer for 10 – 20 minutes. Strain off the water into the cup containing the lemon juice, sweeten and drink.

Milestones

Birthdays this month kicked off already with Deb Cooper on the 1st. Neil Millgate and Kerry Enemark are next on the 4th, Muriel Buckeridge 11th, Bobbie Fox 12th, Helen Pallis 18th and Janet Green 21st. Happy Birthday to you all.

Thanks to everyone who sent in photos and stories to the newsletter this month – the more the merrier!

Paddles up!
Cynth

DAS CALENDAR 2005.2006

Month	Date(s)	Event	Location	Details
July 05	Fri 22nd	DASydney Craft Group (BOOBS Exchange)	Pymble	Bring along your works in progress. All welcome. Contact Cynthia Kuiper cynthiagkuiper@yahoo.com
Aug 05	Sat 6th – Sun 7th	IDBF 6th World DB Racing Championships	Berlin, Germany	TBA
	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 and Margo-Lynne Lee
	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@iinet.net.au
Sept 05	Sat 3rd	DASydney AGM	Starkeys on Bridge	After paddling – very important!
	Sat 10th	DASydney Newbies Day	Banks St, Pyrmont	
	Sun 18th	Ryde Aquatic Festival Regatta	Kissing Point Park, Putney	
Oct 05	Fri 7th – Sun 16th	10th Australian Masters Games	Adelaide	Registrations close 5th August – put your thinking caps on now! www.AustralianMastersGames.com
	Sun 9th	Dobroyd Regatta	Henley Marine Drive	
	Sun 30th	Jacaranda Dragon Boat Festival	Clarence River, Grafton	
Nov 05	Sun 6th	Regatta	TBA	
	Sat 19th	DASydney Xmas Party	Pymble	
Dec 05	Sun 4th	Regatta	TBA	
Jan 06	Sat 14th	Regatta	TBA	
Feb 06	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
Mar 06	Sat 25th	NSW State Dragon Boat Titles	Penrith SIRC	Not just for elite paddlers – this is for everyone too!
Apr 06	Fri 14th – Sun 16th	AusDBF National Dragon Boat Titles (at Easter)	Nagambie Lake, Victoria	For accommodation, contact: Nagambie Lakes Visitor Centre ph: 03 5794 2647 www.nagambielakestourism.com.au
Aug 06	11th – 13th	World Club Crew Championships	Toronto, Canada	