

Dragons Abreast Sydney

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Hi all

Much to tell this month. Hope you are all coming to the Ryde Regatta on Sunday 18th September– it's our first regatta for the season, and for some of you, it will be your first regatta ever. Remember that EVERYONE, including beginners, can race at a regatta – you won't believe the fun of your first race! Besides it's a great occasion for getting to know your fellow paddlers better. Ring or email Anne Gates now to arrange your race entry. We'll be handing out your DBNSW ID cards (remember you had to hand in mugshots?) which you'll need for racing this season.



Masters Womens crew – 14 of them
DASydney girls plus Michelle and
Janelle

Back from Berlin

It's great to have our 17 Berlin paddlers back in the fold again and what can I say about the World Championships in Berlin? It was awesome! The competition, as expected, was incredible and inspiring and although we didn't bring home any medals, we did our best times ever and were terrifically pleased with our efforts. The training was very demanding, especially for Joanne Petterson who not only paddled in the Premier crew, but was our coach for the Womens Masters crew as well.

This year the whole Australian squad was very friendly and so we all had a lot of laughs and good times together.

Having had a few of our crew pull out, we were a bit short on numbers by the end of the preparatory campaign so we were thrilled that Michelle Hanton, our National Coordinator and an expert sweep, agreed to sweep for us and Janelle Gamble, from Missabittatitti in Brisbane, met us there to top up our crew. (Poor Anne Gates couldn't paddle because her back was so bad – she ended up walking most of the way to Berlin in the plane as she was

too uncomfortable sitting down.) Sweeping conditions were tough at the race site in Mugglesee (on the Spree River in old East Berlin), with changeable crosswinds and frequent rain. Both Michelle and Carol Fentoullis did an amazing job sweeping the different races for us. Somewhat unexpectedly we ended up racing in 1,000m races as well, which was a first for us – 1,000m at race pace is a loooooong way! Most of the team went off travelling in Europe after the Championships, with the twins and Geoff Eldridge spending another six weeks over there.



Kris Sawyer, Deb Cooper, Carol Fentoullis, Tracey Bowne and Wilma Kippers shelter from the rain under drying rashies



Margaret Cantwell with Sylvia Wong, our team manager, and Skip, the team mascot



Carol Fentoullis wasn't the only one admiring the competition



DAS at the Worlds



Lion dancers in the grandstand at the Opening Ceremony

Farewell Kathryn Davis

Kathryn Davis was one of the Berlin crew who came straight back from Berlin to Sydney as she was moving house to Anna Bay. It's always sad for us to lose members, but Kathryn says she and husband Kevin are very happy in their new home up the coast. Hopefully she'll come to paddle with us from time to time, but I fear mostly we'll meet her on the water with her new team, Newcastle.



Kathryn Davis

Australian Masters Games in Adelaide

Jo Fizell is very busy organising the DASydney contingent going to Adelaide and she wants everyone to know about it: Excitement is building for the Australian Masters games in Adelaide. Dragons Abreast Sydney is busily preparing for their participation in the dragon boat racing events from 7-16 October. This is Australia's largest multi-sport festival with an expected 10,500 participants from around the world. It provides the perfect opportunity for people of varying backgrounds and abilities to be involved in sport. There is a diverse range of over 60 sports being contested and of course we all know that dragon boating promises to be the most spectacular and exciting. The location is the beautiful Torrens Lake at Elder Park, which is only 10-15 minutes walk from the city centre. A closing ceremony will be held on Saturday evening. So far 12 DASydney paddlers have registered and there is still time for late registration online – if you want to join in the fun and excitement contact Jo Fizell on 9971 2228 or Angie Aston on 9808 2574.

A Walk in the Park (so to speak)

Put this in your diary for Sunday 25th September. Wilma Kippers is organising a great DASydney bush walk, which promises to be fun. Bring the family for a great urban bushwalk, approximately 10 kilometres long, taking around 3-4 hours to walk. If you haven't done it before you'll realise you'll want to do it again. And it's a fantastic walk to show visitors our beautiful harbour and surrounds.

Moderate fitness is required, there are some steep ups and downs on unmade paths, but otherwise there's no real difficulty. This walk is regularly done by families and can easily be done by children.

We'll meet at the Spit Bridge at 8.30am for an early start to beat the heat. At the end we can have a byo picnic or fish 'n chips at Manly. Bring your own snacks and water for the walk as there are no shops along the way. And don't forget the sunscreen. There is only limited free parking at the Spit so the best bet is to catch a bus from Wynyard and then catch a ferry back to the city. Or you could park in Mosman or Manly and then catch the bus to the Spit. Wilma will be emailing maps and more info to those who let her know they want to come – so contact her ASAP to say you're coming.

Cheer on the Changing Gears Bike Ride Sunday October 23

Changing Gears is a global motorcycle relay event created for and by young women living with breast cancer. Young breast cancer survivors from across the world will take part in one-week rides in the United Kingdom, United States and Australia.

The goal of this unique event is to raise awareness and funds for breast cancer support programs in all three countries. The final leg of the Run will take place from 23-30 October 2005, in Australia, starting at Coogee Beach in Sydney and heading up the Pacific Highway and on to Brisbane with all proceeds raised supporting BCNA. 21 survivors will take part in this event, each riding motorcycles generously donated by Harley-Davidson.

You can get more details about Changing Gears and Amazon Heart at: <http://www.changinggears.org/>

Postcard from Helen Hynes

Helen moved back to Ireland a while back and landed in hospital shortly after. This is her latest news:

I have been following your postings avidly and still miss you all.

The chemo is going pretty well in that the side effects are not too onerous. I won't know the medical effects until after the fourth treatment, which is on 5th August next but I feel good. I am putting on weight now which is great. My appetite has improved immensely, all with Julian's assistance. The Health Authority here also gave me a Medical Card which means I do not have to pay for anything and they also told me to apply for a Disability

Benefit because of all the Social Insurance money I paid when I worked in Ireland – so that is all good.

I am almost bald with just some fuzzy baby hair all over. My son calls me 'slaphead', which is charming. Julian and I are spending a week in London and would you believe the weather is not bad. We also spent five days in Kerry in south west Ireland which was wonderful.

It is always great to read the emails. Thanks, Helen

Relay for Life – an opportunity to promote DASydney

The Zonta Club of Blacktown will be having a stall at the Cancer Council's Relay for Life at Blacktown on the morning of 29th October. This is the 24-hour walk that raises funds and awareness about cancer. Zonta will be showcasing the breast cushions they make for women who have experienced mastectomies. Zonta Blacktown has kindly invited us to join their stall to promote Dragons Abreast from 10am to 1pm, or part thereof. It will be at the Charlie Ball Reserve, Cnr Doonside and Knox Roads at Doonside. Any volunteers?

Promotional Activity

Not much to report this time other than speaking to a Lymphoedema Group at Westmead Hospital in late August. Big news will be the season-opening Newbies, where we will have 36 newbies coming to have their first go at paddling – more about that next month.

Somewhat Saddlesore But Not Sorry

Brenda Owen was one of the fearless bike riders at our DASydney Bike Ride, organised by Carolyn New. Here's what Brenda had to say about it:

Sunday 28th August dawned clear & bright as a group of intrepid paddlers gathered at Bicentennial Park for a social pedal. Carolyn "Armstrong" New was our fabulous organiser and leader for the day and her friend Pam who very generously rode behind the group picking up the stragglers and keeping us all together.

We were a motley crew of 14. As well as Carolyn & Pam there was Cynthia, Robin, Christine & Terry, Helen, Claire, Georgina & Thomas, Tracey, Michael & Christian & me. Most of us hired our equipment and we were very impressed when Helen turned up with her own spanking new bike complete with trimmings. Grinning sheepishly, Helen divulged that she had won it in a raffle and 'couldn't ride to save herself'. Most of us found that we were in much the same boat as Helen – except for Cynthia who had been taking private pedalling lessons from Carolyn in Shanghai last year.

Claire was the bravest as she was riding with Thomas in a child seat and he was magnificent until he was asked to wear a helmet. From that point on Claire had to be on the move, as every time she stopped Thomas began to express his dissatisfaction.

Once organised, we set off on a well-planned course which was – in the main – very level. It really did not take long before we were all riding like champions. Along the way we rode past the Badu Mangroves and stopped at the bird hide. Then we pedalled up to the top of a Bay Marker, which we achieved by riding around & around & around at a rather gentle gradient until we reached the top. This offered a wonderful view of Homebush Bay & the Olympic Site. Inspired by the scenery we then pedalled enthusiastically towards Olympic Boulevard and the Sunday Markets. Most of us were starting to feel pretty confident on the bikes by now. Christine tried to break away from the mob but Cynthia (our on-location traffic warden) brought her back into line. Finally, the lure of a coffee was too much to ignore. It wasn't until we stopped and got off that the first effects of the saddle became apparent.

There were some rather interesting re-adjusting manoeuvres and some rather risqué comments regarding bruising and pain in awkward spots around the body. We sidled up to the coffee stall and then settled down for a good rest. Some of us cruised the market stalls, some OD'd on fudge – that was Robin's fault – and some watched a 'cooking with



DASydney bikies ready to ride



Conquerors of the conical hill, with the Olympic site spread out below

chillies' demonstration. Most agreed that the chillies could be put to better use as a massaging agent, as it would divert our minds from the ever increasing awareness of saddle pressure.

Bravely we remounted and set off for the Olympic Park Wharf. With many comments along the lines of 'Are we there yet?' and a few near misses with oncoming bicycle traffic, we finally arrived at our ambitious destination. After a brief stop, more discussion about saddle pressure and the consumption of many hundreds of grams of fudge we decided to take a short cut back to the start – wise move! Thomas was placed back into his seat, a head count was taken and we headed for home like a pack of work horses at the end of a hard day (well I was keen anyway).

The kids seemed to have more energy at this point and Christian & Georgina, who didn't show any signs of slowing down, were keen to ride on. Perhaps they were just trau-

matised by the experience of being with a bunch of verbose oldies and just wanted to get away.

One last loo stop and suddenly Helen came into her own. She sailed straight through the pack, coming from being part of the rear guard to becoming a group leader calling out 'look out I can't stop' as she headed up the charge for home. Thomas decided that enough was enough and so Claire also made a hurried exit and the rest of us followed suit. Tracey finished strongly, demonstrating the benefits of all that training for Berlin and one by one we all made it back to finish line.

The day was a real buzz and concluded with a lovely picnic under the trees afterwards. Next time a bike ride is on the agenda I thoroughly recommend that we all give it a go – partners and family included. Our thanks must go to Carolyn and Pam for the tremendous organisation of a very successful day in the park.

Your Committee for 2005/6

Thanks to all those who came to the AGM and coffee at Starkeys. It was great to see so many of you there and happily all our business was concluded satisfactorily. You can find the Coordinator's and Treasurer's Reports on the DASydney group email site. Ring me if you have any problems doing that and I'll try to help.

The new committee you elected consists of the following people:

- Coordinator: Cynthia Kuiper
- Treasurer: Claire Hendy
- Secretary: Wilma Kippers
- Membership Coordinator: Muriel Buckeridge
- Team Captain: Anne Gates
- Social Events Coordinator: Margo-Lynne Lee
- Merchandise Coordinator: Brenda Owen
- General Committee members: Carolyn New; Tracey Bown; Carol Fentoullis; Eugenia Raftos.

It's your club, so please pull your weight

Please everyone, contact the office bearer in your area of choice (eg in social events, or membership, whatever) to let them know that you'll be available to help them from time to time.



Cynthia, Kuiper
Coordinator



Claire Hendy
Treasurer



Wilma Kippers
Secretary



Anne Gates
Team Captain



Margo-Lynne Lee
Social Events Coordinator



Brenda Owen
Merchandise Coordinator



Carolyn New
Committee Member



Tracey Bown
Committee Member



Carol Fentoullis
Committee Member



Eugenia Raftos
Committee Member

Crikey DownUnder – Internationally Abreast 2007 BCS Regatta

Put this in your diary! Scheduled for the weekend after the World Dragon Boat Championships in Sydney, pink ladies from all over the world will converge on the Sunshine Coast for a huge pink regatta. DASydney will want to be there in force so make sure to keep 28th – 31st September 2007 free. More about this later.

Logo Wanted:

There is a competition (with a great prize) for a logo for this event – the winning entry will be on display for the next two years nationally and internationally and on all advertising and marketing material for the event. The competition is not only for DAA members – anyone who's creative can enter and the winning design will be used globally! Consideration should be given to the following factors: dragon boating/paddling; breast cancer survivors; promotion of breast cancer through dragon boating; celebration of life; Australian theme. The logo will need to be suitable for use on badges, cloth badges, pins, hats, posters, cards etc.



AusDBF Introduces New Paddler Fee

As explained at the AGM, after we set the membership renewal fees for this year DBNSW (the state DB body) dramatically increased our paddler and boat fees. Your committee decided to swallow the difference this time, with the warning that next year there will have to be an increase in DASydney membership fees. Subsequent to that decision, we have just been advised that AusDBF has, for the first time, decided to introduce an annual paddler fee of \$5. AusDBF, like DBNSW, is run entirely by volunteers and receives no funding from the Australian Sports Commission. The only income it receives is membership from each of the member states. Unfortunately we will have to ask all of you to pay this in addition to your annual DASydney membership fee. If you haven't already paid the \$5 (many paid at the AGM, and thanks for that), can you please pop your \$5 in an envelope with your name on it and give it to Claire ASAP.

National DB Officials Course Sat 26th November

Melanie Cantwell, our coach and also President of DBNSW is keen for as many paddlers as possible to do this course. They are going to set it up similarly to the IDBF officials course with Level 1, Level 2, Level 3 officials. This will be a condensed 1 day course which will be be trialled in NSW before being launched Australia wide. All clubs must send people on this course, so please let me know if you would like to learn to be an official – it is part of the preparations for the World DB Championships here in Sydney in 2007. The course will cover what officials need to know, plus how to organise, expectations etc..

Milestones

Jenny Longland is working in Darwin for three months where she will celebrate her birthday on the 8th. Deb Read celebrates hers on the 28th. Happy Birthday and lots of good wishes to you both!

Crafty Ladies

The DASydney Craft Group will be meeting on Friday, 23rd September, 10am at Margot Case's home. Margot has been kind enough to offer her time and skills to show us the basics of Folk Art. We will also have a chance to have some "hands on" experience.

Requirements for the day : BYO lunch & coffee mug plus \$5 to cover costs (kit)

Also, could you bring all finished projects to date - as Margo-Lynne wants give you a for mark them! - Only joking, she wants to take a photo for the next newsletter.

Please contact Margot to reserve a seat at the table ASAP.

ICE - In Case of Emergency

This is an interesting concept! A campaign encouraging people to enter an emergency contact number in their mobile phone's memory under the heading ICE (In Case of Emergency), has rapidly spread throughout the world as a particular consequence of the terrorist attacks in London.

Originally established as a nation-wide campaign in the UK, ICE allows paramedics or police to be able to contact a designated relative / next-of-kin in an emergency situation. The idea is the brainchild of East Anglian Ambulance Service paramedic Bob Brotchie and was launched in May this year. Bob, 41, who has been a paramedic for 13 years, said: "I was reflecting on some of the calls I've attended at the roadside where I had to look through the mobile phone contacts struggling for information on a shocked or injured person. Almost everyone carries a mobile phone now, and with ICE we'd know immediately who to contact and what number to ring. The person may even know of their medical history."

By adopting the ICE advice, your mobile will help the rescue services quickly contact your friend or relative - which could be vital in a life or death situation. It only takes a few seconds to do, and it could easily help save your life. Why not put ICE in your phone now? Simply select a new contact in your phone book, enter the word 'ICE' and the number of the person you would wish to be contacted.

Don't forget to let us know soon if you are coming to the Ryde Regatta.

Paddles Up!

Cynth

STOP PRESS

32 Newbies take to the water

Don't know about you all, but Deb Read never ceases to amaze me. How she manages to orchestrate so many individuals so deftly, with such good humour and to such good effect (didn't they paddle well for first time!!) is awesome. Four boat loads in the palm of her hand and all having a ball and paddling their hearts out. Deb, thanks a million! We couldn't have made it half the fun without you today!

Special thanks too to Mel for bringing all the practice paddles and doing the db knowhow (if anyone knows all that inside out it's Mel) and to Chris, Akal and Simon for being our sweep guardians and helping Fairlie, Brenda and me come to grips with sweeping. Mel, Chris and Akal have given so much time to DASydney over the years that it's hard to grasp the depth of their contribution to our little group

To Sally, Michele, Muriel, Tracey and Barbara, thank you all very much for your sterling efforts in managing the newbies day. The well-thought out procedures Carolyn

devised and you implemented so smoothly probably totally bypassed the other members (administrative tasks well done rarely attract accolades). It was brilliantly done – that's far and away the most newbies we've ever handled in one go and yet it went more smoothly, quickly and happily than ever before. All the money handling, waiver signing, detail collecting, name-tagging, life-jacketing etc worked like clockwork.

Thanks to everyone else who came along for your help buddying the newbies and helping to make it welcoming and fun for them. First time at Dragons Abreast is a wondrous experience for anyone, but particularly for survivors, and it's fantastic and a privilege that we are able to pass on the magic.

Thanks also to those who brought along the yummy nibbles. Our parking lot is hardly the most salubrious of club facilities but hopefully the warmth and friendliness extended to today's newbies will be what they will remember.

DAS CALENDAR 2005.2006.2007

Date(s)	Event	Location	Details
September 05			
Sun 18th	Ryde Aquatic Festival Regatta		Kissing Point Park, Putney
Fri 23rd	DASydney Craft Day: Folk Art	Woronora	Contact Margot Case to reserve your place.
Sun 25th	DASydney Spit to Manly Walk	Meet at Spit Bridge	Contact Wilma Kippers for details
October 2005			
Fri 7th – Sun 16th	10th Australian Masters Games	Adelaide	Registrations close 2nd Sept www.AustralianMastersGames.com
Sun 9th	Dobroyd Regatta	Dobroyd Point	
Sat 29th	Relay for Life	Blacktown	Volunteers wanted to join Zonta stall to promote Dragons Abreast
Sun 30th Oct	Jacaranda Dragon Boat Festival	Clarence River, Grafton	
November 2005			
Sun 6th	Regatta		TBA
Sat 19th	DASydney Xmas Party	Roseberry	TBA
Sat 26th	National DB Officials Course	DBNSW, Homebush	10am – 4pm
December 2005			
Sun 4th	Regatta	TBA	
January 2006			
Sat 14th	Regatta	TBA	
February 2006			
W/E 11th /12th	Chinese New Year Dragon Boat Festival	Darling Harbour	Put this in your diary now!!!
Wed 15th	Hornsby Zonta	Hornsby	Guest speaker: Cynthia Kuiper
March 2006			
Sat 25th	2006 NSW State Dragon Boat Titles	Penrith SIRC	
April 2006			
Fri 14th – Sun 16th	2006 AusDBF National Dragon Boat Titles (at Easter)	Nagambie Lakes, Victoria	For accommodation, contact: Nagambie Lakes Visitor Centre ph: 03 5794 2647 www.nagambielakestourism.com.au
August 2006			
11th – 13th	World Club Crew Championships	Toronto, Canada	
September 2007			
20th – 23rd	World Dragon Boat Championships	Penrith SIRC	We'll need lots of competitors, lots of officials and lots of volunteers
28th - 31st	Internationally Abreast Festival	Kawana Lakes, Sunshine Coast, QLD	Small place – not too soon to book accommodation now