

Dragons Abreast Sydney

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Hi all,

Seems like only yesterday the last newsletter went out – but there you have it – there's so much to tell you about for Chinese New Year, so can't leave it late again this month!

All's Well with DAS

Thanks to strenuous efforts by our new Treasurer, Claire Hendy, DAS's financial situation is now all sorted out – not that anything was amiss – just that we weren't sure where we stood. Not only is all that straightened out, we now have our incorporation fully in place, our own DAS bank account and have reactivated recovery of the "lost" grant monies which will eventually reimburse us for our beeeooootiful tent.

The big achievement this month, thanks again to more hard work put in by Claire Hendy and Tracey Bowne, our Membership Coordinator, is the distribution of the members' contact details. This has been promised for ages, but things got bogged down when we realised privacy legislation required written permission from you all before publication could proceed.

Hopefully having the list will help you all to get to know everyone's names, organise car pooling, and generally contact each other as you wish. Tracey will be putting this contact list out every month, so all you need to do when you receive it is to overwrite your previous copy – then you will always have everyone's latest contact details. Don't forget to tell us if you move house, change phone numbers etc.

One thing you will notice from the list is that we now have 57 members in DAS – isn't that amazing after only two years? That's 57 extremely lucky people whose lives have been enriched by Dragons Abreast. I firmly believe that we owe it to all the other thousands of breast cancer survivors out there, who don't know about the fun we have, to take every opportunity to spread the word, so those who follow after us can have as much fun as we do! (Can that be possible??? I just loooooove it!)

HOWZAT!

Wonderful news that last weekend Carol Fentoullis and Joanne Petterson both undertook the Level One Dragon Boat Coaching Course – and graduated with flying colours. Carol had already done the Sport and Rec coaching course for work, so guess by now she knows a lot about coaching. When she's sweeping Carol will be keeping a weather eye on everyone's paddling technique from now on.

What you may not already know is that Joanne Petterson has been named as coach of the 2005 NSW Women's Masters Team. This is a tremendous recognition of both her coaching skills and her superb paddling skills.

As you'll remember, Joanne paddled for the prestigious Australian Premier Mixed crew, which took out Australia's first ever medal at the World Champs in China last year – a Bronze, in a white-knuckle finish of the Premier Mixed 500 metre race. Make no mistake, Jo is one of the best female paddlers in the country!

Are we ever lucky to have all this expertise "in house", so to speak. So, if you are having any technique problems out there on the water, you can ask Jo or Carol for some tips or correction – you'd be mad not to! (Think I'd better take some of my own advice!)



Since I don't have a picture of Joanne sweeping, here is one of Jo, Jenny and Eugenia Raftos with the cake the twins made for the Christmas Party.



The girls at Helen Hynes's farewell lunch

Helen Hynes' Farewell

Well, sadly, 57 became 56 during the month when Helen Hynes left Oz to return with her husband to Ireland, prior to going to live in the US. We've told her that if she gets into the UK team we'll disown her – just kidding! Helen's a very competent and keen paddler and she thoroughly enjoyed paddling with DAS. Her parting gift to DAS was the generous donation of four rashies – proceeds to go into the DAS coffers. Thanks heaps, Helen.

But she didn't get away without a rousing farewell from the firm friends she'd made in DAS. Twelve of us took over one corner of The Little Snail restaurant in Pyrmont one Sunday lunchtime. Poor Mel was off somewhere delivering boats upcountry or something, so couldn't make it, but (L to R in the picture) Margot Case, Deb Cooper, Margo-Lynne Lee, Kris Sawyer, Helen Hynes (naturally), Tracey Bowne, Bobbie Fox, Fairlie Stanish, Carol Fentoullis, Deb Read, Sophie Marinucci (and me, but I was taking the picture).

In case you didn't see the letter Helen sent us (if you haven't got on the group email yet, call me to arrange), here it is:

Hi Girls,

Sorry I have not been in touch but we were supposed to be able to use Julian's laptop in wireless hotspots but never got around to it. Anyway, we have been to Canberra, Melbourne, Adelaide, Perth and Rottneest Island and had a great time.

Then we flew to Singapore where it was hot and humid but interesting. Then to Rome where it is freezing but fascinating. We pick up a car tomorrow and drive through Italy, France and Spain.

I do miss my Thursday evenings but the training has helped on marathons we have done in our trip so far - eg The Vatican Museum, the 537 steps to the top of St. Peter's Dome.

Congratulations to Carol and Jo well done.

Thanks again for my farewell lunch.

Will be in touch.

Helen

Media tarts Again!

Touch up your lippy, girls, and tizzy up your hair - we're going to be live wallpaper for the Channel 10 weather report again on Wednesday 16th February – ie the Wednesday before Chinese New Year. Pls let me know if you can be there – we need at least one whole crew.

Another way to fly the flag for Dragons Abreast

You can help more girls to have the fun you have in Dragons Abreast and give back something to other BC survivors by letting them know about us - how? - you can march as DAS in the Chinese New Year Street Parade on Sunday 13th Feb wearing your brightest pink or your rashie and carrying our DA banner. We need a handful of girls, at least, to volunteer to "fly the flag".

Get to know everyone faster

Some of you may not have caught up with the fact that many of us head off for coffee/brekkie after paddling most Saturday mornings. Everyone is welcome to come along and it's a great way to get to know your paddling pals better (it's hard to get to know people in the boat). So please plan to join us whenever you can. We generally go to "Starkeys on Bridge" and our social events coordinator, Margo-Lynne Lee, wants to make it easy for you to join in – she's written out the following directions to help you get there:

- follow Bridge Rd / Pyrmont Bridge Road to Parramatta Road, Camperdown
- right hand turn into Parramatta Road – stay in left lane
- turn left at Bridge Street (2nd street on left) McDonalds on corner - Fantastic Furniture on other corner
- proceed down to the end of Bridge Street – Starkeys on the left, at the end of the street before the roundabout

It's a grey building with a red door and there's lots of free parking on street and nice clean loos (even a shower!)

Secret Men's Business

As breast cancer survivors we are rightly concerned with always watching our own health, but there are other important health issues to educate ourselves about as well. Richard Cook, husband of Sue Cook, one of the South Australian DA ladies, has written this thought-provoking piece for the blokes in your life:

"Did you know that prostate cancer killed about as many men as breast cancer killed women in Australia last year?"

"When a woman notices a lump in her breast or something different she will generally do something about getting it checked. That's because women tend to look after themselves better, care for themselves more, express their emotions more readily and talk to their friends more intimately.

"Men, on the other hand, tend to either ignore or not talk about such things. It's about time us men did away with that macho testosterone rubbish, showed our emotions a little more and talked about things like perhaps: lower back pain when going to the toilet; having to get up two, three or four times a night to pee; perhaps difficulty starting to pee, then when we do it seems to take longer; perhaps it's a little more difficult to stop and sometimes there is a dribble. Any or all of these could be signs of prostate cancer.

"Two out of three men diagnosed with prostate cancer will die with it NOT of it! It is also true that younger men (say under 70) tend to have more aggressive cancer and you might not live to see 70!

"Until my wife was diagnosed with breast cancer my attitude was that 'cancer' happened to other people, not to us as we were too busy to get cancer!

"After Sue was diagnosed she really had to push me to get checked for prostate cancer as I was scared! Then when I was diagnosed we were hit with a double whammy, she with her breast cancer and me with my prostate! Believe me, it really rocked us, but it also gave us another chance at life. We thought we were close before, but our cancer diagnosis has brought us even closer together!

"So, to all those blokes out there – if your partner can handle all those embarrassing checks that women have all through their lives, then us macho blokes can put up with a digital rectal examination. Believe me when I say, 'it could save your life' because if you don't go for the test and the cancer kills you – firstly it's bloody selfish of you and secondly, imagine the effect on your loved ones!"

Richard Cook, husband of Sue Cook, one of the South Australian DA ladies

Thanks, Richard, for reminding us of the importance of early diagnosis – for everyone!

Prince Rupert Visitor – Joan Patriquin

Imagine Di Ryall's surprise when she was vacationing in Prince Rupert, British Columbia on her way to Alaska and she came upon a street parade featuring some dragon-boating breast cancer survivors. Now, Di's a pretty gregarious girl, so she just fell into step with them and joined the parade – getting to know Joan Patriquin of the Rainbow Warriors Dragon Boat Team – one of seventeen BC survivor teams just in British Columbia alone.

Well Joan came to Oz on vacation, and was staying up the coast with friends in Terrigal, so she rang to see if she could come paddle with us on Sydney Harbour. Talk about keen - she found her way by train from Terrigal to my place and then Sue Gibson and I drove her into Pymont – and Oh Dear! – there was lightning zipping round the harbour and a terrible wind gusting and whipping up whitecaps on the water. So the paddle had to be cancelled. Poor Joan, the only chance she had to paddle with us and after coming all that way! Ten or twelve of us, including Di Ryall and Joan, repaired to a café in Pymont and, to the accompaniment of the beating rain, we consoled ourselves with caffeine.

Sue Gibson was a real sweetie and drove Joan from Pymble all the way back to Terrigal, so at least Joan didn't have to face the train again after her abortive trip. Please come back again one day, Joan – it really is lovely paddling in the summer twilight on Sydney Harbour – promise!

Another surprise visitor to our weekend paddle was Sue Fishburn from Dubbo. Sue just happened to be in Sydney so came along to join us – she is hoping to start up a DA group in the west.



Maybe Joan Patriquin took this picture of Di Ryall with the Prince Rupert DA girls - as Joan doesn't seem to be in the picture.



L to R: Cynthia Kuiper, Joan Patriquin of the Rainbow Warriors DA team in Prince Rupert, Canada, Sue Gibson, and Fairlie Stanish.



DAS shrinking violet, Di Ryall, hopped in to lead the Rainbow Warriors DA team in the parade in Prince Rupert, BC Canada.

Chinese New Year Festival

Well the race entries are all in and the money is all paid (except for the girls paddling on the Saturday – some of you still owe me \$22 each) – now all we need to do is enjoy it! Margo-Lynne Lee, our Social Events Coordinator, has done a wonderful job organising the Banquet on Saturday 19th at the Regal Restaurant. She was completely and unexpectedly swamped with bookings – so many girls from visiting teams coming to join us. Can you believe the number of people coming – 88 – some even had to be turned away because the restaurant can't take any more! Isn't it wonderful to suddenly have such a large Dragons Abreast family?

The DAS CNY Banquet

Margo-Lynne sent me the following details about the banquet:

- 88 have paid to attend the dinner
- Confirming details with restaurant next weekend
- Need volunteers for welcome desk & raffle sellers on the night
- Raffle tickets stamped, recorded & distributed – \$2 each or 3 for \$5
- instructions given in package – date of return, prizes, request for more tickets & date drawn
- Raffle drawn approx. 9pm at CNY Dinner
- Fun night, trivia, lucky door prizes & samples to all women attending
- Robin Shoebridge has made a dozen roosters for table centre pieces to be raffled off on night

Because there are so many teams competing this year (dragon boating is the fastest growing sport in the country – not just DAA), races will have to commence at 8am sharp. Make sure you keep tuned to your email for the time we all need to turn up on the day – and don't forget your sunscreen – if it's anything like as hot as last year, you'll need it!

Our annual CNY Raffle

Margo-Lynne's also organised some fantastic raffle prizes for our Chinese New Year Raffle – she'll be bringing raffle books to paddling so everyone can take one and sell lots of tickets at work etc. Prizes will be drawn at the banquet. We have a truly lovely first prize this year, very generously donated by Sue Gibson – it's a simply beautiful sterling silver bracelet, valued at \$1,600, hand-made by her husband and Master Goldsmith, Phil Gibson.

Put-Your-Mum-in-a-Boat race

Some of our girls are racing in the Mum-in-a-Boat race this year again. If you haven't been

in this one before, you're really missing something special! My elder son, Jim, will be paddling with me this time (last year I "adopted" the girl downstairs because neither son was around) and it will be a huge buzz for me to be in the boat with him. If you're paddling in M-I-B this year, don't forget to both come along to the safety/practice session on Saturday 12th February at 10am under the Pylon.

This is what Pam Bell wrote about her experience in the Mum-in-a-Boat race last year:

"As a Mum it meant a lot to me that my daughter was willing to make the effort and time to share in an activity I love. Participating in Dragons Abreast has been a major part of the healing process for me over the past five years. I can remember someone telling me in those awful early days that having breast cancer changes your life and that some of these changes are not necessarily all negative. I found it hard to believe but now I know it's true, because never in my wildest dreams could I have envisaged that one day I'd be sitting in a dragon boat at Darling Harbour paddling like mad with one of my daughters and a whole lot of other Mums!

"It was a great day – the sun was shining – the crowds of onlookers were clearly enjoying themselves – and we were all having fun.

"One of my enduring memories will be of one little old white-haired woman proudly sitting up in front beside her son – a strong athletic type – and keeping up with him stroke for stroke! As we sat there waiting to start I looked at the occupants of the other boats and saw other women and their family members, just like us, celebrating our love of life and one another. It doesn't get any better!"

Pam Bell



Pam Bell in full flight as the party queen of DA Sydney – another way she celebrates life!

Taking on the Doctors

This one's going to be a doozy! It's the DAS sponsored Inaugural Breast Cancer Specialists vs the Patients Dragon Boat Challenge race.

What a lot of good sports there are out there amongst our surgeons, radio-oncologists and medical oncologists. Forty of them have agreed to participate in this wacky race, even though most of them have never heard of dragon boating.

Will we beat them? Wait and see! Either way, we win - because all of them will hopefully enthusiastically encourage their future patients to come along to Dragons Abreast.

Hands Up for CNY Helpers

Like all our regattas, but on a much larger scale, the whole Chinese New Year Dragon Boat Festival, is a volunteer-run event. Who are the volunteers? They are the DB club members, like YOU. Our amazing coach and pocket rocket, Melanie Cantwell, who is also President of DBNSW, needs dozens of volunteers to help with the marshalling on the day. Most of you are not paddling on the Saturday – that's when you and your family members and friends can help. Contact me with names and times you will be available on either day – it's good fun being part of the action, so you will enjoy it. It also makes you appreciate what a complex festival it is to stage and what a magnificent regatta it turns on for all of us.

Watch out for "Mel's Belles"

As you all know, when we race under our Dragons Abreast banner we always make sure that all our survivors get a paddle on the day, regardless of paddling ability. Our supporters are welcome too, as long as we always race with a minimum of 80% of the crew being BC survivors. That's a rock-solid rule for Dragons Abreast Australia and it's a good one. However, as the club matures and some girls get stronger and their paddling skills improve, it's not surprising that they also get a kick out of being part of a more sport-focussed crew.

So on the Saturday at Chinese New Year, when the sporting clubs race, Mel's Belles will take to the water for the first time. On this occasion, Mel's Belles will not be racing as Dragons Abreast, even though we are all members of DAS - our name for the day makes that quite clear. We will be out there with a crew of the keenest and fastest paddlers we can select – and we'll be aiming to hold our own against the young and immortal – and Canberra DA, who will be racing as "Tickled Pink"! Hopefully some of you will be there to cheer us on!

Merchandise Matters

Brenda Owen, for those newer members of the group who haven't caught up with who's who, does a fabulous job helping us all get our gear, paddles etc. She's our Mistress of Merchandising. She's sent me this update on our merchandise.

"For the newer members of the group:

A small amount of all our merchandise purchases goes straight to our DASydney group, thereby supporting our cause and helping to keep our group afloat as well as supporting DAA – our national body. So the more you order, the more your group benefits.

"With the exception of the gloves, which are a DASydney innovation, I do not carry stocks of merchandise. Your orders need to be placed and paid for (including freight) before I can lodge the order with DAA or with Mel.

"If stocks are available, orders are usually filled within 2-3 weeks. Please allow at least this amount of time (sometimes much longer) for delivery. Please contact me (not Cynthia or Mel or DAA) if you need to purchase merchandise.

"It may be of some help if you visit the DAA website at www.dragonsabreast.com.au and go to the merchandise section to see photos of some of the clothes on offer. This can assist you with your decisions, but in most cases it is a good idea to actually try before you buy to confirm your sizing. Therefore, if possible, before you order, try on someone else's for size, so that you end up getting a comfortable fit.

I have copies of the current DASydney merchandise order form with up-to-date prices. Please contact me if you have any queries or would like a copy of the order form. My contact details are:

- email at mondofin@yahoo.com.au or at mondofin@bigpond.net.au
- *please do not place orders on the DAA site or the DAS group, everyone does not need to know what you are ordering.*
- by phone on (02) 9435 3535 there is an answer m/c on permanently, you just need to let it ring for a while.
- in person most Saturdays after paddling at Pyrmont."

Kitting Yourself Out for DAS

Gloves: As your committee, we were pretty nervous about taking the plunge to order 100 pairs of pink paddling gloves from a factory in India a year or so ago – would we ever cover our costs, we wondered? Well our Mistress of Merchandising, Brenda Owen, is not to be



underestimated – she writes:

"The entire original shipment of gloves have been sold and DASydney has taken orders from DA groups all around Australia – some of which have had to be back ordered due to the popularity of these little beauties. More gloves have now been ordered and should be available by mid-to-late March 2005. Keep you posted. They will definitely be here before the State & National regattas.

Name Badges: "I have received the magnetic name badges that were ordered before Christmas and most of you will have them by now. They look fantastic and are ideal for land-based activities, like CNY dinners etc. If you ordered in the last batch & have not yet collected your badge, please see me after paddling.

"I am, once again, taking names for the next order of labels so please contact me if you would like to be included in the next batch. DAA will be placing a group order from suppliers towards the end of February (if they get the numbers required) but need a large number of names in order to get the discounted price. Badges are normally \$17 each (including freight) but if we do it in large batches I can get them for \$13 each (including freight).

"If you would like to be on the list for the next batch, please contact me (as above) before 20/02/2005 and I will register your name on the list. When the time comes to order from DAA I will know what price we can get them for & ask for your payment then.

Rashies: "I have now heard from DAA that the supply of DAA pink rashies will flow again by the end of February. There have been a series of supply problems out of DAA during 2004/5 but these are now being rectified. I know a number of you are waiting to order rashies, however I have been asked to hold off ordering any more until supply is OK. This means that we will not be able to get them before CNY so if you are paddling, you could try to get a cheap pink T-shirt to tide you over (Helen Rabone says Double Bay Clothing Warehouse have nice ones for around \$10). It does look good if we all paddle in the same uniform on special occasions, but if we can't get the rashies then a substitute will have to do."

Paddles: "Grey Owls are the DBNSW recommended paddles and are IDBF approved. I can supply grey owl paddles and currently they cost \$88 each. Grey Owls become available periodically and there is usually a wait of a couple of weeks, so if you would like to purchase one please see me after paddling on Saturdays. I will need payment with orders please.

"There are a few good tips on how to take care of your paddle in the January 2004 DAS newsletter, so have a read if you can.

"Carbon Fibre paddles need to be ordered in advance and are available a little less frequently, so the wait is usually several weeks longer than for the grey owls. CF paddles usually cost around \$300 and the price is dependent on the exchange rate at the time. These are obviously for the serious paddler and are superior quality paddles. You can order these with me at any time but I will also need to take a serious and superior quality deposit at the time of ordering (deposit of \$250 balance on receipt).

Anyone who has a grey owl and wants to upgrade to a carbon fibre can order the CF as above and when it becomes available I am happy to sell your grey owl providing it is well-kept and in good IDBF approved condition. This will mean that new members may be able to purchase second hand paddles in the beginning until they are hooked (which doesn't take long)."

Brenda Owen
Mistress of Merchandising

DAS Craft Group



Lunch break at the craft group's patchwork day – L to R: Jenny and Jo Petterson, Margot Case, Kathryn Davis, Margo-Lynne Lee, Robin Shoebridge

On another off-the-water activity – the DAS Craft Group, organised by our indefatigable Social Event Coordinator, Margo-Lynne Lee, has mapped out a fascinating schedule for the year.

Here I have to confess that I am a complete klutz with a needle and thread, so you need to know that I'm totally unreliable as a commentator on crafty issues. However, having attended my first DAS Craft Group this month with some trepidation, I have to say that it's heaps of fun, even for someone with two thumbs.

Kathryn and Margo-Lynne gentled me through the basics (and I mean baaaasics, because I had no idea) and I have to say they were extraordinarily patient with my clumsiness. Gosh it was fun! So just because you haven't done craft before, don't feel you won't be welcome at the craft group. One day I might even get to show you my natty little patchwork dilly bag, if I don't do something idiotic to it along the way.

Margo-Lynne sent me her BOOBs report and her outline of the crafty adventures in store for the coming year:

BOOBs Report

The BOOBs exchange is running well. There are about 6-7 regulars who attend each month. We all have a great time! There was no response to the email sent out to DAS regarding survey of times. To date the DAS Craft Group has had classes on Teddy Bears,

Scrapbooking and Patchwork.

“Thank you to Margot Case, Robin Shoebridge, Kathryn Davies and Jo & Jenny Petterson for sharing their time and skills.

Below are the classes for 2005:

- Feb: Calligraphy
- Mar: Embroidery : Grub Roses, French Knots & Candlewicking
- Apr: Greeting Cards
- May: Folk Art
- Jun: X-stitch, Tapestry and long stitch
- Jul: Knitting & Crochet
- Aug: Cake Decorating
- Sept: Floral Art
- Oct: Pot Pouri – surprise
- Nov: Beading & Baubles
- Dec: Christmas Party

“The dates for each month will be published a couple of weeks before each class. We will alternate days depending on the tutors availability.”

Margo-Lynne Lee
Social Events Coordinator

Calligraphy at Craft Group

If you've ever seen the superb greeting cards the twins make for special occasions you will have marvelled at the beautiful lettering with which they decorate their cards. Wouldn't you just love to be able to do that! Well, maybe now you can learn. Jenny and Jo Petterson will be hosting and teaching us the basics of calligraphy at their home on Tuesday, 1st March from 10am-4pm. You will need to bring:

- your own lunch & coffee mug
- \$5 to cover costs

When you phone Jenny on 95215439 to book your "seat" at the table, she will give you her address and will let you know what you have to bring regards pens etc..



Bobbie Fox graduating as grandmother of nine – just kidding – in between babysitting for grandchildren she managed to achieve a BA last year.

Can Anyone Top This?

One of the fascinating things about Dragons Abreast is how we tend to know the paddling persona of our members first and it is often only slowly that the other interesting facts about their lives start to emerge. Who would have guessed that Bobbie Fox, one of our supporter members, is now the proud grandmother of NINE grandchildren! She must have been a child bride, methinks!

Next Newbies Day – Saturday 26th February

Remember when you first started paddling - before Dragons Abreast helped you back into the 'can-do' girls you are today? That's how the new girls turning up on February 26th will be feeling at our next Newbies Day. Please make a point of chatting with them and making them feel welcome and also bring a plate of nibbles along to share with them after the paddle.

Relief At Last

Our famously facilities-challenged venue at Banks Street has provoked all sorts of uncomfortable situations to date – but now relief is in sight, literally!

Over amongst the bushes, where paddlers periodically disappear on a regular basis, you will now see a splendid PortaLoo! Since around 3 dragon boat clubs use the site each week you can do the numbers yourself and just pray that it remains usable.

Parking at the venue has also been a challenge at times and our much admired sweep, Chris Alexandrou, sent out the following email to all clubs this week:

“There is now a toilet at Banks St. Please keep it as clean as possible. As per usual, incoming traffic has right of way.”

Di Millgate was quick off the mark sending me the following quip:

“If Chris was referring to the loo - I'd give incoming traffic the right of way!”

State and National DB Titles

Pitted against all those immortal young things at most dragon boat regattas the Pink Ladies don't tend to give other teams much to worry about. However always remember that we do have our own Dragons Abreast Challenge, when we race against other DA clubs, and where we have a fair chance of tasting victory.

So don't think that going to the State and National titles is not for you. Of course it is – and it's great fun for all of us. So you may want to rethink whether you would like to come on down to Canberra with us for the National Titles. Last year a bunch of us car-pooled down there and shared apartments in Canberra over a fun weekend of dragon boating, eating out and general horsing around – it was a bit like a grown up version of the old school excursion.

Fairlie Stanish is Organiser Par Excellence for our DAS excursions and she is finalising accommodation already for Canberra this year – April 7th – 10th. If you'd like to join in the fun here is her latest communication on it all:

“I have deposits from 12 women for the units I've booked. The maximum number we can have is 16. Several more women spoke to me last night about the possibility of staying with us - just letting everyone know that \$50 deposit will secure you a bed!

Also for those who would like to stay at the same apartment complex, but with their families or friends etc, the contact details are : Pinnacle Apartments, 11 Ovens Street,

Kingston ACT 2604
Toll Free: 1800 637 770
Phone: 02 6239 9799 Fax: 02 6239 6418
Email:
reservations@pinnacleapartments.com.au
http://www.pinnacleapartments.com.au/about_us.html”

Fairlie Stanish
Team Vice Captain and Tour Manager

Welcome to the Club

I'm sure you'll all join me in welcoming our new members since last newsletter: **Christine Fitzgerald, Diana Brandt, Wendy McLeod and Lyn Tyson**. Special welcome and thanks must go to **Kerry Enemark**, who has joined DAS in the last few weeks. She has put up her hand to help me by laying out the newsletter (can you believe how professional it looks!) – this will make it more timely, without my clumsy mistakes delaying publication each month – now we just need someone to write decent copy!

Happy Birthday to yooooou!

Please sing along while Sophie Marinucci and Brenda Owen blow out their birthday candles this month (please forgive if I have left out anyone – I don't have the latest details on new member birthdays yet)

.. and now to end the newsletter on a happy note, this one really cracked me up!

Cynth...

Positive thought for the day

When you feel that nobody loves you,
Nobody cares for you,
Everyone is ignoring you,
and people are jealous of you
You should really ask yourself...

Am I TOO sexy?



DAS CALENDAR 2005

| Month | Date(s) | Event | Location | Details |
|-------------|----------------------|--|---|--|
| February 05 | Sat 19th & Sun 20th | Chinese New Year Regatta | Darling Harbour, Sydney | Entries now closed. Be there 8am Sunday morning. Contact Anne Gates for more details: 96863615 |
| | Sat 19th | DAS Chinese New Year Banquet | Regal Restaurant at 347 – 353 Sussex St | Sold out |
| | Tues 22nd | DAA talk, Middle Harbour Zonta Club | Middle Harbour | Guest speaker: Cynthia Kuiper |
| | Sat 26th | DAS Newbies Paddle | Banks St, Pyrmont | Registration essential. 7.45am. Please bring plate of nibbles to share after the paddle. |
| Marxh 05 | Tues 1st | DAS Craft Day | Calligraphy | RSVP essential. To book ring Jenny Petterson on 9521 5439 for address and what to bring. BYO \$5, lunch and coffee mug |
| | Sun 20th | NSW Corporate Games | Nepean Rowing Club, Penrith | |
| April 05 | Sat 2nd | NSW State DB Titles | SIRC Penrith | This is not just for speed freaks – we can all go in the DA challenge |
| | Tues 5th | DAA talk at Nepean Zonta | TBA | Guest speaker: Cynthia Kuiper |
| | Fri 8th - Sun 10th | Aus DBF National Titles | Lake Burley Griffin | A must for paddler who can possibly make it – huge fun weekend. See accommodation details inside or ring Fairlie on 94982995. Race entries by 1st March. |
| | Sat 23rd to Sun 24th | Dragon Festival | SIRC Penrith | |
| June 05 | Fri 24th - Sun 26th | Abreast in a Boat 10 Year Anniversary | Vancouver, Canada | Contact Yvonne Dolman or Michelle Hanton |
| July 05 | 29th Jul - 7th Aug | IDBF 6th World DB Racing Championships | Berlin, Germany | TBA |
| August 05 | 7th - 16th | 10th Australian Masters Games | Adelaide | www.AustralianMastersGames.com |