



Dragons Abreast Sydney
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Dragons Abreast Australia Regional Meeting Sydney, Saturday 16th May

A special regional meeting of Dragons Abreast Australia will be hosted in Sydney by Michelle Hanton on Saturday, 16th May. All members of Dragons Abreast Sydney are urged to come along and learn more about our national body. Topics will include:

- Structure of DAA, where local groups fit in, role of coordinators and others
- Where DAA fits in the BC world
- Survivor and Supporter issues
- Issues around the brand DAA
- Ethics and fundraising issues
- DAA and competition: the myths and the facts
- Sustainability of DAA
- DAA finances
- Sponsorships and community support

Watch your email for details of time and place.

Welcome to the April 2009 edition of Paddles Up.

This month we highlight the NSW State Titles, including a special thank you from one of our brave newbies. There are plenty more pics on the picasa site – just click on the link below. Thanks to our guest photographer this month, Brenda Owen.

Good luck to all our paddlers travelling to Caloundra for the Nationals. All the results (and maybe some hot gossip) in the next edition.

<http://picasaweb.google.com/dragonsabreastsydney>

A big day for DASzlers at the NSW State Titles 2009

A record number of Dragons Abreast Sydney members put their hands up to compete in the 2009 State Titles at Penrith on March 21. Fifty-six paddlers enjoyed a great day of racing and socialising.

With our first race at 8.00am, it was an early start for our Grand Dragon Crew, who came in fourth in the hotly contested race.

From that point on, it was all go for DASzlers with a Masters Mixed crew and two Masters Women crews competing, plus a 2000m race to end the day.

We barely had time between heats to munch on the usual assortment of slices, cakes, fruit etc.

Our DASzlers Pink crew had the best result of the day, winning the bronze in the final of the Masters Womens category.



Sunrise at the Regatta Centre at Penrith – yes it was an early start!

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The end of the day brought a note of sadness, and pride with the dedication and naming of two boats – one for Jon Taylor and the other for long-time Dragons Abreast Sydney stalwart, Margaret Cantwell. Dragons Abreast Sydney members formed a paddle guard of honour at the water's edge and several of Margaret's former paddling pals were in the boat, which was launched by Margaret's family.



Christine Mitchell and Leonie Hunt collected the bling for the DASzlers Pink team.



Jo Jeffcoat and Di Millgate were given special recognition by DBNSW for their efforts in getting all the IDs ready for Chinese New Year. What would they do without the DASzlers?



Dragons Abreast Sydney members form a paddle guard of honour for the dedication of the Margaret Cantwell boat.



Family rivalry – Sally Oh found herself competing against her son, Alex, who was paddling with the Blackwattle Bay Blue Submarines at the State Titles. We're sure Alex won't be mentioning his team's win – much.



Cynthia Kuiper gets ready for some close corner work with the 2000m team.



It was a sea of pink in the grandstand.



Di Millgate keeps DASzlers Blue team amused before their race.



Regatta virgins Cathy Lowndes, Anne Johnstone and Helen Owen

The highlight of the State Titles for many was the inclusion of five newbies competing in their first regatta. One of them, Cathy Lowndes, has written about her first racing adventure.

The newbie's approached Regatta Day at Penrith lakes with trepidation: What If ... I get us disqualified with a bad start. What if ... I lose my timing. What if ... I can't do it !!!

Fortunately for all of us, the "what ifs" never happened.

The girls – Anne Johnstone, Helen Owen and Cathy Lowndes – were the first of the newbies on the water at 9:10am with the DASzlers Blue team.

The race was a lot harder than training around Blackwattle Bay, but we finished. That two minutes felt like 10, but it was a great feeling to be on the

water, part of a team and in a real race – all stage fright had disappeared.

The boys – Michael Johnstone and Ken Warr – hit the water at 10.00am in the Mixed Masters. They too were a bit nervous and were glad when they reached the end, somewhat out of breath. They had made it and were starting to feel like experienced paddlers – well maybe. The second race for us all seemed slightly easier, but everyone says that each race gets even easier!

I think I can say on behalf of all the newbies who attended the day, thanks to everyone for your encouragement and believing that we would be able to make it on the day, even only after four paddles.

Congratulations to the DASzlers Pink team who came third – we will aspire to your achievements going forward

Winter Paddling Times

In order to keep our Saturdays free (and make more time for coffee after paddling) your committee has decided not to change the Saturday morning paddling regime for winter. This is a trial and will be reviewed if it proves to be too dark, too cold or we all just want a sleep-in.

So remember, even though Daylight Saving ends on April 5, Saturday paddling is still a 7.30am start, to be on the water by 8.00am.

Take a break!

Because a contingent of 44 paddlers from Dragons Abreast Sydney is travelling north for the Nationals on April 24 (including most of our sweeps), there will be no paddling on Tuesday April 21, Thursday April 23 or Saturday April 25.

Dragons Abreast Australia

As part of our commitment to support services provided by the national body, Dragons Abreast Sydney will be making a donation of \$5,000 to Dragons Abreast Australia on behalf of all our members. This motion was passed at our March Committee Meeting, where it was also suggested that Dragons Abreast Sydney provide catering for the DAA meeting on May 16.

Canada here we come!

Enough expressions of interest have been received for Dragons Abreast Sydney to put together a boat for the Dragons Abreast Regatta in Peterborough, Ontario in June next year. Cut-off time for early bird registrations is not until September, so once we have all settled down after the Nationals and the DAA meeting in May, Rosie O'Donnell will be calling for deposits so we can take our planning further.

If you are interested in keeping up with the regatta news just visit www.survivorsabreast.com

October Regatta

It's time to start rounding up corporate teams for the DAA Regatta on October 25. As an example, one of our members, Jane Trew recently did a presentation (including the poster opposite) to her business group on their team in last year's regatta, on the team building benefits it had for the business and why they should enter again.



Not only did she succeed in getting them to commit to enter a team again, she was the winner of the best presentation at the conference AND it looks like they might enter a second team!

Contact Cynthia Kuiper if you need any postcards to hand out or if you have any ideas on how to recruit teams.

We're movie stars!

Last year in the lead up to Chinese New Year (2008) Chris Saville and Andy Doldissen made a short film about Dragons Abreast Sydney as a project for their video club.

This year they entered the film in the "Young at Heart" video festival for older film makers, and we were delighted to learn they won first prize of \$1,000 for Best Senior Talent (that's them, not us).

Chris and Andy have very generously donated \$300 from their prize money to Dragons Abreast Sydney. An edited version of the film can be viewed on YouTube at <http://www.youtube.com/watch?v=REUfGAGsNo>

DRAGONS ABREAST SYDNEY CALENDAR 2009

Month	Date(s)	Event	Location	Details
April 2009	23rd-26th	National Titles	Sunshine Coast, Queensland	Registrations now closed
May 2009	Saturday 9th	Newbies Day	Bank Street	Contact Deb Hirst at mhirst@bigpond.net.au
	Saturday 16th	Dragons Abreast Australia Regional Meeting	TBA	TBA
June 2009	Saturday 20th	Trivia Night	TBA	TBA
October 2009	Sunday 25th	DAA Corporate and Community Regatta	Darling Harbour, Sydney	Time to start organising those corporate and hospital team. Contact Cynthia Kuiper at cynthiagkuiper@yahoo.com
2010				
June 2010	11th-13th	The International Breast Cancer Participatory Festival	Peterborough, Ontario, Canada	Start planning and saving now! Visit the website at www.survivorsabreast.com



April Birthdays

On three birthdays to celebrate in April.

Kathleen O'Connell 2nd
 Anne Gates 15th
 Sergio Pineiro 15th