



Dragons Abreast Sydney

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DAS Bulletin 10

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Hi all,

So much to tell you all that I hope you can last the distance. Of course the big news since our last bulletin was the dreadful fire.

Up the Creek with Paddles but No Boats

You probably saw the news that some idiots torched all our dragonboats. Of course we don't have our own boats at this stage, but they were the very boats that we rent from Dragon Boats NSW. As you can see, there's not much left!

It's a major setback for us in DAS and for the other 11 clubs using those boats and especially for the Australian DB Team training for the World DB Titles in Shanghai this October. Fortunately the Australian team has now managed to borrow a few boats so they, at least, are able to keep training.



In order to get DAS back on the water again all our paddling energy must for the moment must be channelled into the DBNSW fundraising effort required to help replace the boats.

Saturday 4th September – All Hands Required on Deck

If there was ever a time we needed our members and friends to help it is now, when we must all work together to raise money to replace the boats. A huge open day is happening at Glebe Secondary School playground on Saturday 4th September from 10am – 4pm.

The open day will feature fun activities for children including face painting, sausage sizzle and Krispy Kreme doughnuts, while there will be massages, craft and white elephant stalls and coffee for the adults. Sponsors and paddlers will be needed for Australia's first 24 hour paddling "dragathon".

Auction items include an Ian Thorpe autographed swimming cap, return flight to Brisbane, Xplore place package, three-month unlimited Bikram yoga pass, white goods from Panasonic and Kambrook, books, Chinese dinner setting and a dragon stained glass panel.

There are many ways you can help

- Secure financial **donations** to the fund
Details: http://www.dragonboatsnsw.org.au/news_rebuild.html
- Persuade all your **friends, family and work associates** to come along
Put up the poster (to be supplied) in your local shops, workplace, school, on your fridge etc
- **Paddle** in Australia's first 24 hour "dragathon"
Sponsorship or contribution at \$1 per minute per paddler.
Contact Kait on kfgotha@caltex.com.au
- Bring homemade cakes, cookies, slices etc for the **cake stall**
All ingredients listed, packaged and reasonably and clearly priced – bring on the day
- Bring **craft items** for sale
Clearly & reasonably priced – bring to Margot this Saturday at Glebe before 11am or on the day
- Clear out your house for saleable items for the **white elephant stall**
Clearly & reasonably priced – bring on the day

Future DAS Paddling and Newbies Day

Good news is that Mel has organised some borrowed boats for us to start paddling in again so the big day is Sunday September 12th (I'll email details later), which is also our next Newbies Paddle Wetting Day. So start warming up your paddles and put that in your calendar now. There are lots of new people waiting to have a go and it will be a wonderful time for us all to welcome them and kick off our paddling season. Plan to bring a plate of nibbles and some drinks for after the paddle.

The Bankstown Regatta

On a happier note, we had a great turnout down on the Georges River for this regatta – there were pink rashies everywhere. Not only did lots of DAS gals turn up with a racing gleam in their eye, but there was a whole boatload from Canberra, plus girls from Central Coast DA and from Illawarra DA as well. As usual, we entered every race category possible and even our virgin race paddlers had a ball. Our Sydney girls just pipped Canberra in the Dragons Abreast Challenge (we needed to avenge their win over us at Chinese New Year when they

beat us by a dragon's whisker). We also entered two Pink Passion crews in the Open Women's 10s (that is, only 10 paddlers in the boat), with one Pink Passion 10s crew coming third overall on time and the other 9th (out of 11 all up) - a magnificent effort, but most of all, lots of fun.

We often wonder what our Virgin race paddlers make of the mayhem at their first regattas. This is what DAS virgin race paddler, **Tracey Bowne**, had to say about paddling in the Bankstown regatta:



“My first regatta was a really enjoyable day, being held in my local area adding even more interest for me. Despite living "just up the road", I had never been to that part of the river. I dragged along family and friends and my "typical" teenage daughters let me know how privileged I was that they had dragged themselves out of bed so "early" on a Sunday morning for me. I think they're a bit worried that it might become a regular thing as I told them it's payback time for all the early mornings I spent shivering on the sidelines of soccer fields and netball courts!

It was exciting to experience racing for the first time and a relief to reach the finish line. I even managed to last the distance, which must have been due to our great cheersquad and Kris's lucky paddle, not my energy levels. I thought we did really well considering

most of the competitors looked young enough to be our kids and a few like they should have been tested for steroid abuse! Thanks to the organisers and competitors for a great day!”

Seems like Tracey wasn't the only new gal who had a ball - DAS virgin race paddler, **Sue Gibson**, had this to say about her time at the regatta:

“I started the day with great anticipation. Up early, essentials packed - water, food and dry clothes and I'm off. My first regatta!!! To my delight I was in the first race of the day, a little nervous as I had only paddled twice before. The boats looked great with dragon heads & tails attached and drum on board. Paddling up the river to the start I was thinking 250m - that's not too far, this shouldn't be too hard. The boats lined up and we were off and paddling: Remember to breathe, stretch out, use my legs. How far to the finish line???? Just keep paddling! I didn't think I would make it - 250m was hard work, but boy what a buzz! My first race, fantastic!!! I managed to compete in two more events on Sunday, what a fantastic day. What gutsy women!!! Everyone has made me feel so welcome and race day was no exception. Thank you girls.

Other Regattas this Year

There are two regattas coming up before DAS gets back on the water. If you would like to paddle in them, please get in touch with our race co-ordinator, Anne Gates, this week on anne.gates@det.nsw.edu.au or by phone on 9686 3615. If there are enough people interested we will try to get together a crew. They are the Ryde Regatta on September 19th and the Mavericks Regatta on October 10th.

One you mustn't miss will be on December 5th when we will be co-hosting the Woronora Regatta. It will be DAS's first effort at hosting a regatta and we'll tell you more about it closer to the date. Make sure to put it in your diary now, as it should be heaps of fun and we will need all hands and all paddlers on deck.

Vancouver, Canada – 10 Years Abreast Celebration

June 24-26, 2005 – this is the 10th Anniversary of the founding of our movement and heaps of DA paddlers from Australia and around the world will be going. If you want to join the fun in Vancouver then you need to think hard about it right now, because the group flight and

accommodation booking from Australia requires *all deposits to be in by 30th September this year!* You can read more about the celebrations on their website: <http://www.abreastinaboat.com/TenYearsCelebration.htm> . Be in no doubt that this could be part of a vacation you will never forget!

The DAS Planning Meeting Results

Thank you to all those who came to our DAS planning meeting on August 8th. Julie Millard, a paddler with Tsunami and a professional facilitator, made a fantastic contribution to the day and great strides were made in mapping the future for DAS. I'll be emailing you all the notes from that meeting so you can see how much we achieved and where we netted out.

One of the goals of the planning session was working out how your committee can work more transparently and in line with the wishes of the membership. One of the first actions in that regard is the circulation to all members of committee meeting minutes once they have been ratified. So watch out for the minutes from the first meeting of the new committee held on Sunday 25th July, 2004. We have also established a DAS 2004/5 Calendar showing the race calendar for the coming season and such committee meetings, promotional, and social events as have been determined so far. See the back pages of this bulletin.

DAA Issues You Need to Act On Now

This weekend is the AGM for Dragons Abreast Australia in Melbourne. If you were a financial member on or before August 15th this year you have already been notified of the motion to be put to alter the classes of membership so that only breast cancer survivors will have voting rights. If carried, this motion will mean that supporters will no longer be able to vote on DAA issues. This motion is intended to ensure that DAA is always controlled by breast cancer survivors, which is something we all consider important. However, your committee and a number of members have submitted individual proxy votes against this motion in the belief that denial of voting rights devalues supporter membership and that continued BCS control of the organisation can be achieved in other ways. *If you have not already submitted a proxy to express your wishes on this issue, we advise you to do so immediately.*

The other issue that we have been advised will likely be debated at the AGM is the proposed cancellation of the Dragons Abreast Challenge at future National DB Titles regattas. *Again you are urged to express your wishes on this issue now.* It is proposed that a demonstration paddle be organised in its place. There are some strong opinions on this issue also. However, at the planning session it was agreed that we paddle in regattas and DA Challenges in particular because we want to:

- lead full and active lives
- regain an adventurous lifestyle
- include all our BCS girls who want to compete on the day
- enhance a positive public image of breast cancer survivors
- be inspired to train harder
- experience the thrill of racing
- enjoy the level playing field of competing against other BCS teams
- enhance our membership numbers through the excitement delivered

Whether you agree with all of the above or not, you are encouraged to register your preference now before a decision is handed down. *If you have already given a proxy for the meeting with regard to the supporters' voting rights, you should email Janet or me now to indicate your wishes re the proposed abolition of the DA Challenge at the National Titles so that your vote on this issue will count.* If you have not yet voted on either issue, I urge you to do so immediately.

DAS Craft Group Formed

Well, we are not just fun paddlers in DAS – we're also pretty darned crafty, it seems. Margo-Lynne Lee, our super-energetic social co-ordinator, is starting up a DAS Craft Group to meet at her house once a month on a Friday from 10-4 (see dates in the calendar). The first meeting is this Friday, 27th August but it's from 11am to 6pm - so it allows those who are working to pop in for a cuppa after work. As it will be the first day, they'll talk about all the different crafts and each month someone will demonstrate and teach a new skill to the group. It's all about sharing and learning together! Bring along any craft that you are working on, or if you just want to come for a cuppa - please do so! Bring along your lunch, afternoon tea will be provided. Stay as long or as short as you wish!

So if you are a crafty person and would like to learn some new crafts as well, contact Margo-Lynne at shortsandie@hotmail.com or by phone on 9764 4720 and plan to arrive at 'Avalon' 84 Homebush Rd, Strathfield (cnr Homebush Rd & Brunswick Ave - green brick fence) at 11am.

Thank You Dinner at Pier 26 Seafood Restaurant

Margo-Lynne has more fun planned off the water on Sunday September 12th – a DAS dinner at Pier 26 Seafood Restaurant at Stanmore. It will be a great night to get to know your paddling pals better over a delicious meal while at the same time we get to thank Pier 26 for their fundraising efforts on our behalf in May of this year. It's BYO and you are welcome to bring partners. Contact Margo-Lynne by phone on 9764 4720 or at shortsandie@hotmail.com to reserve your place – the more the merrier.

Champagne Farewell Breakfast for our DAS Paddlers going to China

Can you imagine being mad enough to paddle four times a week as well as work out at the gym three times a week – for months on end, in all weathers, day and night? Well fourteen super-keen DAS paddlers have been doing just that because they are going to China as part of the Australian Women's Masters team to compete in the World Dragon Boat Titles. Fancy having the opportunity to wear the Green and Gold! Plus a few of our DAS girls are joining the China contingent to paddle with Dragons Abreast in the DA Challenge at the Worlds – and, as is always the case when paddling pink, all DA paddlers can join in that race, regardless of their paddling prowess. Is there no end to the exciting places Dragons Abreast can take you?.

All DAS paddlers are invited to come along to the Champagne Farewell Breakfast on Sunday October 10th for our DAS paddlers going to China – details will be published as soon as they come to hand. Please don't tell the coach, Steve, about the champagne – the whole team is supposed to be on the wagon!

BBQ at Eugenia's

Eugenia Raftos is kindly opening her house for a DAS barbeque at her home in Roseberry on Saturday 27th November. This will be a lovely, informal evening where DAS paddlers can have time to enjoy a meal together (and some of their partners can find out who it is in DAS they've been hearing about all this time). Next bulletin there will be more details. For now, just do as Margo-Lynne says, and write it down in your diary.

PR Position Vacant on the Committee

Since Di Ryall stepped down from the committee, the PR position is now vacant. Is there anyone out there, with either PR experience or heaps of energy, who would like to step forward to fill that role? If so, please let get in touch with me at cynthiagkuiper@yahoo.com or by phone on 9449 6855.

More Excellent Zonta News

You may remember in the last DAS Bulletin I mentioned the good news that the Macquarie Zonta club had decided to distribute Dragons Abreast brochures along with the Breast Care Cushions they give to mastectomy patients in hospital. Now I have some even more exciting

news from Zonta. In late July I was a guest at the Zonta Hills District 25th Birthday Celebration and was fortunate to meet a range of Zonta dignitaries there, including the Zonta District Governor for NSW, QLD and ACT. She has kindly agreed to widen the distribution of our Dragons Abreast brochures together with Zonta Breast Care Cushions throughout her region. Once this is in place it means that every mastectomy recipient of a Zonta Breast Care Cushion in those states will get to read about the benefits of Dragons Abreast. We have created a special, additional, double-sided A4 flyer called "After All the Treatment – What Next?" to go with the DAA brochure. I am absolutely thrilled with this new relationship with Zonta because it gives us the perfect opportunity to reach all those gals who need to know that there's heaps of fun waiting for them when they finish treatment!

Where to send the Hang In There & Get Well Vibes

Happily there's some positive news now from one of our newer DAS members, Wendy Mann, who first paddled with us earlier this year. After having recently discovered a new lump, Wendy is now recovering really well from a mastectomy and is just starting chemotherapy. She sounded very upbeat when I spoke with her and assured me that she'll be back paddling sooner than you know it.

Very disappointing news for Irene Stewart, one of our founding members, who has been paddling her heart out in the team training for China. Investigations after she started suffering breathlessness during training this month have alerted Irene to previously undiagnosed heart problems. Much to her disgust and extreme disappointment her specialists now refuse to let her paddle till further notice. Speaking with her on the phone the other night Irene reckoned she's still coming to China, even if her only racing activity is to drum in the DA Challenge.

Boy, do we breed 'em tough in DAS! Best wishes to Wendy and Irene for a speedy recovery – we're thinking of you!

Outside Events

There are a few events organised by others that might interest you:

Breast Care Fashion Parade and Luncheon – Wed 8th Sept at Kirribilli Club – organised by the Sydney Breast Cancer Institute with information on how to wear prostheses, new styles and viewings of latest in designer swimwear. Contact Jeanette on 9515 7774

Tsunami Dragon Boat Club Trivia Night – Sat 11th Sept at Balmain Town Hall – 10% of the profits to go to Dragons Abreast Australia – contact Alison at tsunamidragons@hotmail.com or by phone on 0428 276 814

Relay for Life – Sat 30th & Sun 31st October at Sid Richards Oval, Concord West – organised by City of Canada Bay Council to raise funds for cancer. Contact Kathryn Davis (a DAS paddler) at knkdavis70@hotmail.com or by phone on 9743 5174 if you can help out on the day to spread the word about DAS.

Guess that's enough for now, so thanks if you got this far. If you have any news or comment for me next time, please fill me in. Over the page you will find the latest version of the **2004/5 DAS CALENDAR**

Paddles down (don't you hate that!)

Cynthia...

DAS CALENDAR 2004/2005

DAS	RACING	PROMO	SOCIAL/FUNDRAISING
Sun 25 th Jul – committee mtg 11.45am			
		Sat Jul 31 – Zonta Hills	
	Sun 1 st Aug – Bankstown regatta 8.00am – 2.00pm		
Sun 8 th Aug – planning mtg 9.30am		Tue 10 th Aug – Lymphoedema seminar – Adventist Hosp	
Sat 21 st Aug – committee mtg 11.45		27-29 th Aug - Natl BCNA conf and DAA AGM, Melbourne	Fri 27 th Aug – Craft Day 11-6
		Mon Aug 30 th – Hills Soroptomist Club	Sat 4 th Sept – Fundraiser @ Glebe 10 - 4
Sun 12 th Sept – Newbies 1.00pm and DAS paddling recommencing			Fri 8 th Sept – Craft Day 10-4
			Sun Sept 12 th Dinner Pier 26 Seafood Restaurant, Stanmore @ 7 for 7.30 BYO
	Sun 19 th Sept Ryde regatta		
Sun 26 th Sept - committee mtg 11.30 - gen. Mtg 12.30 –1.30	Sept 30 th – Deposits due for Vancouver	Mon Sept 27 th – Zonta N Beaches	
			Fri Oct 8 th Craft Day 10-4
Oct – no committee mtg	Sun 10 th Oct – Mavericks regatta		Sun 10 th October Farewell Champagne Breakfast for DAS in China
	17 th Oct – Woronora venue report due	W/e Oct 30/31 st - Relay for Life – Canada Bay – volunteers reqd	
	7 th Nov – Woronora timetable, entry forms due		
		10-14 th Nov - Leura V Intl. Breast Cancer Conf at Darling Harbour – volunteers reqd	
Sun 21 st Nov - Newbies 1.00pm	21 st Nov – Woronora trophies, volunteers, due		
? Sun 21 st Nov – committee mtg 11.45am			
	29 th Nov – Woronora race draw, suppliers, safety, due	? Nov 30 – Zonta Mid Harbour	Sat Nov 27 th – BBQ @ Eugenia's
	Sun 5 th Dec – Woronora regatta	Wed Dec 1 st – 4 volunteers reqd for CSIRO corporate paddle	Sat Dec 12 th – DAS Christmas Party – after paddle
			Fri Dec 17 th Craft Christmas Lunch
	19-20 th Feb – Chinese New Year,		Sat Feb 19 th – CNY Dinner

	Darling Harbour regatta		
<i>? Sun 6th Mar – Newbies 1.00pm</i>			
	20 th Mar – Corporate Games - Penrith		
	Sat 2 nd Apr – State Titles - Penrith		
	8-10 Apr – National Titles - Canberra		
<i>? Sun 19th Jun – DAS AGM</i>	24-26 Jun - Vancouver		
	3-7 th Aug – World Titles Germany		

Italics – yet to be discussed or finalised