



**DRAGONS ABREAST NT INC**  
**GPO BOX 872**  
**DARWIN NT 0801**  
**ABN 25 391 493 042**  
[www.dragonsabreast.com.au](http://www.dragonsabreast.com.au)



## NOVEMBER NEWSLETTER

Greetings everyone

It is almost time for our annual *Carols on Cullen Christmas Paddle*. It is hard to believe 2010 is only a few weeks away. With *The Wet* season, tropical storms become a hazard. Our safety rule is:

**If you hear it (thunder), fear it,  
If you see it (lightning), flee it.**

We do not paddle in these conditions. Another safety rule is that an accredited sweep must always be in the boat. In 2010 we hope to have more sweep training sessions, so make learning to sweep the boat a New Year's Resolution. To maintain your fitness when paddling finishes on Thursday 17<sup>th</sup> December, try walking or join one of the many excellent gyms in town. It will make returning to paddling on Tuesday 2 February much easier.

Keep fit, safe and sane this wonderful, wet, festive season.

Paddles Up  
Jill Finch

### DANT Management Committee Members

Name	Position			
Jill Finch	NT Coordinator	_____		
	Vice Coordinator			
Pauline Deslandes	Secretary	_____		
Pauline Tauschke	Treasurer	_____		
Robyn Rowe	Registrar	_____		
Colleen Haydon	Fundraising	_____		
Lyndall Finch	DBNT Rep	_____		
Aileen Blyth	Public Officer	_____		

### DRAGONS ABREAST NT GENERAL MEETING

Thanks to those that were able to attend the general meeting held in the DAA office on October 22<sup>nd</sup>. The meeting covered a brief report from Jill on what DA NT has achieved during the 2009 year. Reports were tabled that covered the Regional Reps meeting held in Hobart, Reach for Recovery, Fundraising, Registrars, DBNT & Treasurer. If you were not at the meeting and would like to read any of the above reports please let me know



**DANT AGM.** Many of the current management members will be standing down next year so the duties of all positions were explained. **REMEMBER** this is your club and we need people to stand for the positions if we are to continue as an active organisation. Teamwork is the key and there will always be someone to lend a hand. If anyone is interested in any of the above positions please see any of the committee members. Remember the coordinator must be a breast cancer survivor and the committee must be made up of 50% plus 1 breast cancer survivors. Supporters are most welcome to be part of the committee. We will be calling for extra committee members on the day of the GM.

**Fees for 2010** – Our fees will have to increase. DBNT increased their fees the recent Annual General Meeting. This will also be an agenda item at the AGM

Graeme Wigg of Wigg Plumbing has generously agreed to sponsor our training singlets for the next three years. Thanks Graeme. The style of the singlet will change but the wording on them will stay the same. Chris Sargeant is organising the making and screen printing of them. We are also investigating having a smart DANT polo shirt.

## **REGATTAS 2010**

As the majority of DANT members are unable to attend the 2010 International Breast Cancer Participatory Festival in Peterborough Canada the Committee thought it would be great if we could attend some of the Breast Cancer Dragon Boat Regattas held elsewhere in Australia. Two events that are advertised now are:

June 13 – Ord 55km Marathon  
September - Tasmania

These are the only dates we have at present. We definitely would like to attend both of these events. Can you please register your intentions, especially for the Ord River 55 kilometre paddle? Current thinking is that we will fly over on the Saturday, paddle on the Sunday and fly back on the Monday (it is the Queen's birthday weekend). We need a commitment as soon as possible so we can book flights & accommodation.. Kununurra have put the details of the 2010 Ord Paddle on their website [www.ordpaddlers.org.au](http://www.ordpaddlers.org.au) Places will fill quickly so we need to know approximate numbers. Please let Pauline Deslandes know at [dantsecretary@dragonsabreast.com.au](mailto:dantsecretary@dragonsabreast.com.au) so booking can be made.



Other Breast Cancer Survivor Regatta around Australia will be published as soon as we have dates.

A Dragons Abreast NT Calendar of Events for 2010 will be published very soon.

## **CAROLS ON CULLEN**

To be held on Thursday December 10<sup>th</sup> at 5.30pm. (as long as we are not rained out) Dress up in your Christmas outfit, lubricate your singing voice and come along and spread some Christmas cheer. After the paddle we intend to go across to Seadogs for a bite to eat. Please let me know if you intend to stay on and go for dinner.



## **DRAGONS ABREAST NT CHRISTMAS PARTY**



Thanks to our Christmas Fairies – Aileen & Chris – we are having a Christmas Party on December 5th at 10 Litchfield, 6.30pm for a 7.00pm start. The theme for the evening is **White Christmas Dreaming**. You will need to pay Aileen or Chris \$5 to secure your seat and receive the final instructions. It is a pay your own way but some refreshments will be provided. I also hear that the Fairies have organised some type of surprise. What more can I say but put on your glad rags and join in the fun. **DO NOT** throw away your numbered Christmas tree attached to your invitation.

## **ID TAGS**

New ID tags have been sent out by DAA. If you have not received your new ID Tag please let Robyn know. You will need your ID Tag if you go interstate or overseas to paddle.

## **CHRISTMAS BREAK**

Our last paddle for 2009 will be Thursday December 17.

Paddling will recommence on Tuesday 2<sup>nd</sup> February. This will be a “Paddle with a Difference - Monsoon Madness”. We will also celebrate Jill’s birthday. Mark it in your 2010 diary and come along and start the 2010 paddling year off with loads of **PIZZA**.

## **CYCLONE PROCEDURES FOR THE BOATS**

After our last paddle on Thursday December 17<sup>th</sup> the boats will be secured either side of their present berth place. If by chance we have a Cyclone Warning the boats will be filled with water. (DBNT policy) We will need volunteers to come down and help do this. If you are able to assist please let Pauline Tauschke know – we will need your contact number.

From December 17<sup>th</sup> 2009 – January 10<sup>th</sup> 2010 Pauline T will coordinate the cyclone procedures  
From January 11<sup>th</sup> to end of “Wet Season” Colleen Haydon will coordinate the cyclone procedures.

## **SPONSORS**

Our accomplishments would not have been so diverse or so successful without your support - the many businesses and people of Darwin. Thank you for your generosity and all you have done to assist Dragons Abreast NT during 2009.

## **WHY DON'T YOU HAVE A GO**

### **Reflections by Pauline Deslandes**

My treatment finished in August 2001 and I joined DA NT in February 2002. I was fortunate to have met Michelle Hanton just after I was diagnosed and she encouraged me to have a go at paddling. The day I went down, very hesitantly I must admit, it was raining and I thought no way there would be paddling – WRONG. From that day on I became involved – DAA was still finding its feet so as a group we were very involved in anything and everything that was happening.

Early in 2004 Michelle asked me to have lunch with her to go over a few ideas!!! She did not beat around the bush but asked straight away if I would be interested in taking over as Coordinator from her as she wanted to put most of her time and energy into the organisation of DAA. My first thought – take over from Michelle – huge boots to fill, I have no experience, can I do it, do I have the time, and do I have the skills? I had been on many committees over the years but not as a leader or coordinator. Michelle graciously said she would give me some time to think it over.

That night I discussed it with Brian, my husband, who said I should give it a go, I was about to RETIRE so should have FREE time on my hands – I now believe that there is no such word as RETIRE.

I was elected as NT Coordinator and held my first meeting at Bonnie Fong’s place after a Garage Sale we had to raise money for our nomination fee for the Vancouver trip.

It was not always easy and at times I had some very bumpy trips but I have never regretted taking on the position of coordinator and then as the DBNT Representative and this year as Secretary. There is always

someone there to offer advice or to listen to ideas. I have learnt a lot, met loads people, made many new friends and done so many wonderful things.

Not only have I seen the value, fun and camaraderie that Dragon Boating can bring to many survivors, but also by taking out to the public what Dragons Abreast is all about the support and generosity of many, many businesses and people I feel I would not have experience if I had not taken on a committee position.

The rewards and enjoyment I have had from holding a position on the committee will stay with me forever and I will be forever grateful that I had something to do to fill in my spare time after I retired!!!!

I have often said that from my “black hole” period – going through my breast cancer journey - something good came from it.

If you are at all interested in holding a position on the committee do not hesitate – grab it and make the most of an enjoyable, rewarding experience.

Pauline Deslandes

## **NORTHERN TERRITORY BREAST CANCER VOICE**

Attached is a flyer from NTBCV advertising the forum to be held November 21<sup>st</sup>.



This is the last Newsletter for 2009. From the Dragons Abreast Management Committee have a safe, enjoyable Christmas. Hope Santa delivers what you ask for.

**MERRY CHRISTMAS AND A HAPPY NEW YEAR**





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## MEMBER UPDATE FORM

If your information has changed since completing your registration form could you please return this form with your changed details to Dragons Abreast NT's Registrar Robyn Rowe

Surname		First Name	
Residential Street Address		Suburb	
State		Postcode	
Postal Address		Postcode	
Home Phone		Work Phone	
Mobile Number		Email	

