



Dragons Abreast Australia National News Bulletin

MAY 2007

Celebrating Life!



This month's intro comes from the Organising Committee as Michelle is working at nothing less than the speed of light on countless tasks associated with Abreast in Australia 2007.

We sometimes hear that the national body has 'loads of money'. It is very disappointing for members of the Organising Committee to hear such comments – it is a total misconception. Michelle Hanton, National Coordinator, has been working endlessly to raise the required \$1.2m for the event to ensure it will be a memorable adventure for women from across the globe who, at one time or another, have been diagnosed with breast cancer. Michelle's travel around the country has been to find sponsors willing to help her fulfill a dream. She has been successful in knocking on the doors and hearts of very generous folk.

We think, perhaps, our members do not fully understand the enormity of this event and the infrastructure required to stage it. Registrations alone do not cover costs.

To give you one small example the cost of hiring portaloos for the five days is in the vicinity of \$10,000. In addition just a few of the essentials to be paid for are the hiring of the site, insurance, sound & lighting, marquees, security, cleaners, transport of dragon boats and the list goes on.

The Committee is delighted with the response from many clubs who are raising pink pennies. It is often the smaller, less financial clubs that are making a huge effort in raising pink pennies and their generosity is very much valued. We encourage all members to think about making a small personal donation. 30 June is approaching and tax-deductible receipts will be provided. Just imagine if our 1500 members donated \$10 or \$15 each – that would net \$15,000 or \$22,500! Of course, we understand that is not possible for everyone - we can but dream! The following quote from a desk diary is very fitting we think – Michelle acts as if it were impossible to fail and the Committee are behind her 100%.

All that is necessary to break the spell of inertia and frustration is this: act as if it were impossible to fail. That is the talisman, the formula, the command of right-about-face that turns us from failure to success.

(Dorothea Brande, writer and editor)

We have the formula – you the women of DAA!

The formula certainly worked recently when members and supporters of Missabittatitti made the eight hour trip to St George to meet the members of the St George Dragons on the May Labour Day long weekend. Read more about this adventure further on in the newsletter.



Having said all that, more sponsors are coming on board - the latest being Dr LeWinn's, Eyede and Heritage Building Society (check the website for more information). Darwin held their annual Yacht Race on Sunday 13 May which raised a considerable amount, so we are well on the way to achieving that extra \$200,000 by almost reaching the \$100,000 mark. So with your support and enthusiasm you can proudly say you played a part in staging a spectacular event.

Caloundra Tourism is right behind the event and their enthusiasm is electric. The excitement in Caloundra is building and is very palpable.

Christmas in July at EcoPoint



Our unique partnership with EcoPoint, Myall Shores Resort www.ecopoint.com.au is a wonderful collaboration between Dragons Abreast Australia and AusDBF. We invite you to join DAA members for a relaxing weekend to celebrate Christmas in July on 20-22 July. Great accommodation and loads of fun is anticipated at the Christmas Dinner. Ensure your booking (entry form on page 7) with a deposit by 1 July.

A Dragon's Tale

The book recording the history of DAA to date is in the hands of the printers and is scheduled to be launched in August. An announcement will be made in July about how you can pre-order at a special price.

Do you realise that on 30 May there will only be 144 days before Caloundra is awakened by the Great Dragon? We plan to give you the time of your life!



The Organising Committee Abreast in Australia 2007

MEET THE HERITAGE PINK PENNY POSSE!

We are thrilled that **Heritage Building Society** has come on board as a proud sponsor of our Abreast in Australia event. Not only have Heritage become our sponsorship partner, but when they say they have an ethos of community involvement they mean it! For here they are getting into the pink spirit of things and putting their hand up to raise additional funds for the Pink Penny Appeal.

Pictured is the Heritage team at their Caloundra branch. As this branch is located at the 'home of the event' the team here is the first to take delivery of their donation tins, which as you can see, they are already madly rattling at all and sundry! Caloundra branch is also organizing a Pink Morning Tea and raffle on Friday May 25 in support of the Pink Penny Appeal. Stand by for the next newsletter to hear how much fun they had doing it! The winner will take home a \$100 Heritage account!

Heritage is Australia's largest and most awarded building society. With more than 130 years experience, Heritage has more than 120 retail outlets.



I guess all that sun and surf (which you are all soon to be enjoying too) is what makes them the sunniest financial institution we know!



Heritage – putting 'People first'

Heritage is Australia's largest and most awarded building society.

With more than 130 years experience, Heritage continues to offer consumers a competitive banking alternative.

Heritage members have access to a network of more than 120 outlets, leading edge banking technology, and most importantly personalised service.

With a proud record of providing practical support to help build communities and support organisations throughout their retail network, Heritage is a mutual society focussed on delivering real benefits to their members.

Unlike other financial organisations that concentrate on maximising profits for shareholders, and have a history of withdrawing services, Heritage supports its members and continual expansion has seen the opening of many new branches. They distribute revenue back to their members in the form of competitive pricing, products and services.

Heritage is proud to support Dragons Abreast Australia. This is just another way that Heritage serves the community by helping charities and other not for profit groups to build even better communities.

As a mutual organisation they are committed to their philosophy of putting 'People first'

For more information:
phone Heritage on 131422 or visit them on the web at heritageonline.com.au.

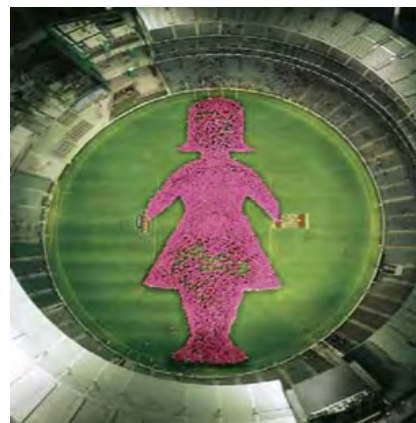


To
Pat Helmore

Who has been awarded a **Sport Leaders Scholarship** under the Women's Sport Leaders Scholarship Program 2007.

Pat will undertake a four day professional development program tailored to women working in sport, recreation and physical activity organisations from Monday 25th June to Thursday 28th June 2007 at Lake Ainsworth Sport & Recreation Centre, Lennox Head NSW

NSW Sport and Recreation is committed to improving the management and leadership skills of women working in the sport and recreation area.



The spectacular field of women – MCG 2005

Don't miss
BCNA's Field of Women
Live on

Saturday 11 August evening
at Telstra Stadium, Sydney

Register in May at <http://www.bcna.org.au/>



Hello all paddlers!

In March, sixteen of our club members took part in the Cancer Council's Relay for Life at the Bangalow Show Grounds. It was a great afternoon/evening for walking. What an inspiration it was to see so many survivors walking with their supporters!



RDA Relay for Life team



The following day a group of Rainbow Dragons attended the "Bart Auction" in Veda (with bra on head), Urte and Annola show off their new bras

Lismore. This was an auction of specially decorated bras organized by the Alstonville/Wollongbar Quota Club to raise awareness of breast cancer. They are generously donating some of the proceeds to our club. The bras that were auctioned were really amazing!



Pennies for Abreast in Australia by selling tea and Anzac biscuits to our members.

On Anzac Day we had a special commemorative paddle and raised some Pink

Tea and Anzac biscuits raise Pink Pennies

Missabittatitti Pays St George a Visit

Members and supporters of Missabittatitti made the eight hour trip to St George for the May Labour Day long weekend. About forty of us, including Michelle Hanton (DAA National Coordinator), hopped on the bus, or travelled by car to meet the members of the St George Dragons. Lots of singing, laughs and bad jokes made the trip seem very quick.



Good old country hospitality prevailed! Upon arrival at about 3pm Saturday we were provided with afternoon tea – home made cakes, scones, the works! Good sustenance before heading off in the boats for a come and try session with the locals. St George now has two dragon boats and there was ample opportunity for everyone to have a paddle. We even had some of the Brisbane supporters paddle for the first time (with questionable technique!).



Thanks to Kerrie and Richard Loman, we then headed off to our accommodation at the QLD Grape Growers Pickers Quarters. Even though all were starting to feel somewhat tired after the long day, we all perked up for the BBQ which was by Karaoke! A great BBQ was organized for us by Veronica, Liz and Steve. This was followed up with Bernie and her Karaoke machine for a great evening's entertainment. Even though some of us sounded pretty good on the night (New York, New York!), it was just as well that the accommodation was a long way out of town.

On Sunday morning, we were taken on a tour of the vineyard and property by long time employee Judy Thomas. The magnitude of the logistics and the growing and picking process was very interesting. We will never look at a grape in the same way again!!



We then headed off to the St George Show, and there was something for everybody. We bought a sheep at auction for the Calcutta which performed very poorly, and had fun in "sideshow alley" where we rode the dodgems and played some of the games in the hope of winning a cheap stuffed toy.



Some of us came away with plenty of fluffy prizes, others with bruises (who knew throwing darts at balloons could be so dangerous). The day finished with the rodeo and fireworks, then back to "Pickers Resort" to wind down.

Kerrie put on an outstanding Pink display at the show, promoting Dragons Abreast and the Abreast in Australia in September. The raffle which was organized by Michelle Seidel had prizes donated by St George locals: 1st prize donated by the Brand Family, 2nd by Annie James and 3rd by Glen Goding builders. The Lolly Jar was donated by Toowoomba peanut products for the "guess the weight" competition.

A very big thanks to Kerrie and Richard Loman for taking us in at the Pickers Resort, and also a big thanks to EVERYONE at the St George Dragons for their hospitality. We all had a terrific time and we look forward to making the trip again. We also look forward to the St George folk joining us some day in Brisbane so we can repay their hospitality. **Jo Parry**

Dragons Abreast ACT reports on Volunteering.....

at the Australian National Dragon Boat Championships – Penrith 5–8 April 2007

June McMahon, Mavis Fowler and I volunteered our services at the National Championships held at Penrith over the Easter weekend. This was not because we secretly wanted to be paddling but because we want to be involved in the International event to be held in September at the same venue. We knew we would be kept busy and we certainly were tired at the end of each day!

We chose comfortable lodgings and took plenty of provisions to care for our needs... quality home cooking supplemented with wine, cheese, fruit and honey. June even thought ahead and took DVDs. She is happy to loan a beautiful one on cooking produce from Tasmania.

The Penrith International Rowing Venue was purpose built for the Olympics and is magnificent in its setting and facilities. It was decorated with autumn tones in the trees and velvet green lawns. The colours of the dragon boats and paddlers made a magnificent spectacle. Teams from all states except Tasmania came for the state championships. Canada was represented on club days and enjoyed paddling against our best clubs. Breast cancer teams included Amazons from WA, Vipers from SA and Daszlers from Sydney. These teams were very competitive.

Each morning we had to rise early for briefings at dawn! We were allocated our tasks and worked long days. The teams of volunteers included paddlers, partners, parents and children. We proudly wore our blue T shirts and were grateful for the spray jackets on Thursday when there were a few showers.

On Thursday morning the first activity was the traditional blessing of the boats by Buddhist monks. June, at her eighth national regatta, was asked to 'dot the eye of the dragon'. This is a symbolic wakening of the dragon. June ended up officiating for three dragons, painting the eyes, then slapping them with a bunch of shallots. The monk told her she really woke the dragon up and no doubt it would win the race!



Mavis, of course, was in her element loading and unloading the boats. It was interesting on the first day juggling three sets of boats some of which moored onto a pontoon, others onto a rocky beach. Some boats developed leaks and two had broken drummers' seats. We became very skilled at lassoing boats to hold them steady for paddlers. The paddlers were all very pleased for the assistance and thanked the boat holders.

On the other days June was sent to the finish tower where her role was to manually time the finish of races. Look for her sore eye and thumbs which are a result of watching the line closely for 62 races each day and pressing the stop watches. At Penrith all races are timed electronically and videoed but a back-up system with manual and visual timing applies.

I became a marshal in the pig pens! (as this year is the year of the Pig and I am a Golden Pig it suited me!) The teams were required to line up well before each race and show their identification tags. The marshals match the tags to the faces... not an easy task as the paddling face does not always look the same as the glamour photo on the tag. No tag, no paddling! We also checked paddles for appropriate approval and no extra binding. Sit-upons have to be less than 15 mm. In the masters categories we had to check ages, sometimes a sensitive area. But it was great fun and you came to know the paddlers well and could talk and joke with them. Some teams (who I knew well) even swapped tags to test the marshal.



CHRISTMAS IN JULY
EcoPoint
Myall Shores Resort



20-22 July 2007

www.ecopoint.com.au

Yes! Count me in for a fantastic weekend with the dragon boat fraternity from Dragons Abreast Australia and AusDBF.

NAME: _____

I wish to book accommodation for the following nights:

- Friday, 20 July 2007
- Saturday, 21 July 2007
- Sunday, 22 July 2007

My preference is:

ACCOMMODATION COST PER NIGHT (per Villa – each sleeps up to 4 people)	1st Pref	2nd Pref
Lake Front Villas \$169.00 2 bedrooms, 2 bathrooms, kitchenette, TV and DVD player, a/c, private balcony with outdoor setting, 2 years old, 4 star accommodation**see additional note below**		
Lake View Villas \$149.00 2 bedrooms, 2 bathrooms, kitchenette, TV and DVD player, a/c, private balcony with outdoor setting, 2 years old, 4 star accommodation**see additional note below**		
Garden Villas \$129.00 2 bedrooms, 2 bathrooms, kitchenette, TV and DVD player, a/c, private balcony and outdoor setting. 2 years old, 4 star accommodation**see additional note below**		
Lake Front Family Villas \$129.00 2 bedrooms, 1 bathroom, kitchenette, TV and DVD player, a/c, and private balcony. Older style but great position		
Lake Front Standard \$109.00 2 bedrooms, 1 bathroom, kitchenette, TV and DVD player, a/c, and private balcony. Older style but great position		
Lake View Cabins \$79.00 Cosy and Rustic. Small older style Cabin that can sleep 4 with a separate but external ensuite. Linen provided		

If booking a newer 2 bedroom Villa, there is a Queen size bed in the Master Bedroom.

- I would prefer (pls tick) a King bed in the 2nd bedroom
 two single beds in 2nd bedroom.

Occupying the above accommodation will be:

1.
2.
3.
4.

Please indicate if any are children under 12 years

I will settle my Room account with: Visa/MasterCard/Amex/Diners and my card number to guarantee my reservation is _____ exp __/ __.

I understand a deposit of the first nights accommodation is payable by July 1. Please deduct this from the credit card (above) and mail a receipt to the address below.

Please sign to agree _____

Or

cheques may be made payable to: Myall Shores Resort. PO Box 88, Bulahdelah, NSW 2423.

My expected arrival time is: _____

In order to avoid disappointment bookings should be made early! This form may be faxed or posted to:

EcoPoint Myall Shores Resort

PO Box 88

Bulahdelah NSW 2423

FAX: 02 4997 4600

Your reservation will be confirmed once the first nights accommodation deposit has been received.

CHRISTMAS DINNER



On Saturday night, 21 July 2007, Santa will be leaving the North Pole to join us at EcoPoint, Myall Shores Resort for a wonderful buffet Christmas Dinner.

A great night is assured – presents, games, Christmas Trivia Quiz – and much more!



The cost for this night of fun will be:

Adults	\$45 per person
Ages 10 – 12	\$25 per person
Ages 4 – 9	\$15 per person

Names of guests who will be attending the Christmas Dinner:

1.
2.
3.
4.

Please indicate beside each child named above their age and sex (to help Santa along!)

Total:

Adults Ages 10 – 12 Ages 4 - 9

Your contact details:

Name:

Address:

Phone:

Email:

