



Dragons Abreast Australia National News Bulletin

January 2007

Celebrating Life!



Hello everyone,

2007 is actually here! And I must apologise for the delay with the newsletter – not Rosemary's fault at all! I have been rather snowed under with the finishing touches to our book – deadline end of January – as well as the usual stuff around here and I am afraid I dropped the ball with the newsletter bit!

This is THE YEAR and we are so excited (and a little scared!) as we are hurtle towards *Abreast in Australia*. Your organising committee has been very hard at work and lots of exciting stuff has been happening in the background! Check out our new look website for *Abreast in Australia*. Just go to our webpage www.dragonsabreast.com.au and click on the AIA logo – it will take you right there.

Volunteer expressions of interest are rolling in nicely now, both for Caloundra and general volunteering – but keep them coming! We are pleased so many people willing to get on board and help out.

Chinese New Year Festival at Darling Harbour is looking to be another great event and the DAS shopping tour on Friday for out of towners sounds wonderful! This is a unique opportunity so book in fast!!

DAA will be having a stand at CNY to promote *Abreast in Australia* – which is a fantastic opportunity as not only will it promote the event, but also give the chance for folks to learn more about us generally!

Over the Christmas period Jan Matthews graduated to Angels Abreast – those of you who were in Perth may remember Jan, she was the sole Port Lincoln representative and Perth was her first regatta. Rainbow Dragons Abreast have also said farewell to Ber Robertson who passed away on Sunday, 28th January. Laura Turner wrote to me *"We were well aware of her courage and determination - traits which were further demonstrated by her will to live long enough to say "Happy Birthday" to her grand-daughter who turned one last Friday. She loved dragon boating from the first time she joined us for a paddle, only 4 and a half months ago. Even though she wasn't with us in the boat as often as she would have liked, she was with us in spirit and had rainbow-coloured flowers and decorations all over her hospital room and wore her rainbow earrings every day. We have truly lost a very special person from our team but not from our hearts!"* We extend our sympathy to both families and friends at this sad time.

Your coordinators have no doubt passed on the news of the Pink Penny Appeal as well as news that we are looking for media spokespersons for campaigns that will revolve around *Abreast in Australia*. We need a variety of women, all ages ranges that are willing to be trained and briefed to speak on behalf of DAA. This will vary from photo shoots, to live interviews on radio, television etc. If you are interested in being involved please email me.

Michelle Hanton

DASydney: Chinese New Year Social Events

On Saturday, 24 February 2007, all fellow paddlers, their friends and family are invited to join DASydney in a full day of bargain hunting direct from the warehouses (early morning start) where you can save a fortune! And you won't even have to feel guilty as you will be helping DAA. All proceeds will go to DAA towards Abreast in Australia! Later in the evening we'd love you to join us at our fabulous DASydney Chinese New Year banquet - where you can brag to other DApaddlers about the incredible bargains you nabbed.

Don't miss this fantastic Chinese New Year Warehouse Shopping Extravaganza – To give you an idea what you're in for, check out the story below of the day when DASydney hit the warehouses last year.

Thrill of the Hunt - DASydney's Bargain Shopping Tour

Ah, the sweet allure of being complimented on an item of clothing and being able to smile knowingly and murmur "and it only cost \$20".

You will already have heard terrific tales of triumphant bargain discovery on our madcap DASydney Warehouse Shopping Bus Tour. Some simply see tedium in such an outing, rather than adventure, but let me assure you that as the bus rumbled away from the kerb our avid bargain hunters morphed into a sort of focussed high, like paddle-tragics on their way to a medal. The temptation of all those potential Christmas gifts and glamour outfits at giveaway prices was intoxicating to say the least. The seasoned shoppers snatched snappy little ensembles out of thin air and the rest of us soon learned to watch them closely as their expertise helped us cut to the chase. It didn't take long to get in the swing of things and the cash registers soon started humming to the tune of melting plastic. There was something for everyone.



Carolyn New listing to one side under the weight of purchases

At Rodney Clark I found an already reduced \$49 shirt that would drop to \$20 if I bought a second shirt at the same time – so with a little co-operation two of us scored exactly what we wanted for a total of \$40. Not sure how they make money that way, but hey, who's asking questions? At the jewellery outlet Vicki Farmer unearthed a \$299 silver necklace for \$40 and then with a further discount ended up paying only \$32 for it!!

As any shopping junkie knows, when you get tired of shopping it's time to sit down and try on shoes, but the shoe shop was not for the faint-hearted. It was more like an aircraft hangar stacked with more footwear than I've ever seen in one place. We all tumbled urgently out of the bus– so little time, so many shoes and, after all, were there ever a pair of feet that couldn't use an extra pair of shoes - especially at those prices! Excitedly I squeezed my size 8 toes into some darling little things with a dainty strip of fabric across the tip of the toes. It made my foot look like a pig's trotter on stilts! Would I ever find something that looked good and didn't just plain hurt? Sure I did - \$59 later I stepped out in my new cushiony white sandals – perfect for slipping on and off on such a blistering summer's day. This was getting better all the time.

Being grandchild-deprived, I just dreamed my way around the aisles in the toy shop while the appropriately blessed staggered out lugging half the contents of the store. At one of the manchester outlets several girls emerged triumphant from under mountains of ridiculously

priced towels and sheets. Not surprisingly we did a lot of damage (figuratively speaking) at the Nut Shop and the Candy Shop and then the Breville shop saw some foolishly priced appliances fly into the bowels of the bus – for example Angie Aston couldn't afford NOT to replace her ageing blender with that brand new whiz-bang model.

At the mother churches of Wombat, Sportscraft, Seafolly, Sandler and the like we were all flinging clothes on and off in a rapturous frenzy. I tried on one of those fabulous little numbers that's supposed to make you look like Audrey Hepburn in Breakfast at Tiffany's but sadly I looked more like Priscilla Queen of the Desert – you can't win 'em all! But I did get some super T shirts and jeans at \$7 and \$10 respectively. As far as I can calculate, by estimating the average life span of a T shirt and factoring in the number of times I might need to wear one, I now have enough on hand to last me for the next 65 years. Back on the bus there was collective gloating over a \$299 Saba skirt bought for just \$19 and passing credit for



twelve pairs of socks snared for a total of \$20. Plus there's always the added bonus of the pride taken in justifying what you paid for something as being more than worth the purchase price, because of how much you saved!

By the time we got back to the Anzac Bridge in the evening I was, sartorially speaking, good to go. However, thinking back realistically on the expedition I obviously allowed myself to drift from the prudent building of a Christmas gift-giving supply into a frenzy of self-indulgence – the first step, I've heard, towards a full-blown shopping tour addiction. But it was all in a good cause – we all saved lots of money, had heaps of fun and into the bargain raised hundreds of dollars for DAsydney!

Photo: Angie Aston and Elaine Beggs on a shopping high

Chinese New Year banquet

Venue: DRAGON STAR SEAFOOD RESTAURANT
LEVEL 3, MARKET CITY, 9 HAY ST,
HAYMARKET, SYDNEY

The restaurant is above Paddy's Market and not far from the Entertainment Centre. Parking is available at the MARKET CITY CARPARK (in the same complex) – FREE, providing the ticket is stamped at the restaurant and you arrive after 5pm.

Time: 6.30pm for 7.00pm
Cost: \$45 pp – Deluxe Banquet, (includes 2 bottles of wine & jug of soft drink per table).
NB: Bookings will only be accepted with payment – limited to 2 seats per paddler
- Sorry no children

Contact: Kathryn Pineiro, Social Co-ordinator
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CNY Warehouse Shopping Extravaganza!



Coming to the big smoke for Chinese New Year?
Then you can't afford to miss this best value shopping day possible.

This is retail therapy at its best – you'll save heaps buying direct from the warehouses
The more you shop – the more you save!
AND you're helping DAA too, because all funds raised go to DAA!

Read about DAsydney's riotous shopping trip and you'll see why we want to share the fun with our out-of-town pals – we had such a great time we forgot to mention that you ride in style in a lovely comfy air-conditioned bus from warehouse to warehouse; plus they provide morning and afternoon tea, as well as a sit-down lunch.

You won't believe the bargains at these warehouses: Shoes 2000, Hermes, Linen 1, Sea Folly, Wombat, Cuddles (kids clothes), Perfumes on the Move, Mikasa, Tiffany Electricals, Victoria's Basement (awesome range of giftware and homewares), Basic Fashion (incl Gordon Smith and Rodney Clark), KB's Toys, The Surf Shop, Sportscraft (incl Saba), Sandler, Trackmaster, Manchester Madness, Sheridan, Shirts for Less (incl Bonds and Berle), Georgious (masses of big name confectionery like Toblerone etc)

We can only take 46 lucky shoppers on this tour – so you need to book quickly
Enjoy a whole day of excitement for just \$50 – and you can save hundreds!!
Saturday 24th February

Pickup will be 8.30am from somewhere near Town Hall (TBA) and return 5.30 – 6ish

YOUR NAME: _____ YOUR BA CLUB: _____

Tel: _____ Mobile: _____

Work Ph: _____ Email: _____

I have enclosed: \$50 (fifty dollars) Chq/ Money Order

Please make cheques payable to "Dragons Abroad Sydney" (sorry we can't take credit cards)

Post completed form with payment to: Angie Aston
Dragons Abroad Sydney
690 Box 133 Pyrmont NSW 2009

Entries close Friday 9th February, 2007

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Paparazzi shadow Pink Ladies



Dragons Abreast Tasmania's first paddling adventure on the picturesque Huon River attracted an enthusiastic following – both on and off the water.

The group of 34 paddlers launched their two dragon boats, Boobiella and Dragon Fly, at Huonville 45 km south of Hobart to the applause of cheerful locals who had gathered on the riverbank to catch their first glimpse of a dragon boat.

More used to seeing Olympic rowing crews training of their beautiful stretch of river, the Huon residents were thrilled to see women in pink lycra going through their paces.



Throughout the 8km trip downstream to the sleepy township of Franklin the boats were kept firmly in the sights of shutterbugs who stopped their cars or came out of the riverside homes to watch the sea of pink.

One resident had even raised the Red Ensign on his flagpole and called a hearty: "Welcome to Franklin".

Although overcast, there was no wind and the colourful dragon boat hulls glided effortlessly providing gorgeous reflections in the millpond conditions.

The paddlers were in good spirits, saluting groups of well wishers on the riverbank and singing loudly from their repertoire. The lyrics were appreciated by the crews in a flotilla of support craft, including the DAT rubber duckie, sea kayaks and canoes.

A couple of kilometres from the destination the weather deteriorated and light drizzle turned to heavy rain but not enough to dampen spirits.

The day was well planned and well publicised. It culminated in a sumptuous pot-luck lunch at the riverside park at Franklin. Two boxes of locally-grown black-heart cherries provided by the Huonville cheer squad were a perfect dessert.

The hardier paddlers stayed on and camped overnight to hatch plans for the next expedition.

Pendragon Pinks

Training Day

Wow! What a great day we had with Daly on Saturday 6th January 2007. 31 girls from Pendragon and Illawarra Pinks joined Daly for a very informative, enjoyable, practical and positive day. The day was coordinated by supporter, Julie Willis and president, Barbara Williams. The girls brought goodies for the day and we shared a feast fit for a king!

Daly showed the girls a paddling stroke placing inside arm at front of forehead, holding the lower arm stiff, placing paddle in water at 90 degrees to the boat, leaning forward with outside shoulder by rotating body and placing paddle under person in front's armpit, lunging into water and using leg drive by straightening knee and returning to starting position by simply pulling inside arm to abdomen. The handle of the paddle should be almost touching thigh before returning. Doing all this we should look like a coordinated "wine rack".

Before taking to the water, we enjoyed a delicious morning tea and a presentation was made to Ron, our beloved supporter – a T-shirt of his harem!



Then to the water, and what a beautiful day, to put our learning into practice.

We took out 2 boats and Daly hopped from boat to boat, or from seat to seat, helping each person with technique. It took a while before we could get it all together, but by Daly, we did it! How good did we look!

We are hoping to have another day with Daly in April. Thank you, Daly for a great day!



Treasure Chests Dragons Abreast

Clarence Valley, NSW

The year 2006 drew to a close for the **Clarence Valley Treasure Chests** when we held our Christmas Party at the Yamba Tavern on December 17thand what a party it was!

We let our hair down and had a wonderfully happy time with husbands, partners, supporters and a very lucky DJ. He must have been so thankful for our continuing support even after all the other patrons at the Tavern had departed!



The **Treasure Chests** are eagerly awaiting the start of the New Year training sessions on the first Sunday in February and take this opportunity to wish all Dragons Abreast members throughout the world good health and happiness for 2007. We look forward to seeing you all in Caloundra, Queensland, Australia on the last weekend in September for the International Dragons Abreast Regatta.

Flamin' Dragons Abreast- Port Macquarie Inc

competed in the first regatta of the New Year on Saturday 13th January, at Tacoma. Despite blustery wind conditions our provisional sweep, Lyn Buckley, performed well completing three races.

FDA fielded a full crew of combined survivors/supporters in the Masters Women's category and a half team to combine with Port Hacking Sporting club in the Premier Womens Category. Everyone had a terrific time. Although not in the medal count, we have, more importantly, another level 3 accredited sweep

During this summer holiday period we have also played host to visiting paddlers from Sydney. We hope they have enjoyed their time on our river. We have had calm water and wonderful paddling conditions.

Our local Intimo Lingerie representative, Robyn Kazda, generously donated the profits of several "underwear parties" to our group enabling us to purchase four new life jackets for the use of visiting paddlers. Thank you Robyn, we do appreciate your gift.

For now, FDA is in full preparation for Chinese New Year at Darling Harbour in February. We look forward to catching up with old friends and making new friends too,

Online Coaching Course Now Live!

The Australian Sports Commission is pleased to announce the launch of a new online course for coaches.

The **Beginning Coaching General Principles online course** has been developed to assist new coaches improve their basic coaching skills, in particular, those coaches working with children.

Coaches can complete the course in their own time, from the comfort of their own home. It is initially being made available free of charge to Australian coaches by the Australian Sports Commission.

About the course

The course contains five modules, covering a range of general coaching topics, including the role and responsibilities expected of a coach, planning, safety, working with parents, communication, group management and inclusive coaching practices when working with people with a disability or special population groups.

The course takes approximately 6 hours to complete with assessment included at the end of each module.

How to access the course

The **Beginning Coaching General Principles course** is available from the Australian Sports Commission's new online learning portal. For more information on the course, and to enrol go to: <https://learning.ausport.gov.au>.

AMAZONS

The first Grand Prix Regatta for the 2006-2007 season was held in Bunbury where we met up with the Crewsaders, Bunbury's own DAA team.

We had our own racing event. It was very even and hard fought over 300m and we were very narrowly beaten by 0.3secs - or half a dragon's head! It was a great race and fabulous to have two pink teams competing against each other in WA. We were particularly thrilled to welcome back Yvette, our sweep, to her first race of the year.



A "petals on the water ceremony", attended by many paddlers from all participating teams, was held at lunchtime.

Back in Perth we competed in the Freo-Swan Regatta at Canning Bridge. The weather was glorious (albeit it a tad hot at 32C for vigorous paddling!) This created its own problems as Perth's boating fraternity were out in force to enjoy the river. The wash from numerous boats and difficulties with the sweep oars provided a few dramas. In the final of the Women's 500m the Amazons had to do a hard check 200m from the line to avoid the Perth Pirates who seemed intent on boarding! The crew responded swiftly and safely to the commands of sweep Miranda who was loaned from Forza. (Thanks so much Miranda, you were brilliant). We picked up immediately after the danger had past to finish second to Cockburn. We were thrilled to have been so professional and focussed.

However, the highlight of the day came off the water, during the lunch break, when the



Honourable Ed Derma - Government Whip for the Legislative Council, presented THE MIGHTY AMAZONS with a cheque from the lotteries commission for OUR OWN DRAGON BOAT!! Also present at the photo shoot and for the speeches were Mr David Blackley, Life Member and past president of DBWA, Mr Vic Fazakerley President of DBWA and Bill Gray of Freo Swan DBC and host for the Canning Bridge Regatta.

Very special thanks go to all those in our club who have put in all the time and effort needed to complete the lotteries application, particularly Yvette, Andrea and Sandra – it would have been a major piece of work - and to everyone who does their bit for the club. Some of the many were lucky to be chosen to represent the Amazons at the Volunteers Breakfast held at the WACA (that's the cricket ground!).