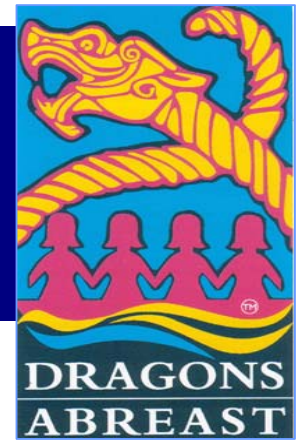


# Dragons Abreast Australia National News Bulletin

Sept 2006

## Celebrating Life!



Hello again!

This month marks 9 years since I was diagnosed with breast cancer – I go for my mammogram and ultrasound on the 4<sup>th</sup> October and as I am sure you will all be well aware, there is always that feeling of trepidation as the date approaches! To me, it is especially more apprehensive this time around as we have lost three more to DAA members to Angels Abreast – Deb Read from Sydney, Dele Gilmore from Newcastle and Lorna Ryan from Mackay – we send our deepest condolences to each of their families and remember the many happy times we had paddling alongside each of these wonderful ladies!

Each time we loose a member, it reinforces for me personally the reason why I am so passionate about our organisation and why I am so determined that we maintain and fiercely guard what has been built up over the last eight years.

Earlier this month we held our annual meeting with State Representative and Coordinators in Caloundra – visiting all the sites that will be used for 2007 over the weekend of the 2<sup>nd</sup> and 3<sup>rd</sup> September. We enjoyed a very productive weekend and also celebrated the 75<sup>th</sup> Birthday



of Port Macquarie Coordinator Patricia Water. It was a pleasure to be able to share such a special occasion with Patricia who really does set a marvellous example to everyone of what DAA is all about – participation and inclusiveness regardless of age range! In between the frivolity we also held two days of meetings and achieved a great deal – the focus was on looking at ways to move forward with DAA as we approach 2007 and our 10<sup>th</sup> season!! This will see several changes taking place over the next few months and a full report will be sent out to your coordinators shortly.

Yvette Libregts (WA) & Janelle Gamble (Qld) enjoy a catch up in Caloundra

It was with great shock, on the 4<sup>th</sup> of September, whilst still in Caloundra that I learnt, as did the rest of the world, of the tragic death of Steve Irwin – who had so graciously agreed to be the 'face' for our 2007 promotional material. DAA has, as a mark of respect, withdrawn the postcards from circulation for the moment. We have also written to Terri, Bindi and Bob expressing condolences on behalf of our membership. The new promotional postcard is now on our website – please visit!

*Michelle Hanton, National Coordinator*

## **Miessence – certified organic products – support DAA via online purchasing**

We are very pleased to announce the wonderful Miessence Fundraiser which will support the work done by DAA especially leading up to 2007, while giving you a chance to purchase these unique certified organic products on line and have them delivered to your door. The Australian based company (called ONE Group) is keen to support DAA. Up to 30% of each order placed for these unique certified organic products will go directly to DAA. Customers gain a 10% discount the second time an order is placed and free delivery for orders over \$100. Keep an eye on your points which are allotted with each purchase and when they build up to 250, you receive a 20% discount on your next order!

The Miessence range includes over 80 unique certified organic products which can be viewed on the website [www.dragonsabreast.mifundraiser.com](http://www.dragonsabreast.mifundraiser.com) You then simply order your products on the site and support DAA at the same time.

Their absolutely pure and unique products truly support and encourage health and wellbeing, from inside and out.



## AUSTRALIA WIDE OUR DRAGON FLEET IS GROWING

### HOBART - Dragon Fly spreads her wings

The Dragon gods smiled on Hobart for the long-awaited launch of Dragon Fly – the second vessel in the Dragons Abreast Tasmania fleet.



al chanting. Their serenity and dignity ensured the event was a spiritual occasion.

With eyes traditionally “dotted” by Tasmania’s First Lady, Jocelyn Cox, and two rice dumplings tossed ceremoniously into the bay to appease the water spirits, our handsome, sleek craft slid smoothly into the Derwent.

Dragon Fly was joined in the water by another addition to the DAT fleet, rescue boat **Chrissy Lou**. Named in honour of our much-loved girls Chris van Burren and Louise Woodruff, she is a zippy, little inflatable craft and will accompany Boobialla and Dragon Fly on their workouts on Lindisfarne Bay and beyond.

Launch Day was a memorable event shared with our Dragon friends from Devonport, Members of Parliament, the Clarence Mayor, our many wonderful supporters including Zonta and Eastern Star, our families and our friends.

What better way to celebrate such a great day than with the biggest afternoon tea the clubrooms have ever seen followed by a rewarding glass of pink bubbles!



DAT continues to attract wide media coverage and a feature on ABC’s Stateline program was followed by a strong turn out for Dragon Fly’s launch providing headlines for the Pink Ladies in the Press and on television news services.

Thanks to all members and their wonderful supporters for making launch day such a memorable occasion.



## PORT MACQUARIE

Will officially launch and bless their new boat on September 23rd at McInherney Park



## PITTWATER PINKS

There has been excitement in the air for Pittwater Pinks with the delivery of a new boat generously donated by one of our ladies, Lorraine Farrett of Tactical Health. Followed by the painting of the cheeky Priscilla the Dragon in Drag, a working bee was held to prepare and apply the larger than life lettering "Pittwater Pinks" to the side of the boat. With great patience, and the help of many hands this was accomplished.

Josh Quong Tart, the handsome actor from All Saints, provided support when he paddled with us at the Awakening of the Dragon Ceremony. The dotting of the Eye of the Dragon was performed by Lorraine Farrett and. Parcels of rice wrapped in leaves together with fortune cookies were distributed to the many family and friends there for us on our special day.

A Pink Breakfast is planned as a fund raiser for October 29th, with a Sausage Sizzle to be held on the sandy shores of Bayview.

Numbers are looking promising for the International Races at Caloundra, we have a goal to work towards and a fun time ahead for all the enthusiastic Pink Ladies.

## RURAL WOMEN'S GATHERING – GOOLWA, S.A.

**Warriors Abreast** were asked to conduct a workshop on 12 August on dragon boating for this gathering. We, Joy Readett and Margaret Lynch, were talked into doing this! We spent a bit of time preparing an hour long workshop – a half-hour talk with question time and then a half-hour showing the video which appeared on Australian Story last year. We were a little apprehensive about this, not quite sure what to expect.

Saturday morning arrived, the weather forecast was great, as we set off for Goolwa, about a two hour drive from Adelaide. As we had reached Goolwa a bit early we drove along the coast to Middleton where there had been reports of whale sightings. Lo and behold five Southern Right Whales were there, very close into shore. The magnificent sight of them started our day well.

We had been invited to lunch so were able to talk to many of the organisers and participants. Very obvious in our 'PINK', everyone we spoke to was very interested in DAA and dragon boats.

We were surprised by the looks we got when we said it was such a sunny warm day. We then remembered they are women from the country and are having the driest winter for 30 odd years. They would have been much happier if it was pouring with rain.

The afternoon workshop was a great success, with a wonderful response from all those attending - 160 women participants from all over rural South Australia. It was a very rewarding and uplifting experience.

### *Cancer Carers Study*

Are you a family member or close friend of an adult with cancer?

If so, we'd like to invite you to take part in a research study.

The aim of the study is to explore the needs and experiences of cancer carers and then develop support services for you and other carers.

The study involves completing a questionnaire, with the option of taking part in an interview and/or the support services developed.

This study is funded by an Australian Research Council Grant in conjunction with The Cancer Council NSW.

For more information about the study:

free call 1800 19 20 02;

email [cancercarers@uws.edu.au](mailto:cancercarers@uws.edu.au);

or go to [www.uws.edu.au/cancercarers](http://www.uws.edu.au/cancercarers) to complete the questionnaire online.

## AMAZONS and the Maylands Marathon - Sunday 20 August 2006

The **Maylands Marathon** was inspired by the Ord River paddle which took place in 2005. Dragons Abreast share premises and boats with The Perth Pirates, led by Stuart Clarke (he had paddled that marathon). So it was decided that an endurance event would be a worthwhile and popular event to hold in Perth.



The Maylands Bowling Club is host to both the Pirates and Amazons Dragon Boat teams providing all of us with an excellent venue and a really friendly environment for our winter training sessions. The club house and boat storage area are situated several hundred metres from the Swan River. To access our launch area we use boat trolleys across the Clarkson Reserve. There's no jetty here but it's always a quiet and tranquil spot to launch the boat.

The day before the marathon was a shocking day, with gusting winds and rain falling in torrents. We desperately need rain in WA, but we secretly hoped that it would be gone by morning! Sunday dawned with clear skies, sun shining and only a slight wind to ripple the surface of the river. Everything went according to plan. We set off with a crew of 15 Amazons and a couple of Pirates, (special thanks to Mark who filled in as sweep, and Grenville, a much needed paddler) at 9.30am. The other teams, the Pirates and Cockburn, gave us a head start and set off at 10am.

It was a fantastic paddle; 10km to the Guildford Road Bridge against the current with the occasional stretch of choppy water. We encountered dolphins, pelicans, and a couple of young lads with their dad (and dog) in kayaks who raced with us for a short while. Of course they knew they didn't have a chance ☺. Our fabulous support crew met us at intervals along the route, to cheer and encourage us. We were thrilled to reach the turnaround point first. We had anticipated the others would paddle past fairly early, despite the head start. Our spirits were high as we made the turn and headed home, spurred on by our achievement so far and the numerous lollies and snacks passed up and down the boat.



The Pirates zipped by us about a third of the way back, followed closely by the Cockburn boat. Both paddled fiercely to the line finishing 7 seconds apart after 20km...a remarkable testament to their fitness and endurance. Well done!

The inaugural Maylands Marathon was completed in 1 hour 57 mins and 13 secs - the target is now set for next year! The Amazons came home in a respectable time of 2 hours 36 mins 33 secs. We were so excited at completing the course, as we had never attempted anything like this before. There had been doubts as to whether it would even be achievable...that thought was dismissed as soon as we got to the halfway point!

So, well done all you Amazons (aka '**pink petals of power**') ...it was an absolutely fantastic team effort as well as a wonderful day on our beautiful Swan river. Thanks to all those who organised the event; to Barb in particular for organising the Amazons team and to our many supporters on the day....I'm pretty sure we will be back again next year!

## SAPPHIRE WATER DRAGONS ABREAST

Since blessing our boat "Sukha Yana" Tibetan Buddhist nun Ani Choekyi has been a great friend and supporter of the Sapphire Water Dragons, so when she was passing through Eden last week she met with the Eden paddlers for a quiet dinner party.

At Ani Choekyis' request Marg Henry brought along her folk harp, made by husband John, and gave a harp recital between courses delighting everyone present.

The evening made an interesting cultural change from the usual salty environment that is dragon boating.



Organisers - Sue Nelson and Marge Snijder

### Fathers Day Golf

After the usual early morning paddle on Merimbula's Top Lake, with not one, but two, sweeps-of-the-day having difficulty with the shallow sandy bottom, it was a quick change and out to the Tura Beach Country Club for the annual Golf/Bowls Fun Day run in conjunction with, and as a fund raising event for the Sapphire Water Dragons.

Again this year the Tura Beach Country Club and the Sunday Golfers put aside serious golf for a competition where teams of four played 10 ends of bowls while more teams of four played 9 holes of golf. Lunch was served and then the golfers became bowlers and vice versa. It was an opportunity for complete novices to try their hand at another sport guided by very patient golf and bowls Club Members who went out of their way to make all the visitors feel at home .

All teams received prizes, donated by community business houses and privately. The highest scoring golfers were April and Max Sutcliffe and Marilyn and John Apostol. The winning bowlers were Helen and Bob Wallblank and Margaret and Don Ferguson.

## Hong Kong International Dragon Boat Races 2007

To be held on 23 & 24 June 2007 at Shatin (Shing Mun River)

500m open, women and mixed categories

Entries close for teams end December 2006 For further information contact:

Leung Yuk Ming, Yvonne

Hong Kong Dragon Boat Association

Room 1032, Sport House, 1 Stadium Path, So Kon Po, Causeway Bay, H. K.

Tel : (852) 25048332 Fax : (852) 25771873

Website : [www.hkdba.com.hk](http://www.hkdba.com.hk)

## Team North Coast (Australian Spirit)

attending the Inaugural IPDBC regatta in Singapore this month at the team training day held on 9<sup>th</sup> September in Port Macquarie.

Crew members include Port Macquarie, Newcastle, Coffs Harbour, Armidale, Dubbo, Darwin, Brisbane, Yamba/MacLean & Byron Bay Paddlers.



## Dobroyd Regatta (27 August 2006) - 1<sup>st</sup> of the season

### DA Sydney crew



What way to start the paddling season..... A glorious Sunday, with a win for DA Sydney in the Masters Women's category. We were fortunate to have been able to field two teams and both made the finals. There were a few new paddlers (Yolanda, Margaret and Liz) in the second boat who took up the challenge and what a thrill it was for them to experience their first regatta. Yolanda said her adrenalin was still flowing the next two days!!

There is a message here for those who think they are not ready to participate in a regatta. Its never too soon!

**THE CROCODILES ARE CRYING**

*Endless visions fill my head – this man – as large as life  
And instantly my heart mourns for his angels and his wife  
Because the way I see Steve Irwin – just put everything aside  
It comes back to his family – it comes back to his pride*

*His animals inclusive – Crikey – light the place with love!  
Shine his star with everything he fought to rise above  
The crazy-man of Khaki from the day he left the pouch  
Living out his dream and in that classic ‘Stevo’ crouch*

*Exploding forth with character and redefining cheek  
It’s one thing to be honoured as a champion unique  
It’s one thing to have microphones and spotlight cameras shoved  
It’s another to be taken in and genuinely loved*

*But that was where he had it right –  
I guess he always knew  
From his fathers’ modest reptile park and then Australia Zoo  
We cringed at times and shook our heads – but true to nature’s call  
There was something very Irwin in the make up of us all*

*Yes the more I care to think of it – the more he had it right  
If you’re going to make a difference – make it big and make it  
bright!*

*Yes - he was a lunatic! Yes - he went head first!  
But he made the world feel happy with his energetic burst*

*A world so large and loyal that it’s hard to comprehend  
I doubt we truly count the warmth until life meets an end  
To count it now I say a prayer with words of inspiration  
May the spotlight shine forever on his dream for conservation*

*...My daughter broke the news to me – my six year old in tears  
It was like she’d just turned old enough to show her honest fears  
I tried to make some sense of it but whilst her Dad was trying  
His little girl explained it best...she said “The crocodiles are  
crying”*

*Their best mate’s up in heaven now – the crocs up there are  
smiling!  
And as sure as flowers, poems and cards and memories are piling  
As sure as we’ll continue with the trademarks of his spiel  
Of all the tributes worthy – he was rough...but he was real*

*As sure as ‘Crikey!’ fills the sky  
I think we’ll miss ya Steve...goodbye*

**RUPERT McCALL 2006**

**.....VALE.....**

**Deb Read (1954 – 2006)**

Sadly, a much loved and popular member of DA Sydney, Deb Read, passed away on August 21.

In a testament to the positive



impact on all who met her, eight boat loads of paddlers from various paddling clubs from Sydney, participated in the Flower on the Water ceremony held in her memory on Saturday, 26 August 2006. Five members of her family from Canada who joined us in the boats in the beautiful but moving ceremony, witnessed just how highly regarded Deb was amongst the paddling clan.

DA Sydney has compiled an album, collating photos from Deb's paddling life in Oz (partying, paddling, racing, coaching, lunching etc as well as the FOW) together with happy memories of her.

## DATE FOR YOUR DIARY

### A PINK ADVENTURE LUNCHEON – BRISBANE, QLD – supporting DAA

You are invited join us on 20<sup>th</sup> October 2006 at a wonderful luncheon to promote breast cancer awareness and education. **All proceeds to Abreast in Australia 2007 –**

**Where:**

Brett's Wharf  
449 Kingsford Smith Drive  
Hamilton  
Qld 4007

**Time:**

12.00 noon to 3.30 p.m – includes auction, guest speakers and more!

**Cost:**

Tickets \$100 per person inclusive of GST

Includes – delicious lunch, wines and soft drinks

Don't miss out on the fun – grab your friends and book now! You chance to meet Amazon Heart riders – all breast cancer survivors – inspirational and brave ladies!



Sharon Mills, Tess Akkermans & Jo Fisher - the Cranbourne Moto GP run – 16<sup>th</sup> Sept 06