



# in the LOOP

The Dragons Abreast Australia e-newsletter - August 2011



## Thank You!

**T**o the City of Ballarat and Dragons Abreast Ballarat - our heartfelt thanks for a very warm welcome to your beautiful city. Members of 18 Dragons Abreast groups from across Australia were represented and all enjoyed the hospitality extended by the local community. Nothing was too much trouble for anyone.

Sustainability was the theme and all attendees, with the exception of those attending the coaching course, took part in thought provoking, lively and at times emotional discussions about Dragons Abreast 2012 and Beyond. The Budget discussions were an eye opener for many as the realisation that at the national level we have no guaranteed source of regular income.

The basis of these discussions and the survey results have provided recommendations for the Board to consider at their August meeting.



**BALLARAT**  
REGIONAL TOURISM

# Dragons Abreast Festival - Sydney

## Be Part of the Action!

**Sunday 31st October 2011** at Darling Harbour will see excitement for participants & spectators alike as novice dragon boat paddlers discover why dragon boat racing is fast becoming Australia's favourite mass participation water sport.

Teams provide the 20 paddlers and we provide the drummer and steerer. It's really easy to learn the basics of dragon boating and we give you training in advance. Don't miss out on your chance to do something wonderful for those living with breast cancer.

This is definitely the most fun you can have while supporting breast cancer survivors and raising breast cancer awareness.

Have a go at this popular exhilarating sport, feed that competitive urge and have loads of fun and laughs. [Click here to see the action.](#)



## Who Can Take Part?

Taking part in a dragon boat race is fantastic fun and a great team-building activity for business, community groups, students, friends and anyone up for a fun-filled challenge. No previous experience or level of fitness is required and all age groups, including mixed gender crews, can take part. Crew uniform and even fancy dress adds to the fun.

So round up a group of your friends, family or workmates & register your team now!

Need more information? Contact [regatta@dragonsabreast.org.au](mailto:regatta@dragonsabreast.org.au)

**REGISTER NOW**  
AND START FUNDRAISING

## Teams entered so far...

**Congratulations Rápidos Amigos**  
that already reached their fundraising target!

Absolute Family Fitness

Blackheath Ark

Crouching Tiger - Gadens Lawyers

Curvaceous West Ryde Tigers

Dragons Teeth

IBM Dragons

No Chance - Clifford Chance

Rápidos Amigos 2011

RoOh!w Your Boat 2011

SAN Maternity Babes

San Radiology

St Vincent's Campus

The Lidcombe Tickled Pink

Winners & Grinners

Woollahra Dragons



# National Convention 2011 - Ballarat

When Dragons Abreast Ballarat approached us in Hobart and offered to host the next event they promised the local community would be very supportive.

Well they were right! Our visit to Ballarat was wonderful and very memorable for all the right reasons. The weather may have been cold but the reception was very warm and welcoming



The Civic Reception generously hosted by **Mayor Craig Fletcher** and **Councillors of the City of Ballarat** at the beautiful Town Hall set the scene for the welcome on Thursday.

**Federal Member Catherine King** officially opened the Convention on Friday and we heard wonderful speeches from Rachel Hall (our youngest member) and Jacqueline Clelland (our oldest). The Blood on the Southern Cross Dinner and Show on Saturday night gave all attendees a chance to mix and min-

gle informally whilst learning more about the history and lifestyles of the early settlers.

The Convention would not have been possible without financial support of **Nova Pharmacy, Best Community Development, Lifestyle Travel, Ballarat Regional Tourism, Hayden Real Estate, Ballarat Central Auto Electronics, Val Newman and Greg Day** plus so many other local businesses who kindly donated in kind products.



Jan Skorich & Mayor Cr Craig Fletcher at the Civic Reception

Dragons Abreast would also like to thank presenters **Yvonne Toering, Phil Chan, Gavin Godfrey, Vanessa Beckitt, Kirsty Rowan and Craig Schepis** as well as Denise Lynn, Lee Millard Newton, Jan Skorich and Michelle Hanton from DAA.

**Thank you Dragons Abreast Ballarat!**

**A BIG THANK YOU** for all the lovely merchandise I received. I was thrilled to receive your parcel, and to think I was lucky to be the one drawn out of all the badge holders. I enjoy reading the monthly newsletters. Thank you for the wonderful work you all do.

Cheers

*Fay Johnson - Hobart*

**BADGE DRAW WINNER**

**AUGUST 2011**

**Peggy Taylor - Camden Haven**

**A nice surprise is on it's way to you!**

Dates For Your Diary - click on image for more info...



**S E P T E M B E R**  
**11TH**  
Dragons Abreast Regatta -  
Caloundra



**O C T O B E R**  
**21ST**

Pink Breakfast Darwin  
Proceeds go to DAA



**O C T O B E R**  
**24TH**  
National Breast Cancer  
Day

## Dragons Abreast Festival

Sunday 30th October 2011



**Come and join in the  
fun at Darling Harbour**

Find out how your corporate, social or community group can join in the dragon boating fun on the water while supporting breast cancer survivors & raising breast cancer awareness. For more information and to register:

visit: [www.dragonsabreastfestival.com.au](http://www.dragonsabreastfestival.com.au)

phone: 1300 889 566

email: [regatta@dragonsabreast.com.au](mailto:regatta@dragonsabreast.com.au)



# Garbage Free Day!

**One day** I hopped in a taxi and we took off for the airport we were driving in the right lane when suddenly a black car jumped out of a parking space right in front of us.

My taxi driver slammed on his brakes, skidded, and missed the other car by just inches! The driver of the other car whipped his head around and started yelling at us.

My taxi driver just smiled and waved at the guy, and I mean, he was really friendly. So I asked, 'Why did you just do that? This guy almost ruined your car and sent us to the hospital!'



This is when my taxi driver taught me what I now call, '*The Law of the Garbage Truck.*'

He explained that many people are like garbage trucks. They run around full of garbage, full of frus-

tration, full of anger, and full of disappointment. As their garbage piles up, they need a place to dump it and sometimes they'll dump it on you. Don't take it personally. Just smile, wave, wish them well, and move on. Don't take their garbage and spread it to other people at work, at home, or on the streets.

The bottom line is that successful people do not let garbage trucks take over their day. Life's too short to wake up in the morning with regrets so ... Love the people who treat you right. Pray for the ones who don't.

Life is ten percent what you make it and ninety percent how you take it!

Have a garbage-free day!



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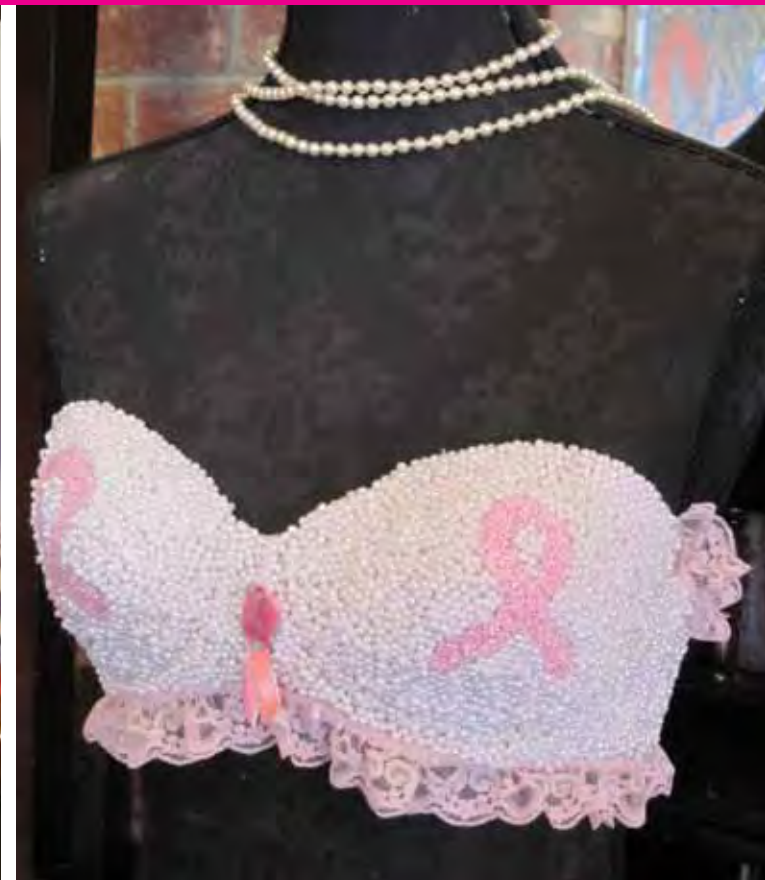
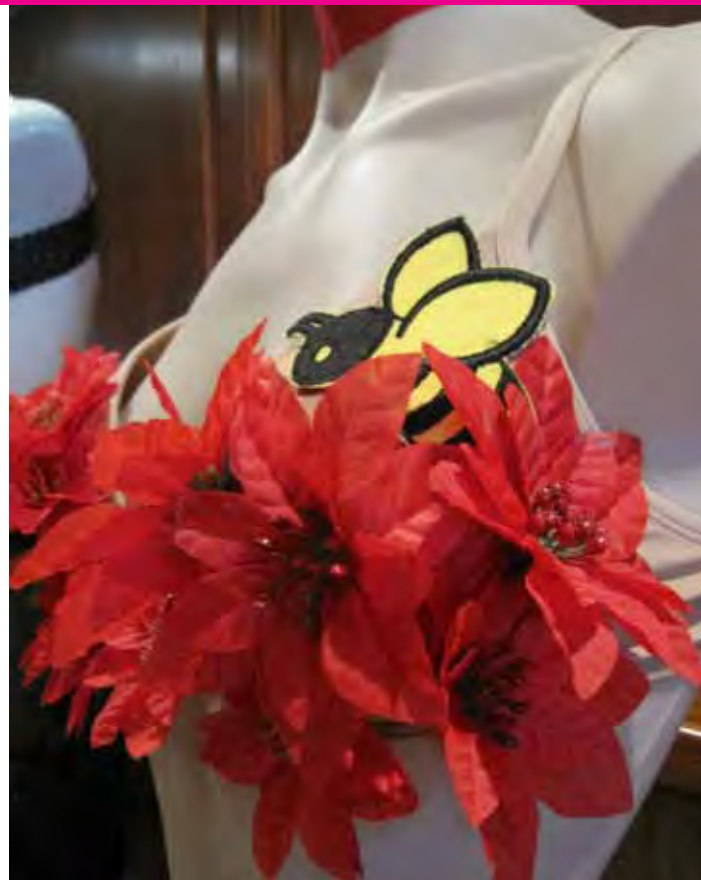
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# National Convention 2011 - Ballarat



*Well, I have returned from Beautiful Ballarat having been looked after royally. It was an extremely worthwhile conference to attend and the hosts had put so much effort into ensuring that it was a positive, friendly, welcoming and informative conference. The social and networking side was fantastic and we were spoiled by everyone from the mayor down to Peter Lawler at the Blood Under the Southern Cross.*

*Elene Wood*



# National Convention 2011 - Ballarat



Thoroughly enjoyed the convention and have gained much to share with our members

*Julie Owen*



# National Convention 2011 - Ballarat

