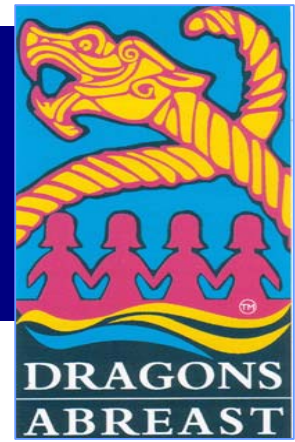




# Dragons Abreast Australia National News Bulletin

January 2006

## Celebrating Life!



Hello everyone,

I trust you all had a wonderful and restful time over Christmas and New Year. I certainly enjoyed a few days away from emails and telephones with my family.

Welcome aboard to our newest coordinators from the Pittwater Pinks – Perri Liddell and Francis Hardy. Thank you to Wendy Todd and the Bei Loon Club for mentoring the girls and getting the Pittwater Pinks on the water.

I have much news to share with everyone about what is happening at the national level. 2006 will be a year that will see several changes for DAA. All of which will be directed at maintaining DAA as a strong organisation which remains focused on our core values of participation and inclusiveness and this also includes commitment to our members, innovation in the ways we constantly seek to promote our messages, teamwork, empowerment of individuals and most of all enjoyment of life!

### CHANGES TO NATIONAL DISTRIBUTION LISTS

This is the first change to be rolled out is. It is the membership email list, which we use for all official DAA correspondence, especially the monthly newsletters (which you are reading at this very moment!). The email list is becoming somewhat unwieldy and extremely time consuming as often addresses are no longer current as members change providers/jobs, or there are typos in the addresses or we could not read handwriting etc and they bounce back.

In order to streamline and hopefully make the process more efficient we have come up with a method which allows YOU, as individuals to take charge of which address you nominate for all our officially DAA correspondence. This is being managed via our web site – thanks to our very clever webmaster – Jan Skorich for setting this up!

I encourage each of you to subscribe to our newsgroup – all newsletters and any other exciting and important information will be posted directly to you as a subscriber! You will never need to miss out again on news – as long as you keep your details updated.

To subscribe to the newsgroup, send a message to:

**[newsgroup-subscribe@dragonsabreast.com.au](mailto:newsgroup-subscribe@dragonsabreast.com.au)**

I know that although the majority of people are on email, there are some who are not. In order that those without email do not miss out – I suggest each group develops a 'buddy' system whereby an 'official' buddy is allocated who will print out and pass on any messages. That way each person only needs to be responsible for passing on to one other person within the group and it should not become too onerous. I know that some groups already use this system and it works well.

**\*\*\*\*\*ONLINE DONATIONS\*\*\*\*\***

We are delighted to announce that we now have an online donation facility. Yes, we have embraced technology wholeheartedly and are making it even easier for people to make a donation to DAA. Visit <http://www.dragonsabreast.com.au/donation.htm> and there are links to this pages from other various pages on our website.

**AMAZON HEART NEW ZEALAND EXPEDITION**

I received a very excited email from Susan Fishpool in Dubbo telling me she had been accepted on this adventure and I notice that Anna Lethbridge and Rosy Loft from Brisbane are also participants. Congratulations Susan, Anna and Rosy Loft! They are the latest members of DAA to participate in an Amazon Heart Adventure – previous participants include Jo Parry, Pat Hancock, Lyn Langer and Amelia Thiedeman.

To read more about the Amazon Heart Expedition team members for this fantastic expedition check out <http://www.amazonheart.com/AHEXpedition/team.htm>

All Australian fundraising from this Expedition is being donated to Dragons Abreast – so all the more reason to support the Aussie participants!

**\*\*\*2007 ABREAST IN AUSTRALIA - REASSURANCE FOR SUPPORTERS\*\*\***

I would like to take this opportunity to reassure our supporters that you will be catered for and included as much as we possibly can – although the racing side of things will be restricted, there are still many opportunities to be involved. Supporters will be included in all the formalities and ‘fun’ stuff! We promise that we will arrange at least ONE race for you – but this is going to be a festival and a half, which I am convinced you will all thoroughly enjoy whether or not you are paddling!

We have now established (the clever webmaster again!) a list which you can subscribe to that will allow you to receive all the latest 2007 news as it comes to hand, as we do not want to inundate those without any interest with lots of ‘junk’ mail –to subscribe to the 2007 list, send a message to: [2007-subscribe@dragonsabreast.com.au](mailto:2007-subscribe@dragonsabreast.com.au)

**MERCHANDISE**

Our Merchandise Queen for the last two years, Pauline Deslandes, is stepping aside at the end of February. Pauline has done an absolutely fantastic job with all the DAA merchandise and we are all very grateful to her. She is leaving the role to concentrate on Dragons Abreast NT – *Paddlers on a Mission* – of which she is the coordinator. I am sure you all join me in saying a huge and heartfelt thank you to Pauline for all her efforts with DAA merchandise. ***Thank you Pauline – you have been wonderful!***

A revised merchandise ordering procedure is being initiated and will be circulated to all member groups at the end of February.

I am very much looking forward to catching up with many of you during the Chinese New Year celebrations at Darling Harbour. If any of you would like to catch up with me to discuss any issues or float any ideas I will be in Sydney from Friday 10<sup>th</sup> to Monday 13<sup>th</sup> February and will be happy to meet with you outside of the hectic dragon boat race times.

***Michelle Hanton***



## MERCHANDISE UPDATE

**WHAT EVERY DRAGON SHOULD HAVE  
IN THEIR WARDROBE THIS SUMMER  
DRAGONS ABREAST ¾ PANTS**

**ONLY \$40 PER PAIR  
BUT THAT'S NOT ALL  
ORDER 20 PAIRS AND PAY ONLY \$38 PER PAIR.**

***Rashies are arriving in stock next week  
so we can deliver to you in time for  
Chinese New Year – order now!***  
[merchandise@dragonsabreast.com.au](mailto:merchandise@dragonsabreast.com.au)

Michelle will be coming to Sydney and can bring any orders– so you can save on freight costs but pick up **MUST be from the hotel** – StarCity,

## Protection of our name



Dragons Abreast Australia recognizes the value and importance of our name and logo.

**The DAA logo and name are protected by trademark and may not be reproduced or used in any way without the express permission of DAA.**

All DAA Member groups sign a “User Agreement” which permits them usage of the DAA logo for the term of and in accordance with the signed User Agreement.

The logo is available in several formats suitable for various mediums of print.

Member groups should contact DAA if they require the logo in a particular format. The logo is available in both colour and greyscale.

# Twin Titties - Townsville

We are now paddling on Cleveland Bay with beautiful Magnetic Island in the background, in our lovely, bright pink boat which can be seen by all and sundry from The Strand. This means we are kept very busy signing up new members each weekend. One of the greatest pleasures we get out of paddling in the ocean is being accompanied by the occasional turtle and dolphin and of course, plenty of fish.

We produce our own newsletter and aim to profile a different member each edition so that others can share that person's journey through the ups and downs of breast cancer. So far our members who have shared their story have found it to be cathartic just to put it all down on paper.

Two of our members have covered themselves in glory recently. One is Sue Creece, who was diagnosed with breast cancer in January, 2005 (yes, only one year ago). Sue was out to prove that the illness does not have to put a limit on how sufferers live their lives so she recently competed in the 2.7 kilometre McDonald's Liz Burch King and Queen of the River Swim. The swim entailed swimming 2.7 kilometres along the Ross River. Sue has had many years experience with Outriggers and won a gold medal at the World Sprint Titles in 2004 in Hawaii as part of the Far North Queensland team. We are all very proud of Sue and her efforts and she is proving to be a fantastic coach for us girls and keeps us all on the straight and narrow (and in time!!)

Our other celebrity is Jan Ogilvie who has been selected in the Veteran Ladies over-50 hockey team to participate in the Trans-Tasman Masters Hockey Challenge to be held in Hobart. Jan will also contest the World Veterans Championships in Germany in September. Jan played hockey as a junior and returned to the sport when her children started playing. Go girls!!

*Anne Pincott*



Some of the Twin Titties team at the launch of our very own dragon boat Mater of Survival. Our boat was named Mater of Survival to recognise the Townsville Mater Hospital whose generosity enabled us to purchase our boat.

# Beyond Survival - Gold Coast

The Currumbin Pink Ladies have been training intensively, choosing not to take a break over Christmas/ New Year.

We are all pumped up and rearing to go – our goal is Singapore, where we will compete in the Breast Cancer survivors Regatta later in 2006, although we are in serious training, we have not neglected to take time out to support each other with a lot of fun tossed in for good measure.

Our longest surviving paddler, Fay Henderson recently hosted a fun filled fancy dress support party. We discussed and reminisced about past good times had with dear friends and family who have lost their battle with Breast Cancer, many tears were shed as we comforted each other, everyone agreed that our beautiful memories would remain with us forever. It was a day filled with fun, love, laughter, good food, and too much drink!

Carol Mennie and Pauline Beh, hosted get togethers for all the pink ladies and supporters who competed at the 10yrs Abreast Regatta in Canada last year.

Each of us shared videos, photos and stories of our Canadian adventures. It was a perfect day with so much laughter and talking going on, with each of us trying to out do one another.

There was much feasting and drinking done on this wonderful day.

These days together help us all to cope with our health problems and it gives strength, hope & inspiration to all our ladies.

I would like to say a big welcome to our new pink ladies that have recently joined our club; I know that you will find much support, camaraderie & friendships in our group.



# Titvators Dragons Abreast



Wishing everyone out there a happy New Year and hope your holiday season was a good one. Our Xmas party was a great success, with everyone decked out in their finest Xmas gear. We had elves, reindeer, fairies and of course, Santa, all paddling merrily down the river on our twilight paddle. We watched the full moon rise from the verandah of the sailing club and ate and drank and thoroughly enjoyed ourselves. We are really lucky to have such a great venue to paddle from!

Our next adventure, Darling Harbour, for Chinese New Year is rapidly approaching and we can't wait to get down there.

As well as our training, we've been planning more fundraising events. Our efforts for last year were really pleasing – we managed to raise quite a lot with our sausage sizzles and raffles. This year we're being a bit more ambitious and have a huge event: "The Pink Experience", planned for the beginning of March, which will have the whole team traipsing around in pink tutus at the Pacific Bay Resort (what a sight!) as well as lots of other fun happenings to keep everyone amused. At the end of March we are having a Golf Day at the Bellingen Golf Club and that, too should be a most enjoyable day. We are going to have a busy couple of months organizing ahead of us!

That's about all from us for this month,

*Till next time – cheers, Jenny Baker (Secretary)*



# Sunshine Coast TittiTittyBangBang

How do we describe the 6 months since Tittytittybangbang came into existence? Fantastic, fun, frenetic, all of those, plus the coming together of a wonderful, enthusiastic, inspirational team of ladies!



Since our inaugural meeting in July 2005 we have not had time to draw breath. We launched straight into fund raising at the Caloundra Classic Boat Regatta, started regular training, and bless them Zonta Club of Caloundra City Inc. came up with the funds to purchase a 2<sup>nd</sup> hand boat for us, and all of a sudden we were a team, with a boat! We cannot put into words how much we appreciate all the support and donations we have received.

We have been on an upward learning curve, and discovered many previously unknown talents of our members and supporters, from putting together fund raising proposals, making the perfect pink lunch box for the Changing Gears riders at the Australia Zoo, design and manufacture of team shirts, and a sadistic delight in forcing us to do lunges at training sessions!

Of course, interspersed with fun, chatter and building up a tremendous team spirit we have been learning to paddle. We have discovered that there are a hundred different perfect paddling strokes, and find that we can do 18 different styles at the same time, but we are gradually learning to paddle as one, and are quite proud of our progress.

Kawana Lake, our base, is a fabulous venue, which we are looking forward to showing off to you all at the Abreast in Australia 2007 regatta. We may not be up with the top performing teams by then, but we are practicing hard on the social side and plan to have a well trained red wine drinking team in place! Early in our training schedule we pre-empted capsizing drill by proving that you can't do a swan dive off a dragon boat without dire consequences, the drill worked and a team of giggling, teeth chattering girls arrived unscathed on shore, with boat and paddles!

Not having an established sports team on the coast we have had occasions of being short of coaches and sweeps, but we now have some wonderful "volunteers" and are getting out regularly on the water. We were fortunate in Margie from Redcliffe spending her New Year Holidays with us, and arranging 4 fantastic training sessions, in a short time she transformed us from "totally useless" to "shows promise" (our words not hers), and we are now inspired to really get it together. As well as the great support from Missabittatitti, we have had visitors join us from Canberra, Darwin and Melbourne, and would dearly love anyone who is up here to look us up, we'd love to share your experiences and glean as much information as possible.

**See you on the water- soon!!**

# Pendragons...

Pendragons Abreast was formed in 2004 after several ladies paddled with the Illawarra Dragons Abreast Team. Since then our members have participated in various Dragon Boat Regattas. Recently, on the 14<sup>th</sup> and 15<sup>th</sup> January, Pendragons Abreast travelled to Tacoma, near Wyong, for a Dragon Boat Regatta and returned after a wonderful, fun filled day with a trophy for third place. They were joined by the Pittwater Pinks for 2 heats and the final. Well done, girls!



The Pendragons Abreast have 10 “survivors” and 18 support “buddies” and would like to recruit new members from Camden to Penrith to the Blue Mountains areas. If you wish to join our team, T-shirts, caps, paddles and rash shirts are provided. Our sponsors include Camden Sand and Soil, CustomTel, Lexie’s Restaurant and Scarpella Transport. Our supporter, Julie Willis of Fresh Fotos, has provided photographs.

All training sessions are held at the Sydney International Regatta Centre, Castlereagh Rd,



Penrith Lakes. This Olympic class venue provides paddlers with showers, toilets, and ample parking. Few clubs ever have the opportunity to train at a venue of this calibre and the Pendragons are the envy of others.

During the winter there is only one session a week which is held at 3.00pm on Sundays. During daylight saving months, the sports crew train three times a week.

Training is at 4pm Sundays and 6.00pm, Tuesdays and Thursdays and prior to each training session we assemble in the breezeway between the boatsheds on the island.

Accredited sweeps will keep you in a straight line and experienced coaches will ensure that you are applying the correct stroke technique and will get you fit and lean for the season's competition. Opportunities are available for you to learn to become a sweep or coach.

# Pittwater Pinks...

The newly formed "Pittwater Pinks" DAA crew is now up and running going great guns. Located in Bayview on Sydney's northern beaches as part of the Bei Loon Dragon Boat Club, the team train on the beautiful sandy shores of Pittwater.

Started only in late November the team have already attended two races, one in Penrith at the Olympic Regatta Centre and more recently in Wyong on the NSW Central Coast. They teamed up with the very cool DAA ladies from Penrith. The team is now getting ready for the Chinese New Year celebration races at Darling Harbour in February and are very excited about being part of the DAA community. Anyone interested in joining the 31st DAA team "Pittwater Pinks" can contact Peri Liddell on 0408 488733 or email her.



## Supporter of the Year Awards 2006 - Nominations are now open

This is awarded around the time of the National Titles, to a supporter, who has been nominated by members, as having made an outstanding or 'special' contribution to Dragons Abreast nationally. Nominations must be submitted by member groups. Closing date 20<sup>th</sup> March 2006. Judging is by a panel drawn from across Australia.

When we use the term supporter we are referring to life partners, family members, friends and those who have a genuine interest in the breast cancer cause – who have chosen to join as members of DAA – some are paddlers and some are not. We also have supporters who are survivors, but choose not to paddle for various reasons.



All our supporters are a valuable part of our organisation and we need to be conscious that we include and acknowledge them. To this end we have, since 2005 introduced the Supporter of the Year Awards.

The nomination takes the form of a letter or submission whereby you share with the panel the examples of what your nominees have done that is special and of impact beyond your own group.

Please submit all nominations to [contact@dragonsabreast.com.au](mailto:contact@dragonsabreast.com.au)

*Last years winners – Penny Dudding (NSW) and Robin Kellet (ACT)  
Vivienne Gregg accepted on behalf of the absent Penny.*

### Australian Dragon Boat Federation (AusDBF)

In 2002 Dragons Abreast Australia was invited to become an associate member of AusDBF. This means that we have a vote on the AusDBF board and have a direct link to AusDBF.

Dragons Abreast Australia aims to work closely with all State and Territory dragon boat clubs and associations that are members of AusDBF.

We value their support and encouragement of our members locally, nationally and internationally.

Individual state and territory groups of Dragons Abreast paddlers should contact the National Coordinator of Dragons Abreast to approach AusDBF on their behalf **if it is a matter pertaining to survivor crews in general.**

All other matters of a general dragon boat nature should be handled **at the local level via your State dragon boat association.** If you are unsure please contact us to check.

It is important that the correct lines of communication are used at all times to save double handling of issues and ensuring that the appropriate people are informed – good communication is the key to a successful organisation.