

Dragons Abreast Mackay Inc

Issue 6

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Are you a breast cancer survivor?

If you'd like to get fit, have fun and make new friends,

Dragons Abreast could be for you!

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"All you need is love"

The Beatles

"Forgiveness is not an occasional act, it is a permanent attitude"

Martin Luther King Jr.

This is your newsletter. If you have something to share please send to Pam Maag. All contributions gratefully appreciated!

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Our Chinese New Year Adventurers

Chinese New Year

By Anne Tunnah

A small contingent from Mackay Dragons Abreast ventured south for this year's CNY.

As I had missed out last year due to Mackay's floods, I was very excited to be going for the first time so my husband, David (the token male), Joyce, another first timer and those more experienced, Barbara, Maureen, Mawsie and Brenda, flew out for Sydney on Friday 6th February.

Clarence Valley paddlers did not have a full contingent either so five of us, together with members from Redcliffe and Sunshine Coast joined them to make a full team called the Northern Treasures.

The Northern Treasures took a while to gel but we had a great time just being in a boat on the water and thoroughly enjoyed the experience. A big 'thank you' to all in the composite team for your friendship.

Brenda joined Missabittatitti for the day and had a great day's paddling as well, topped off with being on the water for the "Flowers on the Water" ceremony.

Also, we thank David for being the minder of all our goods and chattels while we were paddling.

As well as our paddling on Sunday, wandering around and enjoying the atmosphere at Darling Harbour made the experience very worthwhile.

Thanks Team



Look out Sydney!



Ready for Action



Ready for Shopping



'Northern Treasures'



"Tatt's all folks!"

Vale Maria Kelley

On Friday 24th October 2008 Members of Dragons Abreast Mackay, Mackay Dragon Boat Club, Away BC and Mackay Surf Life Saving Club gathered together with family and friends of Maria Kelley for her final farewell. The service reflected her life. Full of fun, music, adventure and many, many, smiles. At Maria's request, friend and guide Ven Namdag (Buddhist nun), conducted the celebration.

September 2003 Maria (39) was diagnosed with breast cancer whilst training for her Bronze Medallion with the Mackay Surf Life Saving Club. Following treatment Maria took up the cause of breast cancer awareness and support and ran with it. Everything went pink from toaster to toothpicks. Instrumental in getting the Young Women's Network up and running in Mackay (now known as Away B.C.) Maria supported many friends fighting their own battle.

Undaunted by diagnosis and treatment Maria completed her nursing training working at the Mater Misericordiae Hospital.

In July 2005 Maria and her husband Marty became founding members of Dragons Abreast Mackay. The couple were a driving force, with Maria holding the official position of merchandising officer and Marty enthusiastically supporting her and the club in its every endeavour. They were dedicated to the cause of the Dragons Abreast movement. Digging in the paddle, taking up the sweep oar, Maria became passionate about the sport of dragon boating and encouraged all members to do the same.

Three years from her initial diagnosis Maria was given the devastating news that her cancer had spread, making her even more determined to live life to the full.

Maria participated in DAA events including Chinese New Year Sydney 2007 & 2008 and Abreast in Australia, Caloundra 2007. In these two years she trekked in the Arizona desert with the Navaho Indians, joined forces with the "bikies" riding her own Honda VT750 motorbike, participated annually in Relay for Life, attended weekly Yoga class, monthly meetings of the Mackay Lymphoedema Support Group and learned to Scrapbook. Struggling with illness and continuous treatment she supported her family as wife and mother, and assisted Marty in the establishment of Mackay Dragon Boat Club. Only a few weeks before her death, Maria was paddling and sweeping for the club with more enthusiasm for the sport than ever inspiring many "healthy" paddlers.

Born in Portugal, raised and married in Adelaide, the family settled into the Mackay community in 1999. Maria was passionate about all she attempted in her life. With compassion and genuine caring for others she was an extremely social soul, who loved to "do lunch" dine out and dance. Her love of people and popular music ensured a fun time in her company.

Living on in her son Matt (23) and her girls Kirstin (16) and Alana (13), she is missed by many.

By Liz Spring



Maria



Christine, Brenda & Maria



Lunch with the girls

Whitsunday Electorate Women's Forum

On Saturday 14th March, Brenda McDougall and Pam Maag set up a DAM info stall at the Northern Beaches Bowls Club as part of the Whitsunday Electorate Women's Forum. Many useful and interesting contacts were made and Brenda gave her maiden speech as President of DAM. Well done Brenda!

There were many stalls representing the women's groups of Mackay including sports, welfare, health and recreation. Afternoon tea was provided and belly dancers put on two shows.

Among the guest speakers were The Hon. Margaret Keech (Minister for Child Safety and Women), Jan Jarrett and James Bidgood MP.



My cats were a wonderful distraction and comfort during my BC journey (sadly my old Blupurr has since passed away). Here are some photos I found on the internet that best represent their 'catitude'

By Pam Maag

Diagnosis



Why me?



We all cope differently

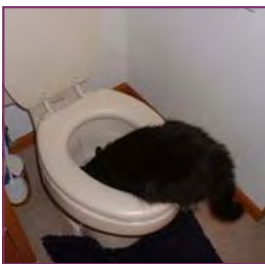


Research the options



You are stronger than you ever knew

Treatment



It can be tough



Get plenty of rest



Eat healthy food



Get more rest

Survivorship



Challenge yourself



Laugh a lot



You are a survivor



You are beautiful

Texan Tortillas

Ingredients:

Two cups of plain flour (you can make them whole wheat by substituting one cup of whole-meal flour for white flour)
1 1/2 teaspoons of baking powder
1 teaspoon of salt
2 teaspoons of vegetable oil
3/4 cups of warm milk

Method:

Mix together the flour, baking powder, salt and oil.

Slowly add the warm milk.

Stir until a loose, sticky ball is formed.

Knead for two minutes on a floured surface. Dough should be elastic and soft.

Place dough in a bowl and cover with a damp cloth or plastic wrap for 20 minutes.

After the dough has rested, break off eight sections, roll them into balls in your hands, place on a plate (make sure they aren't touching) and then cover balls with damp cloth or plastic wrap for 10 minutes. (It's very important to let the dough rest, otherwise it will be like elastic and won't roll out to a proper thickness and shape).

After dough has rested, one at a time place a dough ball on a floured surface, pat it out into a four-inch circle, and then roll with a rolling pin from the center until it's thin and about eight inches in diameter. (If you roll out pie crusts you'll have no problem with this). Don't over work the dough, or it'll be stiff. Keep rolled out tortillas covered until ready to cook.

In a dry iron or non-stick pan heated on high, cook the tortilla about thirty seconds on each side. It or should start to puff a bit when it's done.

Keep cooked tortillas covered wrapped in a napkin until ready to eat.

Can be reheated in the pan or in the oven wrapped in foil.

While you probably won't have any leftovers, you can store in the fridge tightly wrapped in foil or plastic for a day or so.

Spinach And Fetta Filo Triangles

Ingredients:

1 packet frozen spinach, defrosted
4 shallots, sliced
150g marinated fetta, drained
1/4 cup grated parmesan cheese
1 egg, lightly beaten
1 tablespoon chopped dill
18 sheets filo pastry
olive oil spray

Method:

Preheat oven to 200°C. Squeeze excess moisture from spinach.

Combine with remaining ingredients.

Place a sheet of 'filo' pastry on the bench. Spray lightly with the olive oil spray. Top with another sheet of pastry. Cut into 5 strips. Place a tablespoon of filling at the bottom of each strip. Fold across diagonally, and continue folding to the top of the strip. Place on a baking tray and cook for 20 Minutes or until crisp and golden.

Makes 45 triangles