



in the LOOP

The Dragons Abreast Australia e-newsletter - May 2011

SIMPLY THE BREAST 2011

On Wednesday the 13th of April, on a balmy Darwin evening, the Simply the Breast launch was held at The Deck Bar in Mitchell Street. The Deck generously supplied complimentary drinks and nibbles for all in attendance. The event kicked off at five thirty that evening and continued roughly till seven pm. It was a relaxed affair which allowed new people to come learn about the yacht race and for old competitors to come and enjoy themselves.

At the outside bar the very impressive main trophy was on display for all to see. Past winners of the trophy are: Crazy Diamond (2006), Jupiter Express (2007), Say No More (2008), Babe (2009) and Say No More (2010).

To finish the night off Michelle Hanton delivered a brilliant speech on the significance of the race and how the funds raised help Dragons Abreast. A special presentation and acknowledgement was made to Penny LaSette in recognition of her brainwave of an idea that is now 'Simply the Breast'. A DVD of past yacht races was shown to allow newcomers a sneak peek at what was to come. All in all it was spectacular evening which left everyone excited and ready for the upcoming yacht race on the 8th of May which is presented by Medibank.

Story and back page photos by Sasha Hanton



www.dragonsabreast.com.au 1300 889 566

simply the BREAST
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MAY 8

Activities for the family on the wharf from 10.00 - 2.00
Enter the race by visiting www.simplythebreast.com.au
Further Information: 1300 889 566
PRESENTED BY



medibank



'Simply the Breast' Annual Yacht Regatta

The inaugural Simply the Breast® yacht race attracted a fleet of 48 yachts for a spinnaker start and has grown from strength to strength with 2010 celebrating the 5th Anniversary.

Over the last five years the format has changed to be more inclusive of all crew members by having presentation night take place immediately after the race.

The \$2,000 cash prize has also been discontinued as feedback from participants has been that this is not a major incentive and funds would be better utilised by being placed directly into the Dragons Abreast coffers towards continuing to reach out to those travelling the journey with breast cancer.



Keeping us Afloat...

SOMETHING DIFFERENT FROM FUNDRAISING

It is always really lovely when we are out and about dressed in PINK and someone comes up and asks how they can help. There are many ways to help and the time investment can be small or large. For instance we may have an event that needs more hands or we may have a fundraising BBQ that could do with another cook.

As my 50th birthday approaches I got to thinking that I don't want or need any gifts. I mean, what do you buy someone who has what she needs? From this thought, the Birthday Wish Card came about as many friends were insistent that they had to give me something.

I have solved the problem by asking my family and friends to make a donation to the charity of my choice. Some were a bit reluctant to do this at first, they felt that they needed to give me something physical that I would always remember my 50th birthday by. I explained that when I was diagnosed I was not sure I would see 50!

It is thanks to Dragons Abreast that I have grown both personally and professionally. I know I am not alone on my journey with breast cancer and my upcoming birthday will be a very special celebration spent with family and friends.

My friends now understand the real value of their gift – it makes me happy to know that my birthday gift keeps on giving. Several friends have also made the comment that they are rather relived they do not have to think of a gift for this occasion.

I know several of you have already done this for Dragons Abreast and this is by no means a new idea – but I wanted to share my special birthday wish card with all our readers of In the Loop, because it might just help you solve your problems if you have a birthday dilemma.

If you want to share ideas on this I am only a phone call or email away.

Denise Lynn - Fundraising Manager

[Click here to view the 'Birthday Wish Card'](#)



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Inspirational Great Grand Dragon

A member of Dragons Abreast Sydney, Bob Lawton joined the breast cancer survivor dragon boat club 5 years ago, following his own diagnosis of breast cancer. Since which he has competed in four State championships, the 2010 National championships and in the International Breast Cancer Survivors Regatta at Peterborough, Canada. Impressive achievements, all the more so when you discover that Bob is a spritely almost 70 years old! In the dragon boat world, Bob is amongst those revered as a Great Grand Dragon yet he is humble.

'My family think it is great that a breast cancer survivor approaching 70 years has taken up paddling ... what I most enjoy is the comradship and the physical effort.'

Staunch family support comes from Bob's wife Sue, who paddles with him as a supporter, his 3 adult children and 6 grand children.

A long-standing sports association makes Bob's remarkable dragon boat racing prowess less surprising. Prior to retiring for breast cancer treatment, Bob was Executive Officer of the Macquarie University Sports Association for 33 years. He has been a Member of NSW Olympic Council Executive Committee for the past 21 years and was General Manager of the 1992

Australian Winter Olympic Team. His personal sporting activities have included a 70 kilometre cross country ski race in Italy in 1985, 'The most challenging thing I have ever done!'

Asked where he draws his inspiration from Bob says, 'My inspirational hero is Lance Armstrong, a fellow cancer survivor ... My aim is to be the oldest paddler in a Breast Cancer Survivors Crew!'

An inspiring Great Grand Dragon himself, Bob was supposed to compete this year at the 2011 Australian Dragon Boat Championships in Canberra held from 30th March – 3rd April but didn't go to Canberra as he suffered a rib muscle injury a couple of weeks before the Nationals, much to his despair.

The over 45's are ageing with attitude and the original Baby Boomers & Retirees Lifestyle Expo, now in its fifth year, brings together everything they crave as they burst into retirement.

The Baby Boomers & Retirees Lifestyle Expo 2011 will be held at the Sydney Convention and Exhibition Centre From Friday 13 to Sunday 15 May, 2011, the Melbourne Convention and Exhibition Centre from Friday 18 to Sunday 20 November, 2011 and at the Gold Coast Exhibition Centre from Friday 30 March to Sunday 1 April, 2012.

Dragons Abreast will have a stand at the Sydney expo - come see us!

Baby BOOMERS & RETIREES FOR THE OVER 45s *Lifestyle Expo*

• Travel • Food & Wine Tastings • Finance & Investment • Home Ideas • Health & Wellbeing

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Sydney

10am - 4pm, 13 - 15 May, 2011
Sydney Exhibition Centre

Melbourne

10am - 4pm, 18 - 20 November, 2011
Melbourne Exhibition Centre

Gold Coast

10am - 4pm, 30 March - 1 April, 2012
Gold Coast Exhibition Centre

PLEASE DO NOT LITTER

National Office News

Our office is a hub of activity as the end of financial year approaches, which means stocktake, forward planning for next twelve months plus all the day to day activities.

The Dry Season has arrived in Darwin and this is a traditional time for our southern friends and members to take flight to the tropical north.



We take this opportunity to send a reminder that everyone has an open invitation to call by the office and say hello. If you have a few hours to spare you may even like to lend a hand. We would love to see you.

Our hours are 10 to 3 each day. Who is in the office on any given day varies but on a Friday we are usually all here to enjoy a casual lunch with various supporters and volunteers.

Lunch is always a bit of a surprise menu but the fridge is never bare and no one leaves hungry.

Dragons Abreast NT paddle each Thursday evening at 5.30 and from there you could take in a fabulous sunset over Mindil Beach as you enjoy a dinner at the world famous markets. So don't forget to bring your paddler ID cards so you can jump on board the dragonboat.

Our physical location is Unit 11/41 Sadgroves Crescent, Winnellie - just 5 mins from the centre of town with lots of parking out front.



Keyring of Hope
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Join in the fun!
Sunday 8th May

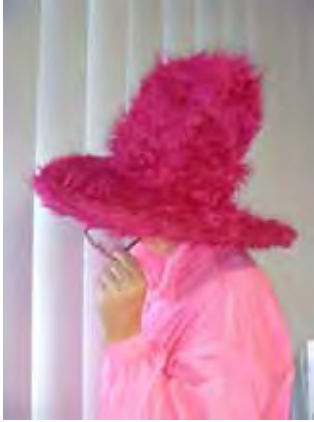
6th Annual Yacht Race
Sail by @11am - Stokes Hill Wharf
www.dragonsabreast.com.au

simply the
BREAST
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Agent Shush reports

Agent Shush reports...

I gotta say it's an honour to be back in the bosom of the beaudacious broads know as the pink paddlers of Dragons Abreast. It's been a while – last I had my long range lens trained on you babies was back in '07 when I covered the Abreast in Australia Organizing Committee surveillance (boy were they ever a sneaky bunch of broads!). Anyways, when I got the chance to get the low-down on more DAA dynamite doings, I ditched my CIA and Mossad gigs and made like a scud missile back to where the real action is. Every secret agent knows havin' a finger in the pink pie is the hot spot on the intelligence agencies radar. So here I been, gleenin' and gatherin' intelligence and the not so intelligence to bring the real deal to the panting pink public. So hang on to yer pink pompoms, here we go ...



First up I hit DAA's hide-out in Darwin back in January 2010, when I caught them counting up the dimes dished up from their Christmas 'fund-raising', I say, more like funraising. I tried to get a fix on where their stash came from – like, they always have such a great load of loot 'donated'

they say! play it again Sam, I aint buyin' that. More like they did a drive-by smash n grab on the local pawn shop. Wherever they bagged their loot they had it through the Italian Laundromat and laid out smellin' like Dynamo scented dollar bills.



They're pretty well connected up there, with a lady Senator and Australia's only lady Treasurer in cahoots with the pink pennies palaver. I spent time skedaddelin' from state to state – same old story – these chicks know how to get to ya cheque book. Before you can say Al Capone you're a pink patsy with less pocket change than ya started with. And that aint all – six months later I find out they've got their very own Ma Baker, Queen of Merchandise – boot-leggin' pink paraphernalia all over the country. These pink operators aint no slouches.

By mid-year I'd been runnin' around the country like a track greyhound chasin' a pink bunny tryin' to keep tabs on the pink popsies. I even did boat-time: don't believe all that pink propaganda – it's definitely a green experience. I loitered under sails at the Simply The Breast Yacht Race, stowed away on canoes up the Yukon n down

the Ord (should be called the Yuck-on and the Ord-inary cos that how I washed up), but those gals got more guts than me and take it from me they are Gutsy Gals!

I tracked some of them to Peterborough, Canada too. I figure they made me on that sortie though. They tried to shake me during the coach chase by jettisoning their luggage at me. It was scarier than the time I tailed Al Qaeda operatives what with paddles pinging off the windscreen – I'll take the kalishnikovs any day.



By the time the rear end of the year swung round this intrepid agent was feelin' pretty peaky and not at all in the pink. But hey – they gotta slow down some time, right? Think again – I had to high-tail it over to Hobart, Tasmania where I snuck into their Inaugural National Convention. The weather was a tad toastier than the last Siberian assignment I had. But pink paddler prowess knows no bounds - they'd paddle in

Agent Shush continued...

a turbulent tea cup if that's all that's on offer. I checked out the river which looked like it had a good current for carrying off one of AI's cement-boot-wearing cronies. The OC didn't want no Titanic re-runs that weekend and kept their precious pinkies land-locked. Never say the dragon dames don't know how to have a good time though – on or off the water – they keep smilin'.



Next thing I know I'm in a press-gang of pink at Darling Harbour for the Dragons Abreast Festival. I haven't figured how they pull it off, but it's like this icon Sydney location just rolls over and goes all pinky for 'em – every year! I gotta say, even a campaign-hardened operative tears up at the sight of them – pink, proud, crazy n loud. And Flowers on the Water – just choked me up. Or was that too much pink fairy floss ...

National Volunteer Week, 9-15 May 2011

**Thank you to all our fabulous volunteers right across Australia!
Volunteers are essential to society, and Dragons Abreast,
would struggle to survive without the support of our fabulous volunteers.**

Fast Facts

- **Australian volunteers contribute more than 700 million hours of community service to so many areas of society**
- **5.4 million adults (34% of the population) do voluntary work each year***
- **Volunteering continues to grow – in 1995 24% of the population volunteered, in 2000 32% and 2006 35%***
- **Volunteers contribute more than 713 million hours annually***
- **Strongest representative age group is 35-44 year olds***
- **50% of volunteers do so because they believe they are helping others***
- **Volunteer rate is higher outside of capital cities (32% to 38%)***
- **36% of women volunteer whilst 32% of men volunteer***



Tammy Culbertson receives a certificate of appreciation from Evelyn O'Loughlin, CEO of Volunteering SA&NT



IS DRAGONS ABREAST ABOUT COMPETITION?

We often hear it quoted that **“it is not the Dragons Abreast way to be competitive”**. Tales abound and there is considerable confusion around this area so we thought the Soapbox would be a great place to offer some clarity.

Becoming more competitive is often a natural progression based on an increase in fitness.



Fact: we are not a one size fits all - Dragons Abreast is not for everyone .

It is the right of the local Dragons Abreast group to organize teams as they see fit, **provided all members, that want a seat are placed in a Dragons Abreast boat.** This may mean being within other

Dragons Abreast teams at the same event. This is the Dragons Abreast way – to help each other out and ensure all members can get on the water.

We about participation and inclusiveness. This means nurturing individual paddling ambitions, allowing people to develop at their own pace to whatever level they aspire and also remembering to nurture those survivors who prefer a more social experience.



Dragons Abreast is not, and will never be, about competition as that is the business of AusDBF and the State/Territory peak bodies.

Dragons Abreast teams have a key role in demonstrating the scope and effectiveness of what the Dragons Abreast experience can bring to survivors. Failure to cater for and retain competitive survivor paddlers will mean the institutional memory of the group is lost.

It is perfectly acceptable for larger Dragons Abreast groups to set down a selection criteria for seats in a competitive boat provided the criteria is clearly communicated to all members.

As we have existed from some 12 years now it is natural that some individuals/teams have developed and grown strong. However they are still very much Dragons Abreast at heart (pink on the inside is one way of describing it) and have the right to be included in all Dragons Abreast races regardless of whether they are ‘gun’ or social paddlers - inclusivity works both ways.

Survivor members with a more competitive bent try for nationals and worlds and that is wonderful. It is yet another powerful statement for breast cancer survivors – we can do anything! Dragons Abreast teams visually and powerfully demonstrate that we do not have to remain as victims of breast cancer. This was clearly demonstrated last year when members of Dragons Abreast Sydney undertook **and completed** the Yukon Quest - what an amazing feat.

Many of our members have already had the honour of wearing the Green & Gold, several have been selected for the Aurora’s heading to Tampa Bay and the World Championships later this year. This falls right in line with not being competitive. Some may say how can that be - they are competitive!

Yes, indeed they are but competition was never the focus when they began to paddle rather it was the outcome of their journey with Dragons Abreast. Most importantly it was achieved while remaining true to Dragons Abreast. These members are some of our most passionate advocates for Dragons Abreast, giving freely of their time to promote our mission of awareness, education, fitness and most of all FUN while keeping the spotlight firmly on breast cancer.

Michelle Hanton OAM

Letters to the Editor

It's lovely to receive feedback from our readers some of which we share below:

GLOBAL MONTH OF SERVICE

Extract from the Mary Kay Australia & New Zealand newsletter.

"I am a very active supporter of the "Dragons Abreast" organization here in Darwin. I promoted them for our Global Month of Service and had 5 Consultants offer their time for fundraising. I run workshops with these ladies monthly and I give a flat 20% of all sales back to this very worthy organization. I LOVE working with these ladies! They are always positive and happy and it feels so good to give, knowing I am helping others less fortunate.

These ladies offer vital support to breast cancer survivors with no government support at all! I have greatly valued my time getting to know these women and have truly discovered the joy in selfless acts of giving!

Since October 2010 our small group of participating Consultants including myself has given over \$1000 to Dragons Abreast and we are very proud of that! Mary Kay is fast becoming the name on every Dragons Abreast member's lips.

I'm very proud of the image we as a team are projecting for Mary Kay through the eyes of this Charity in Darwin.

We have demonstrated that Mary Kay is far more than just lipstick with our focus is firmly on others. I'm excited about what's to come from this very powerful "ripple effect" and this just proves how much there is to gain in giving to others unselfishly! My tips for other Directors would be to give without thought of a return and be generous in your giving. The principle of getting back what you give out is always at work no matter what you do, so make sure you always give your best!"

Shannon Kastellorizios



DRAGONS COME IN SO MANY FORMS...



"On a recent holiday in Vietnam we saw lots of dragons in different shapes and sizes and made from varied materials from cardboard to metal, bushes to paper. Dragons always make me think of dragon boating, but more importantly Dragons Abreast. Out of the 12 on our trip there were 7 women, 2 of us had had breast cancer"

Susan Tulley

BADGE DRAW WINNER

MAY 2011

**TRISH MOSS - INDIVIDUAL
MEMBER FROM NSW**

A lovely surprise is on its way to you!

The Photo Gallery

