

# T H E G O S S

November 2006



## THE HISTORY OF THE DRAGON BOAT FESTIVAL

The earliest known record about the Dragon Boat Festival is written in "Mu Tianzi Zhuan" (Biography of Emperor Mu). As for its origin, the most popular one is that it commemorates the patriotic poet Qu Yuan in the Chu kingdom. On the fifth day of the fifth lunar month in the year 278 BC, Qu Yuan threw himself into the Mi-Lo River because the king of Chu did not recognize his correct stand nor appreciate his suggestions for governing the country. Additionally, treacherous officials slandered him. The people of Chu pitied him and rushed in their boats to try to save him. Later, similar stories emerged and to this day, the story of Qu Yuan remains the strongest link to the festival's origins. Dragon-boat racing gradually developed into a professional competition with governmental influence from local folk to finally forming a dragon-boat sport culture. ( from chinataiwan website)

## MOONTIME – HOW SHE CAME ABOUT

Madeleine Luck generously donated the funds, Ullrich Metals gave reduced prices on the aluminum, Fingers Aluminum then donated the time to cut out and supervise the actual building of the boat by Correctional Services, the paint was donated by Kerry's Automotive Group and all the signage by Total Signs and to ensure that everything ran smoothly the whole project was supervised by Penny and George LaSette of Sadgroves Quay.

Moontime was officially launched on Saturday 28 June 2003 at the Darwin Sailing Club and we were fortunate enough to have Madeleine there. Some of Madeleine's thoughts from her speech at the launch:



"I feel proud and privileged to know so many gutsy Pink Ladies not only from the Northern Territory but all over Australia and now from all around the world"

"I have great admiration for all our fabulous Pink Ladies in their quest to increase Breast Cancer awareness through Dragon Boating. Not only is it empowering them to do things they never thought possible, it is also working to bring more and more woman and men to have early detections"

## WHY SHE WAS NAMED MOONTIME

The exact opposite to Sunshine is Moontime – the yin and yang. The moon is multi-faceted. It has a dark side, a new moon and a full moon. The dark side can be equated to the darkest hours that people experience when diagnosed with breast cancer. The new moon is the emergence from the treatment cycle – a new beginning. The full moon represents the whole person, acceptance of our new selves, post treatment, as we stride forward with our lives. Moontime took us into yet another phase of the Dragons Abreast journey, as she carries us through waters of Cullen Bay and on our paddles in the waters of the Arafura Sea, which are all governed by the phases of the moon. (extract NT News Special Feature 27/06/03)

**"Teamwork is the fuel that allows common people to attain uncommon results."**



## COME & TRY EVENINGS

We held our last Come & Try for 2006 on Thursday October 26. Thanks to all our members who came down to help out at each Come & Try during the year either by paddling, helping with the barbeque or by chatting to new people who had come along to 'have a go'. The next Come & Try will be at the end of January 2007.

## 1<sup>st</sup> IPDBC Breast Cancer Dragon Boat World Championships - Singapore 29<sup>th</sup> Sept – 1<sup>st</sup> October 2006.

Several Dragons Abreast NT Inc-Paddlers on a Mission went to Singapore for this historic event. What a great time we had. Dragons Abreast Australia entered three composite teams into the Championships – **HOPE, INSPIRATION AND SPIRIT**, along with the team from Currumbin. The program for Friday, Saturday and Sunday was full on. Friday was the Opening Ceremony held with much pomp and ceremony at the regatta site. Saturday morning saw us all back for the start of racing – all 500 metres – 80/20 (80% survivors 20% supporters) 80/20 mixed (women & men) and 100% survivors. Due to a tropical downpour the last set of finals for the day had to be postponed until the next day. Sunday morning – no rain, I can't say clear skies and the sun shining as the whole time we were in Singapore there was a smoke haze. All scheduled races were 200m with the same format as the 500m. At the end of the racing the Flowers on the Water Ceremony was performed followed by presentations and Closing Ceremony.

**INSPIRATION** paddlers received a bronze medal for the Grand Final of the 500m 80/20 race and won the 80/20 200m Plate final. **HOPE** paddlers won the plate final for the 500m & 200m 100% survivor race. Currumbin did very well, taking home a medal for nearly every category. It was a great weekend where we had a chance to catch up with old friends and meet new people from around Australia and Overseas. There were 10 countries represented with 17 teams competing. Not everyone went home with a medal, but as we know, the emphasis is on participation not competition and **WE ARE ALREADY WINNERS**.

Thanks to Vivienne Greg from Armidale, NSW who did such a great job in organising the Australian contingent.

## TRAINING TIMES

Until further notice there is no paddling on Monday evenings and Sunday mornings. We do have some members joining ADPC on Sunday mornings for the open sea paddle. If you wish to be part of this can you please let Judy Smith or Trish Greenfield know.

## CAROLS ON CULLEN

Come along to training on Tuesday December 19 decked in your 'Chrissy' gear to jump into a boat, paddle around Cullen Bay and spread Christmas cheer through our 'merry' singing of Christmas carols and then join in for champas, chocolates, cheer and cuddles. Just by the by we are looking for someone to lead us in song – that is someone who knows all the words. We also have our fingers crossed that it doesn't rain, that the CD player works and that the Christmas CD's are actually in their cover.



CAROLS ON CULLEN 2005



## BAYVIEW BATTLE OF THE BOATS

What a fantastic day! All the remarks made after the day clearly indicated that more of these "fun" days should be held.

The program was run similar to an obstacle race on water. We entered into the competition full of determination to have lots of laughter and enjoyment. The Battle started at 10.00am and all boats were back in the Sundragons clubroom by 12.30. A barbeque lunch and drink finished off the day. Apart from having a really great day Dragons Abreast NT took out first prize. Well done team and special congratulations to the organisers – Bayview Sundragons. We are all looking forward to another of these "fun filled events."



## CHRISTMAS GET TOGETHER

The Dragons Abreast NT-Paddlers on a Mission and NT Breast Cancer Voice Christmas get together is on the 2 December at Finlays Joint.



### **DRAGONS ABREAST NT INC PADDLERS ON A MISSION & NT BREAST CANCER VOICE 2006 CHRISTMAS GET TOGETHER**



**WHEN:** December 2 2006

**WHERE:** Finlays Joint Palmerston

**COST:** \$50.00 Per Person. Buffet of hot & cold meats, veges & salads, selection of breads, and yummy deserts. Includes a free drink on entry - Champagne, wine, beer, soft drink.

**TIME:** 6.30pm. Early start to give time to wander around the beautiful gardens and for photo shoots in front of the dragon. Dinner will start at 7.30pm.

**KRIS KRINGLE:** Please bring along a unisex 'KK' to the value of \$10.00 if you wish to be part of the KRIS KRINGLE game.

We have organised for a 'DJ' to be there so wear your dancing shoes and bring along your friends, family, aunts, uncles, cousins, lover etc, etc.

Please contact Colleen for tickets on 89843368 or 0407004324. Email [cpw2@iinet.net.au](mailto:cpw2@iinet.net.au) Money to be with Colleen by 27<sup>th</sup> November.



### **NT BREAST CANCER VOICE – OUTREACH PROGRAM**

An initiative of NTBCV is its Outreach Program, established in 2005.

Members had become aware of several indigenous women being treated in Darwin for breast cancer – travelling huge distances along the way. For many the need to seek treatment in Darwin is daunting while to travel to Adelaide or another capital city as presently is necessary for radiotherapy is worse. Often they will opt for a mastectomy so there is no need for this. In August 2005, key members of the committee travelled to remote communities of Eastern Arnhemland. Meetings and consultations were held at Nhulunbuy, Yirrkala on the Gove Peninsula, and Alyangula and Angurugu on Groote Eylandt. The purpose of this is to meet with, listen to and talk with women. The flights were made possible through Senator Trish Crossin, who kindly offered to share one of her planned charters to these areas. Other than the flights, the four committee members paid their way for the outreach, including time off from their regular employment. The meetings with remote and Indigenous women were held over two days. Women talked about travelling long distances to Darwin for diagnostic mammograms and then having to return a week later for ultrasounds and fine needle aspirations, rather than being able to have all necessary procedures undertaken during the one trip. The meeting in Yirrkala was attended by an Indigenous breast cancer survivor who spoke of traditional bush medicine and her fears of radiotherapy

and chemotherapy. She stressed the importance of early detection and appropriate treatments for breast cancer. NT Breast Cancer Voice plans that within its limited time and resources that it will continue to reach out to women facing geographic isolation or from different backgrounds, with the purpose of dispelling the myths of breast cancer, encouraging early detection and increasing the ability of the women to take control of their own illness. It has two projects underway at present, as well as ongoing work as shown: purchase and presentation of observation equipment for the chemotherapy room at Darwin Private

Hospital, for the benefit of all Territory women who need to undergo chemotherapy. This is a workshop in Alice Springs early in 2007, an awareness program for women from the town as well as from outlying communities continued advocacy and awareness through speaking at various functions and to various audiences. e.g. the recent Come and Try at the Darwin Clay Target Club; speaking at a Pink Morning Tea at Katherine; invited as a guest speaker to Daly Waters' Melbourne Cup luncheon. As well, committee members take the opportunity as it presents during their normal work and everyday commitments, to continue to advocate for women diagnosed with breast cancer, their families and supporters.

Pat Hancock



2006 Mini Field of Women



Government House Luncheon

## BREAST CANCER NETWORK AUSTRALIA – SUMMIT

11-13 September 2006

### SYDNEY

I was very pleased to be asked to attend the BCNA Summit in Sydney from 11-13 September 2006 on behalf of “NT Breast Cancer Voice” and “Dragons Abreast NT”, who unfortunately due to a bit of a mix up, were unable to send a rep.

The NT was well represented - 5 reps in total – Pat Hancock and myself from Darwin; and Lesley Reilly, Suellen Williams and Wave Hayden from Alice Springs.

This was my first time attending anything of this nature and I found it truly inspirational being in a room with 165 other breast cancer survivors. They were vibrant, inspirational, determined and absolute party animals – as was demonstrated at the Monday night dinner at the North Sydney Leagues Club where they couldn't get their meal down quick enough so they could launch into karaoke!!!

I found listening not only to the professional speakers, but to the women breast cancer survivors themselves, and especially the women living with advanced breast cancer, to be educational and uplifting. I know I still dwell on the fact that my cancer could well reoccur and I found their speeches heartening just to know that there is life – and in most cases, many years of it – even after recurrences of their breast cancer. One speaker in particular living with advanced breast cancer was first diagnosed in 1989 – she has had recurrences in 1992, 1998 and 2004 – 17 years of living with breast cancer.

A panel of experts consisting of four professional health speakers touched on subjects such as:

- Advancement in surgery and other treatments
- The role of clinical trials
- Public funding of breast cancer drugs
- Developments in psycho social care

Amongst the speakers were an Oncologist, a Breast Surgeon and a Familial Professor (all women). Something I learnt was that Herceptin is given intravenously with chemotherapy – I had assumed it was a tablet taken orally like tamoxifen. I also learnt that cancer does not spread through the lymph nodes, but through the blood supply. The Familial doctor spoke about genetic testing within families and clinical trials.

### Workshops

4 Workshops (share sessions) were also run over the course of the Summit:

- Running a mini field of women
- Working with the media
- Running a support group
- People, groups and dynamics

I attended the “People, Groups and Dynamics” session which dealt with the hi's and low's of running a support group. Women exchanged ideas, thoughts and stories of their experiences at running and attending support group meetings.

### BCNA Sponsors

- **Bakers Delight** have donated \$1.4 million over the past 6 years;
- **Australia Post** mail out free of charge the “My Journey Kits” Australia wide;
- **Sussan** have just come on board as a sponsor

### “My Journey Kit”

17,000 MJK's have been distributed since May 2004. BCNA would like to get the kits out to women as soon as possible after diagnosis. As Breast Care Nurses are usually the first to have contact with breast cancer patients after their operation, it has been agreed to trial for one month, making a supply of the kits available to Breast Care Nurses for them to distribute direct. BCNA want help in spreading the word about the “My Journey Kits”. It was suggested that we need to educate our doctors and convince them to pass on to their patients the information regarding the “My Journey Kit”.

As a promotional tool, it was also suggested “My Journey Kit” posters could be hung up in Chemist shops.

BCNA have suggested to *Berlei* that they provide a “fitting kit” to Breast Care Nurses to assist in determining the correct size post-surgery bra which is provided in the *My Care Kit* distributed after surgery. *Berlei* are also currently working on a “front fastening” bra for ease of dressing after surgery.

### Field of Women

The 2006 Field of Women will be held in Woolongong on 22 October.

### Summit Objectives

The objectives resulting from the Summit were:

- To help identify new women and sign them up to BCNA
- Promote the "My Journey Kit" and "My Care Kit" to the public and other women;
- Promote "The Beacon" magazine;
- Tell others about the BCNA website;
- Send in stories/testimonials for publication

I came away from the Conference more knowledgeable and more at peace with myself having associated with so many women who have travelled that same path.

Thank you for the opportunity.

JOAN HALE

September 2006



2007 ABREAST IN AUSTRALIA



I hope you are all receiving the newsletter/updates about 2007. Remember for more details PLEASE CHECK THE WEBSITE [www.dragonsabreast.com.au/2007](http://www.dragonsabreast.com.au/2007) . If you are intending to attend this event then PLEASE SUBSCRIBE TO [subscribe@dragonsabreast.com.au](mailto:subscribe@dragonsabreast.com.au) - when you send a message to this address, you will be subscribed to receive updates on the 2007 Abreast in Australia event.

### DAA NEWSGROUP

**EVERYONE IN DRAGONS ABREAST NT- PADDLERS ON A MISSION SHOULD SUBSCRIBE TO THE DAA NEWSGROUP - AS EVERY MEMBER OF DANT IS AUTOMATICALLY A MEMBER OF DRAGONS ABREAST AUSTRALIA**

[newsgroup-subscribe@dragonsabreast.com.au](mailto:newsgroup-subscribe@dragonsabreast.com.au) - this is a list kept by the National Coordinator, Michelle Hanton. Michelle is the only person who can send messages from it. The list keeps all abreast of the national perspective. You cannot send a message to the whole group, nor can you reply to this address, you will get a message back that says you don't have permission. You can only subscribe and unsubscribe to this list. I urge you all to subscribe to this, as you will not be receiving national messages to your individual email except via this list. You will have control, because you alone can subscribe/unsubscribe and if you change your email address all you need to do is send a message to [newsgroup-unsubscribe@dragonsabreast.com.au](mailto:newsgroup-unsubscribe@dragonsabreast.com.au) or [newsgroup-subscribe@dragonsabreast.com.au](mailto:newsgroup-subscribe@dragonsabreast.com.au)

**This will be the last GOSS for 2006. Thanks to everyone for your support during the year. Have a happy and safe Christmas. I hope Santa brings you what you would like.**

**DRAGONS ABREAST NT INC - PADDLERS ON A MISSION MANAGEMENT COMMITTEE:**

**PAULINE DESLANDES, JUDY SMITH, PAT SKEWES, COLLEEN HAYDON, JUDY FLORANCE, LYN BEATON AND TRISH GREENFIELD**

