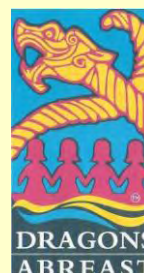




# CAN YOU GIVE ME A NAME?

Dragons Abreast Brisbane - Phone : 1300 889 566



1 July 2008  
Issue 1

## Recent Events for Dragons Abreast Brisbane

### MISSABITTATITTI

- Prostate Cancer Challenge
- Chinese New Year
- 14 Km Paddle
- Bollywood



## PROSTATE CANCER CHALLENGE - Sanctuary Cove

Once again, Missabittatitti and Pink Connections rose to the Challenge of a long distance race as two teams of combined survivors and supporters took on the 6km from Paradise Point to Sanctuary cove. Following a slight hiccup at the beginning of the day when the road to Sanctuary Cove was partly closed for a fun run, all teams were taken by bus to Paradise Point for the start. As we left, Matty ran beside the bus to get film of our departure.

It was a beautiful sunny day and both teams paddled back to Sanctuary Cove singing team songs, to be met by Matty, who had managed to get onto one of the boats and filmed our arrival.

After a sausage sizzle lunch and the Splash for Cash, we were surprised to receive a trophy for 3<sup>rd</sup> place in the race. BRD achieved the honours in the Splash for Cash and very generously donated their winnings back to the Cancer Council.

All around a successful day of paddling and flying the flag for Cancer Research.



## Chinese New Year

One team - Missabittatitti

Two crews - Fire and Spirit

Three aims

- to show Australia what we can do
- to get two crews on water for the flower ceremony
- and last, but certainly not least have fun while we do it

Did we achieve our aims? Did we what!!!

Comments from a nervous first time captain:

"Ladies, I cannot fully express how much your heart and spirit impressed me at CNY in February. You were incredible! You pulled together as a team and made everyone proud!"

And from a very new paddler:

"I can't tell you how much last weekend meant for me - it was just such an honour to be part of it all. For me as well some milestones: it was the first time I have been able to paddle an entire race and to then do so for the 3 races was just amazing; to stand with all of those in the mustering section and all at once realized that all the people around me had had breast cancer and had survived; to see my family and friends so proud of me just being there and then to see how much that meant for them; and not the least to be part of a team that just shone."

## What's in this Issue?

Prostate Cancer Challenge	1
Chinese New Year	1
14km Paddle	2
Bollywood	3
Notes from the Coaches	3
Training Schedule	4
Diary	4
LIBTL	5
Information	6
Help Please	6



## 14km paddle

I think the comments in the mass of emails said it all:

"Thanks for the emails: it was a fantastic experience and I feel privileged to have been part of it. What a benchmark to have set for the whole team and BRD!"

*My goodness I was tired yesterday but it was a good tired! I suppose any paddle after that one is going to seem tame in comparison! Poor Ryoko asked me if I could swim at one stage - she was an amazing partner and gave me so much encouragement I don't think I would have made it in such good spirits without her support.*

A big THANKYOU to Gail for keeping us safe during our 14 km Marathon race in the Nerang River Classic on Sunday. MBT never ceases to amaze me and Gail did an OARSOME job keeping us upright.

MBT ROCKS!!!!!!

It really was a fabulous sight watching you power down towards the finish line. We were about to lift a boat out and the mention that MBT was coming halted everything. All the hairs on the back of my neck were raised and tingling as we cheered you forward. There were a couple of tears shed, sorry.

There was something very special when the call came that MBT was approaching the finish line. It made me feel very proud of everyone.

You have done yourselves, your families and the club very proud. Keep up the great work.

How proud I am to be one of the original 14 k ers. This event will be talked about for a long time and was so extreme that we will not even have to embellish any of the facts. As club historian, I would love to get a photo of the indomitable crew.

*What a paddle!!! One never to be forgotten. Thanks Drummer Squirt, Sweeper Gail, fearless newbies??? and everyone!!! That wash made me forget*

*about the aching hip, surviving the wash and motor-heads became the goal, that finish line was sweet victory! yes Carol, Monday was recovery day! thanks everyone,*

*I too wish to say thank you to everyone in the boat for getting us home "right side up". We are definitely AWESOME!!!!*

*Gail you certainly did do an "oarsome" job and thanks to Squirt also for her quick thinking when Gail decided to step out for a moment! I am sure it was because of her (Squirt's) alertness, that we stayed upright yet again - what a crew!*

*All in all, it was a truly wonderful day (well most of the time - hate those Jet Skis!!) and I am very pleased that I had a 'go' and thank goodness yesterday was a Public Holiday, I could hardly move!!*

*A big congratulations to all the girls who were in the boat. We paddled under some very difficult, and at times, frightening, conditions however we all kept our heads, and most importantly, KEPT ON PADDLING (unless directed otherwise).*

*That's what this team is all about - facing things head on as a team and not letting anything get the better of us. Fantastic lift at the end! We did ourselves proud.*

From the Coach

I agree with all that has been said. One thing I have seen grow over the last six months is the confidence in the boat and, in many cases, self confidence.

One of the things I like to do is to get people out of their comfort zone and I am proud to be associated with all of you because you did just that! Congratulations once again.

Also - fantastic effort one and all at Broadwater, special thanks to Gail. From one boatie to another, it wasn't easy out there and you skippered brilliantly in very difficult conditions.

Flowers on the Water - CNY 2008



Our intrepid 14k'ers





## Bollywood

We all helped raise the funds for Carol and Jo to go to India with Amazon Heart to help build a cottage for the orphanage, and read of their adventures and looked at the photos on the web.

Following the trip, they decided to continue supporting the work of the orphanage by financially supporting one of the girls.

Bollywood was a combination:

- Fundraising to send financial support to India
- Information with photos and stories of their trip
- Fun night for the ladies as they dressed in the best saris



## Notes from the coaches

Hi Team

Well wasn't last nights training exciting. **NOT**. We started off in the dark, because the lights on the hockey pitch were not on, the singular toilet was overflowing, and Mary hurt herself. (Mary I hope your leg is okay today). I don't think I have seen waves like that on the river before, all due to the boat (not a tug) that went past. I thought you did extremely well dealing with the walls of water especially in the dark. Edith, our thanks for keeping your cool and keeping us up the right way. Last was kinda freakish and obviously not a regular occurrence. I hope that the boatie that finds my paddle enjoys it and perhaps is inspired to come and join us...

Just a couple of things I would like to mention, can I request that on Tuesday nights, those who are committing to train for the competitive season ahead attend? Tuesday nights are not for new

paddlers, I don't want to be responsible for children or non paddlers when the elements are not always predictable. Please bring friends and family on Saturday mornings when there is time and a safer environment. This obviously does not apply to those who have to bring their children and are being looked after on shore or picked up.

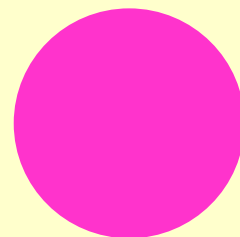
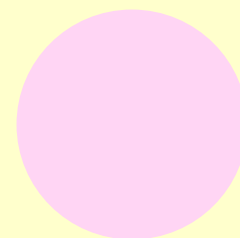
I am extremely happy with the teamwork - warm ups and getting the boat ready. All this helps with getting on the water at on time and for most, away from Colmslie by 7.15pm.

Looking forward to Saturday.

Please note I will not be available on Tuesday 15 July as I will be in Sydney but I will arrange for a stand in for that night.

Regards

Ewen



## Weekly training schedule from the coaches

Weekly Training Schedule							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Walk 30 min	Walk 30 min	OFF	Walk 30 min	Walk 30 min	Pink Ladies 7am BRD 8am	OFF
PM	BRD 6PM  Or some Aerobic exercise, i.e. Cycling, running, skipping, body attack sessions etc.	Weights or pump class	BRD 6PM  Or some Aerobic exercise, i.e. Cycling, running, skipping, body attack sessions etc.	BRD 6PM  Or some Aerobic exercise, i.e. Cycling, running, skipping, body attack sessions etc.	OFF	OFF	OFF



## Dear Diary

Don't forget these upcoming events:

<b>July</b>		<b>M &amp; M's Campaign continues</b>
	20	2008 Sleepy Hotel Dragon Boat Regatta (details to follow)
<b>JULY</b>	27	Lady Skippers Day Opera in the Showground (Details to be confirmed)
<b>AUG</b>	9	DA Mackay Annual Corporate /Social Day 14/15/16 JPC "Musical"
	17	Te Waka - Varsity Lakes
<b>SEP</b>		Art & Craft Show – Wine & Cheese (date to be advised)
	7	BRD / Legacy Southbank
	20	Currumbin Regatta
<b>OCT</b>	5	Golf Day – Raising funds for Dragons Abreast Australia
	12	Gold Coast Dragons Tropicarnival Pacific Fair
	14	Kids in Need Tweed
	19	Inaugural DAA Corporate/Community Regatta Sydney
<b>NOV</b>	7	Pan Pacs



## Little Itty Bitty Titty Lump

Courtesy "Doc" Louise



### "Little Itty Bitty Titty Lump"

Courtesy Louise (Doc) Wilson  
[Twelve Days of Christmas - Variations]

On the first day of my journey  
My true love found for me  
A little itty bitty titty lump.

The next stage of my journey  
I hit an awful slump  
Lots of clinic visits  
For a little itty bitty titty lump

It was shortly after that  
I found the sisterhood  
Lots of pink support  
Helped the clinic visits  
For a little itty bitty titty lump

Then I asked the question  
That gave them all a laugh  
"What's a Dragon Boat?"  
Lots of pink support  
Helped the clinic visits  
For a little itty bitty titty lump

The answer to the question  
The truth that we all know  
\*THE DRAGON BREATHES  
Lots of pink support  
Helped the clinic visits  
For a little itty bitty titty lump

Now I am a Paddler  
I've learned an awful lot  
There's a whole new language  
If you'd like to listen, I'll give  
you examples  
Sweeping is not housework  
Stroke is not a cuddle  
Our Drummer's not a Cox

\*THE DRAGON BREATHES  
Lots of pink support  
Helped the clinic visits  
For a little itty bitty titty lump  
Charging down the racelane  
It is a fearsome sight  
Ten pairs of paddlers  
Perfect precision  
Twenty buttcheeks lifting  
Up off the seat  
\*RI-IP it back

Finish Finish Finish  
I collapse exhausted  
What do I hear ---  
\*LA-AY IT OUT  
I'm not dead yet  
There's lots more adventures  
And it's all because  
Of a LITTLE ITTY BITTY TITTY  
LUMP

(Note: \* is sung to the line "Five gold rings" from the Twelve Days of Christmas)

*"If one advances confidently in the direction of her dreams, and endeavours to live the life which she had imagined, she will meet with a success unexpected in common hours."  
Variation Henry David Thoreau*

Can you give me a name? This is my suggestion for a quarterly newsletter for MBT. **BUT** we need an interesting, and typically Missabittatitti name to identify it. Can you think of one? If so please email to [leighbern@bigpond.com](mailto:leighbern@bigpond.com). All names will be considered and voted on by the committee. **AND** there will be a prize for the winner.

## Information & Contacts



### Your Contacts for MBT

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*The great essentials  
to happiness in this  
life are something  
to do, something to  
love and something  
to hope for.*  
Joseph Addison

*To learn more about Dragons  
Abreast Visit the Web!*

[www.dragonsabreast.com.au](http://www.dragonsabreast.com.au)

*Dragons Abreast Brisbane -  
Phone : 1300 889 566*

I hope you have enjoyed our first issue of the Dragons Abreast Brisbane Newsletter.

I am sure you all have tales to tell and share with the rest of the team.

In order for the newsletter to work and reflect the whole club, we will need input from all of you.

Please let us have your stories, photos, news to share, by email to [leighbern@bigpond.com](mailto:leighbern@bigpond.com), or any of the committee, or put the item in an envelope and hand to someone on the committee.

Thank you.