



Dragons Abreast Mackay Inc. Newsletter

Editor: Annette Lenton

Issue No: 001

Date: March 2006

Welcome to the first edition of our newsletter and thanks to everyone who has made it possible to get this far.

Background

Cheryl Machen, breast cancer survivor, first came across Dragons Abreast when she was in Townsville receiving treatment. She was so excited about it that she decided to bring Dragons Abreast to Mackay and so we began our journey on 30 July, 2005. Our first meeting was a success and interest was high. We became an incorporated body on 30 November, 2005, and have not looked back since.



Dragons afloat

MACKAY'S new Dragons Abreast Australia paddlers will take to the water for the first time on Sunday. The team, made up of breast cancer survivors and their families and supporters, grew out of recent meetings to explore the concept which began in Canada. Committee members, from left, Angie McGowan, Chris Kenny, Cheryl Machen and Annette Lenton, were at Eimeo last weekend organising the first paddling session with the Sunset Bay Outriggers, but the emphasis will be on fun and participation rather than competition. The group hopes to be able to raise \$10,000 to buy its own dragon boat. Story, Page 2.
Picture: PETER HOLT. 130805/058

Who are we?

We are a group of breast cancer survivors of various ages from a great variety of backgrounds, athletic abilities and interests.

High on our list of priorities is having fun, trying new things, meeting new people and being involved in a challenging, physical activity whilst promoting breast cancer awareness.

Our aim is to encourage women to achieve their dream of regaining an active, adventurous lifestyle despite a diagnosis of breast cancer.

Throughout 2005 we have been blessed with many donations and much support from the Mackay community. This was evidenced in particular at the Australia Breast Cancer (ABC) day and the launch of Dragons Abreast Mackay at the Yacht Club on October 23. The Celebrity Bras auction was such a hit that we have had some requests to do it all again in 2006.



Here are some of the Dragon's Bras that they have decorated themselves !!!





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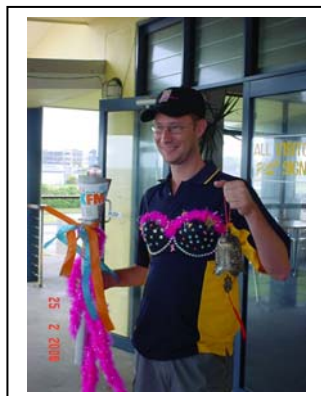
The Year Ahead

The great news for 2006 is that we purchased a Dragon Boat and it arrived mid-March. There is much excitement as the team adjusts to life on the water. We look forward to paddling every Sunday.



Much appreciation goes to Clive Rauchle, manager of the Yacht Club for his support and use of the facilities for our meetings as well as for housing our boat.

Just recently we had our Unofficial NOB relay organized by Scott Linden from 4MK and our president, Cheryl Machen. Fun was had by all as seen in the photos below.



Scott Linden (4MK)

Our Goal for this year is to train hard with the help of our coach, Richard Carter in preparation for the State Titles in 2007.

A Big Thank you !!!

Thanks to the Mackay community for getting behind us and offering us such fantastic support. To those businesses and individual's who have donated not only their money but their time and resources in order to get Dragons Abreast Mackay Inc. up and running, we want to let you know how much your support is appreciated.

Executive Committe

President: Cheryl Machen
Vice President: Chris Kenny
Secretary: Annette Lenton
Karen Baker
Treasurer: Angie McGowan

If you want to:

- **Get fit**
- **Have fun**
- **Make new friends**

Then Dragons Abreast is for you!

We invite all breast cancer survivors and their families and supporters to join us and experience the magic of being a part of Dragons Abreast Mackay Inc. – not necessarily as a paddler as there are many tasks that we welcome assistance with.

Interested??

Cheryl Machen: 4953 4628
0429 614 791

Jo Parry (Qld Co-ordinator)
1300 889 566

or check out the website

www.dragonsabreast.com.au

Upcoming Events

Relay for Life (April 8 & 9)
Launch and Blessing of Dragon Boat (April 9)