

# Dragons Abreast Mackay Inc

Issue 6  
April 2009

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*Executive Committee*

President: Brenda McDougall

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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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*Check us out on the website*

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

*Paddling sessions*

**Sundays 7.30am to 9.30am**

**Tuesdays 5.00 to 6.30pm**

**(Subject to change—please phone Brenda to confirm paddling times)**

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## Fun With Broncos at Mackay Marina



**Dragons, Broncos and Stingers combine at Mackay Harbour**



**The race is on!**



**Dragons, Broncos and Stingers at Mackay Harbour**

Dragons Abreast Mackay and Mackay Dragon Boating Club, Stingers, gave some Brisbane Broncos a different sort of training session recently.

David Stagg, Michael DeVere, Mick Hancock and Paul Dyer were visiting Mackay and took the opportunity to paddle with DAM and Stingers.

The weather was hot and humid so a nice paddle on the Harbour must have sounded very pleasant to the guys. Of course knowing they were so fit we didn't go too easy on them.

Two boats of mixed paddlers took to the water and had a gentle warm up along the 'Gondola Run' (calm water in front of the restaurants, shops and high rises). Then the real

paddling began. There was quite a swell even in the harbour and by the time we finished the first 'race' the boys had a sweat up. By the time race three was over they were well and truly ready to head for the beach

Michael DeVere was in awe of the DAM paddlers, he said "it just goes to show what a difference specific training makes".

The Broncos easily jogged up the steep beach to the Yacht Club (very muscular legs!) while we huffed and puffed (well, some of us did).

Lots of photos were taken and the Broncos autographed several pink paddles before heading back to their hotel for a well earned rest.



**Is that a Dragon you're hugging?**



**Stingers went for their usual training paddle afterwards—where do they find the energy?**

It was great fun and we look forward to the next time

## DAM Good Bowling

by Dianne

Recently the Mackay dragons, along with their partners and some with their families, joined together to play lawn bowls at Mackay- Northern Beaches Bowls Club.

Everyone seemed to enjoy the outing and maybe sometime in the future we can organise another bowls game.

I think everyone realised it's not just a game for the oldies as it's not as easy as it looks.

Quite a few of the participants showed a lot of potential and if ever they decide to take up the sport, would be welcome to join the Northern Beaches bowls Club.. We finished off the evening with a few drinks and

nibbles before some showers started (*photo on left*).

The evening was a complete success especially when we received a donation from a young man who decided to give Dragons Abreast Mackay some of his pokies winnings!



Composite team; Dragons Abreast Mackay, Clarence Valley and Rainbow Dragons



Jo Parry and Pete from Missabittatti playing elastics



Karen, Cheryl and Jane Coe (Jane is a Snapdragon)

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 "Thought I'd tell you about a funny incident while we were at the Pan Pacs on the weekend. We went into the local supermarket after paddling on the Friday to get a bbq chicken and some salads for tea and were still dressed in our pink rashies.  
 We overheard a mum tell her young child, "No darling, they're not triplets. They're in the same team." Couldn't help laughing as it was Cheryl, myself and Maureen. Poor Maureen must have been the runt then!"  
 Karen  
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## Pan Pacs by Gail

In early November, Cheryl, Karen, Maureen and I went to paddle at the Pan Pacific Masters Games which are held every second year at the Gold Coast. It encompasses 34 different sports, all at their own venues, and 10,000 competitors.

The Dragon Boat Regatta was held at Lake Orr, one of the Varsity Lakes, near Bond University. On Friday, we raced ten to a boat for 200 metres. We were in a composite team with girls from the Clarence Valley and Byron Bay. We had 4 races and thoroughly enjoyed the company of ladies from different clubs.

Saturday was 500 m race day and our composite team joined Missabittatti for a normal 20 in the boat race. The wind had built up and we needed to start the races immediately on reaching the start line (no time for a break), quite hectic, but of course the Mackay DAM Oarsome girls were **"DAM OARSOME"** thanks to our excellent coach Cathy Miller who had fine-tuned our technique for this Regatta.

Although we didn't win any medals the atmosphere was wonderful.

Each night everybody converged on the Gold

Coast Convention Centre to eat, drink, dance and be entertained by the likes of Daryl Braithwaite and Mental As Anything. Shuttle buses transported competitors to and from the Centre.

On Sunday morning the Gold Coast Dragons Abreast hosted a wonderful breakfast at the Kurrawa Surf Lifesaving Club out on the deck. We stayed at The Esplanade Units right on the beach at Burleigh Heads and thoroughly enjoyed our first "Pan Pacs" experience.

Gail Willis

## Dragons Abreast Mackay Presents

### Bras With Attitude!

Is it a bra? Is it a work of art? In Mackay Qld on Saturday 13<sup>th</sup> July it was both. It was also a very successful fundraiser for DAA. They were no ordinary bras. They were designed to bring breast cancer awareness into the public in a unique way. They were humorous, inspirational and some were downright outrageous!  
 Talented artists created 15 'Bras With Attitude' which were displayed in the local Town Hall for

### By Karen

success on many levels  
 Will we do it again? You bet!



## Survivor Story

by Cathryn

I went to Breastscreen Mackay for my yearly check up on the 02/10/05. The year before some calcification spots were found on my mammogram. The clinic was not alarmed at the time so I was happy to go home after being told to come back in 2005. After the reminder from the clinic I went in, got checked and waited for the all ok message from them. A good 2 weeks went by, then on the 18/10/05 I was asked to come in again as they wanted a second look. They did an ultrasound and took 5 core biopsies on my left breast. The results were that I had DCIS (ductal carcinoma in situ) found in 3 samples. A doctor sent me to a specialist who explained my

options, then a date was set for a mastectomy on the 27/10/05. The operation was not too uncomfortable but it was the anaesthetic that made me sick which was the worst of my memories. The pathology report showed that we had done the right thing. With 13 lymph nodes taken I was lucky that my check had caught this early. My cancer was oestrogen positive so I would need to go on Tamoxifen for 5 years. I was working full time so after 2-3 weeks I was back at work. This was due to the great family support from my husband Warren and children Ian and Hayley, they worked in the store for me until I was back again. I had a breast reconstruction done on 07/03/07

and a reduction performed on the right breast on 24/07/07. A nipple was made to finish the left breast. I can now run /jog on the beach for the first time in years with my smaller chest as I was too top heavy before! I joined Dragons Abreast on 02/04/06 - less than 6 months post surgery along with my supportive husband. We have met some very loving people (awesome). We went to a world meet at Caloundra in 2007 and to the Sydney Chinese new year Dragon Boat races in 2008. Belonging to such a large group of ladies and their partners is fantastic. This is my story, I'm happy to talk to anyone who wants to talk about my journey.

## Happy Birthday DAA

by Cheryl

Tanja, Karen and I had a great time in Darwin. It was good to catch up with old friends and to make some new ones. We paddled on Sunday morning 16/11/08 in the Arafura Sea and no, we didn't see any crocodiles. The 10th birthday party at Parlia-

ment house on Saturday night was a lot of fun and a fantastic celebration of Dragons Abreast Australia's 10th birthday. It was inspirational to hear how much Michelle Hanton and others have done in those 10 years so that we can all be a part of this wonderful organisation.

To see some photos which were taken during the weekend just follow this link to the DAA website. You will recognise some of the faces.

<http://picasaweb.google.com/DragonsAbreast/DarwinFor10thAnniversary-General>

## A Merry Christmas at the Mackay Yacht Club



Members of DAM and their families celebrated Christmas with a BBQ breakfast after their last paddle of the year on the 21st of December. Paddling will resume on the 11th of January.

For information on DCIS the following websites may be of interest:

[www.breastcancer.org/symptoms/types/dcis/basics.jsp](http://www.breastcancer.org/symptoms/types/dcis/basics.jsp)

[www.breasthealth.com.au/types/dcis.html](http://www.breasthealth.com.au/types/dcis.html)

### Maureen's Butterscotch Cake.

1 cup brown sugar  
4 oz butter  
2 eggs  
1/2 cup milk  
1 1/2 cups SR flour  
1 t'blespn golden syrup  
vanilla essence  
pinch salt  
1/2 t'spn cinnamon  
1/2 cup chopped walnuts

**Method:** Cream butter and sugar, add egg yolks one at a time, beat well. Add syrup and essence then add milk alternately with the flour. Add nuts, whip egg whites to a stiff froth and fold lightly into mixture. Pour into prepared tin and bake in a moderate oven until cooked

### Maureen's Quiche Lorraine

Pastry; 1/2 cup P. flour  
1/2 cup SR flour, pinch salt  
60g margarine,  
40mls cold water  
Sift flours and salt into bowl. Rub margarine through flour. Make a well in centre and gradually stir in water to make a dry dough. Turn onto a lightly floured board and knead until smooth. Rest in fridge (the dough not the cook) for half an hour.

Filling; 6oz grated cheese,  
4 bacon rashers,  
3 eggs,  
3/4 cup cream  
1 onion  
Nutmeg, salt and pepper.

**Method:** Cut bacon into small pieces and cook with chopped onion, drain. arrange layers of bacon, cheese and onion in case. Beat eggs lightly and add cream, beat, add seasonings and pour over pie case.

I roll the pastry out to fit an 8 inch pie plate.  
Bake in hot oven 200 for 10 mins, reduce heat to moderate oven 160 and cook further 30 minutes or until set.

## Mine Goes Pink by Fiona

I had previously been involved with accepting donations on behalf of the National Breast Cancer Foundation last year and this time when they asked me to go out to Burton Mine for the Pink Truck campaign I was excited at the prospect but reluctant to say the least, not having the slightest idea where in the wild west it was! At first I declined reluctantly, but when I discussed the dilemma at Sunday breakfast with a few girls, they jumped right in and said they'd come with me.

We discovered through our western guru, Gail, that it is near Glenden, so not too far really. I have to say that NBCF and Thiess were sooooo happy to hear that we were coming as they were trucking in a few of their top nobs and going to a bit of trouble for it not to be "pinked" by the Dragons! NBCF were happy for us to go as Dragons Abreast and were thrilled that we had a "name" except they misspelled it originally as Dam Awesome. We soon fixed that. Of course the journey out there Tanja, Kerry and myself, was filled with the usual sound of Dragons away - chatta chatta chatta.

On arrival we had induction and a breathalizer test - all passed. Then we had to pick a marble to determine whether any of us had to do a drug test. So who do you think it was? The only one of us on drugs! Legal of course - Kerry! After what seemed like ages she returned having passed - I think because they hadn't a clue what all her drugs were, certainly not on their list.

A brief tour of the mine site was followed by photos and video of us in the PINK TRUCK with the driver Michelle 24, (go girl). Now I know what Paris feels like - well almost. By this time we were all hot and bothered and lunch was being set up but I had to work for it. The Top Nobs spoke first then it was my turn. NBCF had given me some facts and figures to follow which I mixed in with my story. NBCF is all about research which as we all know costs a fortune and where would we be without it, especially me as my treatment was part of a drug regime trial. The main donations are of course corporate and Thiess are aiming for \$50,000 in 12 months. It is based on 1 cent per ton that the truck carts with the PINK holding 180 tons and loading 20 times per day that shouldn't be hard. The girls said I did well and certainly there was silence as I spoke. We then had more photos taken and I did a video interview with Leah Davis who is Thiess's media consultant.

One of the surveyors who has access to all sites took the three of us around the mine site proper. Lots of bumping and rocking around but we got some great views of the work going on and actually saw "Priscilla" at work. That's just my nickname but I think it suits. All in all a fantastic day and I have had some great feedback from NBCF re the whole day.

Thanks to Tanja and Kerry for making it all possible.

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\* For information on current breast cancer trials call the Australian New Zea- \*  
\* land Breast Cancer Trials Group on 1800 039 634 (freecall) or visit \*  
\* [www.anzbcctg.org](http://www.anzbcctg.org) or speak to your doctor \*  
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Tanja, Fiona and Kerry

PINK (aka Pricilla)

### Pam's Fabric Upholstery Cleaner

- Combine 1/4 cup liquid dish detergent or laundry detergent and 1 cup warm water.
  - With a hand mixer, whip until dry suds form (the suds will look like whipped cream).
  - Test upholstery in an unnoticeable area by applying dry suds with a cloth or soft brush and lightly scrubbing.
  - Allow to dry.
  - If the area looks the same but cleaner, the entire piece of upholstery may be cleaned in this manner.
  - Shampoo only a small area at a time and use a spatula or rubber scraper to lift off dirty suds.
  - Repeat if necessary, then wipe area with a clean cloth dipped in clear water and wrung nearly dry. Dry completely.
- Tip:** Keep upholstery as dry as possible while shampooing to prevent damage. For quick drying, open windows or turn on an electric fan, a dehumidifier, or an air conditioner in the same room

### Rose's Tips

- Peel a banana from the bottom and you won't have to pick the little "stringy things" off of it. That's how the primates do it.
- Take your bananas apart when you get home from the shop. If you leave them connected at the stem, they ripen faster.
- Store your opened chunks of cheese in aluminium foil. It will stay fresh much longer and not mould!
- Capsicums with 3 bumps on the bottom are sweeter and better for eating. Capsicums with 4 bumps on the bottom are firmer and better for cooking.
- Add a teaspoon of water when frying mince. It will help pull the grease away from the meat while cooking.
- To really make scrambled eggs or omelettes rich add a couple of spoonfuls of sour cream, cream cheese, or heavy cream in and then beat them up.
- Add garlic immediately to a recipe if you want a light taste of garlic and at the end of the recipe if your want a stronger taste of garlic.