



The Titti Tattler

1 October 2008
Issue 2

Dragons Abreast Brisbane - Phone : 1300 889 566



Our Newsletter Has a Name - The Titti Tattler

Recent Events for Dragons Abreast Brisbane

MISSABITTATITTI

- Newsletter Name
- Spring is Sprung
- Shirl's Place



Welcome to the second issue of the Missabittatitti Newsletter.

In our first edition we were asking for a name. After accepting submissions, the initial 34 suggested titles were voted on at the Picnic in the Park in August. To give everyone in MBT an opportunity to vote, the top four titles were then circulated to our full membership with a request for a final vote.

The top 4 names were:

The Titti Tattler	9 Votes
The Ripple Effect	8 Votes
Tit Bits	8 Votes
Tales of the MBT	
Dragons	4 Votes

So as you can see, voting was tight. However the top name and final choice is "The Titti Tattler".

Congratulations to Rosie who has won the prize for naming our newsletter.

While I'm sure it doesn't compare with the exciting recent events in your life, including the arrival of baby Kai Bowen on 10 September, I hope you enjoy your gift voucher.

Bribie Visit

The sky and sea were blue as Bribie turned pink for the celebration of the new Dragons Abreast Bribie Island.

Norbert Gaulton the president of QDBF arrived to greet the DAA teams, and the day started with a paddle fan of 29 paddles.

Sue, the president of the local Zonta Club announced a major donation which will allow the Bribie team to purchase their first boat and then added that the funds raised from their November Fashion Parade will also be donated to the new DAA Group.

Creating the Paddle Fan



Visitors from Gold Coast, Brisbane, Redcliffe and Sunshine Coast meant there were 4 boats loaded with pink clad paddlers, with just an occasional splash of Zonta teal, paddling in the passage with the backdrop of the Glasshouse Mountains. The impromptu race and paddle salute was followed by a barbecue lunch. Altogether a fun morning.

Special thanks to Blair and Norbert for transporting the boats.

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Spring is Sprung!!!!

What a beautiful time of year it is in our home town. The days are warmer - dare I say hot - the evenings longer - and the flowers are out in their beautiful bold glory. To be awakened to the first light of day by that noisy early bird out catching his worm, is probably one of my most favourite things.

Recently we had some new neighbours move into our street. A young couple who very kindly invited us to share a bottle of wine and a lovely homemade (yes you read correctly - homemade) walnut and date loaf and blue cheese with them. What a delightful way to begin a hopefully long and lovely relationship. However, during this wonderful repast the young lady commented on how quiet it was in our street - the only thing she didn't appreciate was "that noisy bird at daybreak" invading her sleep. I

Isn't it a wonderful world when people can coexist with an amazing little creature that can actually "make" one person's day and completely "wreck" another's. Whilst I sympathise with her I wouldn't miss it for the world.

With this new burst of Spring I am plagued with feelings of guilt that I haven't as yet started the "spring cleaning". I even wonder if people still put aside time to spring clean or is it just another wonderful age old tradition that has been swallowed up by the ever increasing pace we set ourselves in order to do all that needs to be done? I certainly hope that this is the situation and that I am not the only "slacko". I remember my Mum setting herself a list of tasks that had to be done, and the joy with which she attacked them was something

to behold. Curtains would come down, cupboards would be tidied, and plans would be made for all the "little" improvements that had to be done around the house.

However these days, months before the Melbourne Cup has even been run, I notice the Christmas decorations have begun to appear in the major department stores. I guess the time between the seasons is becoming shorter and shorter. At least that is how it seems to me.

I often ask myself is it important that we don't do all the things we think we should do, like the spring cleaning or should we just be thankful that we continue to be swept along with this wonderful experience called life. Whilst I think that I am too busy at times I am aware that there are many who look for the end of the day to come in the hope that tomorrow will bring something to which they may look forward. How lucky are we - the busy ones.

So I am going to enjoy Springtime and from now until the end of the year I have decided that I am going to stay as busy as possible and cram as much friendship, fun and frivolity with the best family and friends, at the best time of year, in the best city, in the best country in the World.

SO ---- HAPPY
SPRINGTIME
EVERYBODY!!!!!!

Rosalie

Spring is nature's way of saying, "Let's party!" ~ Robin Williams

Mama Mia

While I'm certain most of us have seen the movie, I can only say you ain't seen nothin' till you've seen the All Singing, All Dancing Missabittatitti in action.

With the words on the screen, there was no excuse not to sing along, and once Carmel jumped up to dance everyone got in on the act.

Pre movie Pizza and Wine certainly added to the

conviviality of the evening, as all joined the jump-suit attired stars in singing their favourite ABBA songs. One gentleman in the theatre was heard to ask if we had been paid by the management to perform!!!!

Can't wait to see what comes next for our Dancing Queens



Notes from the coach

Hi Team,

Thanks for the opportunity to make comment in the newsletter.

Tuesday night training is moving into the strength phase with crate sessions being included in the programme. We are attracting a full boat to every training session and are on track with the build up towards PanPacs.

At this point in time don't forget we need to include off the water training to complement our on the water efforts. A one night paddling session per week will not be enough to make us competitive at PanPacs and I would encourage everyone to attend at least one BRD training session in conjunction with the Saturday morning training for this month and two BRD sessions next month.

Last Saturday a boat load Of MBT paddlers turned up to participate at the Currumbin regatta. Everyone performed very well. I was very proud of the effort put in and the team

bonding that took place. Thanks very much Rosalie (who was injured) but still stayed all day to help out.

Saturday morning training sessions have returned to an earlier start time of 7am on the water. With the warm weather I would encourage the non-winter paddlers to come and join us for the summer season. We are launching at least two boats with MBT paddlers each Saturday.

In conclusion I would like to thank several people - Corina Bradley for stepping into the breach when I have been unable to make training due to work commitments and assuming the role of coach; Edith for her sweeping capabilities and mentoring of Denyse through her sweep training; Denyse for taking up the challenge of sweep training and finding her sea legs very quickly.

Regards
Ewen McDonald

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/Grand Masters 8am	OFF
PM	BRD 6PM Or some Aerobic exercise, i.e. Cycling, running, skipping, body attack sessions etc.	MBT 6PM	BRD 6PM Or some Aerobic exercise, i.e. Cycling, running, skipping, body attack sessions etc.	Aerobic exercise, i.e. Cycling, running, skipping, body attack sessions etc.	OFF	OFF	OFF



Dear Diary

Don't forget these upcoming events:

Oct	4	Brekky in the Park
	23	Kim Walters Choices Fashion Parade
	23	Physical Activity after Breast Cancer - Cancer Council Qld
	25	The Pan Pipes Magic Trio
Nov	1	Brekky in the Park
	11	Sunnybank Quilters "Singing Quilter" concert
	14-16	DAA Anniversary Celebrations Darwin

Or these upcoming regattas:

OCT	12	Gold Coast Dragons Tropicarnival - Pacific Fair
	19	Kids in Need Tweed
	19	Inaugural DAA Corporate/Community Regatta Sydney
	25/26	Burleigh Fire Dragons – Varsity Lakes
NOV	7-9	Pan Pacs
DEC	14	Sunshine Coast – Lake Kawana
2009		
JAN	31	BRD – Southbank
FEB	1	Broadwater – Venue to be advised
	7/8	DBNSW – Chinese New Year – Darling Harbour, Sydney
MAR	28/29	QDBF – State Titles – Lake Kawana
APR	23-26	QDBF – Nationals – Lake Kawana

WOOHOO I AM TURNING 60 IN MAY AND YOU ARE ALL INVITED TO MY PARTY!!!!

With these magic words Carol invited everyone to join her at Shirl's Place for this major celebration.

Madeline Luck-Grillon and Kay Taaffe kindly agreed to allow Carol to have her party at their place at Rosevale over the long weekend in June. Hopefully this will be the first of many annual visits to Shirl's place for the MBT girls.

Madeleine and Kay invite guests in need of a break to stay at Shirl's Place free of charge. It is offered to breast cancer survivors who are in need of a break from every day life and the chance to relax and reenergise before facing the challenges of the busy world. They encourage women to leave their families at home for a few days and come alone or bring some-one who is supportive, a friend, partner or

carer. Women are some times too busy looking after everyone else and don't take time out for themselves. Shirl's place offers them the opportunity to have some special time for themselves.

The verandahs offer spectacular views of the Scenic Rim in the Boonah Shire one and a half hours from Brisbane where you can sit and watch the sunset behind the mountains.

For more information about Shirl's place and Madeleine and Kay's ongoing support of Dragons Abreast, check out the website www.dragonsabreast.com.au

"Start treating yourself as if you're the most important asset you'll ever have. After all, aren't you?"
Anonymous



MBT with Kay and Madeline at Shirl's Place



Rosalie, Matthew and Bern cook up a storm for Lady Skippers Day. This year there were 30% more entries than previously, with 41 registrations and 35 yachts sailing in very light conditions on the day. Our own Gail & Janelle P. crewed on one of the yachts, and two lady skippers flew in - one from Sydney the other from Melbourne for the day, which augurs well for future years. Funds raised by Wynnum Manly Yacht Club were donated to Dragons Abreast Australia



Information & Contacts

Your Contacts for MBT

*In everyone there is something precious, found in no one else; so honour each person for what is hidden within - for what that person alone has and no one else
(Variation on Hasidic Saying)*

State Coordinator
 MBT Coordinator
 Asst Coordinator
 Treasurer
 Secretary
 MBT/BRD Rep
 Club Merchandise
 MBT Merchandise
 New Members
 “ “
 National DA Newsletter
 Website
 Media Liaison Officer
 Events Coordinator
 Brekky Queen
 Welfare Officer
 Diary Organiser
 Community Liaison DAA

Jo Parry
 Rosalie Thomas
 Helen Short
 Sue Bowen
 Di Clohessy
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 Helen Short
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 Ellen Weaver
 Leigh Muldoon
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To learn more about Dragons Abreast Visit the Web!

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Remember, if you want your story in the Newsletter, please forward by email to leighbern@bigpond.com or hand to a member of the committee.