



Dragons Abreast Townsville Inc.

Our philosophy is that we are already winners because we are here and able to participate. Our race is against breast cancer – not each other.



We are part of Dragons Abreast Australia, a group of women who are or support Breast Cancer Survivors. The Townsville group formed in August 2004 & started paddling with the Outriggers at the Strand. When we got our 1st dragon boat we moved to the Ross River in Thuringowa. We became the Twin Titties in 2006 & now paddle on Cleveland Bay with beautiful Magnetic Island in the back ground. Our boats can be seen paddling along the Strand on Saturdays commencing at 7am from behind the Tobruk swimming pool. We also train at Loam Island, Rasmussen on Tues & Thurs at 5.15pm.

Inaugural North Queensland Dragon Boat Regatta Series

The second round of the Inaugural North Queensland Dragon Boat Regatta's was hosted by the Mackay Dragon Boat Club on Ross River, at Rossiter Park on Sunday 24th July 2011. Teams from Cairns and Mackay joined the local sports team, Townsville Dragon Boat Club and Dragons Abreast Townsville Inc. team (Twin Titties) for an enjoyable and competitive day's racing. The event, the second of three in the Tri Series, was hailed a great success by all who attended. Townsville's Twin Titties narrowly defeated DA Survivors mixed team from Mackay/Cairns by only .0697 seconds over the two heats, to take bragging rights in the Dragons Abreast Challenge. Let's see if we can make it 3 out of 3!! The fastest time of the day, was 59.69 seconds held by the Mackay Stingers Mixed 20's. Governance and Sweep accreditation courses were also held in conjunction with the Regatta. Our own Judy Robb passed her Sweeping accreditation, so Townsville now have another qualified sweep on hand. Planning has already started for round three to be held on Sunday 23rd October 2011. The sausage sizzle was operated by the Ayr Relay for Life team – "Guardian Angels". They did a terrific job and we extend our many thanks to the team for a job well done. Thank you to everyone who helped make the weekend a success.



International Breast Cancer Paddlers Commission: For those of you who have may not be aware, Dragons Abreast Townsville Inc. are now official members of the International Breast Cancer Paddlers Commission. The average team age span is from mid-thirties to mid-seventies. The youngest new member is 25yrs old with the Dragons Abreast, Geelong, Australia and the oldest new member is 92 yrs old with the Pink Phoenix, Portland Oregon, USA. IBCPC host festivals all around the world and the next one will beheld in 2014. They have yet to name the city and country it will be held in but it certainly gives us time to start saving and planning for such a big event. Plenty of time to train too!! What do you think ladies!!

Copping an Eiffel: The French are never afraid to hang out their dirty linen in public. However, in this case the display of female underwear near a Parisian landmark is in a good cause. It is part of a 'spring cleaning' event put on by the "Pink Bra Bazaar" association to promote awareness of breast cancer. Story in Sunday Mail March 21, 2011.



Motivational Minute from *Curves*

*"You've tried and failed. Here's how to turn the stench of failure into...
Fertilizer!!!!!!"*

Our mothers told us the truth:

You learn from your mistakes. At least let's hope that we are wise enough to understand that failure is simply training. It doesn't mean there's no hope, that we could never possibly succeed, that we are so uniquely screwed up that there is not a workable solution. Popycock! As Thomas Edison so brilliantly quoted regarding his attempts to create the light bulb, "I have not failed. I've just found 10,000 ways that didn't work." Maybe you've found just as many ways that didn't work for something you were trying to accomplish. Take time to stop and smell the fertilizer. Reflect on those and learn. WHY didn't they work? By weeding out what doesn't work, pieces may start falling into place of what WILL work, what you might try. Remember, you only fail when you've given up trying.

Curves Kirwan – Sunland Plaza Shopping Centre, 4755 1866

Curves Townsville – 4/263 Charters Towers Rd, 4775 5592

50% off Service Fee, PLUS 30 DAYS FREE Dragons Abreast members!!

Remember that October is Pink Month

October is the time for all things Pink and Denise Lynn (from DAA NT) has a wonderful pink party plan and anyone can be a part of it with a great incentive for the person who is the highest fundraiser in the team. Denise is kicking off Breast Cancer month with a Perfectly Pink Party. Go to the following web site and join in the fun.

www.gofundraise.com.au/page/LynnD The highest fundraising member of the team will be rewarded with a beautiful GOLD DAA Pendant values at \$695 – so go for it and join the team now! What have you got to lose!

Note of Thanks: Many thanks to Darryl Price for the sale of so many Entertainment books which netted us \$300 in fundraising and many thanks also to everyone else for their contribution to the sale of the books. Great effort by all.

Upcoming Events:

- DAA National Regatta – 9th & 10th September
- DA Aust National Paddle Day – 2nd Oct
- TDBC – Round3 Inaugural Dragon Boat Regatta – 23rd October
- Darling Harbour – Regatta Fundraiser 30th October.

Events Around Town:

- Mini Field of Flowers- 2nd Oct (TBC)
- DATi Cowboys Charity Raffle – 9th October



Birthday Celebrations:-

- Judy & Margaret - Sept
- Sharon, Dorothy & Michele - October

Next Meeting:-

DAT Inc. Annual General Meeting – 8.00am 1st Oct 2011.

Email: www.Townsville@dragonsa.breast.com

Tvl Co-ordinator: Rebecca Jacobs

Mob: 0405 278 832

Assist Co-ord: Debbie Bennett

Mob: 0418 792 235

Treasurer: Olwyn Jacobsen

Mob: 0417 628 330

Secretary: Donna-Mae Price

Mob: 0401 259 390

Phone: National Office

1300 889 566

Sponsors: Mater Health Services, BHP Billiton, Townsville Port Authority, Arena Engineering, Storage King - Hyde Park, Curves.

Hats off to a bumper Ladies Race Day at Cluden Park.

The first major event on the city's Winter Racing Carnival calendar was ladies Race Day held on 16th July in overcast and windy conditions at Cluden Park. A number of our ladies from Dragons Abreast Townsville Inc. adorned their finest fashion, topped it off with some very stylish hats and headed off to Cluden Park, nibbles in one hand and clasping their hat with the other. By courtesy of the Townsville Turf Club, our Dragons Abreast marquee was erected and it provided comfort and shade for our ladies to enjoy a fun-filled afternoon, as well as actively advocating, promoting and raising breast cancer awareness. I hope we did just that. The day started off quite cool and windy, but it didn't deter us from lapping up the atmosphere, the fashions, the socialising and the friendship and what we had come to see, the horse racing. For some of us like myself, it was their first time at Ladies Race Day, but we didn't take long to get into the swing of things with cocktails in hand, and hitting the betting ring for a punt on the horses, before heading out trackside to see if our horse had won us a fortune. Many of us claimed victory and with much excitement headed back to the betting ring to receive our winnings. Olwyn, June and myself were lucky enough to have our picture in the Townsville Bulletin. We all enjoyed the day so much, that I'm sure we will mark it on our calendar as a yearly event, not to be missed.

Story by: Margaret Jackson.

Stories of Interest.

Highway for Hope: Congratulations to our very own Breast Cancer Survivor – Carole Douglas and her son Rob Douglas who left Townsville on Friday 19th August, when Robbie commenced his charity run from Townsville to Cairns. Rob Douglas ran for Breast Cancer Research. Rob ran a marathon a day for nine days and we are pleased to report he arrived safely in Cairns on Saturday 27th August. Rob decided on raising money for NBCF as they focus on the research side of new drugs to assist in treatment of those already with cancer as well as hopefully finding a vaccine one day to stop it. Rob is truly an inspirational young man. Anyone wishing to make a donation can still do so by contacting Rob Douglas via his facebook page "Highway for Hope" or by email bob.douglas89@gmail.com Thank you for your support.

National Regatta: The registrations closed on Sunday 24th July. Keep your eye on emails for further information about the event. We have submitted a request to Jo Perry on behalf of Cairns, Townsville and Mackay for the possibility of the FNQ DA girls to paddle together as a team at this event on 9th-10th September 2011. Not long to go now ladies. It's time to think about packing.

Bargin Buy: The heat is on and summer is just around the corner. A great product has been found on E-bay. Cooling Arm Skin Sleeves are available in 9 fashion colours and have a UPF50+ rating. They sell for \$10.20 + \$2.40 postage. If anyone is interested in purchasing a sleeve go to: www.ebay.com.au/itm/cooling-arm-skin-sleeves.