

DRAGONS ABREAST ACT & REGION

www.dragonsabreast.com.au



Under the Umbrella of Breast Cancer Network Australia

Abreast of the News newsletter

Issue 14

March 2006



Future directions for Dragons Abreast

I attended a meeting of all NSW coordinators, plus several of the Queensland coordinators, in advance of our participation in Chinese New Year. At this meeting it was revealed that the proposed future policy of DAA is that Dragons Abreast races at major regattas will comprise 100 per cent survivor teams. The only exception to this rule will be sweeps, and that is only if a survivor sweep is not available. The change has come about purely through force of numbers: with 31 teams around Australia, and the large majority of members being breast cancer survivors, supporters can no longer be catered for in DAA teams, but will still be able to participate as 'supporter' teams. Also taken into consideration are the DAA profile, and the fact that we are supported by the community as breast cancer survivor teams. Chinese New Year 2006, Darling Harbour was the first time that we had 12 teams of survivors on the water together. A wonderful three composite crews of supporters also took to the water.

As planning was already underway for the Nationals 2006, in Nagambie, Victoria, the 80/20 rule will still be applied but it is expected that all future regattas will use the 100 per cent rule, with composite teams being formed from all parts of Australia, and supporter teams assembled in the same way.

At a local level, supporters form part of our team and are highly valued members of our crew, so things will not change here at home. Teams in other areas of Australia already have viable supporter teams paddling, with partners, friends and relatives of survivors making up strong mixed crews which compete in social or sporting regattas. Please come and talk to me if you have any concerns or questions.

Change in national membership structure

Proposed changes to the DAA membership structure were also revealed by the National Coordinator, Michelle Hanton. In future, instead of paying a team fee of \$250 per year, plus \$10 per individual member, each group will pay a fee of \$1100 (\$1000 + 10 per cent GST). This will probably mean a small increase in membership fees in the 2006-07 season, but this needs to be voted on in a general meeting by all members. The alternative is to fundraise for the extra fees.

Our Membership Officer will send a full list of members to the National Coordinator each season, but the national membership database will not be retained, so if you wish to remain informed on DAA issues, please subscribe to our group email by sending an empty email to groupmail-subscribe@dragonsabreast.com.au (if you have not already done so). The onus will be on individual members to keep their contact details up to date, if your email address changes you will need to unsubscribe your old address, and resubscribe with the new one. It works in the same way as the actdragons@dragonsabreast.com.au address, except that you cannot send mail to this address, you can only receive messages.

Jan Skorich, Coordinator



Chinese New Year 2006, Darling Harbour, Sydney

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There will no longer be individual insurance through Dragons Abreast Australia, but public liability insurance is retained. As you know, individual insurance is provided through our CDBA (Canberra Dragon Boat Association) membership.

We have a few members on our books who are 'non-paddling' members, these people can remain 'Friends of the Dragon' (receive the newsletter etc) by making an annual donation to DAA (details on the back of the national 'glossy' newsletter).

Coming events

Picnic on Springbank Island

A picnic is proposed for the coming weekend (4 or 5 March), do we have volunteers to organise the date, the paddlers and the goodies?

CDBA regatta + visitors from DAA Merimbula, Penrith, and Illawarra.

CDBA have planned the Canberra Festival Regatta for Saturday 11 and Sunday 12 March. This may change, as they are having an emergency meeting to decide whether all events will be run on the same day. The regatta takes place on the rowing course at Weston Park (ignore the bit on the entry form which tells you that toilets are available at Commonwealth Park — they are also available at Weston Park!)

CDBA need some assistance with setting up the day before the regatta, and also volunteers for the day. Please let a CDBA committee member know if you are available to help.

We intend having two full teams, as we will be joined by paddlers from Merimbula, Penrith and Illawarra. Please make our guests welcome, and if a volunteer would like to organise a night out on Saturday 11 March you have my gratitude and support! Please let me know what you plan and I will let the other teams know.

Celebrate Canberra paddle, 20 March (Navy Day)

Correspondence has been previously sent about this. Summary as follows:

- 12.00-1.00pm Dragon boat demonstration paddle, Central Basin.
- 1.45 - 1.55pm Dragon Boat races.

There's lots of other stuff going on at the same time, and we can probably get out and have a

picnic after the races, and then head back to Lotus Bay. We hope to have a full boat. More information to come.

Nagambie

19 lovely ACT women and three partners are heading for the 2006 Nationals in Nagambie, Victoria, from April 14 to 17. There's still room for more, so if you'd like to join us, please contact Lyn Langer or Jan Skorich. We are lucky enough to 'borrow' a couple of paddlers from elsewhere to make up a full team. We will be entering the DAA races of 200 metres and 500 metres, the Masters Women's 200metres and 500metres, and the Women's 200metres. Susan Nelle was a regatta virgin at Darling Harbour, but now she is hooked and is joining us for the Nationals — welcome aboard, Susan!

Easter basket for the Hospice

Mavis and Gillian are collecting goodies for the Hospice staff who are working over the Easter weekend. Please donate something for the basket to show our appreciation for those who are working while the rest of us are swanning around!



September 2007 Sunshine Coast, Queensland

Planning for the 2007 event is well underway and more information will be available shortly. This regatta will be 100 per cent survivors, with at least one race for supporters. There is room for everyone however, and those who don't wish to paddle are most welcome to volunteer as the welcome brigade, race marshals and all those other indispensable positions which ensure that the event goes smoothly.

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subscribe@dragonsabreast.com.au](mailto:subscribe@dragonsabreast.com.au) and keep an eye on the website www.dragonsabreast.com.au/2007 for updates.

Jan Skorich

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Chinese New Year 2006

Thank you to all who participated in Chinese New Year and especially Pene Lee, a supporter, who made it possible for me to paddle with both my daughters, Claire and Lucy, in the Mum in the boat race for the first time. Pene came to most of my chemotherapy sessions which made them more like a chatty coffee morning but without the coffee. I was thrilled to see Heather felt the same way about her first regatta when I asked her to write for our newsletter.

Kerrie Griffin

First impressions

Arrived in the car park near Darling Harbour quite early!! Thought the charge for parking was about enough to put down a deposit on a new car — but I was now committed. Thought about peeling off to return home but was greeted with a cheery hello from a fellow pink lady. I was amazed at the numbers of pink ladies who were all chatting away and catching up with friends from other teams. The atmosphere made me sense that this was something special and I felt that these ladies all supported each other in a very positive way.

When the time for our first race came I once again thought that I would like to head for home — a new paddler — never raced before — would I make it to the finishing line? Would I let the team down? 200 metres felt like a very long way, but our team did well. I felt that I had contributed and I felt part of the team as well as a part of the community of pink ladies.

The *Flowers on the water ceremony* left me speechless. There was a flow of love and caring, not only from the pink ladies and their supporters, but from the crowds of spectators as well. The minute silence was electric. The following salute and guard of honour made me

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aware of just how strongly the pink ladies supported each other — and me! I now feel that I am a fully fledged member of Dragons Abreast and can only say, 'Thank you to my husband Andrew for all his support' and 'Thank you to all the people who have put in all the hard work to make this event possible'.

Heather Millar

Mum in the boat

It's good that after operations etc. mothers can do the physical activity of paddling and that your children realise that it's not as simple as it looks! It's a special bonding to share between mother and children or other family members.

Lucy Taylor (12 years old)



Salute and Guard of Honour, Darling Harbour

GoAnna — New boat!

Dear Anna

I'd like to lend my very tardy voice to the chorus of thanks to you for being such a hero throughout this fearful saga.

Let's hope that our little lemon will somehow redeem itself and over time be transformed into a big juicy grapefruit and win all our races for us.

Love, Sylvia Flaxman



Lyn Langer and Megan Dennis warming up at Darling Harbour

Nagambie — The Nationals

Countdown to the Nationals at Nagambie — only *7 training weeks to go*. With 19 names on our team list it should be a great few days of fun, dancing, drinking and singing... Oops I mean a great few days of serious paddling and fierce competing. With the strenuous training that Robyne has dished out on Wednesday afternoons and early Saturday mornings, only the ... have survived. The crew from the ACT sports team dropped out so it's now just us DA girls left training.

Actually getting all 19 girls committed to training has been a challenge in itself. But after last Wednesday night's training battling huge waves on the lake, it sorted out the wimps from the real women. We Dragons Abreast women were the only ones strong enough to venture out and with Robyne at the helm —it was one of the best training sessions I've had the pleasure of being part of. There were moments of terror (well almost and I am trying to make this interesting) but after tackling that session we can do anything!

Accommodation and travel arrangements have fallen into place so, now it's just a little more dedicated training and then the spirit of Dragon's Abreast will take over. For me going away and having an absolute hoot of a time with the dragon boating girls (and a little competitiveness too) is what it's all about.

Lyn Langer



Amazon Heart Odyssey

We had a wonderful night of fun and gourmet delights generously hosted by Penny Birtles on 25 February. Here is summary of Lyn's thoughts for those unable to attend. To view images:

<http://www.amazonheart.com/AHODyssey/>

It's so hard to write and explain my time in Sri Lanka in a few words without trivialising or raving on too much but here goes...

Sri Lanka was 10 days of contradictions. From the laughter and innocent enjoyment of the very young, to the hopelessness and 'I don't care' in the youth, to the sadness and despair in the elderly, to the warmth and hope in the families we built houses for.

The huge contrast in the decadence and opulence we experienced in our resort and seeing families living on the footpath we saw a woman and her baby dodging traffic knocking on car windows begging for money — our taxi driver said it was an easy way to make a living!

I saw a monkey, an elephant and a cobra — all used to entice people to give money. All the dogs I saw were brown dogs that looked like dingos.

Further south we drove past areas that were worst hit by the Tsunami, half a boat lay on the side of the road, ruins of what were once brick houses stood alone. We travelled past the area where the train with hundreds of people in their carriages were washed away.

New buildings were popping up everywhere. People were returning to where they once lived but we were told that the children in particular, were still having nightmares about going into the ocean.

The shanty town is a community living beside a huge dump site. The shanty dwellers initially viewed us with a certain amount of suspicion and

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assumed we were there to just 'look pretty' or just 'pass the bricks' to the tradesmen but with some fantastically strong minded women in the group, there was *no way* we were going to just stand around and watch. — **We came to build houses** and we did.

By the time we had to leave we had forged friendship and respect with the tradesmen and the people — some of our women were even admired for their fine building skills — Amelia being one of them. We all cried when it was time to say good bye to our new friends, it was so sad seeing their beautiful faces waving good bye to us.

For me, I loved and hated being in Sri Lanka. I loved working in the shanty town, even though we were told it was unsafe, it felt good to be working hard physically and watching our houses growing each day. It felt good forming relationships with the people. We even managed an impromptu cricket game; they definitely know their cricketing trivia and all the names of any well known Aussie or Sri Lankan cricketers.

I cant say I enjoyed other aspects, so much poverty and rubbish everywhere, military police with machine guns everywhere, not being able to go anywhere without being accosted by someone — not even on the beach was it possible to spend five minutes by yourself. We are truly the lucky country.

Lyn Langer

Promoting positive images of women through artworks

from *The Chronicle* Feb 14 2006

The call is out for women across Canberra to submit work for a new art exhibition. *Calendar Girls* is being held at the Women's Centre for Health Matters to promote positive images of women. Manager Naomi Knight said the exhibition was a celebration of inclusiveness and diversity.

'Essential to improving health and wellbeing is having a positive focus on wellness and exploring creative expression. No single image could accurately depict women's wellness as every woman's journey and experience is unique.'

Women are invited to **submit photography, painting, drawing, lino printing, graphic design**

or any form of visual art to the exhibition as long as it depicts positive images of women. Entries must be on A4 paper or cardboard. All entries will be shown at the Canberra Museum and Gallery in October.

'Women are also encouraged to submit a rationale for their artwork.' Ms Knight said the rationale should be about a page in length and explain how the artwork celebrates the wellbeing of women. All participants would receive a framed certificate. For more information contact 6290 2166.

Entries close on Friday, August 31, at 5pm.

I am very keen for us to submit entries to this exhibition, and an October exhibition seems particularly appropriate for us as it is Breast Cancer Month. Do we have volunteers to take on the organising of this artwork? There has been a short discussion with several members, and we felt that as we are restricted to A4 artworks we may like to make multiple A4 pieces which constitute a theme, or form a complete design, for example 12 sections of the dragon boat — drummer, 10 pairs of paddles, the sweep. Not being artistic I have no idea how to go about this, but I know we have many artists amongst the group. I am thinking along the lines of having a winter activity like we did when we made the quilt, with contributions from everyone who wants to be involved, even those like me who have thumbs for every digit! Ideas include having cross-stitch panels like June's wonderful dragonboat and black swans, or photographs, or painting, or a combination of everything. I am sure someone clever can think of an idea to bring this together.

Jan Skorich



One thing about DA is that we have all types of people in our crew. Everybody has different objectives and wants different benefits from being part of the crew — getting fit, having fun and improving our wellbeing, both physically and spiritually, learning new skills just being there and occasionally competing and winning trophies

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etc., going for coffee. All the while, doing this with a great bunch of people
Part of the mission of DA is participation, which means getting into the boat and having a go and feeling very welcome doing that.
We have people who want to always stay as social paddlers and others who start off that way and find they want to get more enthusiastic and then there's the bunch who like to go the whole hog and get into the more serious competitive training. This is all great and we need to keep in mind that at one training session you might have a mixture of all these people on board the boat.
Encouragement is always great and as we all have a natural desire to improve in an activity, a bit of positive encouragement can make a big difference. However we should always do it with a smile and never make anyone feel inadequate or uncomfortable, as everyone is different. We are never beyond learning or improving ourselves.

So paddle well together all you different types and enjoy being part of the crew of DA, because you all belong.

Robyne Kellett

Japanese cold noodle soup recipe

Serves 4

Broth

4-5 cups water

1 bag/sachet (10 g) of Shimaya brand Dashino-Moto — a bonito (fish)/seaweed soup stock powder, available from Asian groceries in a small box of 5x 10 g sachets for around \$3 (or 10 sachets c \$5)

2-4 tablesp soy sauce

2 tablesp mirin — cooking rice wine, available from Asian groceries — around \$3

1/2-1 tablesp sugar

1/2 teasp salt

Combine broth ingredients, bring to boil, cool and refrigerate overnight in a pouring jug.

Noodle

1 pkt Hakubaku Udon (wheat) noodle or Soba (buckwheat) - from Coles or 4 minute boiling dried noodle -Nouilles en poud're -brand Sun

Shin Fak - great value - 1.5 kg for \$3.50!! - or similar dried very thin noodles at Asian groceries

Plenty of boiling water (no oil or salt is required). These are lovely non-stick noodles.

Boil noodles according to packet. Some noodles only take 4 mins. Rinse in colander in lots of running cold water, turning noodles over the back of your hand as you go.

Rinse very well to cool. Place drained noodles in storage or serving container in small handfuls, twisting the noodles into serving size packages. Refrigerate to chill, for a few hours or overnight.

To serve:

You can be traditional and serve separately the broth in bowls and have the noodles and toppings in separate serving dishes, or do as I did and serve it up all together.

Toppings are:

Thinly sliced lebanese cucumber and nori (seaweed) sheet (cut with scissors is easiest), finely sliced spring onion. Sprinkle with toasted black and white sesame seeds.

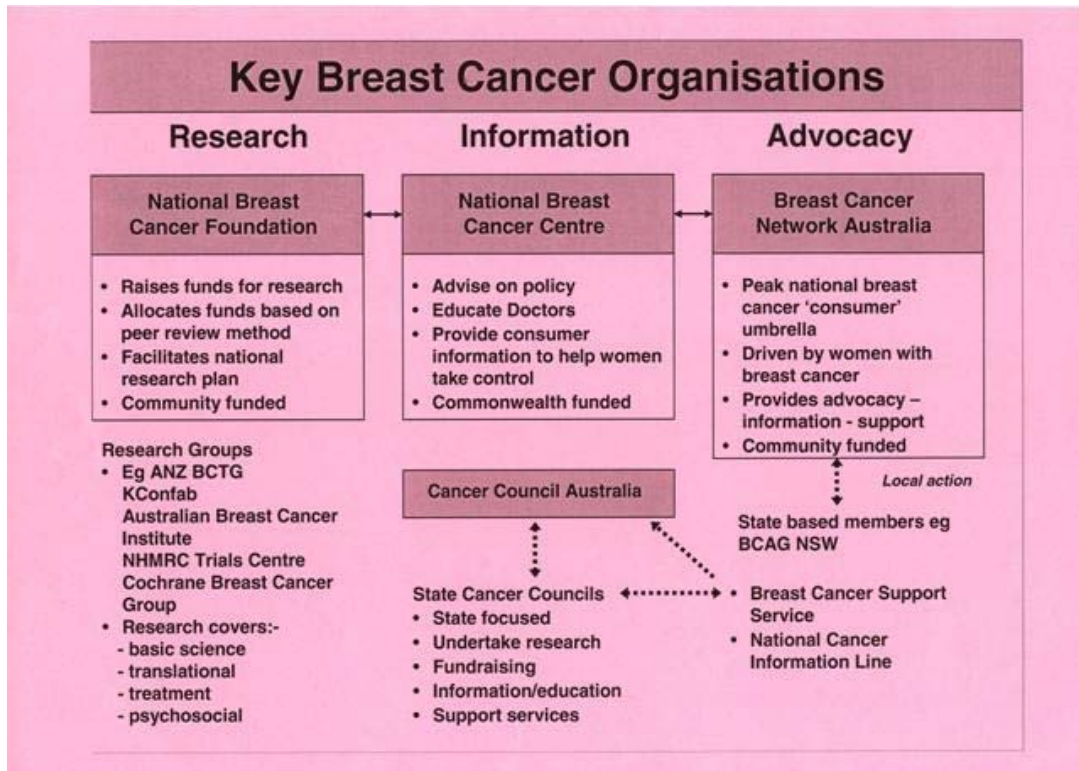
For the sesame seeds, I used Asian grocery Heng Fai brand 100g packs of the black and white seeds (about \$2), mixed them together, tossing and toasting them without anything else, in a saucepan and when cool, storing them in an airtight container in the frig. Take care not to burn them which can happen very quickly if you use a high heat. They keep for several weeks. Enjoy!

Judy Richmond



Understanding the structure of breast cancer organisations in Australia

It's often difficult to get a grasp of the different organisations working on our behalf in the breast cancer field in Australia. Below is a graph showing some of the larger ones under the different areas of Research, Information and Advocacy. As an umbrella organisation of BCNA, Dragons Abreast comes under the Advocacy heading.



Congratulations to Linda Reaby

Congratulations to Dr Linda Reaby, Patron of Dragons Abreast Australia ACT. Linda became a Member of the Order of Australia (AM) on Australia Day for service to community health, particularly through establishing breast cancer advocacy and support groups, raising awareness of diagnosis, treatment and prevention, and to nurse education.

Birthday greetings

Special Happy 70th Birthday June McMahon!

Many new members may not be aware of our fourth septuagenarian's involvement with Dragons Abreast. June was Anna's 2IC during the formation of Dragons Abreast ACT in 1999 and was Treasurer, record keeper, organiser *par excellence*, for a few years. Thank you June for your ongoing commitment to Dragons Abreast and enjoy your weekend on 11-12 March.

Anna Wellings Booth



March

- 1 Rosemary Parker
- 4 Anna Wellings Booth
- 12 Erica Thomson
- 12 Gail Murdoch
- 15 Rose Karmel
- 23 Gillian Styles

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Calendar of events

Month	Date(s)	Event	Location	Notes
March	Saturday 4 or 5	Picnic	Springbank Island	Do we have volunteers to organise the date, the paddlers and the goodies?
	Saturday-Sunday 11-12	Celebrate Canberra Regatta	Yarralumla tbc	www.cdba.com.au
	Monday 20	Celebrate Canberra paddle, (Navy Day)		12-1pm boat demonstration paddle, Central Basin 1.45 - 1.55 Dragon Boat races
	Saturday 25	NSW State Titles	Tbc	www.cdba.com.au
April	14-17 Easter 2006	2006 National Championships	Nagambie, Victoria (1½ hrs from Melbourne)	Accommodation tight in area, need to indicate early if participating. evelyn.langer@dotars.gov.au
	Tuesday 18 6.30am	Canberra Balloon Fiesta breakfast	Lawns, Old Parliament House	RSVP to ameliadt@hotmail.com
May	Sunday 14	CDBA Regatta	Lotus Bay, Yarralumla	www.cdba.com.au
August	Dates tbc	2006 World Club Championships	Toronto, Canada	AusDBF pre-selecting teams
September	29-1 October	1 st IPDBC Breast Cancer Dragon Boat World Championships	Singapore	Vivienne Gregg vgregg@bigpond.net.au
2007 September	20-23	Dragons Downunder — 2007 IDBF World Dragon Boat Championships	Penrith, SIRC, NSW	tbc
	28-30 	100% Breast Cancer Survivor Regatta Jan Skorich is fearlessly building new website for this international event.	Sunshine coast, Queensland	contact@dragonsabreast.com.au Crickey! Pink Lady invasion downunder postcard http://www.dragonsabreast.com.au/Dragons_Abreast_Post_Cards.pdf

Here's a link to what to expect in the year of the dog http://chinese.astrology.com/year/index.html?ice=ast.tabchi_dog

Thank you to Gillian Styles for organising ACT team shirts and the Chinese New Year 2006 images.

Next issue — April 2006

Please submit any news, items, images or poems to kerrie.griffin@act.gov.au

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