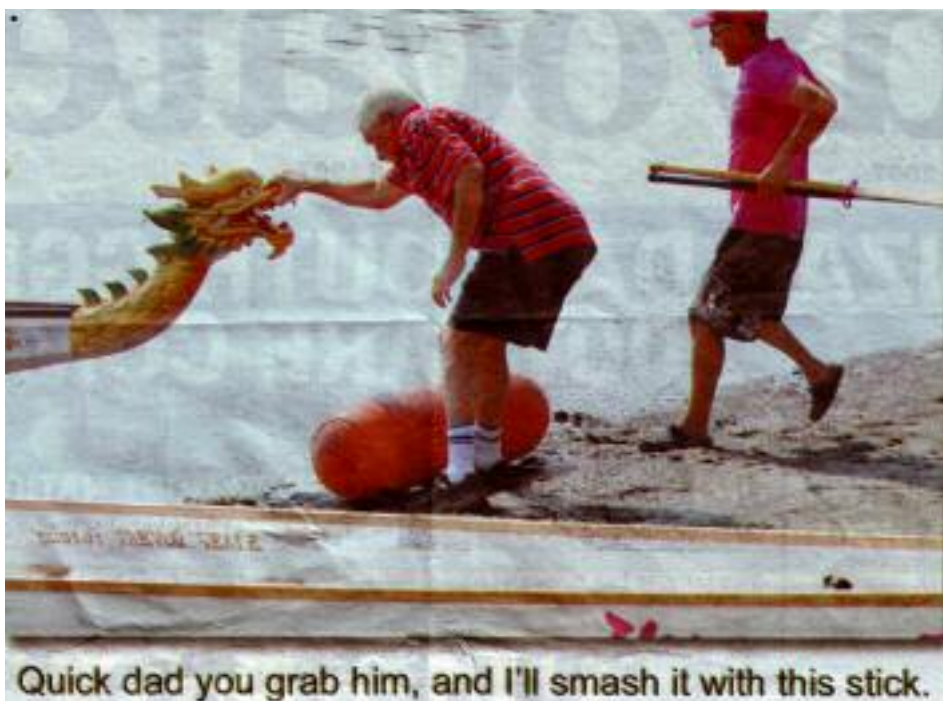


# Dragons Abreast Sydney

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## A Newbies view of dragon boating?



We managed to squeeze in just one more Newbies day before the start of winter and what a keen bunch of shining faces turned up on the day. Thanks probably to the drought it was another sunny, golden autumn day with the Harbour at its sparkling best, so it's not surprising that we helped the newbies unmask their paddler within.

Even more exciting – we welcomed our very first male BC survivor, Bob Lawton. Not surprisingly our DASydney guys welcomed him with open arms –if Bob gets the paddling bug it will give us another boost towards having the same number of men in our mixed crews as all the other clubs. We'll get there yet – just you wait and see! More importantly, via DASydney, Bob could fly the flag to spread the little-known message that some men also get breast cancer.

Home again that afternoon, I found the following email from newbie, Marta Krasnai:

WOW, WOW and WOW

Words fail me, which does not happen often. What a day – did you personally ask God for the weather? Well you did well, what an experience. Just got home, and replaying in my head the absolute thrill of paddling this morning, found myself humming, "Oh what a beautiful morning". I need a remedy for whatever it is that ails me!!!!!!!!!!!!!! When I've come down to earth and settled down I'll think of the joy one can have sitting down and getting a little wet

Thanks, Marta

So it seems like Marta certainly enjoyed her first paddle! Then a few weeks later came this happy report from Bernice Sharkey:

I have been meaning to write to you regarding my three visits to Dragons Abreast. I have so enjoyed it and I think how you and

**Hurry!**  
**Last days!**  
**Abreast in Australia**  
**Caloundra**  
**28-30 September**  
**2007**  
**Registrations**  
**close June 30**

your committee planned it has been excellent.

First we had the fun introductory day with all the newbies. That was great. Second Saturday we went out in a 'regular' boat. Hard yakka, even with the marvellous Fairlie coaching us!

Third Saturday, we went out as a newbie boat again, with marvellous Cynthia. This was great. Cynthia took us slowly through the various drills yet again. I really felt by the end of that Saturday that I was getting the hang of it. Not fit enough of course, but at least I was getting the bodytwist right ... or I think I was anyway. At least it was making sense to me!

So, whether you planned this three stage approach or not, it worked. I think it has been a terrific introduction to paddling. Well done to you all,

Cheers, Bernice



The DASydney gang flying the flag

## Mothers Day Classic

The annual Mothers Day Classic Walk in Sydney's Domain drew a respectable crowd of DASydney paddlers to fly the DAA flag. Various family members showed up to walk with their DASydney Mums. It was a great way to help spread the good news about survivor paddling life, plus a lovely way to start Mothers Day (and still be finished in time to head home for that special family lunch).

Warmup – Mothers Day Classic style



spreading the word at the Mothers Day Classic



Elaine Beggs' daughter Emily setting off for the walk



Kerry Enemark and her daughter Amelia at the Mothers Day Classic

## Calling Crafty Paddlers ...

Robin Shoebridge is our amazingly talented scrapbooking expert and she drives the DASydney craft group. But you don't need to be a scrapbooker to enjoy the day – you can work on whatever craft you prefer (eg Margo-Lynne always brings her fabulous embroidery or quilting and quietly stitches up miracles while the rest of us struggle to surface from under a flurry of paper scraps and photos). Robbie sends this reminder for the coming session (see also further dates in the Calendar at the back of the newsletter):

On Monday, 25 June 2007 at Cynthia's home at Pymble, all DASydney paddlers are invited to another great crafters day. This session will be all about cards – Thank You cards, Happy Birthday cards, Congratulations cards, Christmas cards (it's never, never too early to start creating these cards), Just For You cards and any cards you want to send to someone special. It will be a fun day, with expert guidance from another paddler who's just as tragic a card maker/scrapper as the rest of us (are you there, Geri and Vick F?).

Again there will be stamping with some gorgeous designs, embossing with gold, silver and other colours, heating (with a hair dryer!), folding, tearing, sticking and rubbing – just to name a few techniques. You'll be



Some of the cards DASydney's crafty ladies made last year.

absolutely amazed at what you can create this way and go home with your finished cards, a big smile and an 'I made it' feeling of accomplishment – plus your friends and family will be really touched that you took the time to hand-make cards especially for them.

We're always on the lookout for more Craft Tragics – a bit like Paddle Tragics, only without the water and we sit on a comfortable chair.

Please call 9520 7793 (answering machine) or email on [rsho3799@bigpond.net.au](mailto:rsho3799@bigpond.net.au)

## Rozelle Bay Dry Dock update

We are hugely indebted to Carolyn New for the expert submission she put together, on our behalf, in relation to the proposed Rozelle Dry Dock Facility. It seems that the efforts of those of us who shot off letters to ministers etc to plead for consideration of dragon boating requirements in the bay weren't entirely ignored. Call me a cynic, because I guess we always knew the developers would prevail, but our efforts were not completely in vain. So we owe Carolyn a special vote of thanks, because without her expertise we wouldn't have known how to go about it. She has put together this follow-up report on the situation:

As those who sent a submission regarding the dry dock proposal for Rozelle Bay last year will already know the dry dock storage and marine facility at Rozelle Bay has been approved with some conditions. As listed in the letter sent to those who made submissions the main ones we would be interested in are:

- 4 knot speed restriction in Blackwattle and Rozelle Bays to reduce wash and improve safety
- 2 high definition cameras to monitor the bays
- a complaints hotline to be established
- bar on vessels leaving the facility between 5.30am and 7.00am from February to September except for special event days – this is primarily for the benefit of the rowers in the early morning due to poor visibility

For those who want to know the gory details, the full determination is available at:

[http://www.shfa.nsw.gov.au/sydneyFor\\_BusinessDevelopmentApplicationsDryBoatStoreApplication.htm](http://www.shfa.nsw.gov.au/sydneyFor_BusinessDevelopmentApplicationsDryBoatStoreApplication.htm)

The most relevant document is the Environment Assessment Report. Regarding proposed delineation of the bay, ie to separate passive recreation from the motor boats, will be the subject of a review by NSW Maritime within six months of operation in consultation with relevant parties (presumably including Dragonboats NSW).

While this development is not a wonderful outcome for us dragon boaters, I think we should recognise that our concerns have been acknowledged by the assessment and that some attempt has been made to address them. To those who wrote, yes it was very worthwhile as if these had not been raised, then likely there would have been no such conditions – so thanks to everyone who did make their submission.



Carolyn New – you're probably more used to seeing her roll up to paddling on her bicycle.

## Happy Paddleversary!

It's always lovely to hear when newbies enjoy their first paddle but I was especially thrilled to receive the following email from Judy Dykes, who's one of our newer super-keen paddlers. When you read her note (especially the last part) I think you'll see why it pleased me so much – it's so in the spirit of Dragons Abreast! Congratulations, Judy, on your first Paddleversary:

I joined in May last year, so have just made my first anniversary. I have been enjoying paddling so much, last week all three sessions and both of this week so far have been both great fun and challenging. Challenging enough I would think for all levels, without asking too much, because as you said each person can work to their own capability. These longer sets are certainly going to build up stamina and strength and we will be even more scary next season, as Tracy said. I certainly sleep well on Tuesday and Thursday nights. The general atmosphere on the boats is lighthearted with lots of banter that keeps the mood light and enjoyable. I go home on such a high after a good night. I think this is the good company and the exercise combined.

One of the big bonuses of the group is the people who are one and all amazing, supportive and genuinely nice people. When I joined several people made me particularly welcome – Di Williams, and Rosie and Michael O'Donnell in particular. If there is anything I can do to help with the Newbies please let me know as I truly appreciate what I have been able to gain from this group. It is so easy to get caught up in your own world and catch up with people you know, unintentionally overlooking someone else who may appreciate a word of welcome.

Judy Dykes



## Worlds update

Most of you now know that our own Angie Aston (a grand dragon, no less) successfully challenged for a position in the Aussie Masters crew for the World Championships. This is a fabulous achievement because she actually qualified in the age group below her own. So huge congratulations to Angie, for being both a superb paddler and a fabulous flag-bearer for Dragons Abreast – we're sooooo proud of you!

It's a much humbler effort, but DASydney has been beavering away on another aspect of the World Championships – thanks to the reputation of our crafty ladies, we've been blessed(?) with the task of painting numbers for competitors' bottoms. Hardly as spectacular as paddling in the Green and Gold, but bear in mind that each of the 2000 of these "bibs" takes 15 minutes to do – do the math on that! So if you're handy with a paintbrush pleeeeeease let us know ASAP.



Freshly painted competitor "bibs" drying.

## Entertaining Themselves

If you haven't had an Entertainment Book before it's probably hard to imagine getting good value out of it. Some years ago I was pressured into buying one by a friend who was raising money for her Ikebana group. It certainly challenged me, because being single I thought it wouldn't work for me. However, once I got my brain in gear, I ended up saving heaps over the year – much to my surprise!

Last year I surprised myself again – the best fun was taking the kids to the Sydney Seafood School. After the class demo on chilli crab and also salt and pepper squid preparation (yuuuuuumm!) we got to make those dishes ourselves with the added bonus of then sitting down to this splendid banquet with a bottle of wine – all very civilised. So it was a whole evening's family entertainment – without even having to do the washing up – plus the significant Entertainment Book saving made it all quite reasonable.

Other welcome Ent Book savings came when I unexpectedly had to send some flowers to family friends (did that all over the net late at night) and when I decided to treat myself to a set of acrylic nails at a fraction of the normal cost (years of flaky, splitting nails were getting me down – and nails were a much less risky upgrade proposition than trying to rescue the similarly degenerating face). Then of course there were the repeated little savings – dry cleaning, cookies, ice creams with friends etc.

Vicki McLean had a similar experience with her Ent Book:

I certainly did not use my book to the fullest last year, however, I did save more than the purchase price on my travel insurance when I went overseas. Other uses were for the 2 for one movie deals - either myself or friends used all those vouchers. I also gave all my drycleaning vouchers to someone who has weekly drycleaning. Also, the 2 for one meal deals were used a bit, but nowhere near as many as could have been. I go out with a group every 6 weeks or so for lunch and it extended our range a bit, rather than going to the same old places. Always saved a bit then too so that it was a nice surprise when the bill came.

Deb and Martin Hirst said one of their best Ent Book experiences from last year's book was going with three others to Peppercorn restaurant in Roseville where they had a great meal – using two coupons from the book they saved \$60. So that was a book paid for in just one night – after that it was all savings! Kathy Dundas said her book paid for itself just in savings on car hire on the Gold Coast – after that she was saving all the way too.



## Entries Closing for Caloundra

After June 30th it will be too late to register for Australia's largest ever dragon boat regatta and Celebration of Life at Lake Kawana on Australia's beautiful Sunshine Coast (Friday 28th to Sunday 30th September 2007).

Already over 73 teams and 1600 survivors have registered from Italy, North America, New Zealand, Canada, Singapore and Australia. It will be a huge celebration weekend packed with fun activities and the atmosphere will be electric. You'll get to meet our very special guest, Prof Don McKenzie – the founder of the world breast cancer survivor dragon boat phenomenon, plus there will be all sorts of breakout activities in addition to the regatta.

DASydney has two survivor teams already registered and quite a number of our supporters are coming up too – a total so far of 59 of us!! So don't miss out on all the fun! You still have a few days in which to register – go to: [http://www.dragonsabreast.com.au/Australia\\_2007/index.htm](http://www.dragonsabreast.com.au/Australia_2007/index.htm)



In Vancouver in 2005, while Pam Telfer and Robin Shoebridge manage to stop short of full-on worship, Pam Bell is clearly madly in love with Dr Don McKenzie.



Last year's DASydney bikies.

## A Pedal not a Paddle

We have had an excellent response to the bike ride on June 24 – and there's still time to join us if you contact Carolyn on [carolynn@iinet.net.au](mailto:carolynn@iinet.net.au). So far 25 of us are registered to pedal. Carolyn has organized her friends, Pam and Ali from Bike North, to help. It's all pretty flat so even novices will find it easy!

Our ride begins in Homebush at the Bicentennial Park Visitor Centre at 9.00am for a 9:30 start.

This is a ride along the bike paths of Bicentennial Park (Homebush) and Olympic Park. Bring the kids too, it's great fun for all the family and we finish up with a lovely picnic.

Don't have a bike? – no problem! You can hire a bike there. Just let Carolyn know if you need to hire a bike so they can be sure to have enough of them available.

Don't like riding on roads? – no problem! The ride is entirely on bike paths. There are 30km of bike paths in the Bicentennial / Olympic Park area and we can't possibly ride them all that day.

Haven't ridden since childhood? – no problem! If you balanced on a bike once, you never forget how. Just try the bike out and make sure you feel comfortable before we leave.

Don't understand bike gears and all that stuff? – no problem! If you feel unsure about these, Carolyn will give you an easy run through the basics before we leave.

Worried you're too slow and will be left behind? – no problem! Pam and Ali from Bike North, will be riding behind to help any stragglers. If you do have any difficulties they'll be there to look after you. The ride will be run according to Bike North ride protocols so you can be assured it will be organised to maximise your enjoyment and safety.

You've done it all before? – no problem! While it's the same start point, it's a new route with a morning tea coffee spot in a scenic location.

So, go on, give it a go. Bring some money for morning tea and some picnic lunch for after the ride.

## BCAG Forum

So many breast cancer forums (fora?) keep happening all over Sydney to help keep you up-to-date with bc issues, but this one's worth a special mention because it's free. It's on Saturday 21st July and you can get full details at [www.bcagnsw.org.au](http://www.bcagnsw.org.au)

## BCNA's Live Field of Women

By now you've all probably heard about BCNA's Live Field of Women at the footy on Saturday 11th August evening at Telstra Stadium, Sydney. This will be the first time this breast cancer awareness-raising event has been held in Sydney and they are hoping for 13,000 registrations. It's not too late to register through Ticketek at [www.fieldofwomen.org.au](http://www.fieldofwomen.org.au) (more details on the site) and all seats for the footy are allocated, so register at the same time as your friends if possible.



Live Field of Women at the MCG last year.

## Milestones

Bit late this month (well April/May issue was late because there was too much to cover and besides Kerry was away so couldn't make it beautiful) so apologies to Sue McClelland for missing her birthday on 1st June and Robin Shoebridge on the 7th. Other June birthday wishes go to Roberta Higginson on 12th; Martin Hastings on 18th; Kay Gailey on 19th; Carol Fentoullis on 22nd; Sandra Toms on 23rd; Claire Hendy on 25th; and Helen Westwood on the 29th.

**Don't forget to register for Caloundra, if you haven't already!**

**Paddles up!  
Cynth**

# DAS CALENDAR 2007

Date(s)	Event	Location	Details
<b>June 2007</b>			
Fri 8th	Encore	YWCA city	Guest speaker: Cynthia Kuiper
23rd – 24th	DBNSW Coaching Course	Homebush	Sue McClelland, Vicki McLean and Robin Shoebridge to attend
Sun 24th	DASydney family bike ride	Bicentennial Park Homebush	Bring the family and a picnic, you can hire bikes there. Email Carolyn New: carolynn@iinet.net.au
Mon 25th	DASydney Craft Group – card making	Pymble	Everyone welcome. Email Robin Shoebridge: rsho3799@bigpond.net.au
<b>July 2007</b>			
Sun 15th	DASydney Winter Bushwalk	TBC	It's fun – it's free – and bring the family.
Fri 20th	DASydney Craft Group – scrapbooking	Pymble	Everyone welcome. Email Robin Shoebridge: rsho3799@bigpond.net.au
Sat 21st	BCAG Forum	Sydney Uni Women's College	It's free! More details <a href="http://www.bcagnsw.org.au">www.bcagnsw.org.au</a>
<b>August 2007</b>			
Sat 4th	DASydney AGM	Studio 4 Cafe	We need you ALL there after paddling, please!!
Sat 11th	BCNA Live Field of Women	Telstra Stadium, Homebush	Organised by BCNA: Details <a href="http://www.bcna.org.au">www.bcna.org.au</a>
Mon 13th	DASydney Craft Group – scrapbooking	Pymble	Everyone welcome. Email Robin Shoebridge: rsho3799@bigpond.net.au
<b>September 2007</b>			
19th – 23rd	IDBF World Dragon Boat Championships	Penrith SIRC	Be part of the excitement by volunteering. Visit the website at <a href="http://www.dragonboat07.com.au">www.dragonboat07.com.au</a> and click on the volunteer link or email Margo-Lynne Lee on <a href="mailto:margo-lynn@dragonboat07.com.au">margo-lynn@dragonboat07.com.au</a>
27th – 30th	Abreast in Australia Dragon Boat Festival	Kawana Lakes, Sunshine Coast, QLD	You'll kick yourself if you miss it! Remember to register family too.
<b>November 2007</b>			
Sat 24th	DASydney Christmas Party	TBA	Put it in your diary now – don't say you didn't know in time.