

DANT GOSS



MARCH 2006

HARMONY DAY 26th MARCH 2006 is shaping up to be another great day. We have recruited once again, a team from Shorelands, School Sport NT and hopefully a mixed team from Curriculum and Student Services. Last Thursday Judy and I took Museum Muscles out for a practice run, even though it was drizzling and we all looked like drowned rats when we got out of the boat. Watch out for them, they look quite strong. The Cancer Council are also training, so it looks as though we will have plenty in the Novice Competition. These Regattas are a great way of experiencing the adrenalin rush of competing in a race. Experience in paddling helps, but not necessary, especially in the Novice Competition, as most of the paddlers are all in the same boat, so to speak. If you are at all interested please let Judy Smith know so Dragons Abreast NT-Paddlers on a Mission can enter our own Novice team. We are also looking for juniors – so if you know of any juniors, start trying to get them interested in coming down to form a team. We have three juniors paddling with us at the moment.

INTERCLUB CHALLENGE

The next interclub challenge is on Sunday 19th March at the Kahlin Oval end of Cullen Bay. Starting time is 9.00 and we should be finished by 11.30-12.00. February's interclub challenge was a 10k continuous paddle in Cullen Bay against another boat. Clubs were mixed in each boat. Before you start saying "I cannot do that" the twins – Isabel and Shannon did it.

INTRA CLUB CHALLENGE

This was enjoyed by all. We started off by warming up with ball games, amazing how adults can get just as excited about these as a group of kids. The games were followed by a relay come circuit race with two of our juniors as runners who had to put on 5 pieces of clothing, including a pair of stockings which Courtney had great difficulty in putting on, and running down to the shore to touch the boat before they could take off. These evenings are all about getting together and having lots of fun.

COME & TRY

Once again we were well supported and had a few "newbies" come along to "Have a Go" and have since signed on the dotted line to become members. Thanks to all our members that come along and lend a hand, Our Come & Try for March is on Thursday 30March.

DRAGONS ABREAST NT-PADDLERS ON A MISSION

Our Annual Meeting will be held on Saturday 25 March at 10.00am at the Darwin Sailing Club. The format for the meeting will be;

- Welcome
- Minutes of previous General Meeting
- 2005 Reports
- Election of Office Bearers
- 2006 – What, Where & Why
- Morning Tea

Anyone wishing to be part of our Management Committee and would like more information please contact me on 0419808762. If you are intending to attend, which we hope you will, can you please let Judy Florance know? Email judy.florance@nt.gov.au **SEE YOU THERE.**

FAREWELL TO TERESA

It's with regret that we farewell Teresa, she and Brendan are off to Perth. Teresa has been paddling with us for the last couple of years and has been a great supporter of DANT and valuable member of our Management Committee as the Media person. Once settled in Perth, Teresa hopes to get back into paddling with the WA Amazon, but she is also aiming at coming back for the Ord Marathon Paddle and hopefully is part of our group that travels to the 2007 Abreast in Australia Regatta. All the best Teresa. We will all miss you and may you Climb Every Mountain and Ford every Stream. Thanks for your contribution to Dragons Abreast NT-Paddlers on a Mission and we wish you and Brendan all the best in your new home in Perth.



ENCORE – A GENTLE EXERCISE PROGRAM FOR POST BREAST CANCER PATIENTS

The next Encore program commences on Tuesday, 4th April from 3 to 5 pm. These sessions are free.

Please pass this information to anyone you feel might be interested. Remember, they don't have to have had recent surgery. We have had several women who had surgery some years ago and still enjoyed the program and felt they gained useful information and motivation. For more information please contact Julie O'Brien 0403091064

A LOVELY LETTER OF THANKS

Part of the monies raised during the year by Dragons Abreast NT-Paddlers on a Mission goes to supply a flower to breast cancer patients finishing their chemo. Below is part of a lovely letter we received.



WHAT AN ABSOLUTE SURPRISE TO RECEIVE THE BEAUTIFUL FLOWERS AS I FINISHED MY LAST CHEMO TREATMENT. IT CERTAINLY IS A MILESTONE ISN'T IT AND IT MADE ME FEEL THAT PERHAPS I HAD ACHIEVED SOMETHING WORTH BEING A BIT PROUD OF.

IT HAS BEEN A LONG, LONG, HAUL FOR BOTH OF US AND AT THE MOMENT I AM A BIT NUMB BUT I WILL NEVER FORGET THE WONDERFUL FEELING OF RECEIVING SUCH AN UNEXPECTED GIFT FROM YOU ALL

THANK YOU

MY LOVE AND LUCK IS WITH YOU ALL

NT BREAST CANCER VOICE

Invites members and friends to the ANNUAL GENERAL MEETING 2006 FRIDAY, 24MARCH 2006, NTBCV/DANT Office, Cavenagh City Centre Building, 24 Cavenagh Street (up the escalator by Tandy, to the right and down the end) 5.30pm for AGM formalities

6pm for nibbles

PROGRAMME

Welcome

Minutes of Previous AGM

Reports

Election of Office Bearers and Committee Members

>> RSVP to

>> Penny LaSette

>> Ph: 8981 9625

>> Email: sadgrove@d130.aone.net.au Susan torch bearer



The Pink Slipper Walking Group is still walking along very nicely. If you would like to join in please contact Susan Tulley on 89273327. The group walks every Wednesday from 5.30 – 6.30. Walking, strolling or plodding is at your own pace.

Northern Territory Breast Cancer Voice Quiz Night

The Quiz Night held on March 4th was a great success. Those who competed in the quiz had an enjoyable evening and NTBCV raised \$3750 towards their Outreach Programme, plus \$1000 pledged from Nightcliff Lions Club. Our thanks go to all the local business who supported us and of course all those members and friends who helped make the night the success it was.

Breast Cancer Network of Australia

A number of BCNA's Consumer Reps have been involved in the filming of a special edition of the program "Insight" focusing on cancer. The program will be screened on SBS TV on Tuesday 21 March at 7.30pm and repeated on Friday later that week at 1pm. Should make great viewing.

Our reps include Veronica Macaulay-Cross from Qld, Susan Pitt from ACT and Sally Crossing from NSW.

DRAGONS ABREAST AUSTRALIA



A MESSAGE FROM MICHELLE HANTON

Just a reminder to please ask all your members to sign up to the newsgroup if they would like to be kept in touch with what is happening via the newsletters. To date only around 160 of the 1200 members are signed up! The next newsletter will go out shortly and it will ONLY be sent to the subscribers, coordinators and posted on the web. A brief on each of the groups are below as put together by Jan Skorich, our wonderful webmaster!

- newsgroup-subscribe@dragonsabreast.com.au - this is a list that is kept by the National Coordinator, Michelle Hanton, and she is the only person who can send messages from it. You cannot send a message to the whole group, nor can you reply to this address, you will get a message back that says you don't have permission. You can only subscribe and unsubscribe to this list. The whole purpose of this email list is to

send important updates to every member of DAA. I urge you all to subscribe to this, as you will not be receiving national messages to your individual email except via this list. You will have control, because you can subscribe/unsubscribe and if you change your email address, that is what you do - send a message to newsgroup-unsubscribe@dragonsabreast.com.au or newsgroup-subscribe@dragonsabreast.com.au

• 2007-subscribe@dragonsabreast.com.au - when you send a message to this address, you will be subscribed to receive updates on the 2007 Abreast in Australia event. I urge you to subscribe to this if you intend being part of this event, more information is available at www.dragonsabreast.com.au/2007 and more will become available as we progress with arrangements. In a similar way to the other list, it is NOT open to individuals to send messages, the messages can only be sent centrally, from Michelle and the 2007 organising committee. This will limit the number of messages you receive, as you will NOT receive messages from every Tomasina, Dixie and Harriet who decide to "reply all". I hope this reassures you that by subscribing you will only receive information you need, and not general inspirational messages, or conversations between individuals.

ABREAST IN AUSTRALIA 2007

The Abreast in Australia Regatta is to be held on the Sunshine Coast in September 2007. Dragons Abreast NT will have a group attending. We need to start planning for this now, so if you are in the least bit interested please let Judy Smith know. Accommodation will need to be booked early next year. If you would like more information please go the website <http://.dragonsabreast.com.au/2007/index.htm> I would also encourage anyone interested to subscribe to the newsgroup so you can receive all the updates as they are released.

AUSSIE SOLES

Dragons Abreast Australia have a stall at the Parap Markets every Saturday morning from 8.30 – 1.30 selling AUSSIE SOLES- fantastic plastic paddling and go anywhere shoes which are available in both kids and adults sizes. Marie Chin is the organiser and would really welcome some help. We need one extra person on with Marie as the space is very limited. Thankyou to those who have already volunteered. If you can spare an hour or all morning over the next 5 weeks can you please contact me (Pauline) as soon as possible.

BENDIGO BANK

A media release has gone out about the deal with Bendigo Bank/Telco. At the end of next week all DAA members and the Friends of the Dragon will receive a letter – it will be a rate sheet and a personal letter explaining about the Telco deal. There is no obligation on anyone, but we believe it is a really good initiative and the rates are good too!

Follow this link and see the pledge form <http://www.communityenterprise.com.au/home/Pledge/daapledge.html>



SHORELANDS-DRAGONS ABREAST NT MANDORAH CHALLENGE

We are entering a team in this event. To do so we need a commitment from members for training. The proposed date for this is Saturday May 6 – this is subject to favourable weather conditions.

The Mandorah Challenge is being sponsored by Shorelands, with a very generous and fantastic prize of \$1500 for the winning boat. Boats will leave from the Darwin Sailing Club, paddle to Mandorah and return to the Darwin Sailing Club as a round trip. The round trip is approximately 18km. DBNT, the NT's peak paddling body is sanctioning this event and entry forms are now available from the Website.

DANT conditions which you should be aware of are.

- Teams may be no less than 12 and no more than 16 paddlers.
- Teams may not be comprised of more than 50% males.
- Teams must make a commitment to prior training and have proof of a minimum level of training for this event, which will include endurance paddling in the Darwin Harbour on Sunday mornings. TBA.
- An entry fee per paddler will apply \$20.
- Safety boats will accompany the dragon boats for the round trip.

For further information contact Pauline Deslandes or Judy Smith

ORD RIVER MARATHON

Some preliminary information regarding this annual event.

The Kununurra Dragonboat Club organises this event each year. The sixth year of this unique Dragon Boat event will take place on Sunday June 11th. This is a 55 kilometre paddle through inspiring and breath taking scenery of this unique part of the Kimberley. Teams will need to be of 14 to 16 paddlers. Spaces are limited and Kununurra Dragonboat Club must receive our Nomination Forms along with a deposit by Friday 28th April

Paddlers nominating must commit to prior training which will include Darwin Harbour endurance training of Sunday mornings of up to 2 hours paddling. **We need names now** of any one who is interested so we can begin to organise charters – through Air North and accommodation (cabins). Shorelands are going to transport our boat over. Our plan is to leave Saturday morning, the marathon is on the Sunday and then Monday morning tour around Kununarra. Approximate cost is \$400. This includes entry fee (\$160), flight, accommodation and any transport cost to and from the airport. Supporters are most welcome and of course the entry fee will be deducted from their cost. For more information please visit the website. <http://members.westnet.com.au/web/billh/kdbc/marathon.htm>

DRAGONS ABREAST NT-PADDLERS ON A MISSION

PATRON –CAROLYN RICHARDS



Ombudsman and Health Complaints Commissioner for NT

Carolyn Richards graduated from the University of Adelaide in 1970 as a Bachelor of Laws. After completing articles of clerkship she was admitted to the Supreme Court of South Australia as a Barrister Solicitor and Proctor in 1971. Entered on the High Court of Australia Register of Practitioners in 1973. Practiced as a Solicitor, then Barrister in South Australia from 1971 to 1991.

For those 20 years Carolyn was in private practice other than:

- 12 months in London as legal adviser to a building industry organisation
- 2 years with the Crown Solicitor's Office as adviser on consumer affairs and prosecutor of trade practice offences.

In 1991 appointed as President of the Guardianship Board, a tribunal making decisions about the confinement, treatment and management of financial affairs of persons with a mental incapacity.

From 1995 – 2003 – Professional Indemnity Insurance specialist, managing claims against lawyers for negligence. 6 of those years at the Law Society of South Australia, and 3 years in Asia and London.

2004 appointed as Director of the Legal Practitioners Conduct Board in South Australia, the regulatory and disciplinary body of the legal profession.

Appointed Ombudsman and Health and Community Services Complaints Commissioner in the Northern Territory in August 2005.

Born in Streaky Bay and lived her early years in outback South Australia in Poochera - One of seven children and mother of Anastasia (28) and Napoleon (27). Grandmother of Joshua (10)

Ambition

To grow old disgracefully and have as much fun as possible “ski “ing(Spending the Kids Inheritance)

Star sign

Aries

Favourite food

All of it , I do not believe in discrimination against any food group

Strengths

No Shame

Weaknesses

No Shame

Favourite Illicit substances

Chocolate, cheese, smokes and champagne

“The art of being wise is the art of knowing what to overlook”