



in the LOOP

The Dragons Abreast Australia e-newsletter - June 2011

Annual National Convention in Ballarat July 21st to 24th 2011

The convention in Ballarat offers a unique opportunity for Dragons Abreast members to come together from across Australia. It is our chance to connect with each other and spend quality time discussing issues of importance to our groups. The hot topic of the moment is Sustainability – and this will be the theme that runs right through the Convention.

September 2010 was our Inaugural Convention and based on the feedback from that we have made significant adjustments – it was a learning experience for us all. Of the DAA members who attended the convention, 82 members provided survey responses.

54.9% (45 members) said that the convention had met expectation.
42.7% (35 members) said that the convention had not met expectation.
2 members did not answer the question, but gave comments indicating that they had no specific expectation.



continued on page 2...



BLOOD ON THE SOUTHERN CROSS

The Hottest Show in Town is included in your convention registration ...Sovereign Hill is the venue for our Dragons Abreast dinner on Saturday night.

'Blood on the Southern Cross' is an explosive multi-million dollar sound-and-light show like nothing you've ever seen before!

The story of the Eureka Rebellion, a dramatic battle between gold miners and Government forces at Ballarat on 3 December, 1854, is retold in this highly acclaimed spectacular.

Set under the night skies 'Blood on the Southern Cross' involves no actors – just voices, dazzling sound-and-light effects and a stunning open-air set.

It's going to be a very special night for all attendees.

Annual National Convention 2011

The key areas flagged in the Hobart feedback survey were that members wanted:

- Greater opportunities to sight-see/engage in activities – so we have allowed more free time in Ballarat
- DAA executive accessibility; faces to names etc – we will have a session dedicated to introducing the Executive to attendees,
- Theme for convention – Our theme is Sustainability
- DAA strategic direction forum – this is included and will be a regular at all future conventions

At the business end we will include the topics of Dragons Abreast budgets, meeting the needs of our diverse membership, recruitment & retention strategies, risk management, policy and there is also the opportunity for one on one discussion time if this is pre-booked. Each session will be very interactive so this is your opportunity to feed into the national body your thoughts and ideas. What we take away from the Convention will be taken into consideration as the Strategic Plan for 2012 and beyond is formalized.

Dragons Abreast Ballarat have worked extremely hard to ensure that the event provides value for money and \$200 registration fee is a bargain

for what is included.

From 1 June update bulletins on Ballarat will be sent only to those who have registered. If you are not registered but wish to receive the information please email office@dragonsabreast.com.au to be included on the mailout list.

[Click here to register for the convention.](#)

Images from the 2010 conference in Tasmania



'Simply the Breast' Annual Yacht Regatta 2011

Simply the Breast 2011 was another fun filled day of pinked up splendor on beautiful Darwin harbour - thanks to all the fabulous yachties who entered and the cheer squad on the wharf that enthusiastically waved to the flotilla in the sail past Stokes Hill Wharf.

Our sincere thanks to all the volunteers who made the day possible and to the NT News & Mix 104.9 for their fantastic coverage and support for the event and especially to Dinah Beach Cruising Yacht Association and our presenting sponsor Medibank.

Photos of the day are courtesy of Janine Fidock.



Siran Martin National Volunteer



Lisa Pellagrino Mix 104.9



Dominic Nicholls Vols SA&NT



Trish Greenfield Arthur Barden & Penny LaSette

Keeping us Afloat... it's the little things that make a difference

Loose change...

Most airlines collect unwanted change from passengers and donate it to a cause they support - it is quite incredible how small amounts soon add up.

A little over a month ago we received a call from Darwin International Airport cafe's management to say that they had decided to support Dragons Abreast by donating the money placed in their collection boxes to support our work.



Each Wednesday morning, armed with our Dragons Abreast ID card, and a sturdy bag one of the members from the office heads off to the airport, through the security checks - often being stopped for the explosive trace test - and up into the departure lounge.

It's amazing what a difference those tiny little bits of change can make. So far we have received a total of **\$2,206.40!**

Thank you

for your

SUPPORT

Thank you so much to Kristy Engler (in photo on left with Denise Lynn) and the team at Spotless Food Services, Darwin International Airport and the many travellers who kindly drop in their small change - this support really does make a huge difference to us!

Our thanks also to the very patient tellers at Westpac Winnellie branch who take all our bags of coins each week and deposit them to our account. It is real service with a smile :)



Birthday Girls.....Denise Lynn (NT) and Leigh Muldoon (Qld) both had birthday in May and choose to ask for donations to their charity of choice - Dragons Abreast - in lieu of birthday gifts.



Westpac Business Survey Winner.....We were thrilled to receive the good news that our book keeper Josie Smith was the winner of this survey which meant she could nominate a charity of her choice to receive \$2,000. We were very pleased to learn that Josie chose Dragons Abreast.

Keeping us Afloat...

Birthday Wish Card.....Imagine my surprise when Michelle told me that in total my birthday donations had reached an all time high of \$1220.00 !! All I could do was say out loud that my 50th birthday had been truly amazing.

I have a great family and fabulous friends who have seen that it's not all about a gift, it was about giving to a charity that has special meaning to me and where their contribution in recognition of my 50th birthday will help women for years to come.



L to R back row - Jan, Collen, Paulette, Trish, Casey, front row - Judy, Penny, Denise, Shannon & Bonnie

My birthday was so special – team DAA put together a surprise lunch for me – believe me I had absolutely no idea what was going on.... Familiar cars were in the car park and I didn't even notice them, thank you girls, the lunch was fantastic.

A few days after my lunch, 15 of my girlfriends from Darwin and Perth all met in Bali for a 4 day mini break – it was the most amazing 4 days, we had so much fun.

My significant birthday will always be remembered as a day that was filled with love, laughter and thought for the future. I thank you all.



L to R back row - Linda, Vicki, Amelia, Trish, Ros, Maree, Denise, Shirley & Tiffany front row - Anne Adele, Tracey, Deb, Denise & Deb

The introduction of the wish card is such a great way to make sure that your wish does come true for your special occasion.

*Denise Lynn
Fundraising Manager*

If you would like further information about the birthday wish card contact the office on 1300 889 566 or email office@dragonsabreast.com.au

That's My Sport

That's My Sport offers designer made 9ct gold and sterling silver sports jewellery to sports enthusiasts of all ages. You can order your sports jewellery online or come and see us at a sporting event around Australia.



only \$46.50

That's My Sport has so far delighted athletes and supporters of all sports like Dragon Boat, Outrigging, Kayaking, Rowing, Swimming, Triathlons, Running, Adventure Racing, Weightlifting, Basketball and Dancing. Our range is rapidly growing all the time and we are proud to reveal the new Dragon Boat paddle with the pink ribbon around it. This paddle has been created especially for the Dragons Abreast Australia and we hope to raise as much money as possible in our travels around Australia. It is available in Solid Sterling Silver as a pendant or pin for \$46.50 and \$5.00 from every item sold will go directly to Dragons Abreast Australia. If you would like to order a paddle you can visit our website at www.thatsmysport.com.au or phone us on 0418484596.

Letters to the Editor

Hi everyone,

I am from Wollongong in the Illawarra NSW and recently joined Dragons Abreast Illawarra after hearing about them through the Encore program.

I was a bit apprehensive at first because I didn't know anyone and had never tried it before, I am so glad I did, my first impression was wow! what a friendly bunch of people they made me feel so welcome.

My first time out in the boat and I loved it instantly, the paddling just seemed to come easy, I just seem to forget about everything else when I'm on the water it is such an uplifting experience.

The people in this group have a lot of experience and wisdom between them, some have been paddling for many years and have some great tips, advice and encouragement to share with the new members.

It's been two months now and I can see me doing this for many years to come, I look forward to every time we go out on the lake, I think this may become addictive. I am looking forward to the regatta in Coloundra should be a great experience.

Lorna Chilby



Dragon's Tale

An inspirational tale of courage,
laughter, strength & friendship
by women with breast cancer

~~RRP \$35~~

Members only price:

ONLY \$25 incl p&p
& the heart bookmark

To order please contact head office
office@dragonsabreast.com.au
or call 1 300 889 566

"A Dragon's Tale is a fabulous book that captures the vibrant and poignant history of Dragons Abreast in Australia.

Dragons Abreast provides an understanding support network for women after a diagnosis of breast cancer and dragon boat paddling is a tangible activity that draws out the innate qualities of breast cancer survivors - hope, inspiration, excitement and determination - to beat a dreaded disease faced by millions of women around the world"

A/Prof. John Boyages
Executive Director
NSW Breast Cancer Institute

LYMPHOEDEMA STUDY....a report from one of our ACT members

Exercise as medicine - lymphoedema study

A number of Dragons Abreast ACT paddlers have recently completed a study conducted by Dr Kate Pumpa of the Centre for Research and Action in Public Health at the University of Canberra.

The study was conducted in collaboration with Dr Prue Cormie, Post Doctoral Research Fellow at the Vario Health Institute at Edith Cowan University in Perth. Research at the Vario Health Institute focuses on the use of exercise as medicine for the prevention, treatment and management of chronic disease as well as for maintaining health and physical function. The Institute is internationally recognised for their work in cancer and has been involved with the establishment of the Cancer Council Western Australia Guidelines for Implementing Exercise Programs for Cancer Survivors, the Exercise and Sports Science Australia (ESSA) National Position Stand on Exercise for Cancer Survivors, and the influential American College of Sports Medicine (ACSM) Consensus Statement on Exercise Guidelines for Cancer Survivors.

Kate's study was conducted over a 12 week period, with two-thirds of participants participating in weight training at Club Pink in Belconnen and in Tuggeranong. The remaining third are the control group, who have just commenced the exercise programme.

The exercise programme was divided into two groups, one doing high intensity training, the other low intensity. What this means in practice is that the high intensity group were lifting the maximum weight for each individual for a low number of repetitions, and the low intensity group lifting a lower weight for more repetitions. The programme is tailored for the individual, so no two participants were doing exactly the same programme with the same weights.

Before commencing, we all took part in a preliminary testing process involving a DEXA scan, which shows lean body mass to body fat ratio, and also shows the difference between one arm and the other – in my case the difference between my left and right arms is 700gms, or 23%. Other testing involved a bioimpedance meter, which also shows the difference between the lymphoedema limb and the normal limb, measurements of both arms, lifting weights to maximum capacity and maximum repetitions, chair rises, and hand grips, which show general fitness.

I took part in the Belconnen group – other Dragons Abreast participants in Belconnen were Lee and Susi, with Anna and Mary Lou now participating in the delayed action group, they have commenced a high intensity set of exercises. Club Pink donated the memberships for the 3 month period, and Kate and her colleagues donated their time, before and after normal working hours, to conduct the study.

The whole group enjoyed the classes, showing up bright and early to commence the warmup, and lifting weights with enthusiasm. We had lots of fun, there was a fair bit of laughter and chat as we swapped machines. Naturally we tried to recruit all the non-paddlers to Dragons Abreast!

Once we finished the 12 week study period, we went through all the testing once again to see if there were improvements. Kate can't stop smiling because preliminary results are indicating an improvement in each of the participants' lymphoedema arms, and of course in our general fitness. Once all the testing is complete we will be provided with detailed information about the results. Kate has agreed to write a piece for this newsletter, so you'll be hearing about this again!

So without getting too far ahead of myself, and waiting for more results both from Canberra and from Perth, it seems that old advice given to us about not lifting weight with the lymphoedema arm could prove to be totally erroneous, and the more weight the better! So keep up the paddling, as it contributes to general fitness, flexibility and well-being, and you may like to visit the gym as well!

*Jan Skorich
Dragons Abreast ACT*

Dragons Abreast Tasmania - Hobart Corporate Regatta

Our second corporate regatta was a huge investment in time and effort but there was absolutely no doubt that the meticulous preparation was worth every painstaking second.

The morning on the River Derwent was an outstanding success in terms of weather, participation, enjoyment and fundraising. The organising committee proved the value of this type of event last year so it was no surprise that the corporate crews who competed in the inaugural regatta in 2010 were quick to register again. Doctors, nurses, teachers, university students and lecturers, fire fighters, public servants, legal eagles and bus drivers boated 13 enthusiastic crews eager to prove their prowess on the water.

DATH paddlers and colleagues from the neighbouring Derwent Storms racing club slotted into stroke, drummer and sweep positions and filled the few vacant seats.

Hosting an event with more than 200 “beginner” competitors is no easy feat and careful planning is required on both land and water.

Besides securing a suitable on-shore venue with spectator vantage points, crew tents, mar-

shalling points and a gear pickup area, there is plenty to organise on the water as well. Marine authorities must be alerted to ensure moorings are cleared to provide a race course to suit all wind directions and buoys have to be dropped to mark the start and finish lines.

DATH President Marilyn Percey said the club was very fortunate to be able to draw on a wide skill set among its members and supporters to stage the event. *“We were able to allocate all our members a task with some taking on several roles on regatta day,”* Marilyn said.

“As well as having eagle-eyed people on the start and finish lines, we invested our muscle power in the launching area to load, launch and retrieve boats. Our coaches prepared the novice crews with warm-up exercises & paddling tips, the communications experts did the marshalling and our book keepers ensured the registrations were completed.”

As well, we had volunteers in the commentary box, the kitchen and in the equipment area ensuring all competitors had life jackets and paddles. All this was required for a half-day racing program but proper planning is essential.”

A lot of work went into preparing race schedules and allocating sweeps and drummers. As well, in a lesson learned from last year, there was

also a postponement plan in case of wind and rain.

There was a positive buzz on Lindisfarne Bay all morning and a good roll up at the Lindisfarne Rowing Club for the presentations after the final race. There were no real surprises about the fastest crew – Hobart’s fit and fearsome firefighters. *“Who could compete with that muscle, fitness and discipline,”* Marilyn laughed. *“They were awesome but they did not completely overshadow the other crews. I am sure the others will be back next year and we really hope some will take up dragon boating as a sport in the meantime.”*

*Jane Lovibond
Dragons Abreast Tasmania*

Photographs of the event are on the back page of this newsletter. Well done Hobart!

BADGE DRAW WINNER

JUNE 2011

**MARY COLE - CAIRNS
MEMBER**

A lovely surprise is on its way to you!

The Photo Gallery - Hobart Regatta

