

# TWIN TITTIES TALES



May 2011

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 1<sup>st</sup> 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.

## **Movie Night – The Lincoln Lawyer.**

Well! What a terrific night we had. The theatre was packed and we managed to sell 198 tickets in total. After a lot of work behind the scenes, it was a very successful evening. Many thanks to the hard work of the Social Butterflies and the Committee Members who put in a lot of time to ensure the evening was a success. Our biggest ticket seller was our very own Olwyn, who sold over 60 tickets for the evening. Terrific work Olwyn and many thanks for such a great effort. Thanks also to all those who managed to sell tickets. All your efforts payed off. June and Donna did a great job selling the raffle tickets on the evening.

We had a door prize and lucky seat prizes, which I am sure everyone was happy with. On this note we would like to thank those business's that donated such wonderful prizes for us to use on the evening. Jupiters Casino, Head Over Heels Shoes & Accessories, The Cowboys Club, Genesis Fitness Club, ALB Distributors and those individuals who donated items.

The response we have heard from those who attended the evening said that it was a great movie. They have mentioned that it was great to have a movie that both women and men could enjoy. Overall it was a great movie & night out for all. Keep your eyes and ears open for another terrific movie night later on in the year.

## **Qld State Title – Held in Kawana in March 2011. – By June Wilkinson.**

Our most mature member, June Wilkinson, volunteered to paddle with the Cairns Dragon Boat Club at the Qld State Title's held in Kawana recently. This is June's short story.

The Cairns team are a great bunch of people & they made me feel very welcome & my room mates were the best. Thanks to Mary, Helen & Carmel. We talked & laughed a lot. Ate and drank a lot & got very wet. It rained the whole 2 days of paddling & we just lined up time after time whenever they called Cairns Masters or Grand Masters. I can't remember how many races we entered, but it was at least 6 each day. We didn't win any races but we did improve on our times, which was most important for a team of beginners. There was a 2000 metre race at the end of the second day but by that time I was worn out to put it mildly. So I opted to miss out on that race & called my son Luke to take me home to Maleny. I was never so pleased to see a hot shower & a warm bed. Overall, it was a terrific experience and I was really glad I gave it a shot. One thing I can say is:- There will never be an occasion when it is "TOO WET" to paddle.

Well! It really sounds like June and the Cairns team gave it their all and more. We congratulate you all on your participation at the Qld State Titles and would like to thank you for representing North Qld.

## Upcoming DAT Inc. Events:

- Training Day & Dinner - 14<sup>th</sup> May
- Tville Regatta – 15<sup>th</sup> May
- Cowboys Charity Raffle – 26<sup>th</sup> June
- Training Day – Club Governance 23<sup>rd</sup> July
- Tville Regatta – 24<sup>th</sup> July

## Events Around Town:

- Hat & Fascinator Evening – 12<sup>th</sup> May 5pm-8pm
- Biggest Morning Tea – 26<sup>th</sup> May
- Relay for Life – 14<sup>th</sup> & 15<sup>th</sup> May
- Pink Bun Campaign – 28<sup>th</sup> April – 18<sup>th</sup> May
- Sports & Recreation Expo – 21<sup>st</sup> & 22<sup>nd</sup> May
- Breast Wishes the Musical – 28<sup>th</sup> – 30<sup>th</sup> June



## Birthday Celebrations:-

- Desley, Joanne, Carole & Sharyn K - May
- Margaret - June
- Sue & Libby - July

## Next Meetings:-

DAT Inc. General Meeting – 4<sup>th</sup> June & 6<sup>th</sup> August 2011

## Email:

[www.Townsville@dragonsabreast.com](mailto:www.Townsville@dragonsabreast.com)

Phone: National Office

1300 889 566

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

## Members Profile

**Name:** Joan Billingsley

D.O.B: 01/08/1959

Place of Birth: Cairns

Occupation: Community Support  
Co-ordinator.

Breast Cancer Survivor: Yes

How Long: 8 ½ years

How Long Paddling: 4 years

Highlight of your time as a member

Of DAT: Personal & physical growth gained from Support of fellow members & the physical effort Of paddling

Hobbies outside DAT: Shopping, reading & Spending time with our girls (both 2&4 legged.)

In 5 yrs time I hope: See regular regatta's in Tv!

Favorite Food: Italian followed closely by Chocolate

Biggest Achievement: Being a Women, Wife & Mother

I hope I never have to: Go through High School again

Best advice I've ever had: Plan, relax and go with the breeze

Advice to new members of DAT: Embrace the strength of being part of a group.

If money was no object I'd like to: Enjoying the services of a personal chef.

**Name:** Chris Billingsley

D.O.B: 24/12/1959

Place of Birth: Darwin

Occupation: Handyman

Breast Cancer Survivor: No - Supporter

How Long Paddling: Sweep

Highlight of your time as a member of DAT:

Love to sweep & the girls do as I ask 😊

Hobbies outside DAT: Renovating, watching movies, gardening/landscaping.

Chris has not submitted any other info.

Thanks Chris for your input.

## Point of Interest.

Have you heard there will be a Hat & Fascinator night on Thursday 12<sup>th</sup> May 5pm-8pm. Ladies! Let's get ready for the race season. It will be held at the Head Over Heels Shoes & Accessories store, Shop 8-148 Bamford Lane, Kirwan. Email: [headheels@bigpond.com](mailto:headheels@bigpond.com) Wine & Cheese on the evening. RSVP: 10<sup>th</sup> May 2011.



P 07 47 295 266  
F 07 47 295 299  
SHOP 8 YAKSHUT PLAZA  
148 BAMFORD LANE KIRWAN QLD  
E HEADHEELS@BIGPOND.COM



The Easter Raffle held by June and Donna at Castletown Shopping Centre 11<sup>th</sup> & 12<sup>th</sup> April went really well. The basket of goodies looked really lovely and the winner got heaps of great goodies. Thanks for all the hard work June and Donna. Well Done!

**Blue:** A relaxing color. **Blue** lowers blood pressure, calms, gives a sense of security & suppresses appetite.

## Recipe for Chocolate Sauce

### Ingredients:

3/4 cup white sugar      ¼ cup good quality cocoa powder      ½ cup cold water  
1 teaspoon vanilla essence

### Method:

Combine sugar and cocoa in a saucepan and then add the water. Stir while bringing to the boil and then simmer for approximately 1 minute. Remove from heat, cool slightly, add vanilla essence (it should bubble up a little). Store in a screw top jar in the fridge (it will thicken with keeping). Delicious served just warm over a sticky chocolate cake just out of the oven for dessert, or cold over vanilla bean ice cream and/or waffles. 1 teaspoon of instant coffee can be added to the sugar and cocoa at the beginning to give the sauce a mocha flavour. (Also good as a base for chocolate milkshakes)!