



# in the LOOP

The Dragons Abreast Australia e-newsletter - April 2011

**We're back at long last with our beautifully formatted 'In the Loop'!**

We've struggled since September last year but are now thrilled to have our newsletter team in place once again. We aim to have the newsletter out in the first week of each month. Deadline for submission is 15th of the month prior. In this issue we have included highlights of the last six months and have had a bit of a struggle deciding what we could manage to include.

We've also embraced technology with our Facebook page being updated and are on twitter too (albeit on "L" plates). We always love to receive feedback/comments and suggestions so don't be shy. Write to us via snail mail or email [newsletter@dragonsabreast.org.au](mailto:newsletter@dragonsabreast.org.au). Our postal address is P O Box 36923, Winnellie NT 0821. The National office is open from 10 am to 3pm each day so if you are in Darwin please do drop past to say hello as we love to welcome visitors and we serve great coffee too.



**BALLARAT**  
REGIONAL TOURISM

*generously supports the*  
**Dragons Abreast Australia**  
**2011 National Convention**  
[click here for more information](#)

[www.dragonsabreast.com.au](http://www.dragonsabreast.com.au) 1300 889 566



Dragons Abreast Festival 2010 - SAN Compressors

It is really hard to believe that 8 months have passed since I was last able to have my little say to all of you out there in 'e-newsletter' land..... There has just been soooooo much going on in this office, you have no idea!!

First of all I need to have a moan! I can't believe those girls rushed out the door to Hobart and forgot to get me down from my shelf!! I was packed and ready to go... ..the disappointment on my face was hard to pick but don't worry readers, it was there.

Now that I am over that, let me tell you that I have heard all sorts of things lately. I've overheard the girls talking about how good the convention in Hobart was (not that I can vouch for that first hand mind you.... ) Its amazing at how these girls can work together and make things work when all the best laid out plans are completely disrupted by the weather.

No way did they expect that the paddling part of the convention would have to be cancelled – but you know what? it is always safety first ! So, quick smart and in a hurry, the team put their heads down and reorganized the 2 days events. How do you fit an extra 120 people into limited spaces at different workshops? Well don't ask me but they did it. I guess at the end of the day, the members realized that there is a difference between the words 'regatta' and 'convention'. Mind you many lessons were learnt from Hobart and the team here has taken on board all the

feedback and come up with not one, but TWO events. A regatta and a convention! The regatta for all things paddling and the convention for all other things.....Best of both worlds me thinks and they better not forget me this time either as I think just about the whole town is involved, so Bal-larat will be PINK... and there will be a fabulous dinner show called *Blood on the Southern Cross* at Sovereign Hill, heaps of workshops, all things DAA to learn and do – its gonna be huge.

THEN there is the Regatta in Caloundra in September – another 'sea of PINK' - I can't wait... This is going to be a monster event, I heard a whisper that more than 100 have registered already – huge, huge huge, that's all I can say.... THEN – SYDNEY in October – woo hoo !!!! I love the DA Festival .

But now to this week..... do you know how exciting it is when the mail man comes to door with parcels? Well our mail man came to the door, and delivered a parcel to Denise (the Fundraising Manager) and she nearly kissed him... he nearly died of fright, but he was laughing all the same.

I just love it when so many yachts enter "Simply the Breast" yacht race, and by the look of things, this year is going to be something else. The launch is this week and those nice people from **Medibank** have once again sponsored the event .... The poster looks great. I wonder if I will get to go this year? Maybe not, I don't think I can be trusted near the water – I get too excited...

Hey! a new vacuum cleaner and label machine arrived today thanks to those girls in Brisbane and Townsville... happy dances all round... the crafty ones (Denise and Trish) are waiting for the glue gun to come into stock – not sure why Penny and Michelle are banned from the craft area? Do you know why ?



I will leave you for this week with the stuff that many of you don't want to hear, but some days the girls come in the office with tears in their eyes because they get told over night that another one of our beautiful members have joined the 'Angels' – the sadness stays for a long time it just doesn't get any easier for our DA team. We get messages from many, but below is just one that has reminded the team that DAA does bring joy to many.



*"I always thought that angels wore white and came with wings, but I now know that they come wearing bright pink, beating drums and paddling dragon boats."*

*Narnie (dec) Dragons Abreast Gold Coast*

# Chinese New Year 2011.....a challenging year with floods affecting our teams

## Three generations paddling at CNY



**Allaine Duncan, a breast cancer survivor, her daughter Fiona and grandson James Fidock took part in the CNY Regatta at Darling Harbour.**

They are members of the Outback Dragon Boat Club Dubbo and did not only paddle for the same club, but also in the same race. Allaine is a long time member and a great supporter of the Dragon Boat Club, as well as Dragons Abreast. She is a past president, having held the position for several years. Allaine is a keen traveller and has visited and paddled with many clubs along the coast.

Fiona and James are regular paddlers and we will be seeing this trio at many more regattas.



## A note from Newcastle

The Newcastle girls wish to thank you for including them in the CNY regatta. We had a wonderful time and enjoyed the inclusiveness of the teams. The girls from all over Australia are always welcoming and stay great friends. We know that you put in a giants effort to make all this happen (especially this year) and we appreciate this.

Congratulations to everyone at head office, The Newcastle Hunter girls applaud you for donating the \$1600 to flood relief in lieu of medals. This a most worthy cause and a compassionate decision.

Well done,  
**Selma Barry**



## THANK YOU NOTE

From a very new Dragons Abreast member who came down to Chinese New Year and although unable to paddle joined us in the boat for the Flowers on the Water Ceremony.



*"I just wanted to say that I had the most uplifting experience I have ever had, the ladies made me feel so welcome and part of the team. To all the women that made my day brighter THANK YOU, you are so inspiring... I hope by the next one that is held that I will be able to paddle with you. To my new found friends Thank You"*

**Monique Kaleth**



**Trish Beales**  
**Administration Assistant**

Hi everyone - My name is Trish Beales and I have recently moved to Darwin from Victoria. I grew up here in the Territory, but have traveled all over Australia with my husband who is in the Royal Australian Navy, as well as 3 years in Port Moresby.

I have 3 daughters who are grown now and all live in Queensland and I have 2 grandsons. I have worked a myriad of jobs from check-out chick to fork-lift driver, in between having children and packing for yet another move, and I very much look forward to working with Dragons Abreast Australia. After being mucked around a bit with Cyclone Carlos I am now settled in at the Office with Denise and Michelle.



## DATES FOR YOUR DIARIES

### Ballarat Convention

21st to 24th July 2011

We've taken on board all the feedback from our Inaugural Convention in Tasmania last September and made several improvements: Basically there are no out of pocket expenses once you have paid registration. We suggest that even if partners do not want to come to all the workshops that \$200 is great value as it includes:

- 1 breakfast
- 2 morning teas
- 1 lunch
- 2 afternoon teas
- 1 dinner
- Civic reception on Thursday night
- Official opening on Friday

Your partners and family are also welcome to register for the dinner only component which featured the "Blood on the Southern Cross Show" at \$110 each inclusive of dinner, beer, wine, champagne and soft drinks plus bus transportation to and from Sovereign Hill.

The electronic system makes things easy, you receive an instant confirmation and receipt.

Please Note: The system will only accept 200

registrations and once we are at that number the bookings will close automatically. Our Ballarat members have certainly gone to extraordinary lengths to make this a huge success, congratulations girls. We know that excitement is building in Ballarat at the very prospect of an influx of "PINK".

**Please click here to register.**

### Dragons Abreast National Regatta

9-10 September 2011

Sunshine Coast in QLD Lake Kawana – the same place as AIA 2007. This is a Dragons Abreast members only event and all survivor and supporter members are most welcome. Cost is \$150 per person.

**Please click here to register..**





## It's all about girl power...

The world is experiencing turbulent and difficult times. Wars, natural disasters, asylum seekers and more all draining in both emotional and financial terms. Demands placed on charities has never been higher and when we flip open a newspaper or switch on the television there are always appeals for a whole raft of excellent causes.

As a prominent pink presence we are often asked to support all kinds of efforts in our local communities and many of us want to give back to our own communities. Certainly we can give of our time and our presence but we need to remember that charity begins at home.

Dragons Abreast was established to assist individuals transition from patient back into empowered individuals ready to fully participate in life despite any limitations placed on us as a result of treatment for breast cancer. There must have been a need for what we offer otherwise we would not have grown so much over the years.

As we have grown the drain on our small band of volunteers has become too much and we now have to contract out much of what had



**2011 Women's Network Committee**

previously been a volunteer role. Meeting these costs is a challenge but one that we are able to meet thanks to the wonderful support of women working together for a collective benefit.

Women as a network of individuals are extremely powerful with the capacity to make a real difference in their communities. **Women's Network Northern Territory (WNNT)** is the largest non-political organisation for women in the Top End of the NT. Their aim is to support and promote professional development, leader

**BADGE DRAW WINNER**

**APRIL 2011**

**LINDA GARLAND - PENINSULA**

**A lovely surprise is on it's way to you!**



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ship and to connect women. Members come from a vast range of professions and business backgrounds such as banking, government, travel, advertising, real estate, business development, retail, fitness and well being. The network is also a great opportunity for women NEW TO THE TERRITORY to meet locals and feel welcomed in their home.

Does this sound a bit like Dragons Abreast? Supporting, connecting and leading individuals post treatment back into the light as we emerge from the dim, dark tunnel that we all walk on our journey with breast cancer? You could substitute women new to the Territory with individuals new to the breast cancer journey. As one of our newest members recently emailed "next time I see you I want to give you a big cuddle, I was shown Australian Story IN THE PINK yesterday and it truly inspired me even more and I am privileged to have joined the Dragons Abreast team.

*I am still having treatment till November this year but I truly would like to race MY FIRST race in Oct. My mother has also had Mastectomy at the age of 35 years but she is still going strong and is now 67 years, I want to order this DVD for her as she always suffered alone, my experience so far has made me so strong and*

*I love getting on the water with such inspiring women."*

We are very fortunate WNNT has chosen to link with and support the national office of Dragons Abreast in Darwin to be able to continue to reach out to those on their journey with breast cancer so we can continue to provide such a positive experience to newly diagnosed individuals.



**Michelle Hanton receives the cheque from Kim Farrar - President & Ange Kent - Communications Co-ordinator**

Dragons Abreast is very fortunate to have so many individuals that embrace the ethos of looking after each other – it is something very special that we all need to collectively protect

because if we don't look after ourselves and our cause, no one else will. Charity begins at home is an old but true adage.

## Mothers Day Gift Idea



Sterling silver pendant  
exclusive to Dragons Abreast Australia

\$50 including postage  
hurry limited stock

to order please email  
[merchandise@dragonsabreast.com.au](mailto:merchandise@dragonsabreast.com.au)

# Keeping us Afloat...

## Spotting an opportunity!

Angie Walter and her merry band of helpers hosted a “Chardy” lunch in Coffs Harbour on Saturday 9th October to raise money for Dragons Abreast Australia. The day included a silent auction, lucky door prizes, prize for the best “pinkest” outfit and a treasure hunt.

Close to 40 women attended Mardona’s Cafe at the Coffs Hotel amongst a sea of pink with champagne flowing into the afternoon.

The Chardy lunch started 8 years ago when a group of local gals got together regularly to have lunch and, apparently to drink Chardy. You don’t have to drink Chardy to attend a Chardy lunch! More recently they have become fundraisers for various charities and after Angie attended her first Chardy lunch in October last year she saw it as a great opportunity to “fun”draise for Dragons Abreast

She approached the organiser, Kirsten Howton, to see if we could do one for Dragons Abreast – and the rest they say is history!

There were almost 50 auction items up for grabs and the silent auction system was a less obtrusive way to raise money whilst the ladies enjoyed themselves. The auction itself raised \$1,400 with another \$600 in raffle ticket and merchandise sales.

Steph, who helped Angie in the lead up and on the day was very constructive and went through the Hotel, in her very cute hot pink and sequinned 20’s style dress, selling raffle tickets and also ventured into the TAB and waited till a race was over announcing “so did you win?” and then promptly suggested they needed to buy some raffle tickets for another chance! This 20 minute campaign bought in \$120 alone – well done Steph for thinking on your feet and wearing something that no-one could refuse you a sale!

The day was a great success and an excellent opportunity to bring a group of women together for a fun afternoon. If anyone wants any information as to how the lunch and auction works I would be more than happy to assist. You can contact me via email [angie@dragonsabreast.com.au](mailto:angie@dragonsabreast.com.au) or ring me on 0403 1111 78.

I expect this will be on the calendar again next year!

Keep smiling

*Angie Walter*



**Virginia - winner of bessest dressed at the Chardy Lunch at Coffs Harbour**

# Keeping us Afloat.....

## Darwin Greyhound Association 'Go the Pink Dog'

During February greyhound associations around the country supported the McGrath Foundation but the Darwin Greyhound Association decided to really embrace the old adage that charity begins at home. They chose to support Dragons Abreast Australia which is a NT born charity.

Every Friday night in February our members attended the 'dogs' and cheered for number 8 because each time they won we won! We all had a great time too and met lovely people. At the end of February we received \$1,300.00



Denise Lynn accepts the cheque from Belinda Osborne

## Enriching the Lives of Others...

That's the motto of our independent beauty consultants who are generously donating 20% commissions to Dragons Abreast in addition to helping out with promotional activities.

Since October **we have received over \$1000** – this has come by way of regular small donations that have collectively added up to a lovely sum.

Mothers Day is fast approaching and as a special celebration Mother Daughter Mascara packs are now available. Our independent Mary Kay consultant is celebrating Women by offering 2 beautiful black lash lengthening mascara's for the very low price of \$40.00 a pack plus free postage.

If you are interested in other Mary Kay products we can send an electronic catalogue so you can browse the range.

## DAA receives 20%

Commission donation on all the orders placed so this is a win/win.

[Click here to place your order!](#)

## Pink Breakfast in Perth

October 2010 again saw Denise McArthur in Perth pull together a **'Pink Breakfast'** where she was joined by a group of great women.

DAA merchandise was on offer and Jelena Hillman - Miss December of the DAA 2011 Calendar gave a small talk about how much fun she had meeting other DAA members and how she enjoyed the experience of being a model.

The pink breakfast raised \$260.00 for Dragons Abreast Australia and a great time was had by all attendees – well done girls. We love you Perth !!



## DRAGONS ABREAST SUNSHINE COAST TURNED 5!



**Sunshine Coast Founding Members 2005**

Dragons Abreast Sunshine Coast celebrated their 5th Birthday on 5th July. As everyone arrived, they were served a glass of pink champagne to drink while they chatted. Our Committee cooked 3 huge pots of soup & crusty bread plus some yummy desserts for the members.

Sue baked a delicious 5th Birthday cake. After supper we played a game of Trivia, Pin the Eye on the Dragon, and Celebrity Heads. Everyone had a great night!

## Bendigo - True Country Hospitality

Let me take you on a virtual imagery of our day in sunny Bendigo at their first regatta on 24th October 2010.

Historical Bendigo with its Cathedrals, and historic buildings began the entry into Bendigo with a tram running down the centre of town, reminding us of home town Melbourne. But as we exited the city centre, Lake Weeroona shone, with the sun glistening on the water. Ducks and turtles enjoyed the lake with us. At the end of the lake, white sun shelters were appearing with elm trees sheltering us from the sun. As we sat on the grass, yes grass, surrounding the lake, egg and bacon sandwiches - provided by the local Lions Club, and the best hamburgers in town engaged our senses.

It was days of old, a Sunday afternoon, in which children's birthday parties by the lake (no McDonalds parties) were held (as the kids called out as the Dragon Boat races raced by, GO, GO, YOU CAN BEAT THEM, THEY ARE CATCHING UP,) and people walked their dogs, (around and around and around the lake) kids and families played in the playground, couples walked hand in hand, grandparents sat and watched others, picnics were held.

And there we were - 5 DAM BUSTERS (Dragons Abreast Melbourne), backed up by our

ground and support crew of two, knowing that the rest of the crew would have been with us if they could have.

And so all the members of Dragons Abreast Albury, Peninsula, Bendigo, Ballarat, Melbourne and one lonely Mildura lady combined into 3 boats to allow us to race. We entered in the two Dragons Abreast 20 races, and in the fresh water, it was a hard slog with 16 in our boat. The first race proved that although we have been training hard, our race fitness left a lot to be desired. However, in the 2nd race - we came home with a win, and won the overall trophy for our Category.

It was heard later from one of us, they felt the 'rhythm' and boy did it feel 'good'. Yes, some of our new members have now felt the 'pulse' of a Dragon Boat and it is such a good feeling.

So thank you Bendigo for the start of many more regattas so our other members can enjoy your beautiful town. Oh, and NO PORT-A-LOOS - real toilets.

And cakes and slices from the "Dragon Food Stall" to take for our journey home. Cheers and Paddles up.

**Glenda.**

### Young Dragons Represent Dragons Abreast

The 2nd National Conference for Young Women affected by breast cancer was held at the Gold Coast QLD on the weekend of 10-12th September. I was very happy to be joined by some of our younger dragons to represent Dragons Abreast.

Dragons Abreast had their stand '**womaned**' by Ellen Weaver, Nicole Murphy and Karen Sheppard from Brisbane, and our newer paddlers

Maria Maione and Kerry Weldon from Coffs Coast. There was plenty of activity at the stand with merchandise but importantly we hope we have encouraged other younger survivors to the embrace of the dragon spirit.

A first for some occurred at the conference. At the opening plenary session we had Nicole

presenting her personal journey with breast cancer (with her husband Sam by her side). This was a very personal moment for Nicole and she shared her story from her heart. I don't think she was prepared for the post talk response

with so many over the weekend wanting to thank her – she really struck a chord with everyone in the room (and has had many, many hugs as a result!!!).

Karen had her first public speaking opportunity presenting her journey as well as providing a wonderful insight with her journey with Dragons Abreast. She had a full room and certainly showed everyone how much fun and how special being part of this organisation is.

We also had some stories (in print) presented at the stand which were provided by some of our young dragons (or those diagnosed young) from around our groups. Thanks very much to those who contributed.

Thanks to Ellen, Nicole, Karen, Maria and Kerry for helping represent Dragons Abreast over the weekend! You are all troopers!

**Jo Parry**  
**Dragons Abreast Queensland**

*If you are a younger Dragons Abreast member and keen to be part of our speakers circuit please email your details to [office@dragonsabreast.com.au](mailto:office@dragonsabreast.com.au)*



