



# Dragons Abreast Australia National News Bulletin

Jan 2009

## Celebrating Life!



# HAPPY NEW YEAR

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Well here we are in 2009! Our office was officially closed until 20<sup>th</sup> January but we have been beavering away in the background and put the time to good use.

We welcome on board Denise Lyn who volunteers at the national office on a Tuesday and Thursday for a few hours – she joins Kathy and Rowena – and we are thrilled to have her support. It seems that the pile of work continues to grow and having an extra pair of hands will certainly be a help.

The long awaited and much discussed individual members handbook is now complete – thanks to **Angie Walter** and **Bonita Fong** for their work on this. We had planned to have them professionally printed, but have opted to do these in-house (with much support!) and save the printing cost.

The January issue of the Jetstar magazine contains the postcards that advertise Dragons Abreast and we have certainly noticed and increased number of calls to our 1300 number from around the country.

The holiday period also seems like a time when there are so many new cases of breast cancer diagnosed and the demand for literature from health professionals has increased markedly in the last two months. It is wonderful they do all promote Dragons

Abreast to their patients and again this demonstrates what a valuable commodity we are in so many ways.

## *Congratulations!*

**ID BADGE DRAW WINNER**

**January 2009**

**Susie Gross from Dragons Abreast ACT & Region**

Also to **Lee Millard Newton** who submitted an abstract to the *Reach to Recovery* conference and this has now been accepted!  
Well done Lee – apparently there were over 100 submissions!



**Rainbow Dragons Abreast** for your generous contribution of \$1000 towards our national coffers – raised mainly through M&M sales.

**A special thank you** to those donors who has asked to remain anonymous but make a regular contribution to Dragons Abreast as part of their workplace giving program and via direct monthly debits. Your support is so valuable and we truly appreciate this contribution.

**Thanks to all who are selling/have sold raffle tickets!** The draw takes place on Saturday 7<sup>th</sup> February in Sydney at the Chinese New Year banquet hosted by Dragons Abreast Sydney.

## **Outback Adventure Paddle – Ord River – Western Australia**

**Friday 8<sup>th</sup> to Monday 11<sup>th</sup> May 2009 ex Darwin**

It is with great excitement that we announce that Dragons Abreast Australia is organising an Outback Adventure paddle down the Ord River in the Kimberley to coincide with the Reach to Recovery conference in Brisbane in May 09.

The paddle is normally held every second year and run by the Kununurra Dragon Boat Club but this event is being contracted by Dragons Abreast especially to coincide conference in Brisbane.

We are delighted that we are able to extend this opportunity to members of Dragons Abreast from across Australia that may be interested – survivors and supporters are welcome – both paddlers and non paddlers as there is a cruise boat for those who prefer not to paddle or are not able to manage the full 55km. You do not have to be attending the conference.

Cost for this adventure is \$2,250 per person and includes air travel to Kununurra from Darwin, meals, four star accommodation and the Kimberley Moon Festival experience - full details are [here](#).

It will also cater for those who are not able to complete the full 55km as we will be able to give you a break in the cruise boat. This is not normally available – so if you ever dreamt of doing this paddle but were apprehensive about managing 55 km – this is your chance!!!

**Places are limited** - if you are interested please contact us - [office@dragonsabreast.com.au](mailto:office@dragonsabreast.com.au) - to register. If you have any specific questions about this contact Michelle on 0418 898082.

***The adventure has been designed to provide an experience of a life time!***

**Registrations close 1 February 2009**

## Submitting Contributions to your Newsletter

Your contributions to this newsletter are important and needed.

Contributions could include photos (with details and captions); a quotable quote; happenings such as the launch of a boat, a fundraiser, a celebration, a team or team member achievement; anything that may be of interest to readers of this newsletter. Contributions should be sent to [newsletter@dragonsabreast.com.au](mailto:newsletter@dragonsabreast.com.au)



### ***POSITIONS VACANT***

#### ***Dragons Abreast Australia Corporate/Community Regatta October 2009 – Sydney***

are keen to establish a subcommittee to work with them on the National Regatta to be held in Darling Harbour in October and would love to hear from anyone willing to be a part of this. You do not need to live in Sydney (or even NSW!) – many of the jobs can be done from a distance. If you will be at CNY we would love to meet to discuss this – the date/time will be decided once we have expressions of interest.

Please contact [michelle@dragonsabreast.com.au](mailto:michelle@dragonsabreast.com.au) if you are keen to be involved with this.

We will be opening registrations immediately after Chinese New Year so we need to be prepared!

### **Quote of the Month:**

*We spend January 1 walking through our lives, room by room, drawing up a list of work to be done, cracks to be patched.*

*Maybe this year, to balance the list, we ought to walk through the rooms of our lives... not looking for flaws, but for potential.*

Ellen Goodman

## **VALE - Di Groves**

A founding member of **Clarence Valley Dragons Abreast**, Di passed away on January 10th after a long and brave battle with this dreaded disease. A service was held in Lismore on January 15th. Di is survived by her husband Mark and three lovely young daughters.

Di was a very active paddler. She was a beautiful, happy, warm, generous and vibrant young woman who spent many hours working very hard to get her club up and running.

On Sunday December 18 January her family joined her team mates at the river where a candle was lit and roses (her favourite flower) were floated in her memory. She will be greatly missed.

## ***AROUND THE NATION – what we've been up to.***

### **Award Congratulations**

Congratulations to two of our members who received recognition for distinguished services to Canberra Dragon Boat Association at the Regatta presentation on Saturday 17 January.

**June McMahon** received the President's Award for her services to CDBA over the years. CDBA President Kel Watt noted that June, having just got over her eye surgery, was straight back volunteering as a regatta official. June has been a member of CDBA for 10 years and was instrumental in the formation of DA ACT. She is also a trained official at the national level and volunteers at national events.

**Anna Wellings Booth** received life membership of CDBA for her ongoing support of the organisation. Anna has been a member of CDBA for 10 years and is the Founder of Dragons Abreast ACT, now celebrating its 10<sup>th</sup> anniversary. Due to her remarkable foresight, the Dragons Abreast ACT Corporate and Social Regatta has been a recognised event in the Canberra calendar for the past seven years.

The applause these two remarkable women got from the large regatta crowd was long and deafening and very well deserved. Well done to both of you!!



#### **This is the letter of thanks from Anna**

*Dear Kel and CDBA Committee members,*

*You were very devious in ensuring I was there on Saturday Kel! I was quite overwhelmed with being honoured with life membership of CDBA and thank you and the Committee most sincerely. Obviously I was very unprepared to respond to your comments and can't remember whether I fully acknowledged the tremendous support of CDBA for Dragons Abreast over the past 10 years.*

*It's all very well setting up a Club but without the support of the peak body we wouldn't have succeeded nearly as well. Also our Challenge Regatta could not have grown to what it is today without the outstanding generosity of members from the various clubs. Initially there was a little bit of resistance to the idea but in the past 3-4 years it has become an established event on the Canberra calendar as undoubtedly the CDBA multicultural corporate regatta will also.*

*I may have established DA in the ACT but it is the members who made it succeed. There are only 4 of the originals still going - Jan, Elspeth, June and myself - all of whom have become involved nationally or have become officials. Many more amazing women have come, stayed a while and moved on, some extraordinary, inspirational members have died, some have moved on to sporting clubs but the important thing has always been that we have been there to welcome women who are looking for a challenge to reclaim their lives following surgery and treatment, a good laugh and a supportive cocoon of a dragon boat full of others who understand!*

*Thank you all so much for honouring me and Dragons Abreast - it is very much appreciated.*

*Breast wishes to you all!*

*Anna*

## **DATES FOR YOUR DIARY**

**REGIONAL MEETINGS** - these were very well received last year and based on the positive feedback received these will continue in 2009. We encourage as many members as possible to please attend these meetings.

Sunday 15<sup>th</sup> March – Canberra, ACT  
Saturday 28<sup>th</sup> March – Coffs Harbour, NSW  
Saturday 25<sup>th</sup> April – Caloundra, Qld  
Saturday 16<sup>th</sup> May – Sydney, NSW  
Saturday 6<sup>th</sup> June – Port Macquarie, NSW  
Saturday 4<sup>th</sup> July – Perth, WA – **to be confirmed**  
Sunday 2<sup>nd</sup> August – Campbell Town, Tas  
Friday 14<sup>th</sup> August – Darwin, NT

You do not have to attend the meeting in your own State or area – the meetings provides a wonderful insight into Dragons Abreast as well as a great learning and social opportunity for members. These meetings are not fundraisers and lunch is provided when the meeting run for the day.

Dates for Victoria and South Australia are yet to be set – more details next newsletter!

**October 25th 2009** – Dragons Abreast Australia Corporate & Community Regatta – Darling Harbour

Dragons Abreast have a national events calendar on our website, if you would like your events included on this calendar, there are two ways to do this:

1. Add the event to your Outlook calendar, and 'invite' [webmaster@dragonsabreast.com.au](mailto:webmaster@dragonsabreast.com.au) or
2. Send an email with the details to [webmaster@dragonsabreast.com.au](mailto:webmaster@dragonsabreast.com.au)

The calendar can be viewed at [http://www.dragonsabreast.com.au/National/events\\_calendar.htm](http://www.dragonsabreast.com.au/National/events_calendar.htm) and already has a couple of events for 2010, so make sure yours are included! This makes our planning for the future easier, and we try to ensure there are no clashes.

### ***OUR FOUNDER AS A GUEST SPEAKER/VISITOR***

Several of our newer groups have been asking about having **Michelle Hanton OAM**, Founder of Dragons Abreast Australia, visit them and attend local functions.

Michelle travels extensively with her work and is in big demand, but naturally remains very dedicated to Dragons Abreast and always tries to make time to connect on the personal level with member groups.

**Anna Wellings Booth**, Founder of Dragons Abreast ACT is also an entertaining and informative speaker who has extensive knowledge to share.

If you would like to have Michelle or Anna visit please email [office@dragonsabreast.com.au](mailto:office@dragonsabreast.com.au) and they will pass on the request.

The more notice you can provide the more likely your request will be able to be accommodated. It is not unusual for booking to be made up to twelve months in advance.

It is generally expected that travel and accommodation costs will be covered by the hosts but no speakers fees are charged to Dragons Abreast members.

## **SHOPPING CORNER - items of interest to dragons!**



**GPO BOX 1948  
DARWIN NT 0801  
1300 889 566**

**Current as at 1 December 2008**

ACN 104261029  
ABN 33104261029

<b>ITEM</b>	<b>PRICE</b>	<b>QUANTITY</b>	<b>SIZE</b>	<b>TOTAL</b>
Bucket Hat - adjustable	\$15.00			
Cap - pink with DAA logo	\$15.00			
Polo Shirt	\$40.00			
Rashie - very limited sizes in stock - please check with us.	\$60.00			
Dress shirt - special orders	\$40.00			
Anorak with zip out fleecy - <b>XS, S and M only in stock</b>	\$120.00			
Pink Spray Jacket - <b>no size M in stock</b>	\$40.00			
DA Paddle/car sticker (3)	\$7.50			
Dragons Abreast Pins	\$3.00			
Cloth Badge	\$3.00			
DAA Note Cards (Pack of 10)	\$10.00			
Name Badges - please ask for form	\$15.00			
<i>A Dragon's Tale</i> - Our story in a full colour book	\$35.00			
<i>We Are Proud</i> CD	\$10.00			
Apron	\$10.00			
Stubby Coolers	\$6.00			
Scarf - rayon	\$10.00			
Sarongs	\$15.00			
Keyring of Hope	\$15.00			
Dragon Brooch	\$45.00			
<b>POSTAGE &amp; HANDLING -</b>				
500gm Express Post	\$10.00			
3 kg Express Post	\$15.00			
3kg Lg Express Post	\$20.00			
5kg Lg Express Post	\$25.00			