

*Dragons Abreast Tasmania Inc
Newsletter September 2005*

Someone in the boat a few weeks ago remarked that once all the travellers had returned, the family would be home, and we agreed that that was certainly how we all felt. It's good to know we have achieved that sense of being together and that we look forward to being with each other because that is one of the things that Dragons Abreast is all about. So welcome home everyone! We have a very busy few months ahead of us so it's just as well we're up to full strength again.

Canada

- from Moria Cannell

At long last all the paddlers and supporters have returned home. It was an amazing experience with 1600 breast cancer survivor paddlers and supporters from 6 nations making up 62 teams in Vancouver.

Festivities commenced on the Thursday night with a dinner river cruise, with 4 boats commencing from the site of the race course up to Stanley Park and back.

Friday morning was paddling practice, which for our crew was first, as we came from Sydney, Penrith, Adelaide, Port Lincoln and Tasmania. We managed to gel and improved our racing time by 13 seconds at the finals. Friday afternoon saw some very productive workshops for those lucky enough to attend.



The opening ceremony on Friday night was held at the Plaza of Nations with official speeches and the awakening of the dragon. The atmosphere was electric, a sea of pink, celebrating life. There were also still people walking around adding to the atmosphere.

Saturday was the first race day and serious business, but through out the whole competition there was a wonderful feeling of friendship and camaraderie. That night was dinner and dancing and on arrival we were all given a pink boa, creating an even bigger sea of pink! A certain supporter member of our team had a ball dancing with a pink wig on and was in demand.



Sunday was finals day and a frenzy of badge swapping. Our team Boobialla managed a silver medal in the consolation final which a great thrill. (All the commentators had difficulty pronouncing 'Boobialla'). At the end of racing flowers

on the water was held, and only 7 boats could participate so numbers to go in the boat were limited. Tasmania could only have one person and it was Fay's name that came out of the hat. I am sure it was a moving experience for her, as it was for the onlookers from the shore - over 1000, most of whom had a flower. The tears flowed.

The 4 days of celebration was a fantastic experience where new friendships were formed and old ones renewed. A very special occasion.

I was lucky enough to then go on to Berlin and paddle with a composite crew of Americans and Australians in the world corporate titles, but this is another story for next time.

- from Sarah

We had a great night at Jo's to hear from those who had been to Vancouver for the 10th anniversary festivities and races. There were some funny stories, an impromptu striptease from Fay who wanted to show us all the bits to the uniform they wore, and lots of photos. Certainly gave us a feel for what it was all about. It seems the organisers had done a fabulous job, with the whole event running well. And the city of Vancouver really got behind it all as well.



In the emails we had from some of the travellers we also learned there was an awful lot happening at the bar in the evenings and that most people were running on adrenaline and not much sleep. We also heard that not only was Pete quite a dancer, but did the team proud with his singing of the national anthem.

*Canadian Breakfast
- from Marilyn Percey*

On Saturday 25 June a Canadian Breakfast was held at the Lindisfarne Clubrooms in support of our girls who were competing in Vancouver at the 10th Anniversary of Abreast in a Boat.

Sunday afternoon was the closing ceremony, where all the teams paraded and the Tassie flag was held high. The announcement was made that Australia would host the next gathering in 2007 and this raised a great cheer.



Before the breakfast, those of us lucky enough to escape the kitchen, headed out for a paddle. It was a beautifully clear and calm winter morning, so after a unanimous decision, we paddled over to Cornelian Bay for the very first time. The conditions were perfect and we even managed to catch sight of the Derwent's resident seal, who popped up in the middle of the River to say 'hello'.



We arrived back at the Club to be met by delicious aromas and were soon tucking into a hearty breakfast of pancakes, blueberries, bacon and hash browns, all washed down with Moose Milk, a very potent concoction made with enough alcohol to sink any Dragon Boat. Just what we needed after a great paddle!



Sarah gave a very informative presentation and display of Canadian artefacts and personal treasures from her homeland.

The morning was a great success. Many thanks to the hardworking kitchen crew, ably led by Chef Sarah.



Thanks from Sarah to the kitchen help for the great job they did - Hans, John, Rosemary K, Angie M,

Draped in pink at the Market
- from Rosemary Kerrison

After receiving a request from DAA asking each Dragons Abreast Group Nationally to help with operating costs by holding a fundraiser, DAT decided to hold a "Pink Stall" at the Sorell Market on Sunday 29th May. A call went out to all members for goods suitable to sell at the market.

Because we were having a pink stall it was suggested that we make pink lamingtons to sell. On the evening of Friday 27th May a very keen group gathered at my house to set about making these lamingtons. Lots of mess, laughter and fun was had and we successfully made a few dozen and then celebrated with a snack and wine.

What a great response for everyone with members meeting at Lindisfarne Rowing Club on Saturday 28th May to pile - and I meant pile - all the goodies into Sarah Briggs and Rosemary Kerrison's cars as they were to set up at 7.45am the next day. Donations included electrical goods, plants, biscuits, a computer, crockery, fruit, clothes and the list goes on....

Sunday dawned all too early but was beautifully clear and Sarah and I trundled to Sorell. The Sorell Football Oval was covered with trestle tables and I found the appropriate person to direct us to our table/tables, starting with 2 and ending up with 3 and a card table which was for sale but was so full of articles that we forgot about it until we were packing up. Oh well, next time!

With our pink tablecloths and Sarah and I in our "NEW" pink suede hats we set about

bringing boxes and boxes from the cars. As we were trying to price these and set up lots of other stallholders were coming to see what bargains they could find. As the morning progressed Ruth, Jo, Ila, Jane, Andrew, Doug, Rosemary Shimmin, arrived to help with more and more articles to sell. Again the other stallholders around us were quickly on the scene to pick over everything first.

Around 1pm we had a little talk about what to do with the left overs and Jo thought that if we asked some of the other stallholders to take a bulk lot at a very cheap price this would alleviate us having to store at our houses until the next market. Eventually one was found and we were really pleased with any amount of remuneration.

Time to pack up and leave. It was a fun day and we made \$365.50, which was a great effort and much appreciated by DAA. A big thank you to all who helped, contributed to make it such a success.

As this was a reasonably trouble-free way to earn some money the committee has decided that we should have at least 3 market stalls each year. So keep us in mind before you toss out that old electric frypan or the candle sticks from Aunt Martha that you've been hiding in the cupboard for 17 years.

River Explorations

We have had some glorious weather this winter this winter - very few rainy Saturdays. And the river has been so calm that we've been able to get out and explore a bit. It's wonderful to combine exercise and sticky-beaking, seeing what's in the next bay. We've been up to Geilston Bay and Shag Bay (complete with historical narration from Andrew), and across to Cornelian Bay and the old ANM Shed -

which I read the next day in the paper was considered to be dangerous and unsound! Still, it sounded rather lovely when we sang as we drifted through it. Funny how everywhere we went we were planning how we could come again in the summer with food and wine and make a day of it!

On the trip to Shag Bay our sweep, Andrew suggested a new version of the paddle tap, now called the Andrew tap. The tapping bit increases by one after each paddle up to 5 and then decreases by 1 - so it goes paddle tap, paddle tap x2, paddle tap x3, paddle tap x4, paddle tap x5, paddle tap x4, paddle tap x3, paddle tap x2, paddle tap x1, paddle tap x1 and so on. When the timing's right it sounds really impressive. Thanks Andrew!

Louise's journey ends

Louise astonished us all with her will to live, her determination to make one more milestone and to defy the time frames others gave her. In her own time and in her own way, with her family around her, she died on Friday, Sept 2nd. On Saturday we had a huge turn out for paddling. In the sun we hugged, cried, remembered her with stories and threw flowers on the water. We laughed as we remembered that voice, her driving energy that got DAT up and going, her hats, humour and big heart. Our thoughts and love go out to her family.

Exercising Limbs and Lungs

For a couple of months now we have been meeting on Thursday nights at the LRC at 5:30 for some exercises and singing. The aim is to stretch and use our muscles, work up a bit of sweat without wearing ourselves out completely. After our exercises we have a singing session. Some of the songs we've learned are for when we're out paddling and some are performance pieces that we can do at fund-raising events. And

already we have been invited to sing at the Seafarer's Festival!

We sang for Louise during one of her visits to the Whittle Ward. It was a lovely sunny day so we gathered outside in the courtyard of her room and sang most of our repertoire. We had an encore for 2 of them and Louise was suggesting new words as we went. It was good to see her smiling and singing along with the songs she knew.

Until the Pink Cabaret we will only be singing on Thursday nights - then back to some exercises but only for a few weeks as we'll soon be paddling again in the evenings.



Pink Cabaret - Sept 17th

This is going to be a great night! Music, dancing, food and lots of pink to celebrate dragons and life. Invite your friends and family to come along and help raise funds for DAT. Our tireless fundraiser, Sue Houghton will be looking for volunteers to bring supper and help with other duties on the night.

Sarah and the singers from Thursday nights are working on a few items for the Cabaret. One of them involves a PowerPoint presentation and we need some photos, so if you have any from the last Seafarer's Festival (particularly if you snapped the pirate in Boobialla), the race in Devonport or Hobart Regatta, please email them to Sarah at sillyolmum@hotmail.com. And if you have anything that's funny or interesting send them too.

2006 Nationals

Next year's National Dragon Boat titles will be held over the Easter weekend, 14 - 16 April, at Nagambie Lake in Victoria. This is a purpose built rowing facility about 1.5 hours west of Melbourne. Already we have reserved some accommodation in Shepparton and are making plans to be there to compete. See Moira if you're interested.

Summer paddling

Daylight savings starts on Sunday Oct 9th and we will begin our evening paddling sessions on Tuesday Oct 11th. This means we want to have the boat in the water ready to go out as close to 5:30pm as we can. I know that's a bit of a close shave for those of you who work, but we will keep an eye on the ways and come round to pick up late-comers. If you're not there by 6 we may head out into the river, weather permitting. We will also be going out on Thursday nights at the same time.

For the time being Saturday paddling times will stay the same.

Snake boats

We have heard about these boats a few times and I thought I'd include a few photos. These snake boats are from India and usually have 4 helmsmen, 25 singers and 100 - 124 paddlers. Can you imagine

trying to coordinate all those people? Finding somewhere to store the boat? Makes the dragon boat look so easy! I think the umbrellas are a stylish touch though.



From the committee

Competitive and social paddling:

There are a few changes we are considering in response to the increasing numbers of survivors and supporters that want to come paddling. We are thinking of having some sessions just for those who want to be more competitive and go to events like the Nationals. This would involve a harder workout, concentrating on technique, building strength and stamina. We would also have a session for those who want a more relaxed paddling experience, still increasing their fitness levels but in a more social atmosphere. It is important that as a club we are able to meet the needs of both these groups, and there will

obviously be some who want to be part of both.

At the moment we are looking at the possibility of making the evening sessions for competitive paddlers and Saturdays for social paddlers. We could also have another evening a week for social paddlers - it will just depend on the demand. We would need to have some times when we all get together to maintain the sense of all being members of the same club. Please talk to a committee member and let them know your thoughts on this issue.

Committee:

At the AGM members will be asked to vote on changes to the constitution regarding the committee. We are proposing that members be elected for a term of 2 years and that they only be allowed to remain on the committee for 2 terms or 4 years. This is mainly to ensure that there is an intake of new ideas and fresh energy. To avoid a complete changeover of the committee at one time, thereby losing all the 'local knowledge', we have also proposed that only half the committee be up for re-election each year. You will receive full details of this proposal with the notice for the AGM. Please talk to Sarah if you have any questions.

Membership:

To vote at the AGM you must be a member of DAT Inc. The fee is \$20.00 and is due now. A renewal form will be sent out with the notice for the AGM. Membership fees for DAA are due now - \$10.00 and if you haven't receive a form from DAA, you can get one from Sarah.

Your membership with Lindisfarne Rowing Club is due on October 1st. The membership fee of \$150 covers your insurance while paddling in the boat and is

essential. If you are not a member of the LRC you will not be allowed out to paddle.

Upcoming Events

Sat Sept 17th 7:30pm
Lindisfarne Rowing Club
Pink Cabaret - a night of music, dancing, entertainment and supper to raise funds for DAT. Cost \$12.50 per person. Tickets available from Sue Houghton.

Tues Sept 27th 6:00pm
Family Night BBQ
Bellerive Boardwalk
As part of a breast cancer awareness event we will be looking after the BBQ - Sails are providing the food.

Wed Sept 28th 7:30pm
Lindisfarne Rowing Club
DAT AGM

Sat Oct 15th 9:00am
Breast Cancer Mini Field of Women
Parliament House Lawns
We'll have a stall to distribute information and sell merchandise.

Sun Oct 23rd 10:30am - 5:00pm
Bellerive Boardwalk
Clarence Seafarer's Festival
We'll have a stall, raffle and give a paddling demonstration. Hopefully the Devonport team will come down and we'll have a race. Our singers have also been asked to perform.

Sat Oct 29th
Lindisfarne Rowing Club
BBQ for new paddlers
The last Saturday of the month is when we invite new people to join us for a paddle, and starting in October we will adjourn to the park for a BBQ lunch as well. BYO food and drink.

Sun Nov 20th
Lindisfarne Rowing Club
Centenary Celebrations
Make a note of the date because we'll be
doing something!

Sat Nov 26th
Lindisfarne Rowing Club
New paddlers morning and BBQ.

Sat Dec 10th 9:30am
Lindisfarne Rowing Club
Paddling with Canteen

Sat Dec 17th
Sails Restaurant Bellerive
Christmas dinner for DAT.

Thurs Dec 22nd 6:00pm
Lindisfarne Rowing Club
Christmas drinks for LRC and DAT - bring
a plate.



100 % Breast Cancer Survivor Regatta

28 - 30 September 2007
Sunshine Coast Queensland

(On the weekend following the 2007 International Dragon Boat Federation's
World Dragon Boat Racing Championships, 21 -23 Sept)

