



in the LOOP

The monthly e-newsletter from Dragons Abreast Australia - November 2009 Bumper issue

Sat 24th/Sun 25th October 2009 – What a weekend!

Everything grows from seeds and two amazing events occurred on the weekend of 24/25 October as a result of small seeds of optimism, passion, enthusiasm, and a tiny bit of madness, germinating over the years into two most successful Dragons Abreast Regattas.

The first Dragons Abreast challenge regatta began in Canberra in 2002 with six boats being entered – now in 2009 teams numbered 38 with more on a waiting list. It began because two members sought help from the local Government to raise the profile of Dragons Abreast to raise money for a boat. Brendan Smyth, Member of the Legislative Assembly offered a perpetual trophy and many corporate, community, professional teams vie annually for the honour of this trophy.

...continued on page 9

In this ISSUE...

National Regatta

Pages 2 - 9

Canberra Regatta

Page 10

Around the Nation

Page 11

FUNdraising

Page 12

REGULAR FEATURES

Badge Draw Winner

Website News

Thank You

Photo Gallery

Page 13



Highest Fundraisers CURVES Petersham with Councillor Di Tornai



National Regatta 2009 - Highest FUNdraisers

CURVES PETERSHAM

About the Team: When it was suggested we enter a team in the Regatta we wondered whether we would have enough interested members. Within 24hrs we had 20 enthusiastic ladies ready to take on the challenge. The average age is around 50 y/o. The team consists of members, Circuit Coaches, the Manager and the Owner of the club – none of whom have ever done Dragon Boating before! We were all surprised at how well the Curves Workout prepared us physically for the race.

The only difference being that you don't get so utterly drenched at Curves! Our goal has been to win the biggest fundraiser trophy.

About our fundraising: When we first discussed entering a Dragon Boat team, we were concerned that we may have trouble raising the \$2,000 entrance fee. When we climbed to \$5000 we thought we would just keep going and how proud of ourselves we are! Amazingly from a Club of only about 300 members, we raised over \$15,000 through

donations, a raffle and guessing competitions. A staff member even made a pair of *Rocky Road Boobs* and members had to guess the weight! They weighed 1.8 kg (900 grams each) and 6 members guessed the weight correctly – so we had to piece the boobs up!! We are all honoured to have been able to support this great cause!

Curves Petersham jumping for joy especially when they were awarded the trophy for the highest FUNdraisers for the event. The team managed to raise an amazing \$15,000!

A BOATLOAD OF BOOBIES

We're 'A Boatload of Boobies!' - a bunch of funny looking birds (and blokes) raising money for a wonderful cause. Our motley crew is a mixture of colleagues, partners, family and friends. For most of us this is our first time in a dragon boat, and we've taken to it like a duck (or booby) to water.

To raise money we've baked cakes, sold white elephants, played games and racked our brains over trivial questions. The generosity and support for our fundraising events has been awesome and has sent our tally soaring! Putting on an event takes a bit of time and effort but it's been well worth it for the opportunity to



National Regatta 2009 - Highest FUNdraisers

have fun and build awareness about the cause. People are even more generous when they're having a good time!

We've had a lot of fun along the way. The competitive ones amongst us were hungry for success and talked tactics over a few sherbets. We mastered the quick stop, as well as the quick start, so we didn't land the boat in the IMAX foyer!

Thanks to Deb, Robyn and Brenda from Dragons Abreast for their encouragement and ability to keep a straight face as we thrashed around in training.



The weather gods have had their fun with us, but with no major incidents and only a few bruises, we've become a well oiled dragon boating machine!

A Boatload of Boobies came a very close second with another amazing amount raised just over \$13,000. Congratulations and a huge thank you for all your efforts and hard work.

BATHURST HOSPITAL V8 DRAG000NS

Bathurst Hospital V8 Drag000ns achieved 3rd highest fundraiser with almost \$13,000 raised.



An extract from an email received the Friday before the regatta: We have tried our best and we are exhausted in our capacity to fund raise. I am tired as you can well imagine, I have blisters all over my feet. I don't know who on earth throws the gauntlet out "on the how much has my team raised" page - but they are keeping it competitive - so much so we can't compete anymore - the banks close in half an hour so we cannot progress our total after then - unlike our city competitors the country folk are reluctant to use mycause.com. We have had a hiccup - our team uniform got stuck in Melbourne - none of us had seen it - we are all in for a surprise - we were thinking we would all be bare breasted - so had to do some major thinking and take some risks - hopefully they will pan out on the day. We got our hats today - so our heads are covered - so that's about that.

Lynn Middleton

National Regatta 2009



Ferry Park Fantoms



Aloha! Olfrenz



DAMBusters



Blackheath Afloat



Curvy Dragons



USANA



Gadens Hidden Dragon



Prostate Dragons



Rapidos Amigos

National Regatta 2009



Yellow Daffs



QBE iceQbes



Korda Mentha



Deloitte Green



Gadens Crouching Tiger



IVF Passion



IVF Excellence



Novartis Oncology



Night Hawk Radiology

National Regatta 2009



Grant Thornton



Dragons Abreast Composite



Deloitte Blue



Dragons Teeth



Apotex



RACP Brabarians



RNS Ryde Child & Family Health Nurses



Diaverum



Dragons Abreast Central Coast

National Regatta 2009 - stories by Pearl Butcher

The camera shy boobie bun chef Sandy MacDonald, lives in the Central West town of Canowindra, sometimes called the Balloon Capital of Australia, a newcomer to dragon boats she was in The Oranges Team at Darling Harbour regatta. In the weeks prior to the regatta, Sandy used her culinary expertise to help “The Oranges” Team to exceed their fundraising target of \$3000.



Boobie Buns

Thanks to Sandy her tennis, squash, golf and new friends in the dragon boat have all been indulging in these delicious Boobie Buns – at a cost.

While Sandy was happy to share the Buns, take the money, even share the recipe – she could not be coaxed to pose for the cameras.

Taking Dragons Abreast to the Community

Not deterred by lack of numbers the small group of ladies (5) who make up Dragons Abreast Orange have taken Dragons Abreast Australia to between 20,000 and 30,000 people via the Australian National Field Days at Borenore, near Orange in Central West NSW.

Much oohing and aahing was heard as the merchandise was unwrapped and the ladies were really excited about the opportunity to talk about Dragons Abreast to so many people as they made their purchases. (Check out the giant paper clips from Head Office – I love them.)

The Board of the ANFD very generously gave us a premium site in the largest and most popular pavilion free of charge - for which we are so grateful.

‘The Oranges’ at the National Regatta

Pearl Butcher reported positive feedback from her crew “The Oranges”, with everyone having a ball, despite the rain, hailing from, you guessed it, Orange. The Oranges were distinctively visible at all times, particularly thanks to their Orange mascot who was repeatedly asked “What are you?” the honest response being, “I’m not sure, but I don’t bite”.

Some of the paddlers were a little wary initially, not knowing what they had signed up for, but



relaxed as the day progressed, even whilst huddling under our too few umbrellas!

Local Member for Calare John Cobb had a ball – Pearl says “I think John was bit wary of it all initially but he relaxed as day wore on - even when we were all standing under umbrellas getting very soggy”.



National Regatta 2009

Messages from the teams...

We all so enjoyed the day – the build-up and training leading up to Sunday, and then we really enjoyed the day. It was great for us all to be together, and it was also great to be “living” beside all the other teams. We all had our own little barrows to push, and so did other teams and it was lovely to mingle with so many of them. It is a great feeling to be able to joke with a team you are going to be competing against and know that there is such camaraderie.

So thank you for the opportunity and thank you for the support.

Will you also pass on our appreciation to the other people we spoke to over the weeks leading up to Sunday, all the people who supported us and who answered our questions so promptly and so patiently.

Sincere thanks

Lynne Hutton

**Coordinator Respite Services - Illawarra
National Respite Development Program
Schizophrenia Fellowship**

Thanks again for all of your hard work in organizing the event, such a shame that you can plan everything except the weather. It was somewhat of a struggle for me to get people involved in the event, but following the paddling on the 25th everyone said how much they really

enjoyed themselves and that we should make it an annual event. So looks as though you might be seeing us again next year.

Emma Goddard - CeMPEDlers



Thanks for organising such a fabulous event! What an amazing difference you make to the community and people's lives.

Team USANA

Tess Guerin is a breast cancer survivor and her team is simply a mix of both old friends and new, some of whom I've known for 35 or more years. There were about 30 people invited to come on board.

Those that were brave enough to try something new, and weren't afraid to do a bit of fundraising took up the challenge and are glad they did. THEY JUST LOVE IT!

The fact that it's all for a fantastic cause makes it an absolute pleasure to be a part of.

The Aloha! Oldfrenz idea came to me after a couple of red wines in the back yard on a relaxing Sunday afternoon. I wanted us to be really bright and colourful so that, just in case we don't win, we'll at least stand out on the water and look beautiful.



“Thank you team for all your wonderful support and congratulations on your fantastic fundraising effort”.

Team Aloha! Oldfrenz

Arup may be an engineering company but it values diversity and people by supporting many charities including Dragons Abreast Australia. Returning champion from last year, Arup is once again participating in this regatta for a good time on the water but also to take on the challenge in order to support a good cause. Truth be told, our team is trying to loose all the extra kilos accumulated over the chocolate fundraising season!

Team ARUP

Continued from page 1...

This year's Dragons Abreast ACT regatta was held on a perfect Canberra Spring Day and the carnival atmosphere was palpable! All members had a pivotal role to play and did so with great good humour.

The Sydney regatta grew from the Dragons Abreast Hospital Challenge, first included in the Chinese New Year spectacular on Darling Harbour in 2005. You can read more about this in A Dragons Tale. However, this too grew like topsy and thus evolved into the Dragons Abreast National Regatta held for the first time in October 2008.

On 25th October 2009 – 69 teams lined up in Sydney at the start of a beautiful day. It was wonderful to see so many teams gather at Cockle Bay - the effort made by teams to dress to the hilt all added to the atmosphere of the day but alas Mother Nature had other plans and a lightening storm resulted in the cancellation mid-way though the races. However the dragon spirit prevailed and the soggy participants still smiled!

Congratulations to the Highest Overall Fundraiser - Curves Petersham, closely followed by Boatload of Boobies and the Bathurst Hospital V8 DragOOOns in third place. It was a nail-biter till the very last moment!

It was an incredible effort on the part of so many people. We are deeply appreciative and

these words, received from one of our members husbands just a couple of weeks ago best explains what it is that Dragons Abreast does so uniquely.

I am delighted to see the item about Jan in your segment [Vale - Angels Abreast](#). Our involvement with Dragons Abreast was inspirational and gave Jan great pleasure and satisfaction, as well as providing hope and support. I note that you do not have a photo of Jan in the item and I am therefore attaching one that you might like to include. Thankyou once again for the support and camaraderie that you afforded us during Jan's illness.

*Ian Matthews
Port Lincoln, SA*

Follow this link to another chapter in the story of Jenny Petterson – another Dragons Abreast angel.

Your incredible efforts allow us the financial capacity to continue to reach out to those – like Jan & Jenny - on the breast cancer journey. Thank you!

The story of the regatta's is a powerful demonstration how, from small seeds, big things grow. These seeds need to be lovingly nurtured and cannot be hurried along. It is important to have patience, and build respect and cooperation with the state dragon boat association.

Winner of the Best Dressed Team Category

1st place - The Oranges

2nd place – Aloha Olfrenz

3rd place – Ferry Park Fantoms

Blackheath is the highest town in the Upper Blue Mountains, 120 kms. west of Sydney, in a World Listed Heritage Park.

Better known for its artists, poets and musicians rather than its seagoing heritage, it is a small but forward thinking community and is looking seawards in anticipation of the effects of future global warming. While its waterfront properties will boom, it is adding seagoing skills by taking up dragon boating.

Inspiration for taking up the paddle came from Jan Caldwell, who is a breast cancer survivor and stalwart of Dragons Abreast Penrith.

Blackheath Afloat is captained by a bus driver and stroked by a motor mechanic so it is no stranger to propulsion. Other worthies in the team include accommodation operators, shop keepers and artists, as well as some more energetic layabout retirees.

This highly integrated team has its own honorary doctor, who doesn't make boat calls, and would rather be playing the piano in any case. The team raised close to \$ 6,000.

Canberra Regatta 24th October

LAKE BURLEY GRIFFIN TURNS PINK FOR THE ANNUAL DRAGONS ABREAST DRAGON BOAT CHALLENGE

In perfect weather there was fun on Saturday 24 October as paddlers from all walks of life, from diplomats to medical students, took to the water in dragon boats races to compete in the Annual 2009 Dragons Abreast ACT Dragon Boat Challenge at Lotus Bay, Lake Burley Griffin. It was a special honour to have the Dragons Abreast Peninsula Dragonflies from Mornington Peninsula, Victoria as well as the Encore ACT/ Dragons Abreast Albury Wodonga competing this year.

800 novice paddlers competed in 38 corporate teams including representatives from the Embassy of the United States, the European Union, Calvary and Canberra Hospitals, corporations, government departments, gyms and schools.



Joy Burch MLA opened the event in a blaze of pink. Spectators came listened to the Djembe Djam African Drummers and were massaged by CIT massage students. Senator Kate Lundy, Diagons Abreast ACT Patron, awarded Pink Lady Shield and other novelty prizes. It was terrific to have so many new members helping out in all sorts of ways.

Marion Blake
Coordinator, Dragons Abreast ACT

What a regatta! Congratulations to absolutely everyone involved for organising and participating in such a successful day and in particular to Marion Blake and her small organising team. The ABC and WIN TV news had excellent coverage of the regatta. There was a great image and article in *The Canberra Times* on 25 October. As an onlooker for the first time, I felt so very proud of DA as everything ran so smoothly and efficiently. I had time to wander and talk to some of the participants and everyone was so enthusiastic in their praise of the organisation and the fun they were having. The dragon spirit was soaring!

Anna Wellings Booth

We wish Anna and all the sick and injured Dragons Abreast members a speedy recovery.

Kerrie Griffin

Total amount donated to the national body from the Canberra regatta is \$14,300! Well done Dragons Abreast ACT.



Health & Happiness in Bendigo

The Health and Happiness Workshop in Bendigo was held on the 9th and 10th October. The workshop was presented by Petrea King of the Quest for Life Foundation. Petrea is a well known author, counsellor, inspirational speaker and workshop leader and our members enjoyed the experience immensely and were very grateful that she was able to present such a workshop in country Victoria.



Jenny Curran
Assistant Coordinator
Dragons Abreast Bendigo

Dermal Essence - Darwin

A huge thank you to Patricia Boehler from Dermal Essence for the fantastic donation of **\$2,500**. The amount was raised at the Pink

Breakfast held in Darwin on Friday the 16th October. Patricia offered a pamper package worth \$300 for only \$99 for the first 50 who signed up at the breakfast. Half of the \$99 goes to Dragons Abreast Australia, so once again, a huge thank you and a great effort.



For more information on what Dermal Essence has to offer please visit their website:

<http://www.dermaessence.com.au/>

Jenny Pettersen's Gold Medal

Please click on the link to read more.



Perth Morning Tea for Dragons Abreast



Jaqui, Tracey, AnneAdele, Denise, Wendy, Mary, Tracy, Julie, Courtney, Susy, Debra, Renee, Rosie & Kim

When mention of a pink morning tea came about with my best friend and that she would have pink ribbons at her event, an overwhelming sense of pride took over and I shed a few tears.

But can you image my surprise when I got informed that my beautiful friends are about to deposit \$250 into the Dragons Abreast Australia account!

A simple gathering of friends is all it takes and you Perth girls rock!

Denise Lynn

E- Cards for Christmas

Did you know that there is only 6 weeks until Christmas? Well, we at Dragons Abreast can't believe that we are looking down the barrel of organizing our Christmas functions already either. With this in mind, we thought that you might consider sending a more meaningful Christmas card in the form of a "Giving Card". Giving Cards are available in packs of 10 for \$3.00 per card. There are 5 fabulous designs to choose from. Best of all, \$1.00 from every card purchased will be passed on to a community group of your choice, and if you did choose to buy Giving Cards, we would be appreciative of your nominating Dragons Abreast as the recipient.



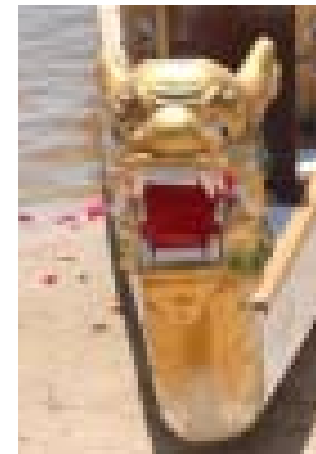
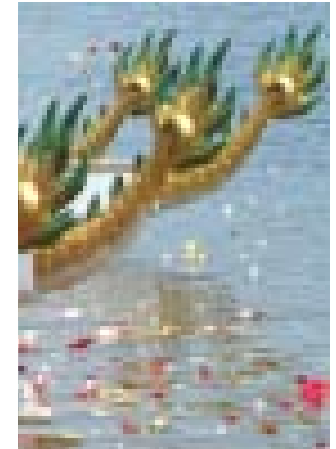
Links:

1. <http://www.ourcommunity.com.au/givingcards>

We would also like to share with you the convenience of an "E-card" which is available online and is very eco-friendly. Click [2] for the Christmas cards or [3] for a generic Dragons Abreast card for any occasion. E-cards are available by donation only, all donations over \$2 are tax deductible.

Links:

2. <http://www.mycause.com.au/ecards.php?pid=catcard&id=Christmas>
3. <http://www.mycause.com.au/ecards.php?charity=55&pid=catcard&id=Dragons%20Abreast>



The Dragons Abreast E-cards

I hope I have captured your attention enough to have a look at exciting ways to spread the Christmas cheer. Your support is always very valued and of course we would be delighted if you choose to spread the word amongst family, friends and colleagues!

Denise Lynn
National Fundraising Manager

Green The Christmas Giving Card

The Christmas card that supports communities and the environment



Giving Cards are high quality, environmentally friendly, and allow plenty of room for overprinting or personal messages. You can customize your cards with logos and a message for free! (Colour printing of logo's and messages is also available).

To put your mind at ease, the card comes with a stamped envelope for your convenience.

ID Badge Draw Winner November - Martina Landsmann – Dragons Abreast ACT

Montage - National Regatta 2009



What's New on The Website

www.dragonsabreast.com.au

NATIONAL REGATTA PHOTOS

<http://www.dragonsabreast.com.au>

National/DAA_Regatta/index.htm

ACT REGATTA PHOTOS

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

ACT/2009_regatta/index.htm

Please send photos to

dragonsabreastaustralia.dragon@picasaweb.com

Thank you

Dragons Abreast ACT who donated \$14,300 to the National body from their regatta last Saturday!

To our young mystery man in the NT who kindly donated \$1,000 from his winnings!

Dragons Abreast Northern Territory for their generous donation of \$2,000

Dragons Abreast Bendigo & Clarence Valley for their generous donation of \$1,000 each

Stephen Champion for his donation of \$1,000

A special thank you to Jacqueline Cleland from Ballarat who never misses an opportunity to promote Dragons Abreast!

Please submit all editorials and photographs to be considered in this newsletter to newsletter@dragonsabreast.com.au