



in the LOOP

The monthly e-newsletter from Dragons Abreast Australia -October 2009 issue

WOW - it is already October, where is the time going? This October we reflect on our amazing journey – 11 years since we first had the idea of forming a Dragons Abreast group in Australia...and look how far we have come! Our very own regattas – in Canberra and Sydney each October.

Our regatta in Sydney is fully subscribed and we thank all that have helped to recruit and train teams. We are very pleased to see so many teams from country NSW. Check out the article on page 5.

As part of our October FUNdraising activities we invite anyone that might be in Sydney (supporter, survivor, work colleagues etc) to join Dragons Abreast Australia on a Sydney Harbour Cruise! Join us on Saturday 24th October for a wonderful evening and a fun night on the eve of our regatta. The 2.5hr cruise will be leaving from Star City wharf at 5.30pm and will include a welcome drink on arrival and finger food. This cruise will be a night of good music, laughter, nice drinks and good food! At \$50 a head this is a great evening out and not too late for those paddling the next day at our regatta.

To book your place now, please call 1300 889 566 or click here

<https://www.registernow.com.au/secure/Register.aspx?ID=2147>

In this ISSUE...

BRISBANE GOLF DAY

Page 2

FUNdraising

Page 3

AWAKENING OF THE DRAGON

Page 4

Bathursts V8 DragOOOns

Page 5

REGULAR FEATURES

Badge Draw Winner

Website News

Thank You

Photo Gallery

Page 6



Brisbane Golf Day

Brisbane Golf Day

Dragons Abreast Brisbane hosted our inaugural charity golf day on 16th August, at Nudgee College Golf Club. 60 players took part in a 4 ball ambrose competition, and another 25 guests joined us for lunch (we were really happy to have the company of three visitors from Dragons Abreast Gold Coast too).



Ellen Weave (R) & Sue Handford (L) - Barrel Girls at the Golf Day

It was a fun filled day and the quality of golf ranged from exceptionally good to exceptionally – shall we say “ordinary” – we had a number of players who had never swung a club before so this was their first experience. One team merits particular mention for their perseverance – 26 air swings on one hole was

a truly remarkable effort!! We are sorry we did not have a prize for that feat – perhaps next year ladies (you know who you are!). Great Food, great prizes and great fun! We look forward to another one next year.

We were pleased with the success of the day and were very happy to be able to donate the proceeds of the day to Dragons Abreast Australia. Everyone who participated in the fundraiser agreed that the day was well organized, thoroughly enjoyable and a tremendous success and are keen to have another go next year – better get practicing!



One of the teams???

nutrimetics
naturally

OCTOBER OFFER



Purchase the Ruby Collection Colour Coffret and Janine will donate 10% of the sale back to Dragons Abreast Australia.

ONLY \$35

The Ruby Collection features eye and cheek palette inspired by mother nature and our signature fragrance packaged in a ruby red purse spray.

To order please contact Janine on
07 3423 2314
credit cards welcome

October is here and this is the time of year where we need to get out there and let everyone know who we are, and the perfect way to do this is to have some of our new merchandise on hand and include it in your next fundraising event. We have gone down the “Counter Box Display” track and I have to say that they are proving to be very much in demand. Many of you will know that DAA have resisted following this trend, but we have been pleasantly surprised with the way that ours are looking. We have been conservative with the number that we have ordered, so if you would like to have a counter box display, or any of the new products, please email me as quickly as possible because I don't want you to miss out especially if you have a fundraising event coming up.

Happy October everyone,
Denise Lynn
Fundraising Manager



Seize the Opportunityto raise our profile! While many have heard of Dragons Abreast and are aware we race dragon boats – few realize the true focus of Dragons Abreast Australia.

There is much competition for the fundraising dollar and few would dispute funding for research is a high priority, however those travelling the journey with cancer know the long haul back to an active life is equally important.

With Christmas fast looming and summer activities cranking up the time is right for promoting Dragons Abreast Australia and raising funds. Contact your local Council – find out what community events are planned for the Christmas celebrations, talk to your local Visitors Information Office, many have a ‘What’s On’ diary. In Regional areas agricultural shows can be an opportunity, what are the local service clubs doing throughout the summer? Develop a network in your community, get on databases – it may take a while but you'll find offers to take a stand at events will start to roll in and remember, many community events do not charge a site fee for registered charities.

What to sell? Check out the DAA merchandise, there are some beautiful new items at various price points.

Couples of things to keep in mind - be sure you have DAA brochures available but be aware some people think it mandatory to pick up every brochure available and the younger generation find making paper planes of brochures a great way to relieve boredom! Better to have only a few brochures on display, when people stop to look – start talking! A friendly smile and greeting works wonders!

Secondly – be sure to have a notebook handy to get names and contact details, if appropriate.

Thirdly - choose wisely the event you participate in. I happily admit to being snob when it comes to promotional work and avoid events selling cheap, mass produced imports and trash and treasure markets.

Pearl Butcher



Awakening of the Dragon

Sunday 6th September 2009 saw Dragons Abreast Port Lincoln members and friends gather on the foreshore of Boston Bay to celebrate the return of our boat "Maxine's Dream" to the water for the opening of the 2009/2010 paddling season.



? and ? at the blessing

Invited to attend and take part in the ritual of "Awakening the Dragon" were representatives of our Sponsors for this year, who are Amanda Proude Real Estate, Forbes Homemaker & Sleepzone and the Commonwealth Bank

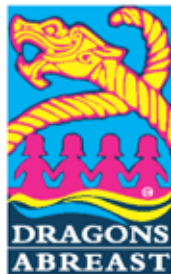
of Australia. "Friends of the Dragon" are Aussie Aluminium, Boat Supplies, Louth Bay Community, Rural Systems and Turvey Group of Companies

Amanda Proude from Amanda Proude Real Estate, our major Sponsor was unable to attend, fortunately another member of her family, Kathy Proude, also a Breast Cancer Survivor was delighted to be asked to take part and to "dot the eyes" of the Dragon along with Mark Forbes from Forbes Homemaker and Sleepzone, Maxine Barker Coordinator and Co Founder and Sandy Jansen, Chairperson .

Assisting Kathy and Mark were Sandra Sinclair Survivor and Co Founder and our newest Survivor member Rosalie Foreman.

The initial Blessing of our brand new dragon boat was carried out in November 2004 by a Tibetan Monk and we have been truly blessed with almost 6 years of wonderful paddling during which the Great Dragon Spirit has been very content, it was time for us to appease the Dragon Spirit once again.

"Awakening the Dragon" is a traditional Ceremony conducted at the beginning of each Dragon Boating Season and all major Regattas. It consists of "dotting the eyes" with red paint and asking the dragon to open its eyes to see far and clearly and then tossing Rice Dumplings wrapped in banana leaves into the water to appease the water spirits and to ask them to watch over and Bless the Paddlers.



Advantage
Real Estate (NT) Pty Ltd

For every property listed and sold by referral to Kim from Dragons Abreast in October and November she will donate \$250 to Dragons Abreast.

For obligation free appraisals, great results and a wealth of local knowledge call Kim 0409 090 591



Go Local ✓ Go Advantage ✓

Bathurst's V8 Drag000ns Hungry for the Checkered Flag

Bathurst, a regional NSW city renown world wide for attracting the elite of the international car racing drivers to compete on the Mount Panorama circuit are about to add another sport to the city's claim to fame in the shape of the V8 Drag000n Boat Team.

Undeterred by lack of a dragon boat, a place to train and absolutely no experience of dragon boating the intrepid team from the Accident and Emergency Unit at Bathurst's Base Hospital (hence the triple 0 in drag000n) entered the V8 Drag000ns in the Hospital Challenge at the forthcoming DAA Regatta to be held in Darling Harbour on 25th October. however their fundraising has been such an enormous success theV8s have now amended the entry and will be racing in the Community category.



First challenge for the V8s was getting 20 people working different shifts to Sydney for their training session.

Fortunately the Colour City Dragons from nearby Orange heard of the V8s plight and in true dragon boating spirit offered assistance which resulted in a group of V8s joining members of the Colour City Dragons for a training session on Lake Canobolas, where it soon became clear the V8s are a team to be reckoned with.

Stroke maker, Julie set a cracking pace – just one small problem - only those proficient in CPR had any hope of keeping up with Julie who forgot the nice, steady 'Paddle as one' pace and reverted to the 'Stay Alive' pace as used by those administering CPR.

When the rest of the V8Drag000ns manage to keep with Julie – the checkered flag will be theirs.

The Boatload of Boobies Blitzes It!

How do they do it!!! The Boatload of Boobies team is absolutely blitzing the Highest Fundraiser Challenge with their astounding team tally so far of \$9,884. And, check out the other fantastic teams chasing

them. Congratulations all of you! Here's how the tallies stood at 1st Oct:

- \$9,884 Boatload of Boobies
- \$6,357 Curves Petersham
- \$5,725 Bathurst V8 Drag000ns
- \$4,565 Curvy Dragons
- \$3,165 SSROC Dragons
- \$2,937 Butterfly Survivors
- \$2,669 The Oranges
- \$2,747 Grant Thornton
- \$2,465 CeMPEDdlers
- \$2,245 PCA Pirates
- \$2,210 Ferry Park Fantoms
- \$2,135 QBE IceQbes
- \$2,150 Rapidos Amigos

And special thanks to all who have contributed to the teams in this regatta, in the immortal words of Jeff Fenech - we love youse all!

ID Badge Draw Winners October - Helen Short

Queensland Montage



What's New on The Website

www.dragonsabreast.com.au

Vale

The sad reality of Dragons Abreast is that we are a group that are living with breast cancer and inevitably we do lose members to this insidious disease. We are always deeply saddened to hear such news but equally we are lucky to have shared happy memories. Our website now includes a lasting memorial to all our very special **Angels Abreast** please [click here](#). This is a recent addition and there are some details missing so we would love your help! If you would like an **Angel** included please forward details to: webmaster@dragonsabreast.com.au

Thank You!

Special thanks to our wonderful contributors:
Dragons Abreast Geelong - \$5,000.00

AND

Darwin Airports for their kind donation of a desktop computer for the National HQ in Darwin, Northern Territory



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