

# Dragons Abreast ACT & Region

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

## Abreast of the news newsletter

Under the umbrella of  
**Breast Cancer Network Australia**  
P.O. Box 7191 Yarralumla ACT 2600

Issue 37

August 2010



Dragons Abreast ACT *Tickled Pink* team, Peterborough, Canada, 12 June 2010

### Coordinator's report

Congratulations to the Dragons Abreast ACT *Tickled Pink* team for a fantastic performance in the International Breast Cancer Survivors Festival in Peterborough, Canada. After enjoying the fitness and camaraderie of the training sessions we really 'came together' as a well oiled machine. How good did it feel to paddle strongly in perfect unison and do so well and came 5th in a field of 74 teams!

Thanks to all our supporters. What a magic experience it was meeting teams from around the world and enjoying the Canadian hospitality.

<http://www.survivorsabreast.com/international-dragon-boat-festival-2010>

Although Canada was the major focus, lots has been happening at home including regular Saturday paddles, off water training, paddling the course for the Mothers Day Classic, the CDBA Splashademy Awards on 28 May and a *Tickled Pink* Dragon Muster to farewell **Cheryl Brower** at the US Ambassador's residence when we thoroughly enjoyed the hospitality of the Ambassador and his wife. We now look forward to the next season of paddling. A highlight is including DAA race categories at two of the local CDBA local regattas on **9 October** and **26 February** when we will invite DA regional teams.

Plans are well underway for our major fundraiser the annual **2010 Dragons Abreast Dragon Boat Challenge** and **BCNA Mini Field of Women** on **Saturday 23 October**. Volunteers required!  
[http://www.dragonsabreast.com.au/ACT/2010\\_regatta/index.htm](http://www.dragonsabreast.com.au/ACT/2010_regatta/index.htm)

The major recipient is our national organisation Dragons Abreast Australia (a registered charity) allowing more women to have access to the dragon boating experience around the country. Other local beneficiaries include the Otis Foundation which provides a Thredbo lodge for those undergoing

treatment, the Canberra Palliative Care Society for volunteer training, Breast Cancer Network Australia (BCNA informs, empowers, represents and links together people affected by breast cancer), ACT Eden Monaro Cancer Support Group and Dragons Abreast ACT's general running costs. Contact **Boerge Alexander** Regatta Registrar: [ACTregatta@dragonsabreast.com.au](mailto:ACTregatta@dragonsabreast.com.au)

Please make a note in your diary for the **DA ACT AGM** on the **28 August** at 10am at Lotus Bay immediately after paddling. DA ACT is rostered to run a BBQ on 25 September. See information on our involvement with **BCNA** at **Floriade** in this newsletter. Thanks to all our members for your time, skills, energy and good humour. You each help make DA ACT such great group to belong to. Get well soon to **Katherine Kralikas**. Paddles up!

**Marion Blake, Coordinator DA ACT**  
[Canberra@dragonsabreast.com.au](mailto:Canberra@dragonsabreast.com.au)



Narelle Powers, sweep and coach, Debbie Whitfield and Elspeth Humphries, strokes, first training session on Little Lake, Peterborough, Canada, 10 June 2010 *Image: Mary-Lou Reid, drummer*

## Macau update — 2 August 2010

Great venue and funny stories we will tell you. Personal bests (PB) in 2km and 500m and in the 200m Grand Final. Good times for the winners. **Robyn Kellett**. Congratulations to the **Dragon Flyers**, especially our members **Jan Skorich**, **Maureen Sandilands**, **Cathy Powell**, **Gillian Styles**, **Julie Richardson** and **Robyn Kellett**.



Street parade, Dragons Abreast ACT *Tickled Pink* team, Peterborough, Canada, 11 June 2010



Catherine, Elspeth's friend, took *Tickled pink* team for a tour of Little Lake, the regatta site, Peterborough, Canada, 8 June 2010

## Canadian dreaming

It was so special for me to be in my home and native land with my Australian dragon boat team. Visits to Canada do create the occasional schizophrenic moment for a relocated Canadian, though my place in the street parade was behind the Australian flag walking down the main street of Peterborough Ontario, that felt just a bit crazy! Of course, Canadians weren't sure about me in my Australian gear but still Canadian accent. But there was nothing odd about coming 5th overall and being the top Australian team — you beauty! It was a fantastic adventure for our crew and I am looking forward to hearing about the many adventures of my team mates travelling around Canada while I was celebrating my mother's 100th birthday in Ottawa with family and friends.

**Elspeth Humphries**

Wow! Congratulations all. You make us proud! Looking forward to all the stories. **Lucy Lytton**



Street parade, Dragons Abreast ACT *Tickled Pink* team, with Paul, our ambassador, and Theo, his labradoodle our mascot and TV star, Peterborough, Canada, 11 June 2010

Go *Tickled Pink* you can do it — *Go Anna Go* — thinking of you all achieving to your max.

**Colleen White**



Dragons Abreast ACT *Tickled Pink* team, Peterborough, Canada, 12 June 2010 *Image: Bea Brickhill*

Congratulations to you all! It's so lovely getting your news. We're all thinking of you so much and sending so many good wishes and love. Have a hoot! Paddles up and go, go, go...!

**Jane Fitzgerald**



Dragons Abreast ACT *Tickled Pink* team, Peterborough, Canada, 13 June 2010 *Image: Bea Brickhill*

We came in first again this morning so the grand final is coming up. I'm so excited and I'm not the only one. Felt like I almost tore my arms off but we'll do it all again. We are here, celebrating life to the max. It's good. Lots of pics later but they'll be courtesy of other photographers... I just can't do it. **Margie Perkins** 13 June 2010

Bob Sloan's video of *Tickled Pink's* ecstatic reaction at learning of their win in the third heat: <http://www.youtube.com/watch?v=uKOlcrQ4FGc>

Fantastic news! I had a text message in from Carol this morning: they won two races yesterday and improved their time by two seconds in the second race. They're certainly on their way! Must have been those vibes we sent from our racing starts in their honour, yesterday!

**Judy Richmond**



Dragons Abreast ACT *Tickled Pink* team, Peterborough, Canada, 13 June 2010 *Image: Bea Brickhill*

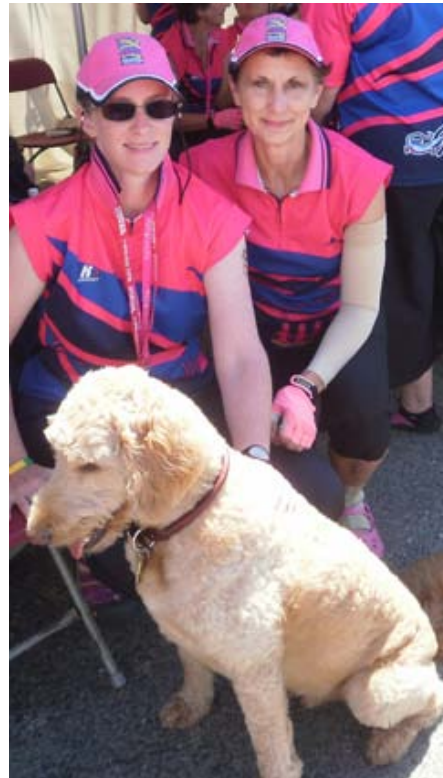
When I received a text message in the wee small hours saying *Tickled Pink* had won the first heat by a boat length I was overjoyed and then to receive a later one saying the next heat was won I couldn't contain my excitement. Congratulations to the entire team, **Narelle Powers**, the coach, and **Patsy Sheales**, the manager. To be the only Australian team to reach the Grand Final is just amazing and testimony to your committed training prior to the event. To witness the excitement as you returned and to hear all the positive comments was fantastic. Let's hope that all our members can be part of an international event at least once as it's an experience that engenders so much esprit de corps and brings a new vigour and enthusiasm to all members. For those with eyes of green we are so proud of you!

Breakfast at Gold Creek 9am–12pm Sunday 10 October. Two tables of 8 are reserved for DA members and I will take names at paddling happy to relieve you of \$25. Money raised at the breakfast will be shared by **HeadsUp@Calvary** and **DA ACT**. See calendar of events.

**Anna Wellings Booth**



Lenyssa Snellen's Dolly Varden 75<sup>th</sup> birthday cake made by her daughter Carol, 18 July 2010



Narelle Powers, coach, and Patsy Sheales, captain, with Theo, our mascot, Peterborough, Canada, 13 June 2010

### **Peterborough and beyond**

We did finish up first in our lane and the only non Canadian team in the final. But the festival wasn't only about the racing, it was the fellowship (or sistership) that was the biggest factor. The ladies were very nice and everyone was there to enjoy themselves and celebrate life. The locals welcomed us in the most generous way and we were given so much. The opening parade was a symphony of noise and the town turned out to wave and cheer us all on. There were so many Australians there that one gentleman asked is we had brought over five jumbo jets. We all sang our team songs and chants (see page 4).

Something that we may take for granted and that the Canada team have learnt about is the sheer level of support we receive in Canberra. Some teams around the world, and even in Australia, really do it tough. They receive no local support, little if any proper coaching, are hampered by group politics and use their own resources. It made us all glad to be part of CDBA and have such a wonderful group of supportive women (and partners) in our own club. Thank you all for your kindness and support over the last few months, you have no idea how special you all are.

The *Flowers on the Water* ceremony was very special for me because it was my first. I enjoyed a special paddle with the fabulously welcoming Chestmates team and tour of the watery side of Kingston. One lady literally gave me the shirt off her back — the team's first paddling tshirt. They are amazingly generous.

**Boerge Alexander** 16 June 2010

## The pink ladies

The pink ladies love to paddle  
Out on the lake  
Lake Burley Griffin  
The pink ladies love to paddle  
Together as a team

Look out all you Flyers  
You better watch out  
We're coming up behind you  
Look out all you Flyers  
We're training up quick and fast

The pink ladies love to paddle  
Out on the lake  
Lake Burley Griffin  
The pink ladies love to paddle  
Together as a team

Some of us have a few  
Bits missing  
But we don't care, we just want to paddle  
Some of have a few  
Bits missing  
Our chests are re-arranged

The pink ladies love to paddle  
Out on the lake  
Lake Burley Griffin  
The pink ladies love to paddle  
Together as a team

Watch out all you Icies  
We're toning up our bods  
Our fitness is improving  
Look out all you Icies  
One day you'll be shocked

The pink ladies are a 'coming  
Out on the lake  
Lake Burley Griffin  
The pink ladies are a 'coming  
To one day whip your arse!

## Mary-Lou Reid



Carol Summerhayes, Cheryl Brower, Mary-Lou Reid, Marion Blake, Sue Drew, Leanne and Sarah McKenzie, Niagara Falls Maid of the Mist tour 7 June 2010



Mary-Lou Reid, centre, Niagara Falls Maid of the Mist tour 7 June 2010

## Peterborough groundhogs

WOW what an experience I had attending the Regatta in Peterborough, as well as the adventure of getting there via San Francisco and Toronto and afterwards to Algonquin Wilderness Park, Montreal, Quebec and New York (how many people can they fit into one city). Many thanks must go to everyone who attended and helped put this amazing trip together, including those wonderful people who put together our Canberra training sessions.

I cannot believe I am now home, and have actually experienced such a wonderful Regatta and saw some amazing sights. Some of the things I will remember and cherish always were: Niagara Falls and the blue full body condoms, laughing faces during our training sessions in Peterborough, the art of pronouncing Peterborough, the threatening thunder storms that disappeared on the day of the Regatta, girls crying with delight when winning the third heat race, our wonderful Peterborough Ambassador, **Paul Follett**, and his labradoodle our mascot, **Theo**, the groundhog that lived in the hotel grounds, squirrels, chipmunks, moose, beaver as well as Canadian bacon cooked on an open fire topped off with maple syrup, a slow train to New York (Sue, Boerge and Marion know what I mean), lights on Broadway, lost water bottles, 5th Avenue and the makeup queens and the art of tipping.

I have many memories to cherish, but most of all the closer friendship made with everyone who experienced the wonderful atmosphere and Regatta in Peterborough. Thank you all — I am now saving up for the next one.

**Mary-Lou Reid**



Professor Don McKenzie and Kerrie Griffin, Peterborough closing ceremony, Canada, 13 June 2010

### Heart & Soul: Mr. Dragon Boat

The Peterborough regatta was terrific, memorable and fantastic with about 2000 pink visitors and a very festive and carnival atmosphere. It was an astonishing bonus to win our 500 metre final (2 minutes 30 seconds) and to come 5<sup>th</sup> in the grand final out of 74 teams. We are now wonder women like Diane who spoke with gusto at the gala dinner! It was a real buzz and everyone was so kind and friendly and dancing to Footloose was great although the South African team's dancing was amazing at the opening ceremony.

Peterborough is a very pretty historic town and as we walked behind a Scottish piper to the closing ceremony park all the locals came out and waved and thanked us for coming. I also enjoyed the Canoe Museum and our ambassador, Paul's offer to take some of us to see the rock carvings at the [Peterborough Petroglyphs - Ontario, Canada](#). I met the inspiring **Professor Don McKenzie**, British Columbia University, who started dragon boating for women with breast cancer in Vancouver in 1996 despite reluctance at that time (now?) for women to do resistance training. [Living Life to the Limits](#) demonstrates its effectiveness. He is now adapting dragon boating for people with other diseases including multiple sclerosis.

[www.abreastinaboat.com/HTML/whoware.htm](http://www.abreastinaboat.com/HTML/whoware.htm)

Many thanks to all DA ACT (I've included messages from members who spurred us on from home) as well as the magic DA Mornington Peninsula team members, **Marilyn Ridley**, **Lindsay Taskacs** and **Linda** as well as our terrific support crew; especially **Sarah McKenzie** who was always smiling and took all our racing images.  
**Kerrie Griffin**



Lenyss Snellen, Ambassador Jeffrey Bleich, Kerrie Griffin, Anna Wellings Booth, Cheryl Brower and Becky Bleich, *Tickled Pink* Dragon Muster, US Ambassador's residence, 19 July 2010

### **Farewell**

Dragons Abreast and the *Tickled Pink* team have been such a wonderful group of ladies while I've been in Canberra these past four years. I can't thank everyone enough for the fun and encouraging times. Of the things that I have to leave as we depart Australia, DA will be the thing I miss the very most. Thank you ladies for making my cancer journey conquerable! Yes, there are wonderful things that result from cancer! If any of you come to Maryland (just above Washington DC and three hours south of New York), know you have a place to stay for as long as you want. Dragons Abreast has been more to me than just a cancer byproduct; it is the favourite part of my week. *Tickled Pink* is where I have felt most loved.

**Cheryl Brower** 20 July 2010



Lenyss Snellen, Judy Richmond, Louise Muir, Judy Cluse, Kerrie Griffin, Cheryl Brower, Viki Fox, Robyn Chen, Anna Wellings Booth and Susi Gross at the *Tickled Pink* Dragon Muster to farewell **Cheryl Brower** at the US Ambassador's residence, 19 July 2010

### **Merchandise**

Look out for the DA shop on Saturdays from **Cindy Young's** car boot. She has polo shirts and paddles and pink gloves. Please bring cash or cheque to pay. [ACT merchandise price list](#)



Gabby Mullins, Annette Dean, Katherine Kralikas, Cheryl Brower, Heather Millar and Colleen White, *Tickled Pink* Dragon Muster to farewell Cheryl Brower at the US Ambassador's residence, 19 July 2010



Dragons Abreast ACT *Tickled Pink* team's after party, Peterborough, Canada, 13 June 2010



### Warm up and training times

**8.00 for 8.30–9.30am Saturdays**  
**12 for 12.15pm winter Wednesday**  
**subject to sweep availability**  
**Contact: Colleen Wright**

Some great paddling technique tips:  
<http://www.dragonsabreast.com.au/NSW/PaddlesUp59March09.pdf>

(note: DA ACT paddling technique may be slightly different from Sydney, so listen to OUR coaches please!)

Remember water, hat, sunscreen and sunglasses!

If you want to have a try at sweeping contact:  
**Narelle Powers** [narelle.powers@defence.gov.au](mailto:narelle.powers@defence.gov.au)  
 or **Elsbeth Humphries** [humphries44@ozemail.com.au](mailto:humphries44@ozemail.com.au)  
**Weather watch**

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

<http://www.canberrayachtclub.com.au/webcam/cam>

### [Coaching Program - Narelle Powers](#)

- [Broad Training Plan](#)
- [General Preparation](#)
- [Specific Preparation](#)
- [Pre-Competition Training](#)
- 

### Under the pink umbrella



### **Pink ladies to grow support among the blooms at Floriade**

Breast Cancer Network Australia is proud to join with Floriade 2010 as a key charity partner. With more than a million spring blooms on show, Floriade is the largest floral festival in Australia and takes place in Canberra's Commonwealth Park from Saturday 11 September -- Sunday 10 October.

A feature of this year's Festival will be BCNA's *Mini Field of Women*, a meaningful display of Pink Lady silhouettes symbolising the growing number of Australians affected by breast cancer each year. More than 400,000 visitors are expected at Floriade 2010 and our involvement will help foster a greater understanding of the information and support available for all Australians affected by breast cancer. Can you imagine?

### [Floriade website](#)

<http://www.bcna.org.au/events/current-and-coming-events/act-events>

### **Invitation**

Invitation to all to the BCNA's Mini Field of Women opening ceremony at **11am on Saturday 11 September** at Floriade. Please wear a splash of pink!

### **Floriade roster for 11, 12 and 13 September**

*Thank you to our roster volunteers over three days:*  
 Anna Wellings Booth Susan Pitt, Christine Cannon, Geraldine Robertson Jean Widdowson, Sally Saunders, Robyn Chen, Patsy Sheales, Larissa Sinclair, Gillian Horton, Tamara Harbus, Marion Blake, Colleen White, Lenyss Snellen, Gillian Styles, Bev Sloan, Marion Leiba, Hadas Haileselassie, Kerry Greenwood, Leonie Heffernan, Gabrielle Mullins, Susan Woodhams, Kirrily McIntosh, Stephen Evered, Bev Crittall, Mary Geerdinyi, Edna O'Dell, Sandra Dickinson, Marilyn Ward, Pam Robertson, Louise Muir, Vicki Byrnes, Amelia Thiedeman, Andrea, Debbie Whitfield and Kerrie Griffin.

Please let **Kerrie Griffin 0432 980 061** know if you are available for a couple of hours to help on the three day roster. BCNA contact: **Marita O'Keefe** at [mokeefe@bcna.org.au](mailto:mokeefe@bcna.org.au) Ph 03 9805 2545 /1800 500 258

### **Fact sheets**

<http://www.bcna.org.au/news/resources/fact-sheets>

### Revamped BCNA website

Connect with others in real time no matter where you are. Search the online network to find people and groups: [join our online network](#) [www.bcna.org.au](http://www.bcna.org.au).

News -- [Amalgamation of NBOCC with Cancer Australia](#) (12/07/10)

### HeadsUp@Calvary

The HeadsUp volunteers are all wonderful ladies: Marilyn Brookes (Bosom Buddies), Marg Quodling (retired Zita Mary Oncology Nurse and DA), Kerry Stewart (Coordinator, Look Good...Feel Better) and Amelia Theideman (DA)! We hope other ladies would like to support HeadsUp, as well as volunteer and join our wonderful team. Eventually we aim to open five days to make the service more available. <http://headsup.net.au>

HeadsUp is a not-for-profit service established to help women who have lost their hair, either as a result of treatment such as chemotherapy or from permanent alopecia. The trained volunteer team helps to sell a large variety of hats, turbans, berets, beanies, scarves and embellishments. There is also an 'almost new' range. The team assists ladies to style the headwear into a variety of ways as well as tying head scarves.

Our new room is bright and spacious, and located in the **Lewisham Building** — near the new ICU building in Calvary Hospital. Click [here](#) to view a location map. Open: **10am to 3pm Wednesdays and Thursdays** <http://web.me.com/sueowen1/HeadsUp/Welcome.html>  
**Sue Owen 0416 227 5959**

### Prosthesis recycling

Contact **Jan Murphy 0402 188 361**  
[janaliveandwell@hotmail.com.au](mailto:janaliveandwell@hotmail.com.au)

### Mothers Day Classic 2010

Thanks so much to the fabulous dragon boat crews for paddling the course — it is a real highlight of the morning and appreciated by us (Women in Super) and participants.

**Cate Wood**, Chair Women in Super, MDC  
<http://picasaweb.google.com.au/richard.marris/MothersDayClassic2010?authkey=Gv1sRqCPXS7cK8pbbRHQ#>



Pink Bun campaign in May — Bakers Delight Staff member with Debbie Whitfield, Bea Brickhill and Mary-Lou Reid, Belconnen

### Australian Health Conference BCNA stall

On 23 June at the Australian Health Conference 2010 at the National Convention Centre **Pam Hocking, Kerry Greenwood, Larissa Sinclair** and **Sarah Holmes** held a BCNA stall, also highlighting Bosom Buddies. Thank you so much for giving so generously of your time. It was a real pleasure to share our own experiences, and to be able to talk about BCNA with visitors.

**Sarah Holmes**



Pam Hocking BCNA and visitor, Australian Health Conference 23 June 2010 Image: Sarah Holmes



Sarah Holmes, BCNA, Australian Health Conference 23 June 2010

Many thanks and good luck to **Sarah Holmes** who has been an active member of BCNA and Bosom Buddies but is moving to a new overseas posting later this year.

### Otis Foundation retreats

We are very privileged that Elspeth Humphries' family allows visitors to *Creekside* during summer. <http://www.otisfoundation.org.au/OTISSanctuaries.asp?SanctuaryID=6>

**Kerrie Griffin, Community Leader, Seat at the Table (SATT) Program, BCNA**

## Calendar of events

Dates and events may change – please check [www.cdba.com.au/](http://www.cdba.com.au/)

PS = Point Scoring Regatta NPS = Non-Point Scoring Regatta Club in [brackets] has BBQ duty)

Canberra Dragon Boat Association: HOSTS OF THE 2011 AUSDBF AUSTRALIAN CHAMPIONSHIPS

Month	Date(s)	Event	Location	Notes
<b>August</b>	Saturday 28	<b>DA ACT AGM</b>	Lotus Bay, Lake Burley Griffin	<a href="mailto:Canberra@dragonsabreast.com.au">Canberra@dragonsabreast.com.au</a>
    	11, 12 and 13	<b>BCNA Mini Field of Women at Floriade 11 September –10 October 2010</b>	Floriade, Commonwealth Park <a href="http://www.floriadeaustralia.com">www.floriadeaustralia.com</a>	Volunteers required on 11, 12 and 13 September <a href="mailto:Kerrie.griffin@act.gov.au">Kerrie.griffin@act.gov.au</a>
	11 11am	<b>BCNA Mini Field of Women at Floriade — ceremony</b>	Floriade, <a href="http://www.floriadeaustralia.com">www.floriadeaustralia.com</a>	<a href="mailto:Kerrie.griffin@act.gov.au">Kerrie.griffin@act.gov.au</a>
	11 1–4pm	<b>Bosom Buddies stepping forward workshop</b>	Pearce Community Centre, Building 1, Collett Place, Pearce	RSVP <a href="mailto:bosombuddies@shout.org.au">bosombuddies@shout.org.au</a>
	10–12	<b>2nd National Conference for Young Women Affected by Breast Cancer</b>	Radisson Gold Coast Resort, Queensland	<a href="http://www.ywcaustralia.org.au">www.ywcaustralia.org.au</a> Cancer Council Queensland
	17 to 19	<b>Inaugural Dragons Abreast Australia national member convention</b>	Hobart, Tasmania paddling at Franklin on the Huon River and conference	<a href="http://www.facebook.com/event.php?eid=267683168446">http://www.facebook.com/event.php?eid=267683168446</a>
	Saturday 25	<b>BBQ and CDBA Regatta 1: 200m 10s NPS</b>	Lotus Bay, Lake Burley Griffin	DA ACT to do BBQ <a href="mailto:Canberra@dragonsabreast.com.au">Canberra@dragonsabreast.com.au</a>
  	<b>October</b> Saturday 9	<b>CDBA Regatta 2: 200m - PS</b>	Lotus Bay, Lake Burley Griffin	<b>DAA Category included</b> <a href="mailto:Canberra@dragonsabreast.com.au">Canberra@dragonsabreast.com.au</a>
	Sunday 10 9am–12pm	<b>Breast cancer support fundraiser for DA ACT and HeadsUp@Calvary</b>	Breakfast at Gold Creek Country Club, Curran Drive, Nicholls	RSVP Mary-Ann O'Sullivan 0403 800 442 <a href="mailto:celebrant@three.com.au">celebrant@three.com.au</a> \$25 per person
	Saturday 23	<b>Dragons Abreast ACT Corporate Challenge Regatta</b>	Lotus Bay, Lake Burley Griffin	<a href="mailto:canberra@dragonsabreast.com.au">canberra@dragonsabreast.com.au</a>
	Saturday 23 8am–3pm	<b>BCNA Mini Field of Women at the Regatta</b>	Canberra Yacht Club Lotus Bay	Volunteers needed for the BCNA stall! <a href="mailto:Kerrie.griffin@act.gov.au">Kerrie.griffin@act.gov.au</a>
	Monday 25 12.30–12.55 pm tbc	<b>BCNA Mini Field of Women at Calvary Healthcare</b>	Calvary Hospital, Bruce Speaker: tbc	Volunteers needed!
<b>November</b>	Saturday 6	<b>CDBA Regatta 3: 500m PS</b>	Canberra Yacht Club Lotus Bay	<a href="mailto:Canberra@dragonsabreast.com.au">Canberra@dragonsabreast.com.au</a>
	Saturday 20	<b>CDBA Regatta 4: 500m, 200m PS</b>	Canberra Yacht Club Lotus Bay	<a href="mailto:Canberra@dragonsabreast.com.au">Canberra@dragonsabreast.com.au</a>
<b>December</b>	Saturday 11	<b>CDBA Regatta 5: 200m – NPS</b>	Canberra Yacht Club Lotus Bay	<a href="mailto:Canberra@dragonsabreast.com.au">Canberra@dragonsabreast.com.au</a>
	Saturday 18	<b>CDBA Regatta 6: 15 km Challenge – NPS</b>	Canberra Yacht Club Lotus Bay	<a href="mailto:Canberra@dragonsabreast.com.au">Canberra@dragonsabreast.com.au</a>
<b>January 2011</b>	Friday 7	<b>200m Twilight FIVE:5 Regatta 1</b>	Canberra Yacht Club Lotus Bay	<a href="mailto:Canberra@dragonsabreast.com.au">Canberra@dragonsabreast.com.au</a>
	Friday 14	<b>200m Twilight FIVE:5 Regatta 2</b>	Canberra Yacht Club Lotus Bay	<a href="mailto:Canberra@dragonsabreast.com.au">Canberra@dragonsabreast.com.au</a>
	Friday 21	<b>200m Twilight FIVE:5 Regatta 3</b>	Canberra Yacht Club Lotus Bay	<a href="mailto:Canberra@dragonsabreast.com.au">Canberra@dragonsabreast.com.au</a>
	Friday 28	<b>200m Twilight FIVE:5</b>	Canberra Yacht Club Lotus Bay	<a href="mailto:Canberra@dragonsabreast.com.au">Canberra@dragonsabreast.com.au</a>



		<b>Regatta 4</b>		
	Saturday 29	<b>CDBA Regatta 7: 200m - NPS</b>	Canberra Yacht Club Lotus Bay	<a href="mailto:Canberra@dragonsabreast.com.au">Canberra@dragonsabreast.com.au</a>
<b>February</b>	Saturday 12	<b>CDBA Regatta 8: 200m Chinese New Year NPS</b>	Canberra Yacht Club Lotus Bay	<a href="mailto:Canberra@dragonsabreast.com.au">Canberra@dragonsabreast.com.au</a>
	Saturday 26	<b>CDBA Regatta 9: 500m+2000m – PS</b>	Canberra Yacht Club Lotus Bay	<b>DAA Category included</b> <a href="mailto:Canberra@dragonsabreast.com.au">Canberra@dragonsabreast.com.au</a>
<b>March</b>	Saturday 5	<b>CDBA Regatta10: 500m ACT Championships</b>	Canberra Yacht Club Lotus Bay	<a href="http://www.cdba.com.au/">www.cdba.com.au/</a>
	Wednesday 30	<b>AusDBF Australian Championships</b>	<b>Training Day 2 &amp; Opening Ceremony</b>	<a href="http://www.cdba.com.au/">www.cdba.com.au/</a>
	Thursday 31	<b>AusDBF Australian Championships</b>	<b>Day 1 – State v State 500m</b>	<a href="http://www.cdba.com.au/">www.cdba.com.au/</a>
<b>April</b> 	Friday 1	<b>AusDBF Australian Championships</b>	<b>Day 2 – Club v Club 500m</b>	<a href="http://www.cdba.com.au/">www.cdba.com.au/</a>
	Saturday 2	<b>AusDBF Australian Championships</b>	<b>Day 3 – Club v Club 2000m</b>	<a href="http://www.cdba.com.au/">www.cdba.com.au/</a>
	Sunday 3	<b>AusDBF Australian Championships</b>	<b>Day 4 – Club v Club 200m</b>	<a href="http://www.cdba.com.au/">www.cdba.com.au/</a>
	Saturday 16	<b>Sat REGATTA 11: 200m – PS</b>		<a href="http://www.cdba.com.au/">www.cdba.com.au/</a>
<b>May</b>	Saturday 7	<b>CDBA Presentation night</b>	Club Championship Presentation	<a href="http://www.cdba.com.au/">www.cdba.com.au/</a>
<b>August</b>	1–7	<b>IDBF World Championships</b>	Tampa Bay Florida USA	<a href="http://tampa2011.idbfworldchamps.com/">http://tampa2011.idbfworldchamps.com/</a>

**Dragons Abreast Australia — Mission statement**

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

To offer hope and inspiration to those faced with a diagnosis of breast cancer and promote the fact that there is quality of life after breast cancer.

*Keeping the spirit alive!*

**Next issue of the DA ACT newsletter — September 2010**

Thank you to all members who have contributed to this issue.

Please submit any news, items and images by 22 September 2010 to the newsletter coordinator

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