

DATH NEWSLETTER - WINTER 2016

Winter is well and truly upon us with cold frosty mornings and dark nights so we are paddling only on Saturday mornings at the moment. Not every Saturday morning has been weather-kind and this impacted on our paddling training for the DAA regatta. However we had many gym sessions to help maintain our fitness.



Is this how you do a push-up?

We did experience one incredible morning paddle in the misty fog and Skippy was there to capture the moment – the photo is now the ‘cover’ for our facebook page. Don’t we live in a fabulous place?



Reflections in the mist

It was Skippy’s first day back with us following her travels interstate – welcome back Skippy and we look forward to seeing you out with us in the boat again soon.

DAA Regatta 2016

By Robyn and Fran



“Come with us to Caloundra,” they said. “It’ll be fun!” they promised.

There were important things to consider. What if I can’t keep up with the stroke rate? What if the boat capsizes and it’s my fault? Do they really expect us to do 2000 metre races? What if I keep my room mates awake all night...?

Nothing ventured, nothing gained, so we trained four times a week and became stronger, more focussed and fitter. We learned how to paddle properly and soaked up as much good coaching advice as we could. We became part of team Boobiialla.

Later they told us about the warm-up routine. Would we have ever believed that we’d spend our rainy Sunday mornings tangling ourselves in pink spangly scarves and learning dance steps? All the same steps and moves at the same time and in the same direction...

Once the paddles were bubble-wrapped, there was no looking back and with many jokes about our “elite athlete” status, we set off on our big adventure.

The journey to Caloundra was painless. We both flew into Brisbane along with Cheryl and Sue M. Robyn’s family took us in hand and not only collected us from the airport but primed us with champagne and nibblies while we waited for the traffic jams to abate. We began to feel like elite athletes!

Once in Caloundra we had the advantage of our more experienced team mates, who were willing to guide us in the right direction. They knew where to find food and all the important things. Cheryl had booked us in to top class accommodation with water views, a swimming pool and convenient balconies enabling us to lean over and communicate easily to the others below or above.



Pool and spa at the Watermark

The atmosphere of the regatta itself was exuberant. There were coaching and drumming workshops, tai chi and belly-dancing sessions - all before the first race! There was even a paddlers’ oath and a visit from the official drug testers. (Jan Burgess, we were shocked!) Hundreds of effervescent pink people laughed, chatted, shopped and hugged. We were astounded by the number of people

that Miriam knew and the constant stream of friendly visitors to our group, all asking after Skippy. Every toilet queue was an opportunity to meet new friends.

It felt a little daunting to be stepping into the boat for our first race. Lining up the boats took ages and then that 200 metres of paddling just flew so fast! We couldn’t sense at the time whether we were coming first or last. Our first race wasn’t the best but it probably got the nerves out of the way.



On way to start line

With an early start on the second day we dug those paddles in hard and put in a mighty effort. We felt so proud to have earned a place in the semi-final. It was great that Robyn’s family had come to watch that day and we could hear them calling encouragement to us as we paddled to the start line.

The Flowers on the Water Ceremony and the paddle tap lap of honour was a moving and humbling experience. Fran was privileged to paddle with and speak with Carol Waitohi’s courageous mother, Lorraine. Carol was the sweep who unfortunately died while training in March. Lorraine said that it was women like us who gave her the strength to cope with the death of her only daughter. She said that Carol’s spirit lived on in the group. We won’t forget the courage of Lorraine.

We also won’t forget the amazing Pat Daly from Bribie Island. What a legend! Who could

fail to be impressed by a 93 year old dragon boat paddler, the oldest paddler in the world?

The gala dinner was a huge celebration of life. Robyn Moore, our Breast Cancer National Ambassador, entertained and inspired us and then she danced with us. Needless to say, our Boobialla team danced up a storm! Robyn and Fran are proud to report that although competition virgins, we were in the last Boobialla group to leave the party and limp our way home in the early hours of the morning!



Boobialla 2016 (with Nipples girls)

And have we mentioned that we had fun? Who wouldn't enjoy such great company? Friends to sing with on the streets and dance with on the stage (Oh – did we say that?) and frenetic water aerobics in the icy hotel pool. Did we mention we even survived a “virgin paddler baptism”? At least it was in the pool and not the lake.

So now our cherries have been popped and there's not much of a market for born-again virgins but we can't wait to paddle in Florence!

Note: Check out Fran's pictures that she took – well some of them (and with editorial licence!) – on the wall in the club.

Sweep training May 21-22nd

This weekend saw many novice and experienced sweeps attend training

sessions with 2 sweeps from NSW. Sweeps came from nearly every club in the state to hone their skills or to learn new ones under the watchful eyes of Pat and Charles. Thanks to Peter Essex (Derwent Storms) for organising and supporting them to come to Tassie for the weekend. DATH now has 2 new Level 1 sweeps in Leonie Silk and Helen Howarth. Thanks to all the paddlers who came on both days to be paddling 'guinea pigs' as the novices were put through their paces. Please continue to support Leonie and Helen as they practice and gain further experience as sweeps.

Farewell Danielle Ostarek-Gammon

In a moving ceremony on Saturday May 7th we farewelled Danielle when her ashes were scattered in Lindisfarne Bay. Peter, her mother and her children and some close friends attended with several family members coming out in the boats with us. Leonie Silk had written a beautiful service which family read out. We scattered her ashes to the music of John Williams. Danielle was 'reluctant' to leave us – her ashes being adhered to the urn. Family and friends joined us in the park for morning tea afterwards.

Fundraising

A very successful Pink Tupperware fundraising event was held on April 30th at the Lindisfarne Activity Centre, an excellent venue for such an occasion. The night was not designed as a Tupperware sales night although orders could be and

were taken. It was a great fun night with lots of activities and quizzes about products.



An excellent supper was also on offer – as usual we had far too much food. A raffle

was also part of the fundraising with most tickets being sold by members before the night but also lots were sold on the night. Thanks To Janice Reid – our fundraising manager extraordinaire. The funds raised contributed to the cost to hire vehicles for those attending the DAA regatta – 12 and 8-seater cars – as there wasn't any transport provided to get to the Lake.

Our next fundraiser will be the Soup & Sandwich luncheon at the same venue. Tell you friends and invite them along. There will be a trade table too.

Calendar of upcoming events

2016	
July 16	Morning Tea in the Park
Aug TBA	Water Safety Session
Aug 20	Morning Tea in the Park
Aug 24	DATH AGM
Sept 10	Soup and Sandwich Lunch Fundraiser
Sept 17	Morning Tea in the Park
Oct 15	Morning Tea in the Park - Come and Try session
Nov TBA	Water Safety Session
Nov 19	Morning Tea in the Park
2017	
Oct 23-30	Masters Games in Tasmania
2018	
June-Sept	International Breast Cancer Paddlers' Commission (IBCPC) Festival – Florence, Italy