



PRESIDENTS REPORT



Welcome to the Christmas edition of Dragons Breath. Our program of festival racing for this season has been completed – not without a few issues.

The DBSA Heat Policy has come under scrutiny

recently and it is ultimately up to individual clubs to decide on their participation in events in hot weather. The clubs are better able to make judgement calls on the fitness and acclimatisation of their members which is one of the key indicators. If the conditions on any race day are indeed bad enough to score a rating over 75, then the option to cancel will certainly be recommended.

Please be aware that the calculation should also be considered when training temperatures become extreme and the correct actions should be implemented.

The issue of the quality of water in the Torrens is of ongoing concern to everyone and a recent symposium held by the Adelaide City Council was tasked with discussing options to improve this picturesque lake. Hopefully we will see some action and improvement.

All clubs are now gearing up for our racing season and I take the opportunity to remind everyone that our volunteers and officials should be treated with respect and their decisions and directions obeyed.

Good luck to all for the forthcoming season and best wishes for a happy Christmas and prosperous New Year.

John Holland, President - DragonBoat SA

WATER WARRIORS

BLANCHETOWN WEEKEND

The annual training camp for WW was, as always, full of fun, laughter, spills and tears but enjoyed by all.

This year we incorporated a few new things into the weekend, including abseiling, canoeing and for those 'brave' enough a talent night.

The weekend always starts with Friday night tea at the Blanchetown Pub, where we usually end up taking back copious amounts of frozen chickens from the numerous pub chook raffles. Everyone then congregates in someone's cabin and the night is on, this is usually the time when all the brilliant

ideas come out of the woodwork as to what we will/should be attempting this year.

Up early to train on the Murray before the action hotted up on the river with the speedboats, jet skis, etc, its never easy on the Murray on long weekends as most people that have done it will testify, so dodging between the above is a feat in itself.

The afternoon was spent indulging in good conversation and a few attempted 1st level abseiling. The first night was relatively quite (some probably had too much **tea** the night before); some made it their mission to keep the campfire well stoked, while others just gazed mindlessly into it!

After a hearty breakfast Sunday morning we all met down at the River for training, a few went canoeing in the afternoon, whilst some attempted 2nd level abseiling. One poor team member got more than she bargained for though, after making it safely down the hill she trod on a rock, fell on her bum and promptly banged her head on the rocks, brave as she was, up she got, shouted she was ok, then looked down to see her t-shirt with blood stains on it, several hours later after a visit to the hospital she came back sprouting many stitches, but still manage to perform at the talent quest, our Warrior women are tough!



The entries at our talent quest were not as many as expected, but belly dancing, didgeridoo mastery, an aerobic workout, a magician and a super-group were the line up for the night. The weather was atrocious so we had to construct a sheltered performing area, huddled way too close for comfort for some to the stage area! Whilst some of us needed to summon up some dutch courage to perform, other's were just natural's, scarily natural in fact! The evening was a great success, we saw some **new** and **old** members in a totally different light, the talent quest was followed by a Warriors favorite – Twister.

The bar has definitely been set for next year's talent quest and will take something special to top it.

SA DRAGONS ABREAST



The 'Birkenhead 2'

SADA has had a great start to the season with two great days at the Torrens and some close races. We hosted five teams at the Pub challenge, two teams from the Birkenhead Hotel, one from the Granville Hotel and two teams of staff from Pooraka Primary School. It was a great day - apart from losing a sweep (and a radio) over the side (nothing to do with the antics and enthusiasm of the teams of course!!) We have received some great feedback from the paddlers involved on the day and it would appear that a 'good time was had by all'. The teams were very competitive, all making the finals.

We also held a Mini Field of Women during Breast Cancer Awareness month in October, placing 100 pink silhouettes on the lawns adjacent to the boat shed. (See below) Funds raised through sale of merchandise went to the Breast Cancer Network of Australia (BCNA) who co-ordinate this event each year. It was our intention to raise some awareness of breast cancer issues amongst other dragon boaters. We thank those who attended for their support.



We have six paddlers training with the state team at present and have a group of 43 preparing for the Nationals in Penrith.

It was disappointing that the Breast Cancer Challenge Race did not go ahead this year but we hope to have it 'off the ground' for the Pub Challenge and regatta events next year.

We are now looking forward to improving our time in the Island Race and to the race calendar in 2007.

Judi Sweatman, President

be active. go for a paddle



Pub challenge

POWERBLADES

Powerblades new paddlers were asked to share their experiences so far this season at the Torrens 20's race day.

- *Better than expected, loved it from the first minute. Powerblades Club is very welcoming. I feel like part of the team. - Rose*
- *Loving the challenge... can be a long way home. - Julie*
- *Still testing the waters. - Melanie*
- *A fun experience where age doesn't matter. - Diane*
- *It gets me out there. - Kathy*
- *It's "bloody" harder than it looks. - Liz*
- *Heaps of fun. - Carmen*
- *Synchronicity is the key. - Erika*
- *Race days are the pay-off for training and its great to win in the company of good team mates. - Jeff*
- *Good for fitness. I really notice the difference with the endurance training. - Sally*
- *Feeling good mentally and physically. It's good to push your physical limits... so different from a 9 to 5 job. - Beth*
- *It's an opportunity to test your limits and I don't mind being yelled at by the sweep. - Gerard*
- *It's challenging as this is my first time in a team sport. - Leonie*
- *Its more than just paddling. - Matthias*
- *Fun. - Alexandra*

Jenny Hofmann - Recruitment and Member Support



ADELAIDE SURVIVORS ABREAST

We have had a great start to the 2006/2007 season following our return from the 27th Penang International Dragon Boat Festival in Malaysia.



Congratulations to all the SA teams that competed - what a wonderful experience for all our new members. Winning both a Silver and Bronze medal was a bonus to the experiences we had. Our club's goals continue to be achieved in Malaysia with the continuing success of the "Pink Challengers", our Kuala Lumpur "sister team". We stayed on in Penang to motivate the survivors there to form their



own Dragon boat team. We were there to organise and participate in their very 1st paddle on the harbour in Georgetown – a very emotional experience – they are continuing to thrive and grow with our continuing support. "Pink Victory" experienced their 1st race day just recently.

We continue our close association with the SA Medical Research Trust at the QEH. Their very successful young research scientist is a paddler and supporter of our cause and our club. We presented another cheque at a morning tea at the hospital and will continue to support them into 2007.

We continue, with the help of friends and family supporters, to move "beyond survival" promoting the early detection of breast cancer and paddling in this amazing sport.

We congratulate Bev King on becoming the very first Breast Cancer accredited Coach in Australia and give hearty congratulations to Councillor Helen Wright having won her seat in local government in the Semaphore Ward for the City of Pt Adelaide Enfield Council elections.

We look forward to the New Year, wishing all members of DBSA a healthy and successful 2007.



The Penang Breast Cancer survivors 1st time on the water with Adelaide Survivors Abreast team members in Georgetown

2007 RACE DATES

Season competition racing continues with 5 race rounds - all after Christmas and at West Lakes

Round 1	14th January
Round 2	4 February
Round 3	18th February
Round 4	11th March
Round 5	1st April

NATIONALS - 5-8 April 2007 - Penrith, Sydney

World Police and Fire Games - 17-18 March (Torrens Lake)

THE FACTS - BE ACTIVE TIP NO. 4

GETTING AND STAYING MOTIVATED - Tip No. 5

be active.

To **be active** regularly, you need to be motivated. To keep motivated it is important you find an activity, or a number of activities, that you enjoy - that way you are more likely to continue!

Other tips include:

- Vary your activities so that you develop new interests.
- Set a physical activity goal and work towards it.
- Make your goals realistic – start with small goals and then build up slowly.
- Reward yourself when you achieve a goal.
- Involve a friend or your family; it's more fun and can keep you interested.

Remember that being active doesn't have to be difficult or expensive. Walking, riding a bike and playing in the local park are all examples of simple ways that you can be physically active.

Find out more by visiting www.beactive.com.au

NEXT DRAGON'S BREATH



Next Dragon's Breath Articles and Pictures are due

Monday 12th

February

Have a very

Merry Christmas & Happy New Year