



Pearls of Wisdom

March 2014

GLPD Executive Committee

President: Robyn McIntosh
Secretary: Denise Marr
Treasurer: Jan Brain
Women's Club Captain: Marg Steel
Men's Club Captain: Ken Watson
Committee Members:
Frank Fenech
Wendy Orman
Email: dragons2428@hotmail.com

DATES FOR YOUR DIARY

- Urunga Regatta 3rd/4th May 2014
- Port Macquarie 7th/8th June 2014
- AusDBF Level 1 Coaching Course 28 June 2014 - Forster

Coaches and Sweeps Corner

Urunga Regatta

The coaches are already preparing you all for our next regatta at Urunga on Saturday 3rd May (4km around the island race) and Sunday 4th May (200m sprints). We are already in our strength section of our program and will move into our speed training from Monday 14th April.

The 4km Race is scheduled to start at 1pm. Three weeks ago a special Sunday training paddle was introduced to cater for the 4km paddlers. Gina reports that training has been proceeding well with the boat almost full at each Sunday session. On the 30th March session the team did their first 24 minute (non-stop) paddle and did it with ease. They have been practising swapping on the run and getting faster and more efficient with their changing sides with the boat moving. We are looking forward to increasing the speed of our 24 minutes sets as we get closer to the day.

The Sunday races at Urunga are 200m and the team will be doing our 3-3-12 race starts with a slight variation. Our paddles will be more at 11-2 position when we are at the 'set' position. This is to allow our paddlers a long reach in their first grunty to get maximum pull from their paddles. As you all know we have been practising this also at our training sessions.

As you also are aware, we have combined our team with Wallis Spirit allowing Wallis to get to paddle and allowing our team to enter more races and therefore give our paddlers more paddles on the day. It is a win-win situation.

You would know from emails that we have entered:

2 x Women's 1 full of Pearlers (Red) and the other 50/50 (Green)

2 x Mixed 1 full of Pearlers (Red) and the other 50/50 (Green)

This may be the first regatta our MEN'S team has fielded a full boat of 10 Pearl Dragons. This is a very exciting time for our Men's Captain, Ken Watson, as it has been his goal since taking on the Captain position in the club. Congratulations to the men! We will be right behind you cheering as loud as we can.

We will have Alan Moses doing his first of two races as sweep of the Green Mixed team at Urunga in his quest to become a L3 sweep. Sally Cook and Anni Yaringa will be both sweeping for the GLPD for the first time at a regatta as Pearl Dragons!

There are some big things happening for our club at the moment as you can see ☺

Warm ups will be our regatta warm up routine to our Song. WHAT You have forgotten already. Just in case you have forgotten the words (we only do two verses as it's all we can remember☺).

Here we are just a paddlin' up the stream
Singin' do wah diddy diddy dum diddy do
Paddling with the Pearls is always such a scream
Singin' do wah diddy diddy dum diddy do

We look good (look good) we feel fine (feel fine)
We look good, we feel fine
As we cross the finish line

Now we're together nearly every single day
Singin' do wah diddy diddy dum diddy do
Paddling on the water and afterwards at play
Singin' do wah diddy diddy dum diddy do

We look good (look good) we look fine (look fine)
We look good, we look fine
As we cross the finish line

Singin' do wah diddy diddy dum diddy do
Singin' do wah diddy diddy dum diddy do, ... WE'LL SING IT
DO WAH DIDDY DIDDY DUM DIDDY DO!



Please don't forget to organise your accommodation as soon as you can. There are villas and van sites at the Urunga Heads Holiday Park.

Details: (Shane and Deb Dunlop)

Urunga Heads Holiday Park

2 Morgo Street, Urunga

1800638039 or 0266556355

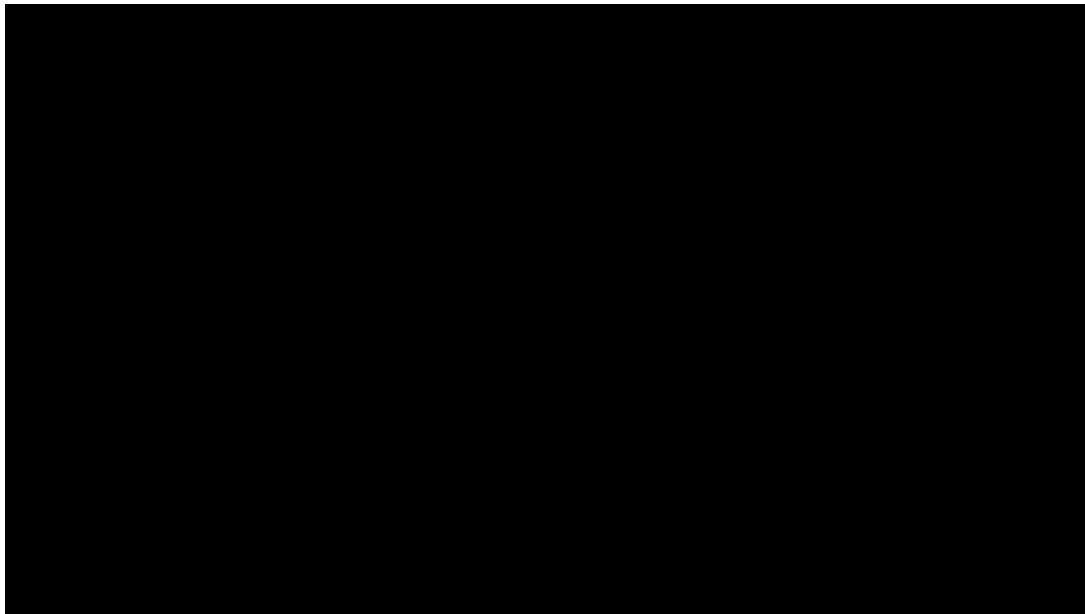
Talk to your friends to organise your trip up but don't leave it till the last minute!

Frank's Follies (Equipment and Maintenance)

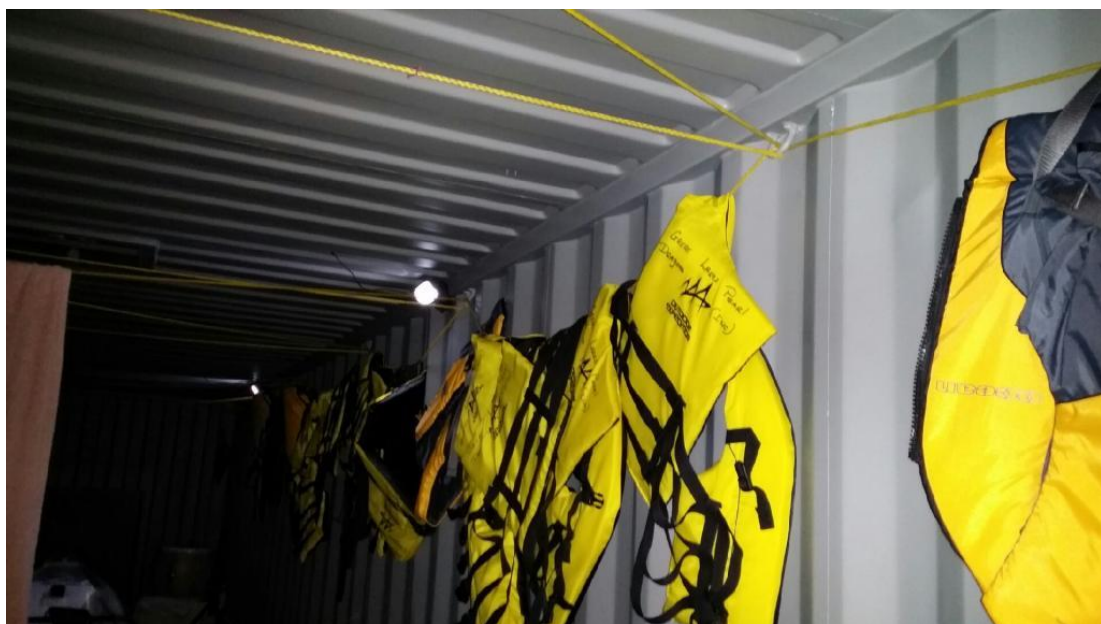
Well what has Frank been up to this month?

Did any of the morning paddlers NOT notice that we can actually see!!!! Yes, Frank has installed solar lights in the container. What a nice thing to be able to see what we are doing. Thanks Frank - your blood is worth bottling (an old Aussie saying).

BEFORE THE LIGHTS



AFTER THE LIGHTS



Fundraising Update – Brenda's Beauties

Hi to all the members of the GLPD. We have a busy year planned and hopefully a profitable one. Below are the results of the film night and some future dates for your diaries.

THE FILM EVENING held on the 20th March

Thank you so much for everyone who contributed nibbles, cakes etc. on the night. After costs were deducted we cleared just on **\$1,000.00** profit on the night. I believe a good time was had by all.

BUNNINGS BBQ: - 23rd March

We wish to give a huge apology for any inconvenience that was caused to members who went out to Bunning's and found that the day had been double booked by another club. We have had discussions with the "Powers that Be" and have been assured that it won't happen again.

TRIVIA NIGHT:

A trivia night is planned for 12th July- at Tuncurry Beach Bowling Club 6.30 for 7.00pm start Dick Barry to MC. Bring your own nibbles. Our lovely Denise is busy planning the questions - so may be open to a good bribe.

OBSERVATION CAR RALLY:

Due to popular request the Car Rally Committee is currently in the throes of planning another day of "fun in the country". SoDefending Champions dust off the trophy and be prepared to defend it. We are working toward this being held after the Hawaiian team returns -on Sunday the 17th August.

SING-A-LONG FILM EVENING:

Also after many requests following our very successful GREASE SING A LONG film evening we are going to present **MAMMA MIA on the 6th September.** The FRC is getting very creative and researching all things Greek - it should be a fun night. Tickets will go on sale from mid -July.

Thank you all for your continued support - we can plan events but without your participation and help they would not be the success that they are.

Remember if there are any members who would like to join the FUNDRAISING COMMITTEE - please contact us anytime. It's usually a lot of work - but we have lots of fun along the way.

Till next time
Deb
On behalf of the FRC.



Other Good Information

Great Lakes Pearl Dragons (article written by Leonie and published in the DBNSW DRUM)

Our eldest member Ray Howe recently achieved the milestone of "80" years young!

Ray is a highly valued member of the Great Lakes Pearl Dragons. Ray is the first one to put up his hand for volunteering to cook the barbie for any fundraisers and breakfasts and never too shy when it comes to selling raffle tickets, which he always does with a smile. He is the quintessential gentleman and team player. His fitness level is quite remarkable, this morning he paddled alongside his team members at 6am for an hour, but when some of us had driven down to the beach for breakfast here was Ray sprinting on the sand. It's not unusual to see him cycle to the beach, sprint, then swim.....quite tenacious for an 80 year young man!

50 members very happily gathered for an evening of laughs and friendship to celebrate.

He is an inspiration to both young and old and in the true sense of "Dragon Boat Paddling", a great mate.



Wellington Regatta (article written by Anne and Anni and published in the DBNSW DRUM)

"Swaggies" - A team made up of 38 paddlers from 11 NSW clubs - Newcastle Hunter, Flamin' Dragons, Coffs Coast, Wallis Spirit, Manning, Illawarra, GLPD, Nambucca, Pendragons, Rainbow Region and Kempsey competed in the recent regatta in Wellington New Zealand.

The day of the regatta was the first time these people had paddled together as a team and their results were amazing. Our Mixed team gained Bronze in the B final and the women gained Silver in the Women's final! It was a great day of racing and the Swaggies are keen to return next year.

The final event of the day was our wedding. It was a wonderful ceremony with the support of our family, dragon boat friends and numerous onlookers. A perfect ending to a perfect day.

Cheers,

Anne Ditton & Anni Yaringa (GLPD)



Pearlers Kimmer, Anni, Anne, Carol, Wendy and Sally in their Swaggies uniform.

Our Newest Paddler:

Welcome aboard to our new paddler.



Ian Campbell

Our 13th Male Pearler this season!

