

Pearls of  
Wisdom  
January 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](mailto:dragons2428@hotmail.com)

## Happy New Year Pearlers

### DATE FOR YOUR DIARY

- CNY Saturday 8<sup>th</sup> February 2014
- Urunga Regatta 3<sup>rd</sup>/4<sup>th</sup> May 2014

## Coaches and Sweeps Corner

### Our Regatta November 2013 – report from Chris Dowell Regatta Committee Chairperson

Well our Regatta for 2013 has finally come and gone and what a success it was. How lucky were we? The Gods looked down from the skies above and granted us some fantastic weather for the day. (The same can't be said for the Triathletes, poor buggers).

Seven Community Teams and 13 Clubs combined to enter 38 paddling teams to make up an almost capacity schedule for the day of only four racing boats. Next year I feel we will have to increase our racing fleet from four to five or six boats if the Forster Regatta popularity continues to grow.

From all the officials and other clubs there on the day we were congratulated on a pleasant and successful day. DBNSW in their official report suggested some improvements around Marshalling and Wrangling but nothing that can't be fixed at next year's regatta.

Financially our accounts are still to be finalized but we should clear over \$4000.00 profit from the day, which is also another great result. Congratulations and a big thank you to all GLPD paddlers, families and friends for their efforts in making the whole day go to plan. The Regatta Committee is truly proud of how the whole club membership combined their efforts to make the day the success it was.

On behalf of the club, I'd also like to thank the whole Regatta Committee for the many hours of effort they took to ensure the day unfolded as seamlessly as possible. Thank you team for being on the Committee and your efforts over the last seven months.



Our lovely timekeepers and video expert, Leonie, at the finish line

## Kempsey Regatta

What a great day was had by the team that travelled to the Kempsey Regatta on Sunday 8<sup>th</sup> December. No one can say that the Pearlers don't give it all! We did exceptionally well in all our races coming 3<sup>rd</sup> in the GGD 250m event. We are definitely proving to be a force to be reckoned with. Although no teams made it into the finals (only 3 teams were in each final) our times were very competitive and we all paddled strong the entire 450m race! Great job coaches to get our team fit and strong for the long races.

Our new warm up song was a huge success and by the end of the regatta we were becoming quite the spectacle! In time and sounding fine!

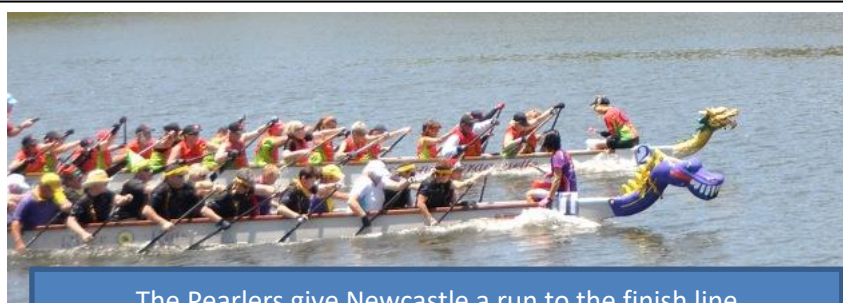
No one can dispute the REAL success of the day which was winning the best decorated gazebo. HELLO ... there was no competition with Deb providing well placed and tasteful decorations (unlike the panties Coffs team). The team once again, pulled together to get the gazebo looking gorgeous, wearing our Christmas attire, singing loudly to all the music including the Christmas songs and of course, using Peter as our 'bribery' Christmas bunny. Good job guys for bringing the \$100 prize home for our coffers.



Let's face it, we are overflowing with team spirit



Creating the warm up dance



The Pearlers give Newcastle a run to the finish line

For new members who do not know our warm up song ...

## Warm Up Song:

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 paddle on (paddle on) up the stream (up the stream)  
We paddle on up the stream  
Lookin' like the perfect dream

Before we knew it we'd improved in every way  
Singin' do wah diddy diddy dum diddy do  
Training together in the sunshine and the rain  
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 beat our paddling times

The sweeps keep us safe and the strokes set the rate  
Singin' do wah diddy diddy dum diddy do  
Add the coaches and the paddlers and boy, are we great  
Singin' do wah diddy diddy dum diddy do

We're the Pearls (we're the Pearls)  
An awesome team of guys and girls  
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!



# CNY and Urunga Regatta

Our fabulous Anne is working on arrangements for this year's Chinese New Year regatta on February 8. The coaches have been prepared to train the regatta teams up to a 65 stroke rate/minute for the 200m events. We are entering in three divisions: Grand Masters Mixed, Masters Mixed and Masters Women. As usual it is proving to be our most popular regatta (is it the paddling or the socializing that is the most fun!). Doesn't matter, everyone is back paddling their hearts out to get fit for the event/s they are in. Good luck with your training.

See Deb V to ensure you have your accommodation sorted.

Don't forget to pay your \$30 to entry fee.

The Urunga Regatta is being held on the weekend of 3/4<sup>th</sup> May this year. It is another popular regatta so keep your eyes out for the regatta booking sheet for this event (you will get plenty of notice). There will be a 2km race on Saturday (which is less than we paddle in the AM sessions each time) and Gina will be preparing us to take on the other teams this year. We did so well last year and we are even fitter now!

Wendy will be the team manager for the Sunday sprint regatta. If you remember last year we came home with two trophies and the women's team were only just beaten in the finals by the Kempsey team - bring it on!!!! We will train hard to beat them this year.

You will need to get your accommodation sorted early as the villas and van sites at the Urunga Heads Holiday Park go quickly. We want to be in town this year so book early. Leonie has good information on the bookings so please see her as soon as possible.

## Details:

Urunga Heads Holiday Park

2 Morgo Street, Urunga

1800638039 or 0266556355

(Shane and Deb Dunlop)



## Come and Try Day

Hello fellow paddlers

I found an article on "facts and fallacy" on training for paddling. If you would like the entire article I can email it to you directly. It is an article by Tommi Paavola.

When it was suggested I use my little corner and report on our Come & Try day which was held on Saturday 30<sup>th</sup> November I jumped at the opportunity. I have to give great big thanks to our GLPD team that came to help on the day. It was quite chilly after a few hours of being in consistent rain. It was very encouraging for us to see the enthusiastic members of our community come along and give paddling a go. We were all wet but everyone was smiling.

So far 3 of the 11 who came to try have joined our ranks and with the holiday season end, a few more will be back. Another Come & Try day is under consideration so stay tuned!

The photos below just more evidence of what a great team we are part of. We were wet and cold but managed to be all smiles on a successful day.



## Frank's Follies (Equipment and Maintenance)

If you haven't noticed this month, Frank and the team have been at it again. On Thursday 19<sup>th</sup> December a group of dedicated Pearlers, Frank, Denise, Ray, Claire and Alan Moses spent the day painting the roof panels that will cover our trailer between the two containers. Rumour has it that Denise believes Frank is a worse supervisor than Gary. Word also had it that Ray loves to use a lot of paint but Denise is a little 'sparse' on her use of the coloured stuff. There was definite evidence that Denise had trouble getting the paint where it should go. What do you think?



Frank has also been busy putting up the roof between the two containers. The Friday morning paddlers were allowed to help Frank get the roofing panels on. There was a definite technique Kimmer tells us 😊 Thanks Frank, you are fantastic!!

BTW: who is the little vegemite that clears the track for us to walk on? I think Peter was the one who gave us the carpet to walk over the sand. We love you guys!!!!

BTW: the 10s boat arrives on Sunday!!! Be there at 8am to help unload it. Thanks Frank and Peter for getting it all organised.

## Fundraising Update – Brenda’s Beauties

Fellow Pearlers - Just a few notes from the fabulous Brenda on behalf of the Fundraising Committee

### **FUNDRAISING - Functions & follow ups**

Your FRC would like to thank the following members for helping us to sell Raffle tickets at the Tuncurry Bowling club between 26<sup>th</sup> & 31<sup>st</sup> December.

Claire, Megan, Kim C, Robin P, Brenda T, Wendy O & Brian (all the way from NZ) Marg, Jan as well as Ray Howe(who attended twice).

We are pleased to say that with all expenses paid out for extra prizes etc, we raised approximately \$350 over the 5 nights.

### **'Congratulations to all the winners..... '**

1<sup>st</sup> Prize of the Lawn mower donated to us by the Tuncurry Bowling Club, went to Ken Jones

2<sup>nd</sup> & 3<sup>rd</sup> Prizes funded by the GLPD went to Robin Petersen and Jan Brain.

After formally presenting the prizes we invited the winners to lunch with us at the club.

Ken is now intending to come along to try dragon boating with the Pearlers!

'Everyone is a winner with the Great Lakes Pearl Dragons'



## Other Good Information

**Heather's Farewell:** What a great night was had by all at Frank and Gina's place, the venue for our most loved paddler, Heather. Many stayed over-night and danced their hearts out after the more serious moments were done.

Deb choreographed, what has to be described as one of the most amazing versions of Goodbye Farewell (from The Sound of Music). It brought tears to Heather's eyes (or was that just pain).

Kathy delivered a most accurate Resume for our Heather to use when she is being interviewed for her future dragon boat club in WA (won't be as good as us - dur).

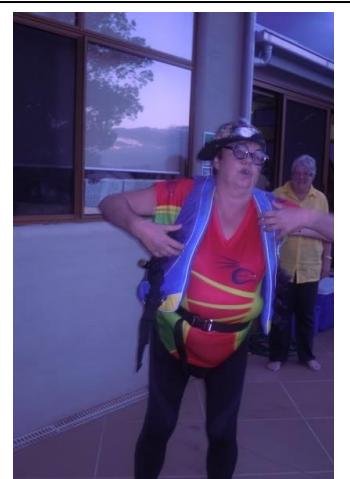
Heather now has a lovely Pearlers dress shirt and a 1.5hour beautician's appointment for when she is finally settled in the western state. Of course she can replay the great performances from the Pearlers that evening.

Huge thanks must go to Frank and Gina who provided the venue for the party and the amazing food. Of course, without the wonderful Pearlers and the great salads, desserts and dancing, it would have been a quiet night ... NEVER



**Pearler's Christmas Party:** Was held at Bev and Darren's fabulous Pearler's Retreat on Saturday 30<sup>th</sup> November. A great night was had by all and rumour has it that a special world-famous movie star called Archibald was in attendance to entertain the Pearl Dragons.

There were also some strange games involving string being threaded through people's clothing. Where's the MPIO when you need one? 😊





**Pearler's Picnic Paddle:** On Saturday 21<sup>st</sup> December the Pearler's set out on what will hopefully be our annual Christmas paddle. With Anni Walsh at the helm, and some of our new members on board (as well as the old ones!) we set off in Pearl with our picnic goodies on-board. We parked Pearl on the inner island across from B52's (so everyone could see us) and splashed, ate and were generally silly while Suzie Woolhead made friends with a young man who was more than happy to show her the secrets to paddle boarding ☺



Our Christmas Paddlers: Liz, Deb, Ray, Anne, Suzie, Kim E and Megan

Apparently, again only according to rumours, 15 year old Liz Maybury was keen to become a junior member (only a rumour).

A good day was had by all with the weather being nothing but perfect (of course).

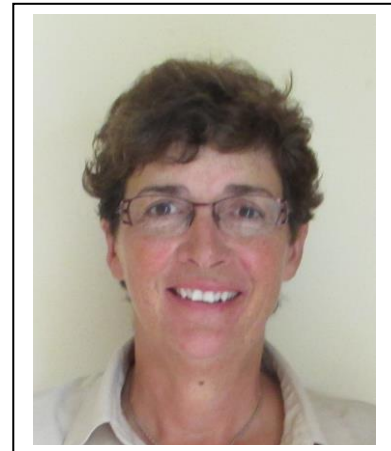


Our Newest Paddlers:

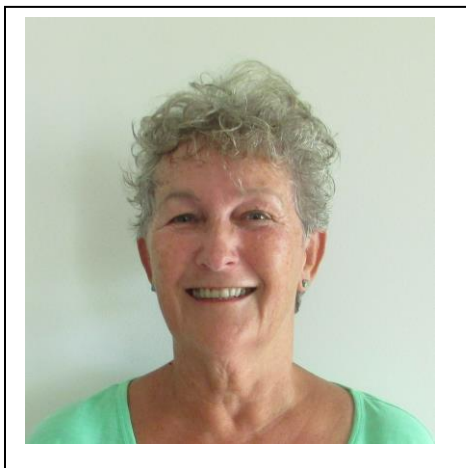
Welcome aboard to our new paddlers.



Karen Coleman



Kim Evans



Kirsten Mumby



Brian Bruton

# November December Photo Page



RFS: Winning Community Team



Forster Campus Community Team



Community Services Community Team

