



# PEARLS OF WISDOM



## Great Lakes Pearl Dragons

email: [dragons2428@hotmail.com](mailto:dragons2428@hotmail.com)

visit us: [www.pearldragons.com](http://www.pearldragons.com)

Newsletter May 2016



- ◆ 30th April & 1st May - Urunga Titavators Regatta
- ◆ 9th June "Honkers" Leave for Hong Kong Dragon Boat Festival
- ◆ 11th & 12th June - Port Macquarie Flamin Dragons Regatta
- ◆ July - Paddle Session with our Sister Club in Forster
- ◆ 14th August DBNSW Race 1 - Sydney International Regatta Ctr
- ◆ 17th September - Coffs Coast Mylestom
- ◆ 19th & 20th November - GLPD 5th Annual Regatta

There is no  
glory in  
practice, but  
without practice,  
there is no  
glory...  
—Unknown

### GREAT LAKES PEARL DRAGONS EXECUTIVE COMMITTEE

President:-	Chris Dowell
Vice President:-	Denise Marr
Secretary:-	Carol Richards
Treasurer:-	Fay Brooks
Womens Club Captain:-	Gina Barber
Director:-	Wendy Orman



## UPDATE FROM YOUR EXECUTIVE COMMITTEE (EC)

Autumn is a glorious time and we have had plenty of opportunities to paddle on the lake to both improve our fitness and train for upcoming regattas. We all want to be “paddle fit”. The Club is offering 7 paddle sessions a week and have recently designated the Sunday session as regatta training all year round. As stated in the email the EC sent out this session is either designated as an open regatta session or will be for a specific regatta. This is important as we as a club intend to go to the NSW State Championships and also the Australian Nationals in 2017.

Our “End of Summer Barbecue” was a social success and the EC intends to follow this up with similar happenings. Deb V, Frank and Gina will again take charge of our car rally in either July or August.

Sarah Smart as Grants Officer has been busy pursuing grants for the Club. The ClubGRANTS NSW application has been submitted, so fingers crossed for a good outcome. Speaking of ClubGRANTS our solar panels are in the process of being installed. The cost of these is being covered by last year’s Club-GRANTS..

The review or writing of new policies and procedures is ongoing. At the container you will notice the procedure for removal of equipment offsite, plus a sign in sign out book. Please read and follow. We also now have in place a Membership Procedure. You will find all our policies and procedures on our website. Please familiarise yourself with our website and the available information.

It has been resolved by the EC that when an early morning training session falls on a public holiday the session will automatically change to 7.00am, the only time this will differ is Anzac day when it will be 7.30am so as to be sensitive to both the dawn and later service in the morning.

Lynne Barry has been endorsed by the Executive Committee as a sweep. Congratulations Lynne we appreciate your commitment. If you would like to try sweeping please let us know.

Our AGM will again be held on the last Thursday in August. More about this later, though please pencil in your diaries. Good luck to all those paddling at Urunga this coming weekend. The dedication to training by those going in this regatta has been wonderful. A real team effort.

Lastly, the foxes hanging around and under our container cannot be ignored. So we have burnt the midnight oil to bring to you yet another policy!

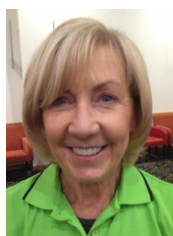
Chris Dowell  
President



Denise Marr  
Vice President



Carol Richards  
Secretary



Fay Brooks  
Treasurer



Gina Barber  
Female



Wendy Orman  
Director



# POSITIONS GLPD 2015 – 2016

CONTACT: [dragons2428@hotmail.com](mailto:dragons2428@hotmail.com)

WEBISTE: <http://www.pearldragons.com>

FACEBOOK: <https://www.facebook.com/GreatLakesPearlDragons>

POSITION	NAME
COACHES	GINA BARBER, REJANE CHAPMAN, KIM CREIGHTON, WENDY ORMAN, TRISH PING, BRENDA TAUTE TRAINING JO HARRIS
EQUIPMENT OFFICER	KIM EVANS badapple@hotmail.com
EXECUTIVE COMMITTEE (ELECTED)	PRESIDENT CHRIS DOWELL, VICE PRESIDENT DENISE MARR, SECRETARY CAROL RICHARDS, TREASURER FAY BROOKS, CLUB CAPTAIN GINA BARBER DIRECTOR WENDY ORMAN CO-ORDINATOR COACHES and SWEEPS DENISE MARR
FACEBOOK	DENISE MARR
FUNDRAISERS	JOY GOSBY , REJANE CHAPMAN, SUE SWAN, WENDY LUM, MURIEL BRAMBLE, BRENDA TAUTE, JO VAKAAHI
GRANTS OFFICER	SARAH SMART
MAINTENANCE CREW	FRANK FENECH, CHRIS DOWELL, PETER REED,
NEWSLETTER OFFICER	JO VAKAAHI
ONLINE PADDLING ROSTER	CARMEN CARDER, CAROL RICHARDS
PUBLIC OFFICER	CLAIRE PONTIN
PUBLICITY OFFICER	DENISE MARR
REGISTRAR ASSISTANT REGISTRAR	LYNNE BARRY KIM CREIGHTON
RECRUITMENT OFFICER	BRENDA TAUTE
SWEEPS	BRIAN BRUTON, CHRIS DOWELL, ALAN MOSES, CAROL RICHARDS, LYNNE BARRY, HELEN BRYAN TRAINING- PETER REED
UNIFORM OFFICER	JO HARRIS barskank@hotmail.com
WEBSITE COORDINATOR	KEN WATSON





## Purpose

To maintain our penchant for making policy especially policies you can have when not having a policy. To ensure there is harmony amongst the anti- foxers, the pro foxers and the Michael Foxers.

## Background

Great Lakes Pearl Dragons is committed to making policy or procedure.

This policy has been developed taking into account the following considerations.

1. **Fox on the Run**" is a song by the British band Sweet, first recorded in 1974. As a lot of us vaguely remember the 70's .....
2. Although foxes are considered vermin by some others think they are cute.
3. During warm up and warm down sessions two camps have emerged pro- fox and anti-fox and Michael fox



4. The term "foxy" in English is defined as meaning - as the obvious "having the qualities of a fox" - also "attractive" and "sexy", as well as "red-haired". And "to outfox" means "to beat in a competition of wits",
5. There is a boy's name Fox. Google.
6. It is an offence to keep, supply or release foxes, that is why they are always on the run
7. The adult fox weighs 5 to 7kg, so they need to be at the front of the boat
8. In case of an incident involving stolen thongs, the fox cannot be blamed unless he is sighted wearing same thong. Why would they wear thongs, with always being on the run?

## Responsibilities

The Executive is responsible for ensuring this policy is readily accessible by all members and no foxes.

Coaches and sweeps are responsible for adhering to this policy for all Club training sessions.

## Policy

1. No fox should go on the water.
2. In a boat.



# COACHES CORNER



Well if you haven't noticed the club has been training and training hard since March in preparation for the Urunga regatta coming up at the end of April. We have a team entered in the 7km Around the Island event on Saturday and three teams paddling in the sprints on Sunday. We have a Women's Team, Mixed and a Men's team who is combining with Flamin Dragons to paddle in their event.

The 7km team has been training Sundays at 8am and every Wednesday morning at 6am in preparation for the race. They have a race plan and do two swaps on the run, one at about the 15 minute mark and one at about 30 minutes. The last 2kms are focused on 'bringing it home' long and strong. Everyone in the team is getting so fit and confident. Our goal is to do our best race ever on the day. The sweeps have been giving us a variety of routes to ensure we get a wide selection of conditions to train in.

Our sprints training has been occurring at the 9am session where all team members show up and practice the race starts and plan. We have a new start to avoid missing the 'are you ready' command. We now hold our paddles at 'hold for drift' while the sweep uses the back paddlers to keep us set for the start. On the command 'are you ready', we just twist our blades and we're ready to go. Parallel to perpendicular, that's all we have to do now.

As well as training for Urunga the coaches have been having help from our sweeps to bring the boat home in the event of a mishap. We are calling it "Boat in Distress" and the sweep sits on the back of the boat with the oar out and the coaches use the paddlers to move the boat back to safety. It's a slow but effective method of keeping our boat and its precious cargo (paddlers) safe.

By the way, did you know that Lynne is our newest Level 2 sweep and Carol and Brian are doing their first two of four races at Urunga on their way to become Level 3 sweeps! Great news for our club.

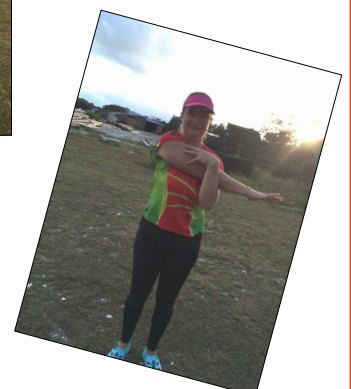
You might have seen Jo Harris taking our boat out as our trainee coach. What a great strong voice she has ... and very confident. Jo has now successfully delivered an endurance and strength session and Monday 18<sup>th</sup> April will be taking her first speed session under the direction of Kim. Soon she will be writing her own sessions (sticking to our season plan – of course). Watch out paddlers, I think Jo is going to be tough coach (excellent).

The future is all good for our club with the news that we are taking a team to State Championships in 2017 and to Nationals as well!!!! Watch out – here we come – Pearl Power.

Thank you Wendy O



**The many faces and stances of Jo Harris - our trainee coach**



# OUR SISTER CLUB

## OUR SISTER CLUB



In 2013 DBNSW rolled out an initiative calling it the "Sister Club Program". The idea was to partner up older established clubs with newer clubs and foster relationships and share knowledge between Greater Sydney clubs and Regional clubs. There was no minimum or maximum commitment. The established clubs would simply be on the other end of the phone, or email to answer questions or provide assistance with regards to training, coaching, team selections, club committee issues, general dragon boat questions.

Our Sister Club is the Central Coast Dragon Boat Club. CCDBC participated in our Regatta last year and we hope to see them again this year. Below is some information about our sister club.

*This club had its beginnings in late 2002 when a number of enthusiastic paddlers, most having been involved with Dragons Abreast, decided that it was time to start a dragon boat club on the Central Coast. A meeting was announced in the local press and the new club was formed initially to be called the "Central Coast Sea Dragons".*

*A boat leased from DBNSW miraculously appeared at the Long Jetty Sailing Club and Sunday training commenced on the shallow and treacherous waters of Tuggerah Lake.*

*The Club's first serious regatta outing was at Darling Harbour in 2003 but the race results are best consigned to the mists of time – it suffices to say that an alternative Club name "The Sea Snails" emerged soon after.*

*The environment at Long Jetty proved to be inadequate and the Club moved in 2004 to its present location at Toukley where the Volunteer Coastguard base provided a "home" and Budgewoi Lake a better paddling environment.*

*To accommodate the disparate priorities of members, the name of the club was changed to the "Central Coast Dragon Boat Club" with its Sea Dragons and Coastbusters teams better representing the interests of those whose primary aim is fitness and racing and those breast cancer survivors who paddle with a different viewpoint.*

*Under a succession of leaders the CCDBC has thrived and grown to the point where in its eighth year, the Club with racing successes appearing in its record, was awarded the DBNSW "Club of the Year" for 2009*



### CCDBC at Great Lakes Pearl Dragons Regatta 2015

Taking out the 500mtrs & 2km's on Saturday  
Then on Sunday the 200mtrs Mixed





# *Chinese New Year 2016 with a Twist*



Great Lakes Pearl Dragons had a bit of a different experience at this year's Chinese New Year regatta. A combined team was formed called the "Waratahs" which brought together paddlers from Nambucca, Port Macquarie, Camden Haven, Manning, Coffs Harbour, Armidale and Great Lakes. It was a big crew but there was a great sense of camaraderie and the Pearlers embraced the challenge with our usual gusto and enthusiasm. Training sessions at Port Macquarie gave us a chance to come together and meet the team before we all met up at Darling harbour.

The day dawned sunny and clear and it looked like it was going to be a great day on the water. Gina took on the enormous task of team manager and could be seen all day running around with her folder ensuring that everyone was where they needed to be and lined up in the correct order. We only had one mishap where Gina must have had a toilet break which resulted in the sweep and 2 strokes (not from our club!) going MIA for one race. We were very thankful to the Hunter Dragons sweep who jumped on board to help us out.

Our races were amazing and we definitely took it to the metro clubs showing what the combined force of the mid north region can do. The effort and passion shown by our team was exceptional and the only thing missing was enough stalls for us to spend our money on new gear.

No regatta is ever complete without the opportunity for the Pearlers to come together for some fun and the sharing of a beverage or two. The South Steyne, floating restaurant was again our location of choice and once again we were looked after superbly with some lovely bottles of wine and snacks provided for us. It was lucky that some Pearlers were quick off the mark to drink all the wine leaving others to resort to underhand tactics to secure a drop or two that was left. The fireworks from the bow of the boat were superb and capped off a great day.

It was fabulous to have some of our Pearlers make their debut at Chinese New Year and what an amazing backdrop for their initiation. Chinese New Year is always a highlight of the regatta calendar for us all and we look forward to 2017.

*Thank you Megan*





Four very enthusiastic teams of pearlors recently took part in the Tuncurry Beach Bowling Club corporate challenge. This was held over 4 weeks with Steve Swan acting as coach extraordinaire and mentor to our teams each week.

All teams did very well with our team from week 4 causing a major upset. Team members Sue and Steve Swan along with Chris and Leonie Dowell beat the previously undefeated Allan Pearse Funerals team (Stiff Opposition). This team had been expected to be the overall winner of the competition with a runaway score and we hear it is not wise to etch your engravings before your balls are bowled.

The camaraderie between the teams and the hospitality of the club made this a very enjoyable event.

Another challenge is to be held in spring with the opportunity for some more pearlors to roll a few balls. Also on June 27th the TBBC are hosting a trivia night for Tuncurry Jockey Club. This will be tables of 10 @ \$10 per head. We have been assured this is to be a fun night. Hopefully we can make up a couple of pearl tables.

Over the past four years we have received \$13,000 in ClubGRANTS from Tuncurry Beach Bowling Club. This money has gone towards the cost of our trailer and second container, plus paid for our boat cover, wooden paddles, boat trolley, life jackets, cox box, stroke coach, paint for our containers and our soon to be installed off grid solar system. This solar system will be of tremendous benefit to the Club and bring us into the 21<sup>st</sup> century. Thanks TBBC.



## THE FUND RAISER/SOCIAL COMMITTEE AND "OPERA BY THE LAKE"

*This year's committee would like to extend a special THANK YOU to Kathy Dayment and Deb Verdich for coming back to help, advise and guide us with the catering on the day. We are pleased to announce approximately \$600.00 was raised for GLPD.*



### *Have paddle will travel – State and Nationals*



*We asked Wendy as a State, National and an Aurora what it would mean to her to compete at State and Nationals as part of a GLPD team.*

**Wendy:** to be absolutely honest, this has been a quiet dream of mine since becoming involved in the Northern Regional team four years ago. I would watch Flamin Dragons paddling at Penrith and think that we should be there too.

When I paddled at Nationals in Perth I joined the Sloths team and when in Adelaide I only got to watch the club teams compete. Coffs Harbour and Flamin Dragons were there.

It is such a wonderful experience to see clubs competing against other clubs around Australia at Nationals. I have always envied the strong camaraderie that is evident when they load their boats to compete. They are all working together to do their absolute best. Clubs just keep getting stronger and stronger each year by competing in these high level competitive regattas. They train hard and are so proud of themselves.

I can't wait to have our Pearl Dragons team at State and Nationals feeling that unbelievable sense of accomplishment after training so hard.

We have started our move to bigger things in the last 12 months. Our preparation for each regatta has been getting more and more serious and intense. We are out there and ready to go.

Watch out .... paddlers ... the Pearlers are on their way!

I can't say anything more than we are coming ... together, working together and the paddling world is our oyster.

**THE DERWENT STORM 40KM PADDLE**  
Northern NSW Motley Crew in Hobart, Tasmania  
Carol Richards & Wendy Orman



**WELLINGTON DRAGON BOAT REGATTA**

The Swaggies in New Zealand  
Brenda Taute, Wendy Orman and Carol Richards  
"They bought home GOLD"



The Swaggies are a group of paddlers from 16 clubs throughout NSW. They are managed by Anni Yaringa and Anne Ditton. They invite paddlers to join their group each year to attend the Wellington Dragon Boat regatta.

**THE NATIONALS**

Pearler's in Adelaide  
Rejane Chapman, Wendy Orman and Frank Fenech

A great haul of Medals to many to mention "CONGRATULATIONS"

Rejane - NSW Regional State team, mixed, open aged  
Wendy – NSW Senior B team, women,  
Frank - NSW State Senior C team, men's, 60+ years of age only







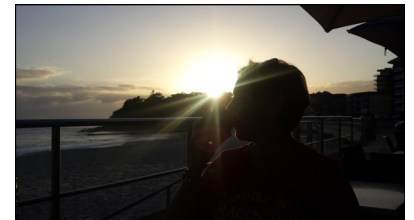
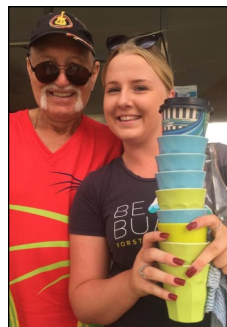
And the winner was

**Frank and Frank**

"CONGRATULATIONS"

Thank you BEACH BUMS

For the prizes of 2 x \$30  
gift vouchers





# GLPD MEMBERS SERVICE DIRECTORY

## Garden Maintenance, House Cleaning, Handyman

Buddy & I come with 20 years' experience we are trustworthy & reliable .  
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0408 865 467



Contact Elsa Ph:- 6557 5544

5/86 King George Pde, Forster



## HOLIDAY RENTAL

Black Diamond beach house, Diamond Beach, is an architecturally designed treat. Absolute beach frontage & magnificent views

4 Bedrooms, 3 bathrooms,

For enquiries telephone Jenny

0411 951 053



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Tuncurry NSW 2428

Ph: 6555 8637  
Fax: 6554 5353

Do you need your nails cut, corn and callus care, footwear advice, ingrown nail care, or- thotics, diabetes assessment or dry needling? Then give us a call and ask for Sam!

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# PADDLER'S PADDOCK

## FOR SALE

Typhoon Paddle 47" \$150  
Paddle Bag \$ 20  
Paddling pants (Med worn once) \$ 50  
Paddling shirt (Med) \$ 20  
Club shirt (Med) \$ 20

Contact Elsa on 0407 702 056

## PADDLE FOR SALE

KIALOA 46"  
Has a couple of dings, but plenty  
of paddling left in the old girl  
\$90.00  
Contact Jo Harris  
0402 695 693



## FOR SALE

**Typhoon DragonFly DB2 46" Paddle**  
**This is a high quality paddle**  
**100% Full Carbon Fibre construction**  
**Excellent condition**

**\$70.00**

**(Bargain of the year)**

Enquiries: - Phone Kim: 0466 462 979



## For Sale

Second Hand Paddle Bag

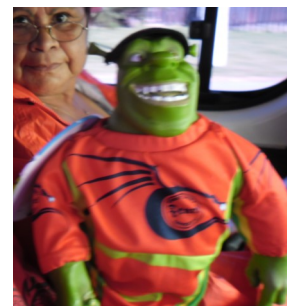
Cost: \$20

Please email your Expression of Interest to the clubs  
email address

[dragons2428@hotmail.com](mailto:dragons2428@hotmail.com)

If more than 1 person interested a raffle will be  
conducted and the winner drawn at our EC meeting  
on 10 May 2016

Good Luck



## Canoe Trolley For Sale

Good condition, \$60  
Contact Wendy Lum  
Mobile - 0408865467



# PADDLER'S PADDOCK

## Rob Mac's ANNUAL BONFIRE NIGHT



On Saturday the 27th August. I would like to invite all GLPD's to my place. There is plenty of room to stay over if people want. 4 spare bedrooms plus lounges and floor plus plenty of room for camper's etc. electricity available over at old dairy on my place.

- \*BBQ that night - bring your own - maybe pool people re dessert/salads.
- \*Bonfire around dark- helpers earlier in afternoon appreciated to assist with bonfire
- \*Family/friends welcome. Any children need to be supervised as there is a dam close by.
- \*Alcohol permitted.
- \*Mud map on where to find me will be put up at the container prior to day.



## THE WALKIE TALKIES

Let's go walking  
Let's get out there, explore our beautiful area & surrounds  
It's a great way to have fun & get even fitter !!



When - every fortnight starting Tuesday 9th February  
Meet at 8-30 am.

Where - we all get a chance to choose a walk  
Hope to hear from you Pearlyers

Contact Wendy Lum

Email - [pipinghotbuddy@gmail.com](mailto:pipinghotbuddy@gmail.com)

Mobile - 0408 865 467

## **Palliative Care Week: 22nd- 28th May.** **This year's theme** **"Living with Chronic Illness"**

Monday 23rd May 10am  
Public Remembrance  
Community of Christ Church  
(little white church Tuncurry side of bridge)  
Morning Tea to follow

Friday 17<sup>th</sup> May 10am  
Bridge Walk to raise awareness of  
Palliative Care  
John Wight Park  
Tuncurry to Forster  
Morning Tea to follow



## **Trivia Night**

**SAVE THE DATE**

**Friday 27th May**

## **Hey Pearlyers'**

Feeling bored... no paddles on a Saturday night....watcha gonna do... join 'Social Pearlyers' Face-book page. This is not an official Club page, just a way for us to contact each other so we can get together and have a bit of fun.... You might want company to go to the movies, or a night out for dinner... put it out there on 'Social Pearlyers'... recently we have danced the night away at Club Forster while enjoying the Kings of Country tribute band... yah for Creedence... enjoyed lunch and jazz afternoon at a local cafe....a couple of us have hooked up to watch the latest Hollywood blockbuster....it's your call...

