



May, 2021

# Pearls of Wisdom

Great Lakes Pearl Dragons

<https://dragons2428.wixsite.com/pearldragons>

## THE RETURN OF REGATTAS



### Executive Committee

President:  
Laurie Haydon  
0425 234 870

Vice President:  
Wendy Burdekin  
0428 561 890

Secretary:  
Sue Welch  
0417 200 895

Treasurer  
Brenda Taute:  
0407 724 268

Club Captain Female:  
Kim Haydon  
0419 231 230

Club Captain Male:  
John Welch  
0418 110 200

Director: Kerrie Gammage  
0423 490 633

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After a period of bush Fires, COVID-19 and floods we have attended our first regatta in 2021 at Urunga on the 1<sup>st</sup> and 2<sup>nd</sup> May. Unfortunately, the Flamin Dragons June Regatta at Wauchope has been cancelled after flooding to the North Coast and the damage done to the Rocks Ferry Reserve at Wauchope.

Urunga is a favourite spot for our club. The Titivators always welcome us to their club at Bellinger River Sailing Club. We have worked hard at training in preparation for this regatta, concentrating on the 8km and the sprints. This regatta was a huge event with over 16 teams participating.

We are very focused on preparing for further upcoming regattas. Other regattas coming up are at Kempsey (10<sup>th</sup> and 11<sup>th</sup> July 2021) and at Manning (21<sup>st</sup> and 22<sup>nd</sup> August 2021).

Also, the Regatta Committee is working hard to have all preparations attended to for our upcoming Great Lakes Pearl Dragons Regatta on the 20<sup>th</sup> and 21<sup>st</sup> November, 2021. After the past two regattas have been cancelled due to bushfires and COVID-19, we are excited to be planning this event. Please save the date to volunteer over the regatta weekend.

Also if you are interested in a new uniform for the Pearlors, please contact Brenda to be part of a sub-committee.

# PRESIDENT'S REPORT MAY 2021

Back to competing, our first regatta at Urunga was a huge success with our sports women taking out first place. However, this was not surprising as the team put in a lot of hard work in the lead up to the regatta, without overlooking the rest of the team. Our mixed 20's also did us proud with a strong performance on Saturday in the 8k and in the sprints on Sunday. A special thanks goes to Jo Harris, Regatta Coach and Wendy Orman for a job well done.

The past few months for the Club have been smooth with the winning of several grants to provide additional equipment which will benefit all members as the Club moves forward. Most of you know that we are waiting on Council to obtain approval to build our new Clubhouse. I can say that the Council has contacted me in the last few weeks with positive news of feedback in mid May for an indication on a start date for building to commence, hopefully.

Our come and try day was a huge success with several come and triers attending Saturday morning sessions and I might say looking good. These are not only potential members as many have undertaken the swim test and purchased uniforms. That's more than a positive that they will become new pearlbers very soon, a great outcome. Thanks to all who made the come and try day as successful as it was. Thank you all.

As all of you are aware our sign on session sheet is not working, This is due to the administrator shutting down the web site. I am not sure what happened but I believe that he has left the Club he was a member of. Can't say anymore. If anyone in the interim cannot get onto a session, please contact myself or Sue Welch (Secretary) for assistance, I somehow still have access to the session sheet.

The committee is working on a solution to the problem and hope to have an alternative shortly.

Winter is upon us so it is dark in the mornings and afternoon sessions so make sure that you bring a torch. Also in the morning sessions, be mindful of our noise level as not to upset our nearby residents.

So train hard, enjoy your paddling and hopefully see you all at our next regatta.

**Regards Laurie Haydon**

**President GLPD**





# COACH'S CORNER REPORT MAY 2021

Hey Pearlers,

What an exciting time we are in at the moment. Back to training and having completed our first regatta as a club! The coaching team is so proud of how hard we all worked in our sessions and how we progressed in our regatta preparation.



We worked for over a month on developing our base fitness and then started our full on 8km training in the mornings with swaps on the run, rolling starts and visualising the finish when we can see the boat house in the distance. The Titavators 8km event is always a love/hate relationship really - we all do love it when we finish but hate the hard training and the incredible pain we feel when we think the end will be around the next corner... but alas it is not. This year as usual, we put it out of your minds and went long and strong. We did not let ourselves down and came home powering. I believe we were more prepared this year than ever before. Most of us who have done the 8km didn't see it as hard as in previous years. Our preparation and great team work made it that much easier!! Great job Pearlers.

Our sprint preparation was excellent. My trip to Albury recently had refreshed my enthusiasm! Zeus, Sloth's Head Coach, is certainly an inspiration to any coach to push forward to become the best we can. We focused on doing faster and stronger first 5 to get the boat up out of the water and the next fifteen to skim the water and then into our 5 power strokes... off we went. Our race strokes Janis, Kath and Lou, then Jo and myself, put the hard work into practice and the team came along with the power to get us over the line. Of course, our 7/15 place in the Women's 200m and 1/20 place in the Women's 10s 200m says how well our training was. Great job Pearlers, coaching team and sweeps who made the preparation and regatta possible.

We have some of our Pearlers team members travelling to Queensland with Motley Crew and we have Lou, Jo H, Janis, Annie, Bill and myself training in Port in preparation for the Region Vs Region Championships in June. Lots happening over the next few months.

Our team training doesn't slow down though as we will be heading to Kempsey in July (10/11) and Manning in August (21/22).

Don't let winter slow you down either when it comes to training sessions. We'll keep you safe

with longer and effective warm ups in the cold - warming up all your muscle groups. Just remember to rug up with longer paddling pants, thicker tops and we often don socks and sometimes beanies in the real cold weather to keep warm. Of course, it doesn't take long to get warm when we are training hard.

Keep up the training Pearlers; we are heading in the right direction!  
Wendy xx

**CONGRATULATIONS TO  
WENDY**

who has taken on another step  
in her coaching career as a  
Coach Presenter for our  
Northern Region

# CLUB FEMALE CAPTAIN REPORT MAY 2021

Hi Pearlers,

Congratulations to our Women's Sports 10s team. How good are they! Well done! From what I could make out, the weather Gods were kind to you all and the rain had cleared by Saturday morning's 8km race. Well done to all who participated and made it through to the end and to those who had never been in a 8km race before, a great achievement!

We had a paddler come and have a try just prior to our "Come and Try Day". She only has one more paddle this Saturday before she joins. She has shown potential and is keen. We just have to wait and see.

Our "Come and Try Day" on Saturday 3<sup>rd</sup> April went very well with quite a few members turning up to help out on the day with paddling the boat to Paradise Marina, putting up the gazebo, help fitting life jackets, talking with interested persons and pulling people off the footpath to come and have a try and packing up. Thanks to everyone who helped out!

We had 11 paddlers who came and tried out. Out of those 4 were men, one local and 3 from Sydney.

The other women that came, loved it but 2 are going away and said they would be in contact when they returned.

So overall there are 6 new paddlers who are keen to join our club. I have sent them the information and application to join but only 3 have bought their uniforms from Brenda. As I write this report, none have joined as yet.

Our paddling session on Saturday, 1<sup>st</sup> May with John Welch was a very successful one - 90 minutes session with 3 of our new keen paddlers who said they really enjoyed the session.

We have two Regattas coming up. The first one is on Saturday, 10<sup>th</sup> and Sunday, 11<sup>th</sup> July at Macleay River Kempsey with Spirit of the Macleay Dragon Boat Club.

The second regatta is on Saturday, 21<sup>st</sup> and Sunday 22<sup>nd</sup> August with Manning River Dragon Boat Club at Queen Elizabeth Park, Manning River, Taree. Please mark these dates in your calendar.

Kim Haydon  
Club Captain



# CLUB MALE CAPTAIN REPORT MAY 2021

Good evening Pearlery and welcome to another wonderful newsletter.

Whilst I haven't been around in April due to house construction works, I do keep up with all the breakfast gossip & news.

Last week when I coached, I had the pleasure of taking the crew to Paradise wharf to do some 1 on 1 stroke coaching.

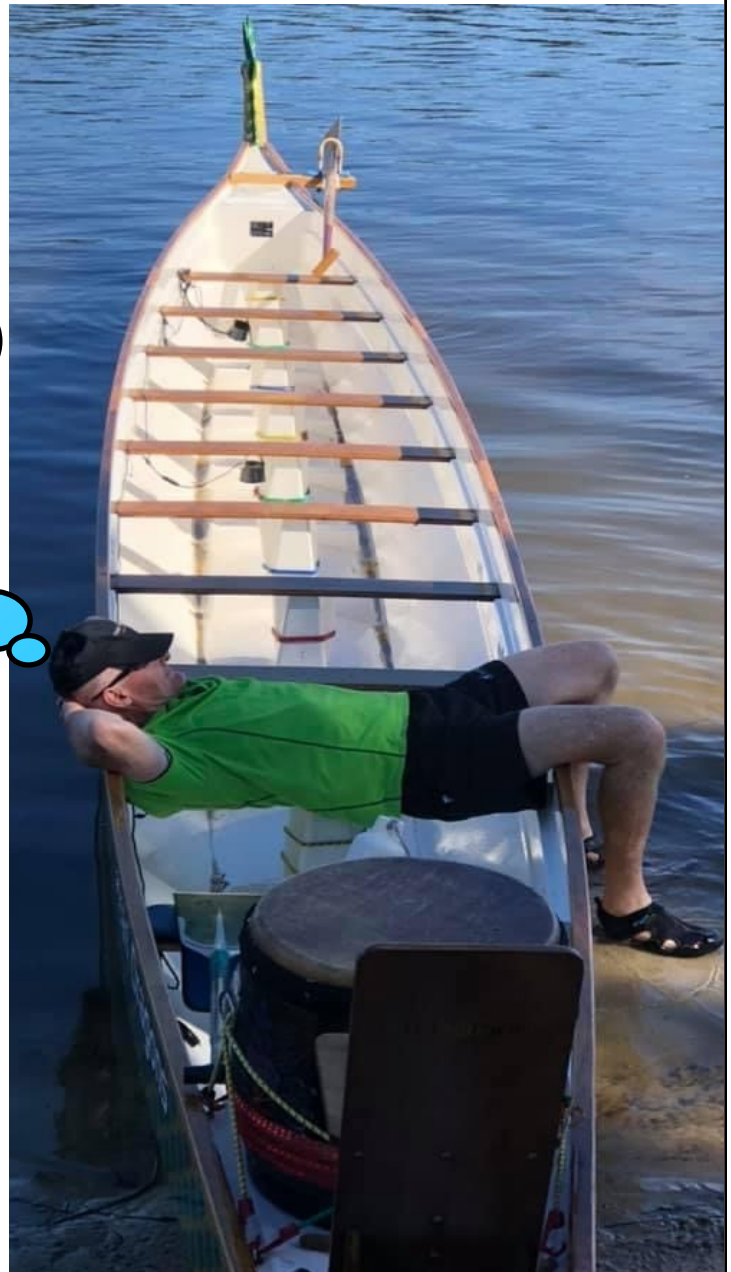
I believe everyone benefited from that 1 on 1 instruction and some observations on how to improve their paddling technique.

As for sweeping, young Ms Newman is progressing well, She is like a duck to water and will be a great asset to the team when she is fully qualified.

Thanks  
John W

*Thought of the day...*

*A coach is someone who always make you do what you don't want to do, so you can be who you always wanted to be. There is no glory in practice, but without practice there is no glory ...*





# Sweep Report

What a month and a bit we've had. Back on the water and our sweeps are progressing in leaps & bounds. Jo Newman is well on the way to a fifth of her time beside the oar before she can sit her test to become a L2 sweep. Her skills are admirable for a "newbie"... Some may call her a natural!

The news from the Urunga weekend is great. Five of our best (Kez, Megan, Wendy B, Wendy O & Peter) braved the almost perfect conditions (for Urunga!) to bring our boats home safely and helped by the paddlers, posted some great times to boot. The usual windy conditions on Saturday for the 8km race were totally absent & all the sweep had to do was follow the front boats & (almost) avoid all the small twigs in the water. Sunday proved Wendy B to be as capable as she is nervous, and has done the first 2 qualifying races (out of 4 at two separate regattas) in the orange vest. She outshone most of the other "orange ones" too & is heading to a L3 sweep status as well. All our sweeps on Sunday proved sweeping in our own tidal waters holds us in good stead to handle the diabolical Urunga currents.

Well done all, especially Wendy B who handled the sideways current like a pro. What a great place to perform well. The day was capped off with an oarsome effort by our women's 10's team who smashed the record & took out the gold, admirably swept by Kool-headed Kez in her "never let anything worry me" style.

As winter looms, the darkness envelopes us more & Jo N won't be able to sweep as much, so hopefully the Monday session may change to an earlier time slot to help her (& us) along. When you are around the boat in the early mornings, please be aware that the sweeps may be trying to keep their "night vision", so don't shine your torches at them.

I love the freedom of being on the water in command of HMAS Dragonboat, looking at the scenery & passing aquatic parade (even dolphins) and not having to exert myself too much. I know some of you are enviously thinking ... "Ah! that's the life!". Well, for a very limited time I'm extending a very limited offer to those of you who wistfully think you'd like to day dream the session away. So ..... express your desires to extend your dragon boating repertoire to sweeping, by dropping me a line by text or email, and we may just be able to slot you in to try out for the elite.

Have an oarsome month & enjoy autumn & winter for one of its best things .... no mosquitos!

Peter (Sweep Coordinator)



# Sweep Report

**Jo Newman is our new trainee sweep working towards Level 2.**

***How long have you been paddling for with GLPD's?***

I started paddling 4 years ago with Gillian. I was introduced to paddling by a community event as part of a GLPD regatta. I was involved with people with a disability participating in a race. This was an excellent way to include the community in dragon boat racing.

***Where have you competed?***

I have attended 2 National Championship events in Canberra and Sunshine Coast, Queensland. That year the Sunshine coast experienced cyclonic weather conditions. I have also attended Wellington, New Zealand in 2019.

***What made you consider sweeping?***

There was a day held at the club where there was an opportunity to try out for different positions including stroking, drumming and sweeping. This gave me a chance to experience sweeping first hand.

***You also work fulltime. What is your job?***

I am a Team Leader for Social and Community Engagement Team for group activities for people with disabilities.

***How does paddling fit in to your busy schedule?***

It is tricky to balance with my work. As I start at 7.30am, it is difficult to fit in a morning paddle session. However, I try to focus on a work life balance. I also enjoy yoga. We also have a motor home and have planned a few trips.

***Have there been changes in the club over the years?***

I have noticed changes in techniques and style of paddling over the 4 years I have been involved. I have always found the Pearlers to be positive, friendly and supportive of each other and that's why I love being a part of the club.





## COME AND TRY 2021



A Come and Try day was held on the 3<sup>rd</sup> of April, Easter Saturday, we had 11 people come on the day. Some of these people are currently making use of their free sessions.

### How many Pearlers does it take to erect a Gazebo??

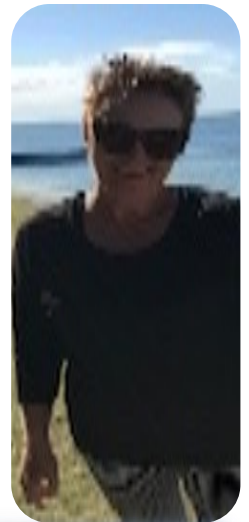
We did have fun attempting to erect the GLPD gazebo. No matter what we did, we couldn't get it to open up. Then we realised there were 2 sizes. In the end, we got it up and it was an excellent team building exercise. Oh well, good preparation for our regattas. A few weeks later only 5 Pearlers required to erect the gazebo!!!

## Swim test at Bullring 24<sup>th</sup> April-Next swim test 22nd May

A **Swim test and Capsize drill** was conducted after paddling on the 24<sup>th</sup> April. It is necessary to show that paddlers can swim 50 metres and tread water while fully clothed in paddling clothing. For new paddlers, it means they wear a PFD until the test is attended.

All paddlers should be aware of what to do in the event of a capsized. The dry capsized drill was attended. The importance of accounting for your buddy was highlighted. Denise looks forward to her acting part as the missing paddler each time the drill is attended. See photo below. Come and Try Paddlers attending swim test include Helen, Lyn and Kim.

Thanks so much to our volunteer cooks, Brian and Brenda for providing a delicious warm breakfast after the swim. It was much appreciated.





## Events

• **State Championships and Region v Region Regatta 19-20 June 2021 at SIRC NB.** GLPDs not attending as a club but some club representation

## • Raffle Dates at Lakes and Oceans Hotel

- Wednesday 12th May
- Friday 28th May
- Wednesday 16th June
- Friday 2nd July
- Wednesday 21 July
- Friday 6 August

## • Regattas

• **Kempsey River Rats , Kempsey July 10 & 11**

• **Manning, Taree August 21/22**

• **Equipment Cull and tidy up 15th May**



## A SPECIAL MOMENT ON THE LAKE

On the 14<sup>th</sup> April, the early morning paddlers were given a special treat for getting up so early. It was a cold morning and we were keen to warm up to help us stay warm. More paddlers were wearing their thermals after a sudden change to Autumn temperatures. We were working on endurance and swapping sides on the run. As we paddled down the lake, a pod of 5-6 dolphins swam so close to our boat. You could hear them breathing and gliding with us. They stayed with us for some time. Then they vanished under the boat. So tempting to look at them but of course we got our "HEADS IN THE BOAT!" A very special moment.



# Regatta Report



# 2021 GLPD 8km Team



# Regatta Report

Seat 1	Lou Watson	Kathy Peter
Seat 2	Annie Manticas	Jo Harris
Seat 3	Janis Radford	Rejane Chapman
Seat 4	Robyn McIntosh	Joan Schubert
Seat 5	Meaghan O'Riley	Wendy Orman
Seat 6		Sandie Kyle
Seat 7	Kathy Dayment	Kaye Piggot
Seat 8	Leanne Jefferies	Kerrie Gammage
Seat 9	Trish McDermott	Whady Jarosz
Seat 10	Mary Elliott	Wendy Burdekin
Sweep	Peter Reed	



First time 8km paddlers:  
 Meaghan, Kaye, Sandie,  
 Leanne, Mary, Janis and  
 Trish



# Regatta Report

Perfect conditions for the 8km race - overcast and flat. The tide was perfect and our experienced sweep, Peter, made no mistakes and avoided the shallows very well for us (thanks mate).

Our half way turn was perfectly executed by Peter without any problems and off we went for the second leg. With only one change on the run we were flying most of the way.

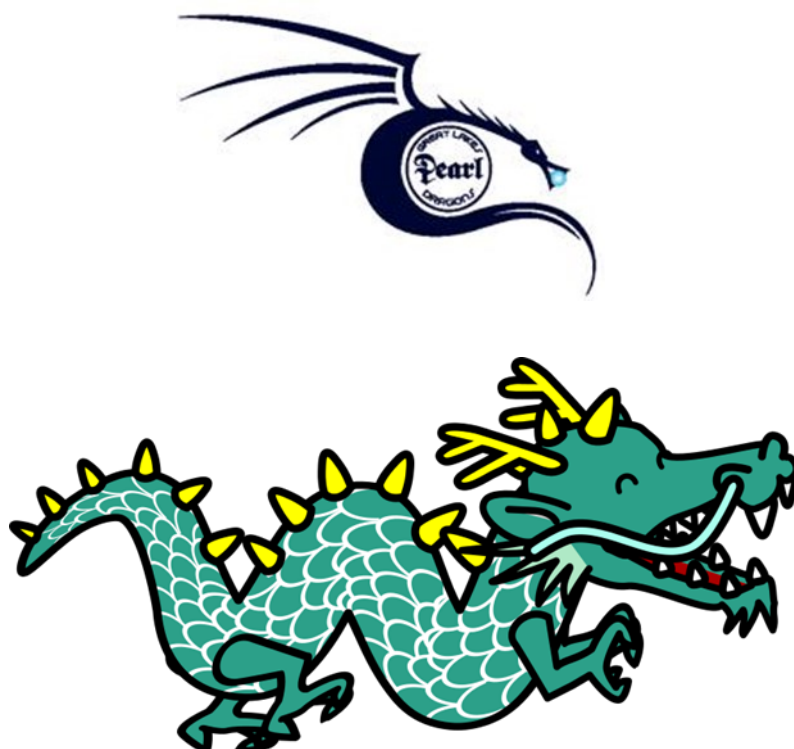
It was hard going once we hit the creek on our way home - felt a bit like we hit an outgoing tide or the water had turned to treacle! The pain set in and our team went flat. The stroke rate dropped and we started thinking bad thoughts like ...'this is taking way too long'. However, as usual, when the going gets tough, the Pearlers get going and with the help of our planned re-start, off we went. A few planned paddling patterns to take our mind off the lull and we were fine. The Pearlers got their second wind and focus was well and truly in our "Pearlers Bubble".

Our finish was nothing less than perfect. Peter swung wide to avoid the shallow on the final corner and once straight, we did our 'bring it home'. We had a fantastic finish!!! The chatter, photos, high fives .... says it all!!!

We had a great race and we had the best Pearlers supporting us. Our family, friends and Pearler paddlers were there for the 8km race supporting the team on the water and off when we finished!!! A perfect paddle, with a perfect team effort.

Well done Pearl Dragons. I'm secretly looking forward to training for our 8km next year. Woohoo!

As one of our foundation members said of our efforts and our results this weekend... "It's a great reminder of why we train so hard and why we love our sport so much!"



# Regatta Report

OMG How good was it to be able to go to a regatta—first since 2019!

24 keen and eager Pearlers made their way up the highway north to the famous Titivators Regatta at Urunga. How amazing was it to see everyone—people we hadn't seen since 2019.

Saturday, was the famous 8 km race. Great race everyone, well done.

Sunday, what can I say, first of all thank you everyone who came and joined in the fun filled day. The atmosphere was amazing and loving, felt like home away from home.

We raced in the Mixed event. There were some very tough teams we went up against. We had Wendy B our L2 sweep sweeping both Mixed races and what a great job she did. Both races gave her the white flag which meant all she needs to do is sweep 2 more races in a 20's full boat at another regatta to gain her L3. Well done again Wendy B and team.

Sport mixed results as followed out of 16 teams:

1<sup>st</sup> heat 67.42, 4<sup>th</sup> in heat

2<sup>nd</sup> heat 78.58, 4<sup>th</sup> in heat

Total 146.00 sec overall, 11<sup>th</sup> well done team.



Sport Women's 20's

Only 18 paddlers were ready and eager to go up the river to paddle back as fast as they could go.

Sweep Wendy O and Megan swept the boats and were outstanding.

Women's 20's results out of 15 teams were as follows:

1<sup>st</sup> heat 75.48, 1<sup>st</sup> in heat

2<sup>nd</sup> heat 80.06, 2<sup>nd</sup> in heat

Total 155.54 sec, 7<sup>th</sup> overall



# CHAMPIONS



# Regatta Report



Now for an OMG moment.....

If no one knows as yet (I'm sure you all do) we are the champions of the Women's 10's.

12 eager and nervous woman made their way up the river so focused. We didn't even know if anyone else was there to challenge us. We all just thought that it was the Pearlers out there racing. As we were coming up to line up, we got ready and heard the air horn and away we went.

Kez, found the current and stuck to it all the way home. The boat was focused and stuck to our race plan and powered all the way home **OMG WE WON**. At first, we didn't know where we came as we were too focused to worry.



It's time for presentation!! They went through all the other events then they came to the Women's 10's race.

First - Great Lakes Pearl Dragons .... didn't us girls scream and cry with excitement and shock.

The outstanding results are in and they are as follows out of 20 teams:

1<sup>st</sup> heat 86.23, 1<sup>st</sup> in heat  
 2<sup>nd</sup> heat 65.32, 1<sup>st</sup> in heat  
 Total 151.55, overall 1<sup>st</sup>



5. WOMEN'S 10's		
1 <sup>st</sup> place: PEARLS	2 <sup>nd</sup> place: HUNTER SPICE	3 <sup>rd</sup> place: BALLINA
Time: 151.35	Time: 153.44	Time: 157.35



Thank you to Ange for always being our statistician - your work is always worth bottling up and appreciated.

Thank you to Kaye for taking our gear, muchly appreciated.

Last but not least, our 3 first timers are now longer first timers. Bill, Sandie and Meaghan O, had their first regatta debut on Sunday. They paddled hard and strong. Sandies' first regatta to drum and she belted that drum hard and loud.

Our 3 men, Whady, Allan and Bill joined forces with Nambucca and Manning to compete in the men's races - well done crew.

Great weekend and thank you to everyone for your great sportsmanship you all brought with you. Great team to coach and remember to keep fit, train and be ready for Kempsey.



# Heads in the Boat

**Withdrawals** are understandable BUT 6pm the night before is our cut off time for withdrawals unless an unexpected event occurs. We are flexible but this 'rule' is for courtesy to other paddlers and coaches.

**ALERT ALERT ALERT ALERT ALERT ALERT ALERT**

**New roster session coming soon.** Watch your emails! Thanks for your patience with a system that was outside of our control on this occasion.

A reminder to all GLPD paddlers to ensure you:

- 1) Wear suitable footwear at all paddling sessions
- 2) Carry a torch with you on each week- day sessions you attend during the winter session
- 3) Be respectful of the neighbours



Remember it is early when you go to morning sessions and not everyone is up and about at that time,

So please keep the chatter to a minimum as you come and go to paddling sessions

An equipment cull will be attended on the 15th May. Members are invited to assist.

There are a few old Gazebos. Does anyone want them?

# Heads in the Boat

## HYDRATION



Fluids keep your body hydrated; without them your body won't function at its best. Water is the best drink.

Begin each exercise session in fluid balance. This requires drinking regularly throughout the day leading up to training and regattas. (which for us is also about sipping water in the morning or during the night). Immediately before exercise, consume 200 - 600 ml of fluid.

Develop a plan for fluid intake for all sessions longer than 30 minutes. You will need to drink 150% of any fluid deficit in the 4 -6 hours after exercise to account for urinary and sweat losses. You need to drink more than you lost during exercise as you continue to lose more for some time after you have finished your session.

When fluid losses are great and/or rapid hydration is needed, sodium replacement such as in sports drinks, may be required.

Remember that fruit and vegetables contain a high proportion of water, so a fruit snack can help with hydration.

### How much should you drink?

This is affected by genetics, body size, fitness, heat & humidity, exercise intensity.

Sweat losses can be calculated by weighing before and after exercise - 1kg weight loss is equivalent to 1 litre of fluid. If you try this you'd need to include any fluid you drank during the time after you weighed yourself. Also, note that this will be different during the year at different ambient temperatures.

If you feel thirsty, you are probably already dehydrated.

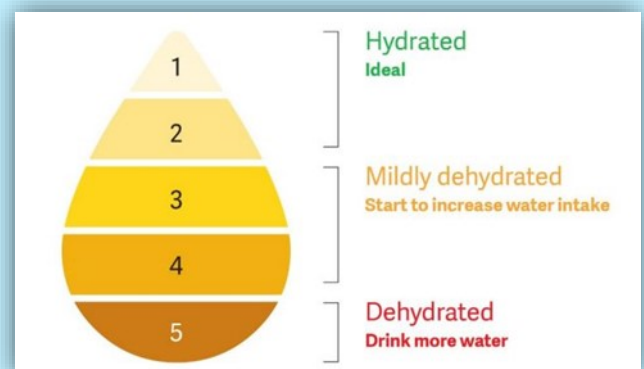
A good test of hydration is the colour of your urine - if it's pale and clear it means you're well hydrated. The darker it is, the more fluid you need to drink. Another sign of dehydration is a lack of sweat during vigorous activity when you expect sweat.

It is also possible to drink too much during exercise!

It's not possible to train your body to handle dehydration, so don't delay fluid replacement.

When you need water, you need it.

(BETTER HEALTH CHANNEL 'Exercise - the low down on hydration')

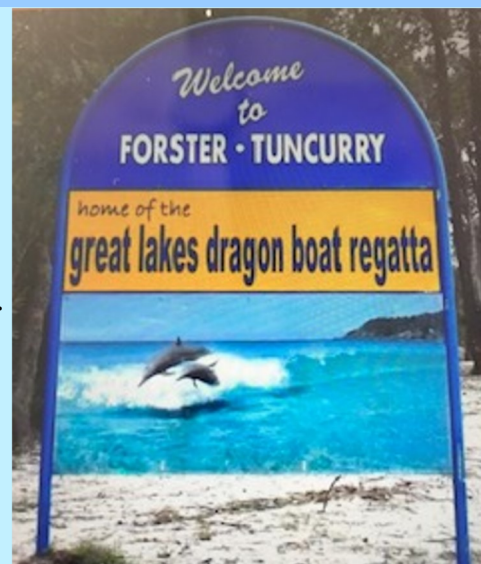


## GLPD REGATTA COMMITTEE 2021

Two meetings have been held to commence planning for the GLPD Regatta on 20<sup>th</sup> & 21<sup>st</sup> November. The Committee consists of: Wendy Burdekin, Rejane Chapman, Trish McDermott, Janis Radford, Ann-Maree Swanson, Leanne Jeffries, Kerrie Gammage, Brenda Taute, Gill Williams, Meaghan O'Riley and Sue Welch.

The Regatta work plan has been reviewed and jobs allocated. Sponsorship is being sought and clarified .

Please Save the Date as there are many tasks that need to be attended to, to ensure a successful regatta.



## COVID-19 OFFICER REPORT

Hi All,

I hope you are keeping safe, well and fit. I have had some minor health issues and have been doing the right thing by staying away from paddling. See you back soon. Please remember if you have any flu- like symptoms, please be responsible and do not come to training or regattas. See your doctor, get tested, rest with plenty of fluids and let the coach know you will not be attending. By doing this you are protecting the rest of the team and community. We still need to be physically distancing as much as possible while training and at regattas. Please remember to bring your towel or sponge to dry/clean the boat post training and sanitise your hands at the beginning of training sessions. Take care of yourself and please don't hesitate to contact me if you have any questions.

**Peta McInnes COVID Safety Officer 0488042091**

### FOR SALE

Capped sleeve V-neck T shirt size 16 \$20

V neck short sleeve T shirt size 16 \$20

Green Club T Shirt size 14 \$30 Call **Gina on 0412 815 311**

**Kathy Peter (0413 667 376)** has some uniform shirts (size 10) and a 48 inch Paddle

### FOR FREE

Robyn M has offered a brand new pair of Thermal Short Pants size XL. Please check them out in the container. Brand new.





# GRANT SUCCESS

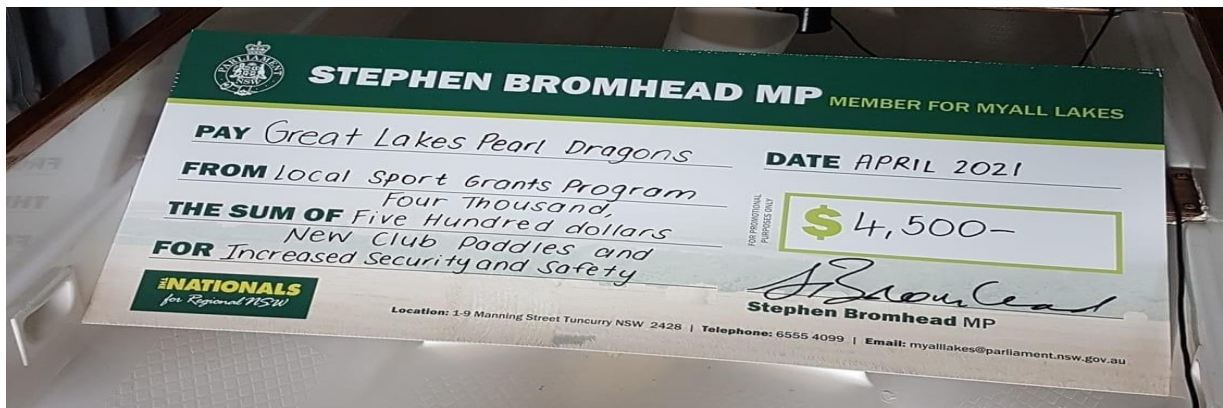
## SUCCESS IN GAINING OFFICE OF SPORT “DEFIBRILLATOR” GRANT

Late in 2020, our club applied for a grant to enable the purchase of 2 defibrillators (AED's) for dragon boat training and related activities. The successful service provider is St John's ambulance who will supply and service these devices. They will also provide a training session in their use on delivery of the AED's. . Training with Defibrillator will be offered to all that can attend the session.



## LOCAL SPORT GRANT PROGRAM

The club received a funding grant of \$4500 from the Local Sports Grants program. It was presented by Steve Bromhead on the 8th April. It will be used for a set of club paddles, increased security for container and an extra water tank.



## GLPD Uniform Update

Contact our Uniform Officer Brenda Taute on 0407 724 268 for your uniform needs.

Paddling shirts still available as per last years sizes.

All Shirts \$54

Muscle Shirts                      Size 12

VCAP Shirts                        Size 14,16, 18,20

Short Sleeve Shirts            Size 14,16, L, XL

Hats \$16 (one size)

Dress Shirts - Available on request - Contact Brenda

Winter Jackets

1/2 price sale at JPX2, now \$40. Paddlers can order direct from <https://jpx2.com.au/products/3-in-1-jacket?pos=2&sid=9b117c700&ss=r>

**Are you interested in having your say about new uniforms**

We are looking to form a sub-committee to assist with ideas regarding improved materials and designs for future dress shirts and paddling shirts.

Anyone willing to join this committee will be most welcome by contacting Brenda on 0407 724 268



Follow us on Facebook

<http://www.facebook.com/GreatLakesPearlDragons/>

Take up the invite to be part of the **Facebook Pearlers Page**

<https://www.facebook.com/groups/290050921720731/>

**Check out the website** for updates and events, along with regatta and paddling bookings

<https://dragons2428.wixsite.com/pearldragons>

