



Aug, 2019

Pearls of Wisdom

Great Lakes Pearl Dragons

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

FORSTER FUN FAMILY DAY

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It was a beautiful, cool but sunny day at Forster Keys, where the wind held off until the following day. This was a blessing for the organisers of this Family Fun day and for the members of the Great Lakes Pearl Dragons who demonstrated their love of and commitment to Dragon Boating.

The Pearl Dragons offered newcomers a "Come and have a go at dragon boating" opportunity.

With the town crier proclaiming this as a wonderful opportunity not to be missed, many passers by took up the offer to paddle on the waters of Forster Keys. After joining in the warm ups, the first time paddlers found out

how it felt to be part of a team of people paddling in time with each other, while taking in the surrounds of our waterways. (continued on p. 9)



PRESIDENT'S REPORT AUG 2019

Welcome Pearls, to our August Newsletter. This is my last newsletter as President as I am standing down at our 2019 AGM, after 6 years on the committee, three of which I have been President. It is time to call it day. I am looking forward to spreading my wings in other areas whilst still being a keen pearl paddler.

My family i.e. hubby, children and two beautiful grandchildren - The Divine Miss M and Mr Arlo Aubrey - have always been my priority, however sometimes it has been a bit of a juggle when "dragon dramas", as Gary likes to term them, get in the way.

All good though as I have enjoyed my time on the committee, and had the pleasure of working with a variety of people over the years plus I hope I have given the appropriate guidance and support to others when necessary.

Our new season has just begun and already we are welcoming Jill, Elice and Claire as our newest members. Enjoy your paddling ladies.

Forster Keys Family Fun Day was an all-round success and we look forward to building a relationship with the organisers, Forster Keys Progress Association.

Looking back we have just finished another busy season. Our 10th Anniversary celebrations have been successful with both the dinner and the team trip to Wellington. - Gold in mixed with three men - two paddling and one sweeping. Who would have thought. The team showed true grit!

The newsletter is a very important part of our club and I have enjoyed working with Wendy B these past few years and prior to that Jo V and Wendy O. I had a lot of fun when in the November 2015 newsletter I did a "Confidential Official Report" after Terry Green, Manager of the Tuncurry Beach Bowling Club commented that "we have meetings to arrange meetings". In all seriousness though we have managed since then to condense our meeting schedule.

We are known for our good governance, transparency and 'oh' a wide range of policies, so for our May 2016 I did a 'Fox on the Run' Policy. We had at that time a group of foxes who liked to entertain us by taking anything they could, especially Brenda's thongs, off the Wally table. Of late though the foxes appear to be few and far between. That policy definitely needs updating.

Regattas are always fun. Yes we do give 100% on the water but manage to get to know one another whilst sharing a car, room or sitting in the sunshine enjoying the racing.

As President, I have needed to look at the overall picture and with such a busy Northern Region Regatta Calendar in 2019 it is important for us to try to support as many Northern Region regattas as we can so that come November, our fellow Northern Region will reciprocate and attend our regatta i.e. the premier regatta in the Northern Region.

Kempsey was a good example of this - we had a small team and yes we didn't bring home the trophy, however we showed our presence and had a lot of fun. The theme was Christmas in July and under the guidance of Kathy D, we decorated our marquee with enthusiasm and gusto.... and as if our favourite store was the \$2 Shop. It looked beautiful, however our friends at Wallis were just a little classier and we had to be satisfied with the consolation prize - 2 packets of snakes. Thank you Kempsey paddlers.

We haven't attended Chinese New Year on Darling Harbour for a few years mainly due to the rising cost of accommodation however looking back it was always a great experience and I think one we should consider again. Maybe there is a grant available somewhere. It is a great first time experience when you are new to the club. I remember we would always end up at the Karaoke at the pub on the corner in Chinatown. This was when I realised our talent really did shine with paddling - no singing please. I don't care if "I am woman" is your theme song. All good fun.



In 2016 we decided to commit ourselves to training for the 2017 Australian Nationals at Albury – Wodonga. This was the first time our Club competed at Nationals and looking back it was an experience like no other, beginning in the summer of 2016. The whole team committed and trained very hard, Joe Iacano would travel from Newcastle about once a month on Sundays and put us through our paces for about an 1 ½ hours. By the time you left the boat you could barely walk but would feel exhilarated. When Jo wasn't here we still committed to the extra sessions and trained like there was no tomorrow.

At Nationals we won Bronze for 200 metres Senior A Women. This to me is the most treasured medal in the club not because I was fortunate enough to be there but because we came of age and learnt what it meant to commit and give your all. We were stoked again in 2018 when we won Bronze for Senior A 1k at Nationals on the Sunshine Coast. Again another great feat.

Fundraising has in the past and still is now, a very important part of our club. Over time there have been high teas, singalong movie nights (Grease and Mamma Mia - who can forget- weren't we great), movie premiere evenings, Bunnings Barbecues, catering at Lansdowne and Opera by the Lake. A couple of years ago I approached Peter, the then Publican at the Lakes and Ocean, in regards to us being part of their raffle roster. Luckily there was a vacancy in the next financial year and he passed it on to us. This has been a real bonus for the Club as this is not only a non-time consuming way to raise funds but it is also fun and a great money raiser. With the Club evolving over time and our busier regatta schedule plus having more equipment etc. which does require more care and maintenance we need to be more time and effort savvy in regards to fundraising. The raffles at the pub tick all boxes.



We as individuals in the Club have lots of memories. I personally will never forget when we were named DBNSW Club of the Year 2016-2017. I felt so much pride in our club when this was announced plus in that year I milked this award for every drop I could when promoting our sport and club. In fact I still am. Guess it is time to move on

Thank you Pearls,

See you on the water

Regards,

Denise - Club President

PS See you at the AGM (we need a quorum)



Heads in the Boat

A reminder to all GLPD paddlers to ensure you:

1) wear suitable footwear at all paddling sessions

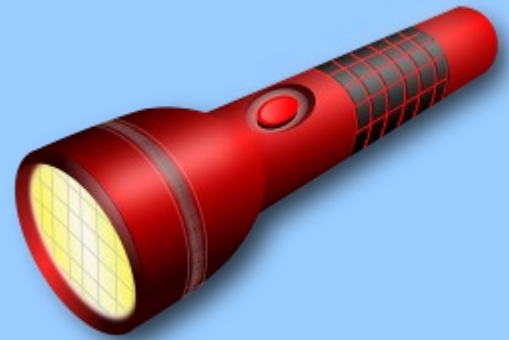
2) carry a torch with you on each of the week-day sessions you attend during the winter season

and

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 noise/chatter to a minimum as you come and go to paddling sessions.



RACING

- Manning Regatta, **Taree**, 3rd & 4th Aug
- Coffs Coast, **Mylestom**, 14th & 15th Sept
- GLPD, **Forster**, 16th & 17th Nov

FUNDRAISER

- **Lakes and Oceans Hotel Raffles** - 2nd Aug, 21 Aug, 6 Sept, 9 Oct, 25 Oct, 13 Nov

EVENTS

ANNUAL GENERAL MEETING, 29th AUGUST 2019 – 6:15pm,
Tuncurry Beach Bowling Club Showroom. Dinner to follow.

FOR YOUR ATTENTION 2020

SIRC (Sydney International Regatta Centre) Series

- | | |
|-------------------------|--------------|
| • Race 2 - 20s 500m | 13th Oct |
| • Race 3 - 20s 200m | 15th Dec |
| • State Championships | 12th Jan |
| • Auschamps (Nationals) | 8 Apr-13 Apr |

What's
Happening

AUROSAS

14th World Championships
Pattaya, Thailand
Aug 20 -Aug 25

Congratulations to Wendy and Peter for completing (almost there) the gruelling training schedule in preparation for the imminent World Dragon Boat Championships.

We wish you success in your racing and safe travels.



The Benefits of Warming Up and our Post Paddle Stretches

Sure, a warmup and stretch after paddling may add a few minutes to our session, but they might also reduce stress on our hearts and other muscles.

Our warm ups help prepare your body for the session. A warmup gradually revs up your cardiovascular system by raising your body temperature and increasing blood flow to your muscles. We focus on engaging in dynamic movements that engage the large muscle groups and paddling specific muscles such as our shoulders and back muscles. Warming up may also help reduce muscle soreness and lessen your risk of injury.

Our static stretching exercises done after our on water cool down and washing the boat has many benefits for you as well. Static stretching after exercise has been shown to decrease muscle soreness (not enough for us though J), increases flexibility and increases local blood flow.

So paddlers, join in and enjoy the few minutes to reap the benefits of our warm up and stretches. Give your heart and blood vessels a chance to ease into — and out of — a session.

Love your work guys!

Wendy, Head Coach



FLAMIN' DRAGONS REGATTA

Congratulations to the Pearlers



Whady, Peter R, Allan P, John, Sue, Laurie, Fay, Gillian, Di, Lynne, Kathy D, Angela, Megan, Kim H, Kathy P, Jo N, Wendy L, Helen, Wendy O, Kim P, Kim C, Andrea, Peta, Leanne, Shelley and Kerrie

We started our Flamin Dragon regatta journey with our 2km on Saturday afternoon at the new Wauchope venue. We were all a little nervous as for many, it was their first 2km turn race.

For Helen, it was her first drumming experience, but she held on and drummed furiously.

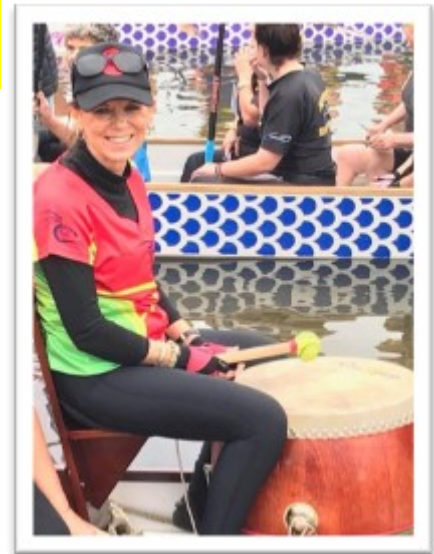
For the rest of us it was a new experience to do a 2km race at a blistering pace - well - we did it AND ended up doing it quite well. Despite desperate calls for 'control' and 'we're frantic' the pace stayed up there. We are thinking Kim was hearing FANTASTIC J. In the end, we should thank her because we came 4th out of 13 teams!!!!

We really should be so proud of our effort. Once again we have to remember that 15% of our team

was made up of men. We were

not a combined team but a pure club team - no other paddlers!! We are doing something right!!! Congratulations to all 2km paddlers.

Are we going to have to rethink what we are best at - distance or sprints, because we seem to be doing very well with our sprints too.



		1km	2km
4 th	GLPD	5.04.13 (4 th best time)	12.11.22
3 rd	Northern Beaches	5.02.96	12.08.75
2 nd	Nambucca	5.06.32	12.04.78
1 st	Waratahs 1	4.54.47	11.42.88



What a welcome to regatta paddling for Leanne! Straight into a 2km Turn Race. What spirit. Congratulations Leanne and welcome aboard.

We did a lot of analysing of our paddling in the sprints on Sunday, with some issue with our race starts and getting forward on the front of our strokes. These technical issues can all be addressed at training sessions.

It was wonderful to have **Buddy** provide some video footage - thanks so much!

It was also good to hear from **John**, our latest coach, who was able to watch the Women's team in the second heat. The things he mentioned, again, can be improved upon at training sessions. It's wonderful to be given the opportunity to improve our paddling.

I have to thank **Ange** again for doing our statistics. Ange alerted Kim and I to the fact that we were on 8 points with two other teams who would be in the finals. When our name was not called out we went straight to the Official's tent and spoke to **Rejane** (who we thank again for volunteering) about a 'possible error' with us not being in the final but having two wins under our belt. The draw was amended and we went into the final as the 4th fastest team.

That did not slow the Women's team down and we took out third place. **FANTASTIC!!!!** We lost to combined teams again. We were the only full and sole 'club' team in the Women's final. We should be very proud.

Our Men's Team combined with Central Coast again to come a **VERY** close fourth in the finals. With Whady and Peter in the stroke positions it was go go till the very end. We are so proud of our men and know that they put in everything they have.

Seat 1	Kim Creighton	Wendy Orman
Seat 2	Andrea Mantica	Kathy Peter
Seat 3	Sue Welch	Megan McArthur
Seat 4	Helen Bartley	Kathy Dayment
Seat 5	Fay Brooks	Gillian Williams
Seat 6	Shelley Ryan	Joanne Newman
Seat 7	Kim Haydon	Kim Pullen
Seat 8	Dianne Balle	Peta McInnes
Seat 9	Leanne Jefferies	Angela Visser
Seat 10	Lynne Barry	Wendy Lum
Sweep	Kerrie Gammage	

A big shout out to our lovely Peta who completed her first regatta which means she only has to do one more regatta with two races and she's officially an L3 sweep. Good job. Perfect conditions and no issues at all.

<u>Sports Mixed</u> - 14 teams	<u>Sports Women</u> - 12 teams	<u>Sports Men (10's)</u> - 10 teams
GLPD Race 1 52.91 Pendragons 53.87 GPLD 55.47 N Waratahs	GLPD Race 1 57.50 GLPD 60.25 N Waratahs 60.93 Titivators	GLPD Race 1 52.03 Waratahs 1 52.69 GLPD/Central Coast 56.16 Dragons on the Rocks/ Titivators DQ - 53.69 Waratahs 2
GLPD Race 2 54.25 Nambucca 56.91 Waratahs 2 58.22 GLPD	GLPD Race 2 62.50 GLPD 66.78 Deepwater 67.25 Coffs Coast	GLPD Race 2 54.56 Pendragons/FDPM 57.53 GLPD/Central Coast 59.22 Camden Haven/Manning DQ - 61.07 Waratahs 2
Final 55.13 Waratahs 1 55.50 Kempsey 55.94 Nambucca 55.99 Nth Beaches	Final 58.16 Nambucca/Kempsey 59.25 Waratahs 60.84 GLPD 62.36 Nth Beaches	Final 54.84 Pendragons/FDPM 55.47 Waratahs 1 55.59 Nambucca 57.27 GLPD/Central Coast
GLPD Mixed placed 9th from 14 teams.	GLPD Women's placed 3 rd from 12 teams	GLPD Men's placed 4 th from 10 teams



Level 2 Sweep, Peta. Congratulations!!!

KEMPSEY REGATTA



What a day we had on the banks of the Macleay River. First off we were freezing and looking for the warmth of the sun to defrost, then by lunch we were looking for the shade to cool down. Amidst the excitement of racing we had the opportunity to relax and soak up the festive atmosphere of the “Christmas in July” theme.

Fourteen paddlers made the journey to Kempsey to compete in 10’s events. Our women’s team had two races, coming first in the second heat after a convincing start and steady pace, improving on our first heat’s time. We came equal 4th out of 16 teams overall. Great job ladies.



Whady, being our only male, joined up with Titivators who had two great races. Unfortunately there were no finals for either our women or our man.

A big thanks goes to Megan for putting her hand up and sweeping for us. Thanks Megs.

Our women’s team: Denise, Fay, Shelley, Mary, Wendy B, Wendy L, Louise, Annie, Ann-Maree, Caroline, Joan, Megan and Kathy D.

We ‘carried the torch’ all day for the Pearl Dragons by setting up an awesome display of Christmas decorations in the morning - even wrapping up our assistant coach Joan temporarily. Although we didn’t win the best dressed tent we did come in 2nd and won a sweet prize of Lolly snakes.... Which the team has gracefully decided to share at the Manning Regatta with those attendees!

Thanks to the girls who brought all the Xmas decorations.

Jo Harris

Kempsey Regatta Coach



Welcome to the world of dragonboating

John and I met at Mavericks DBC at Blackwattle bay in Sydney 8 years ago. 12 months ago we got married, so Dragon Boating does have more to offer than just fitness & friendships. Over the years John has been treasurer, sweep and coach . I have just paddled, been secretary and temporary treasurer. Having a place in Tuncurry and spending more and more time here - it just seemed the next step was to join the Pearl Dragons and focus on re-locating to paradise.

Everyone at the club has been so welcoming & inclusive with many invites to social activities outside of paddling.



FORSTER KEYS FAMILY FUN DAY

(following on from front page article...)

Well, what a great day we all had at the Forster Keys Family Fun Day on Sunday 14th July 2019. A very big thank you to the Coaches Wendy Orman, Jo Harris and Rejane Chapman and Sweeps Megan McArthur, Laurie Haydon and Peter Reed who participated to make this day work and to all our members who made the commitment for morning and afternoon shifts with the paddling.

Look forward to 2020 Family Fun Day come and try!

I also would like to wish Wendy and Peter Good Luck in the Australian Auro-ras Team Wendy in the Senior B's and Peter in the Senior C's team.

They will be going over to Pattaya – Rayong Thailand on the 14th August for the 14th IDBF World Dragon Boat Racing Championships to represent Australia from 20 – 25 August 2019. We wish them all the Best.

Cheers

Kim Haydon

Club Captain



ITEMS FOR SALE



FOR SALE:

Individually designed and knitted dolls– in your chosen colours or randomly selected.

\$10 each

Approximately 20-30 cm long.

Contact Louise at training or on 0423499804



Tired of looking for change every paddling day?

Available for purchase in \$20 or \$50 lots are paddling vouchers. Keep them in your paddling bag and present them when you sign in at training.

See Fay, our treasurer, to purchase.

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

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

