



March, 2019

Pearls of Wisdom

Great Lakes Pearl Dragons

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

PEARLERS GEARING UP FOR AUSCHAMPS 2019

Executive Committee

dragons2428@hotmail.com

President:
Denise Marr
0407 724089

Vice President:
Laurie Haydon
0425 234870

Secretary:
Mary Elliott
0432207631

Treasurer:
Fay Brooks
0402 314221

Club Captain Female:
Kim Haydon
6555 6512

Club Captain Male:
Peter Reed
0416268408

Director:
Kerrie Gammage
0423490633

A small but enthusiastic crew of paddlers is preparing to take on the nation's best paddlers at Canberra in April.

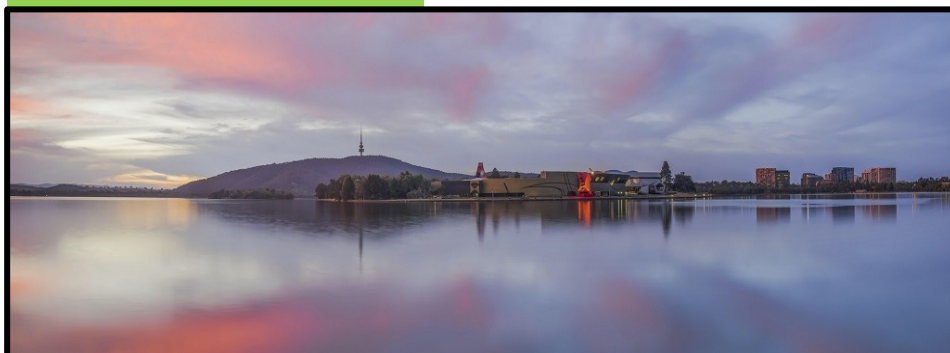
The nation's capital is the home of ten dragonboat clubs who train on the central water way, Lake Burley Griffin which is where the events will take place. It will play host to teams from all over Australia competing in age categories ranging from Juniors to Senior C's,

Our club will be competing in 10's boat events so training has been focused on getting used to paddling in the smaller boat.

Along with this crew, our club proudly also has five members participating in the regional and state representative teams.



The crew of Great Lakes Pearl Dragons attending their first training session as the 'national's squad'.



Jo Harris will compete in the Northern Region's team, while Wendy Orman, Claire Pontin, Peter Reed and Laurie Haydon will be competing in the state team.. (See further details in newsletter)

PRESIDENT'S REPORT MARCH 2019

Welcome to the first newsletter of 2019. We are entering one of the most beautiful times of the year, autumn, when it is still lovely and warm - a great time of year to enjoy outdoor activities including paddling, swimming, walking, running and gardening in this lovely part of NSW. Christmas and the January holidays do feel as if they are long gone. The club is as usual busy with activities on and off the water.

The Executive Committee have continued on looking after the Club off the water:

- Our Paddling Roster was updated in December to Version 6 and at most sessions over the warmer months we have had "two boat" sessions, especially Saturday morning and Monday afternoon, our most popular sessions at the moment.
- A proposal by Kath Dayment to hold a movie fundraiser night to help with the expenses of our two Aurora paddlers Peter Reed and Wendy Orman who will represent Australia in Thailand in August this year, was accepted by the committee. Peter stepped out of meeting while this was discussed. Kath is waiting on date from the cinema and as soon as it is locked in, she will organise with the help of members. Thank you Kath.
- We have accepted an invitation to be part of The Forster Keys Progress Association annual Family Fun Day on July 14th which is the beginning of the 2019 -2020 season. The Club will have a stall and offer members of the public over the age of 18 a try at dragon boating. The organisers will promote us in all their fun day marketing and publicity i.e. social media, flyers etc. Last year there were approximately 6000 people attend this so if 1% i.e. 60 people, decide to give dragon boating a go, we will be in a win-win situation. The Club will need member support to either transport boat by water or road, help with stall, waivers, PFD's, paddling with those trying out and generally representing dragon boating in a positive light i.e. as a healthy, social, team sport which can be done for exercise and or competition. Please mark in your diary as this cannot be done with a skeleton crew.
- A "Come and Try Members only" was organised in a very short time frame and was held on 9th February. The member support was tremendous. We tried sweeping, that is 15 of us, drumming, stroking and had a go on the OC1's (single outriggers). Even though the majority of us still need to be trained in capsize and self - rescue, this was a good starting point in OC1 use. We have some talented members keen to answer the Club's call and train as sweeps. Unfortunately this is a slow process and will take time, so please don't get discouraged as your time will come. Personally, I have been heartened as some of our newer members have mentioned that they don't mind waiting as they are committed to the club and are here for the long haul. Thanks guys.
- As part of the above we looked closely at the availability of our Sweeps over the coming months and at times we may be in a dicey situation in regards to sweep availability due to members doing other things such as travelling, competing overseas and also work commitments.
- Daylight saving will finish early April and in the past we have moved the session back to 3.30pm OTW. This has not always been successful due to lack of paddlers and unavailability of coaches and sweeps as quite often they are still working at that time. When these things happen we don't get on the water, often on a very regular basis so we the committee have tried to think outside the square. After much discussion it has been decided we need to be flexible - we will continue on with the 5.30 pm OTW and adjust the starting time as we see fit, e.g. we may bring the time back by 15 minutes after a few weeks and so on.

- The committee has been looking at Club Grants and have decided we will apply for two new marquees and possibly a generator. We do have marquees - our two bigger ones were purchased second hand. At our November regatta with the onslaught of rain we had to deal with leaks in these plus our new PA system which was purchased with part Club Grants and part club savings needs to be undercover. We feel it is time to upgrade.
- Paddling vouchers have recently been introduced and are available in \$20 or \$50 lots. If you don't wish to be looking for a \$2 coin these might be ideal (keep in paddle bag). At sessions write V instead of Paid next to your name and slip voucher in money bag. See Treasurer for purchase

On the weekend a small keen team went to State as part of a Northern Waratahs team and made it to the final of Senior A Open. A fantastic effort with just 7 men in the boat. As we did last year we put together "show bags" which were distributed to teams to promote and encourage attendance at our annual regatta in November.

Nationals is coming up and due to our New Zealand trip and the Nationals being held at Easter (family time) we will only have a small but dedicated team competing. This team has been training hard at regular sessions plus doing additional targeted sessions. The Club wish the team well. Also for the first time the club has subsidised the individual entries.

This coming weekend some of us are paddling in Wellington New Zealand as part of our 10th anniversary season overseas trip and we are all getting excited. We have a huge weekend planned paddling, sightseeing and socialising. It is great to have the two Kath's and Allan on board as they have all been in the club since the beginning.

When we get back there will no rest as all members, partners and ex- members will come together at TBBC on Friday 10th May for our 10th anniversary dinner. The Club will cover dinner costs for financial members while partners, ex members and their partners will pay for their own. More details to come however I think it can be stated we are looking at a happy, joyful night amongst ourselves and hopefully old friends.

After all this excitement we will head to Urunga for their regatta, first weekend in May. I know our members love paddling in the 6 to 8 kilometre race each year on the Saturday - I am never sure of the exact distance as each year it appears to be advertised differently. Anyway, the Club always enjoys Urunga, both Saturday afternoon and Sunday – the fast and furious 200 metre sprints.



Moving on, we have a huge regional regatta calendar coming up. June regatta will be Flamin' Dragons' - newly crowned "NSW Club of the Year". Wow, very deserving. Port have really worked hard the last couple of years. July will see us visit the Rats at Kempsey while August will be a quick trip to support our cousins Manning in their regatta endeavours and September one of my favourites, Coffs Coast, to be held at one of the nicest spots on the coast – Mylestom.

Enjoy your paddling,
See you on the water
Regards
Denise xx
Club President

Heads in the Boat

Vouchers

'Paddling vouchers' are now available for purchase. This is for the convenience of those who would prefer to use a voucher instead of looking for a \$2 coin. Keep them in your paddling bag.

These vouchers will be for sale in either \$20 bundle (10 vouchers) or \$50 bundle (25 vouchers).

At paddling sessions write V beside your name (instead of paid) and put one voucher (value \$2) in money bag as per normal

See Treasurer Fay if you would like to purchase vouchers. Remember whenever transferring money online always put your name in comment section eg. Denise Vouchers

RACING

- Sydney International Regatta Centre, Penrith, **State** 500m titles, Sun 3rd Mar
- **Auschamps** (Nationals), Canberra, 18th -20th Apr
- Titivators, **Urunga** Regatta, 4th & 5th May
- Flamin' Dragons, **Port Macquarie**, 8th & 9th June

What's
Happening

FUNDRAISER

- **Lakes and Oceans Hotel Raffles** - 15 Mar, 10 Apr, 3 May, 22 May,

EVENTS

- **Wellington NZ**, Dragonboat Festival – Sat 9th March
- **Club 10 Year Anniversary Dinner**, Fri 10th May, Tuncurry
- Forster Keys Progress Association, **Family Fun Day**, 14th July

**MEMBERS
COME AND
TRY**



Our inaugural "Members Only Come and Try" was a huge success with 15 pearls having a go at sweeping. We need more sweeps so this was a fantastic response. Others tried out the drumming, had a go at being the stroke and many paddled the outriggers for the first time.

STATE CHAMPIONSHIPS

A great day for the nine Pearl-ers who made the trip down the expressway to attend the 2019 DBNSW State Championships at the Sydney International Regatta Centre, Penrith on Sunday 3rd March. Our keen paddlers joined Rick Fry and the Northern Warratahs to form four combined teams that competed in the Senior A Mixed team, the Premier Mixed Team, the Senior A Opens Team and the Premier Opens Team.



BR Kim Haydon Laurie Haydon Wendy Burdekin Wendy Lum

FR: Jo Harris Wendy Orman Annie Manticas Robyn McIntosh Kathy Dayment

For those new to the club and dragonboating a few definitions may help you understand.

These are the **age divisions** that we race in at SIRC, State and National competitions:

Premier: minimum of 12 years of age, no maximum

Senior A: minimum of 40 years of age, no maximum

Senior B: minimum of 50 years of age, no maximum

Senior C: minimum of 60 years of age, no maximum

The **race categories** are:

Women: all women and a woman steerer (sweep)

Mixed: minimum of 5 male paddlers with a maximum of 10 male paddlers (regional regattas only require 2 males/mixed team)

Opens: any gender with no limits or requirements

Men's: only held in regional regattas require all male paddlers

So it makes it even more impressive when the Senior A Mixed team with only 7 men, made it into the finals.

Our club president, Denise, had myself and Kimmie (female Club Captain), deliver our Great Lakes 'Regatta Bags' to advertise our November 2019 regatta. We visited each club and gave the bags to the club presidents and committee members that attended the State Championships. We worked hard to encourage them to visit our lovely area AND have a paddle at the regatta. If initial enthusiasm indicates attendance we may get a few city clubs come to visit us!!

A big thank you to Rick for organising our trip and to our fantastic paddlers for making the trip. How could we not mention our lovely PP - 'Positive Pearler Annie' who loved every minute of her first regatta at Penrith. What a great regatta to start with - the 2019 State Championships!!!

Wendy Orman, Head Coach



PHOTOS FROM SIRC STATE TITLES



AURORAS

Congratulations

We now have not one, but two of our club members to represent Australia as our finest dragonboaters at this year's International Series being held in August in Thailand.

Peter Reed gained selection in the Senior C squad and he join's Wendy Orman in this campaign to compete against the best in the world. We wish them continued strength, courage and determination as they undergo an extremely rigorous training regime.



STATE AND NORTHERN REGION

Wendy Orman, Laurie Haydon, Peter Reed and Claire Pontin (below) were successful in being selected for the State team which will compete in Canberra at the Nationals, hoping to take out the title of Champion State team. Jo Harris (right) is entering her first competition as a representative in the Northern regional team which will also be competing at the National titles, hoping to become the champion regional team.



GLPD 10th Anniversary Tour Wellington Festival, March 2019

Team spirit - essential

Our team is looking forward to the forthcoming event in New Zealand. People are flying out during the week and some are adding a holiday to their travels. The weather is predicted to be quite mild and not too windy... but it is known as 'Windy Wellington' so we won't be surprised if this prediction changes.

All the best to our paddlers. We look forward to many stories on their return.

**Paddling is on Saturday March 9th in Wellington
300m races (Women's and Mixed)**



Welcome to the world of dragonboating



I am new to the area and have been paddling with the Pearl's for 2 months . I have wanted to paddle for some time and now I'm actually doing it, I really love it . It's a great way to keep fit on one of the most beautiful waterways in Australia. But the best part is meeting all the Pearl's they are such a friendly encouraging bunch and they have made me feel so welcome which has made my move here very easy.

Thanks, Leanne



Annie appeared in our last newsletter as one of our newest paddlers. Now here she is again having competed in her first regatta which was the State titles held at the SIRC on Sunday 3rd

March. She is a "positive Pearler" keeping her bright smile through all the hard training and competing.



Pictured here are our two sweeps in training - Peta (left) one of our newer paddlers who tried out at the members come and try day, and Wendy (right) a member for several years, who answered the call last year to try out for sweeping. Both are finding the challenge rewarding.

Without a doubt, a committed boat cleaner, Mary can be seen at the end of every paddling session in charge of the water hose!

And Whady is not far away, usually at the end of a broom practising being a sweep!

Something happened this day and another 'trainee' took over the broom so he was left to supervise!



NATIONALS COACHING



Wendy Orman giving her pre training talk to part of the Nationals squad. You can tell by the intensity on the faces that they were taking it seriously.

Ah ... Honey, Honey

(... and you've got me wanting you ...)

100% PURE ... UNFILTERED ... LOCAL ...
RAW ... YUMMY ... UNPROCESSED ...

1 KG TUBS ... \$12
(\$10 if you recycle the tubs)

Delivered to paddling whenever I am on
the list or pick up from Beach Bums from
7.30-8am Wednesdays and Fridays.

[Text Claire on 0411 268 500 the day
before so I can put it in the car]



Selling aqua shoes,
men's size AU 8.5.

Never been worn \$15

Contact Gillian on
0415778166



A private function (dinner) will be held on **Friday 10th May**, Tuncurry Beach Bowling Club to celebrate our Club's 10th anniversary.

More information/official invite to come.

Cost of financial members dinner to be covered by Club. Partners and ex- members to pay for own.

Twilight Music in the Back Paddock



MARCH
SUNDAY 3
SUNDAY 10
SUNDAY 17
SUNDAY 24
SUNDAY 31
FREE ENTRY 3PM TO 6PM

Spend lazy Sunday **evening** sipping wine and listening to great local musicians.

Bring a rug or a chair to get comfy on the lawn. There will be food, wine, beer & cider available - or you can bring your own picnic (minimal single use plastic would be appreciated!) No alcohol is to brought in thank you!

FACEBOOK PEARLERS PAGE

Become part of this page as a place to chat with members, socialise, send out invites, arrange lifts and accommodation, swap recipes etc. Make it your own.

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>

