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Regatta Bound

Welcome to our new look Pearls of Wisdom.

We are looking forward to competing in the upcoming regattas. Our coaches are focussing on our techniques to get the most out of every stroke and promoting our competitive spirit. We will be attending our first regatta to Point Wolstoncroft on Sunday 6th March. The last regatta our club attended was held at Urunga May 2021 and there were a few members who participated in the Regional Regatta at SIRC in June 2021. Therefore it has been some time since we competed. Our first objective is to have a team to compete at Point Wolstoncroft. This regatta has been cancelled twice so lets hope it goes ahead. We will be joining with Rick and Janice from Nambucca River club. In the past we have joined other clubs when we don't have a full boat of Pearlers. It will be great to get experience back competing in a regatta. For some members, this is a new experience and we look forward to initiating them as they walk through the guard of paddlers after their first race.

Then on the 26th and 27th March, we will host our Great Lakes Pearl Dragons Regatta. It will be our first regatta since 2018. The committee has been working on getting a regatta happening for the past 3 years. We are keen to compete in the 2km race on Saturday on our own beautiful Wallis Lake. We won't be competing in races on Sunday as we will all need to be assisting on the day with lots of tasks to ensure a smooth running regatta. Please see GLPD Regatta report on page 8 and volunteer to be available this weekend. Also check out what is happening with the Ordacious Crew planning to paddle the mighty ORD RIVER on page 7.

A members survey from the Club Executive will be sent out soon to gain feedback from members.

Our next focus will be Urunga (Kalang River Dragons) April 30th / 1st May. Urunga is a favourite place for Pearlers.

Exciting times ahead for the Pearlers!!

President's Report

Welcome to 2022!



Since my report in November there seems to have been so much happening for our sport. The rules surrounding Covid-19 have eased and all members have been able to return to paddling. Regattas have recommenced. We have two new coaches training- Laurie & Peter, one having just completed a workshop – Brenda, and two sweeps moving to their next step in accreditation – Jo Newman and myself.

The executive committee has met each month and along with consultations with the coaching team talked about the goals and directions for our members. We value everyone's input and request that you keep informed on plans and happenings via our communication channels –Pearlers Page, the Echo, emails and the newsletters. A survey for members has been prepared to gain everyone's feedback. The purpose of this survey is to plan better to suit the differing needs of paddlers while promoting the vibrancy of our club.

Despite the absences of many members due to Covid-19 illness, family gatherings, visitors, trips away and various injuries, our coaches and sweeps have ensured training sessions have been able to go ahead regularly. There has been quite a buzz as people get off the boat after a challenging and rewarding workout. Breakfasts after these sessions have also been rewarding with people getting a chance to swap training stories and chat about life's happenings. In addition to the regular sessions, we have added in an extra session on a Sunday for endurance training with the Ord marathon in mind, as well as for the Kalang River 7.5 km event (Urunga, April 30th)

While Janis has been preparing this newsletter, she has also been busy emailing past members about becoming GLPD supporters as per our website and previous newsletter. This means past members have access to our Pearlers page and will receive emails about club happenings. We encourage anyone with a link with our club – past and present – to request to join as a supporter. They will also be covered by DBNSW insurance while participating in off water activities.

Leanne has come on board the publicity train for our club, gaining much interest by her daily notices on Instagram/facebook. We have answered numerous enquiries via our GLPD inbox along with emails requesting more information and some of these people have come along to 'feed the dragon' (or 'come and try' paddling). Each member is very welcoming to new paddlers and it is great to offer them encouragement and maybe share your contact number if you feel comfortable doing this.

The team spirit continues to be a focus for our club. What has been evident is the willingness of members to assume responsibilities in many areas – calendar, uniforms and uniform review (WIP), recruiting, social events, assisting with jobs around the boat and the shed, mowing & the mower maintenance (thanks Allan) and so on.

What we are really excited about is the participation in our first regatta since last May – the forthcoming Point Wolstoncroft regatta. We can't wait to take to the water with our combined crew joining Nambucca on Sunday 6th March. Perhaps you would like to come and cheer! Everyone should have confidence in their ability to 'shift that boat with speed' as you are all working together well every time you go to training.

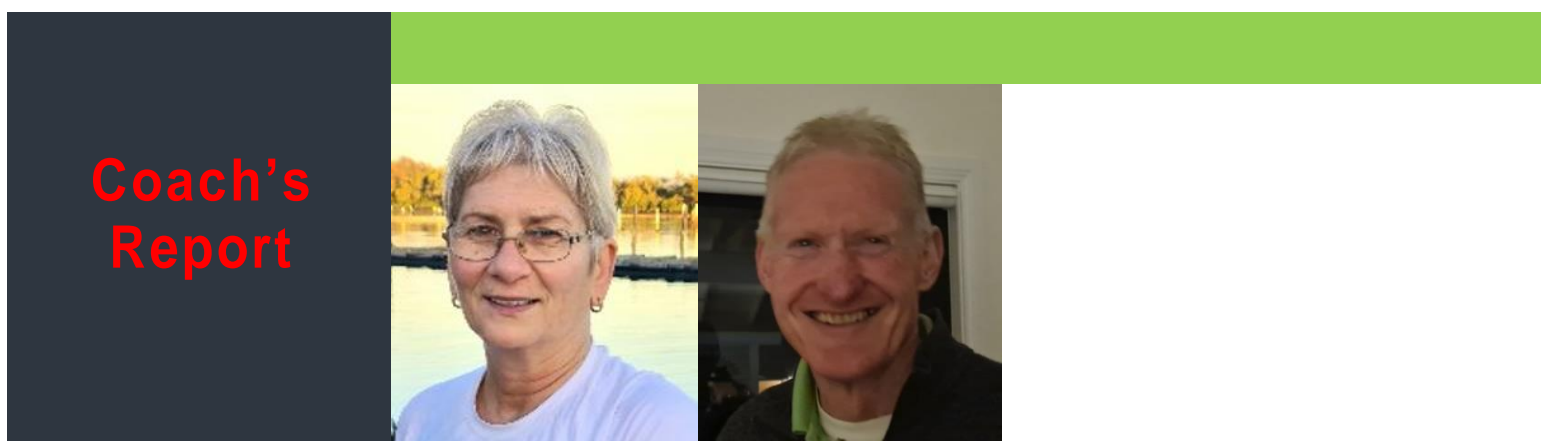
With Regattas as our goal in the near future, we are all anticipating the culmination of months, and now years, of planning for our next GLPD Regatta on Sat 26th & Sun 27th March. 2018 was our last regatta. The regatta committee has shown huge 'COMMITment' in following through with this for what will be 12 months soon! Tireless effort and huge endeavours. We need every member and available partner, friend, family to come along and be a helper in setting up, running and pulling down the event.

Will we host another regatta in November 2022? Not without a team of ready & willing volunteers to take over from the outgoing committee. Also, the shape of it could be more a 'community team' regatta with a 'Sporting club team' challenge. Final format has not been decided. If you are willing to have a go, I'm sure the outgoing committee will assist in buddying up with you to help guide through the unknown.

At this point in time I want to acknowledge our GLPD Executive COMMITtee members, who have taken the reigns of leading the club and ensuring we have a regular opportunity to practise the sport we all love. We are not “THE EC” who stands separate to the membership – we are members who are part of everything happening and who have a willingness to listen, share, lead, assist, support, feedback, guide and give heaps of time! Together, all members make Great Lakes Pearl Dragons a great sporting club be a proud part of.

Must be time for another paddle.

Wendy



Hi Pearlers,

Laurie and Peter are progressing well with their L1 coach training. Same with John's L2 coach training. We wish them all well with their accreditation and can't wait to confirm their coaching status asap. *Happy to announce on the 26th February, Laurie attained his Coach Accreditation Level 1 Certificate.*

We have 13 Pearlers combining with the Nambucca River Dragons to finally race at Wolstoncroft Sunday March 6. We are also very excited for Wendy B finally getting the opportunity to sweep for her L3 accreditation. We wish Wendy all the best and thank her in advance for her training efforts.

The very popular Urunga regatta is already on Team App (30th April and 1st May) so Pearlers don't be shy to sign up now so we can have a full boat of keen Pearlers.

Also the Sunday Ord River training session is open to all club members and a great opportunity to hone your endurance paddling skills for the Urunga Saturday race around the island. So don't be shy Pearlers and sign up.

Finally it goes without saying that we're looking forward to our own regatta March 26th and 27th. Thanks again to Janis and Jenice for doing the club newsletter.

Rejane

Club Captain's Report



Well another new year. Let's hope it is better than the last and we can progress to a greater year!

A few regattas are coming up. Point Wolstoncroft on Sunday 06 March is the first one in just 3 weeks time. Hope all who are going are getting fit at the training sessions.

The following Regatta will be our own on Saturday 26th and Sunday 27th March at Elizabeth Reserve Forster Keys. Please mark this on your calendar. All hands on deck for our regatta

if you can help out please let our Regatta Committee know. Volunteers are very welcome!

As I have been injured these last 7 months with a torn meniscus in my left knee, I have only been paddling on Saturdays. My knee has been mending itself slowly with the Physio's help and home exercises. Now my back has gone on me so am now having physio and home exercises to strengthen my back! It's a long process having these injuries. Joys of ageing, not! I do hope to be back in time to get my paddle fitness up for the Kalang Regatta at Urunga.

So while not paddling I have been the photographer taking those photos and videos I have been posting on Pearlers Page and Great Lakes Pearl Dragons Website. I love the videos, seeing what a beautiful lake we have to paddle on. The videos also help the coaches see your technique and then can help you with your stroke.

We have had three paddlers for Come and Try on Saturday, Louise, Iain and Neil over the last month but they have decided that dragon boating is not for them so therefore they won't be returning.

Breakfasts every Saturday have been popular I have chosen 5 cafes to visit so that you get a different choice every week. If you see the post in Pearlers and would like to come, please let me know as it is necessary to book a table especially in some of the smaller cafes and if your partner would like to join us as well. They are quite welcome. Just include them in your reply.

Our business cards are out and they look great. Our Vice President, Kez did a wonderful job in designing them. I have been giving them out to our members as I see them. If you need any extras, please let me know.

The Voucher system is back again and I love this idea. It is much easier for our Treasurer Brenda to sort out and a lot easier for those members who don't carry cash anymore.

We have two members who will not be returning this season due to back problems I wish John Clark and Lynn Cook all the best.

Hopefully our Raffles will start soon. Brenda says she is just waiting to hear from the Lakes and Ocean Hotel so that we can get back into our fundraising.

I have no more news so will sign off. Cheers

Kim Haydon GLPD Captain

Sweep Coordinator's Report



Oh what a month of numbers down due to Covid convolutions, travel trajectories, family familiarity & finally the fickle, wavering weather. But our sweeps swept through it all, keeping themselves on their toes & you on the water. Oh, what a feeling! A water sport being what it is, we very occasionally end up in it, as one of sweeps did recently, along with a paddler who also thought a quick swim would be rather cooling. I make light of it but the causes of why we had a partial capsize needed so we

can reinforce practices to reduce the likelihood of it happening (unintentionally) again. So when you're on the boat & "paddles flat" is called, make sure your inside hand is on top of the paddle T & the paddle T is on the gunwale. Your outside arm is on top of the paddle at almost full reach outside the boat ready to push down if the boat lurches your way. The paddle blade should be on, or just in the water. Sweeps may get you to practise this action in an exciting way!

Other causal factors were, transfer of weight in the boat & "call confusion". "Call confusion" is when EVERYONE in the boat is not aware of what has been called because of chatter, lack of call volume, lack of focus by paddlers, lack of knowledge by individual paddlers or lack of call specificity. "Heads in the boat" should be observed during changes. Weight transfer should always be "equal & opposite". The sweeps do their best to make sure weight is transferred side to side in a balanced manner, but sometimes this comes unstuck for various reasons. Be very conscious of where you move & when, & whether "equal & opposite" has been observed. Sweeps calls may be a bit louder than normal for a while until everyone gets this! Often a single paddler on a row is asked to compensate for differing weight transfer by shifting their weight side to side as other paddlers move. Again, they are trying to maintain balance & need the reflexes & knowledge to do this. If you are unfamiliar with something, please ask a question. The only stupid question is the one that was never asked!

On a very positive, uplifting & exciting note, Jo Newman is well on her way to completing her required hours & progress towards her L2 sweep accreditation. She is attending a sweep workshop run by Northern region Sweep Coordinator, Pam Jackson in Port Macquarie on Saturday 26th Feb to further her experience of learning from different sweeps. Always a good idea, as a different take on an issue often leads to that light bulb moment. Kez, as always willing to go the extra mile for our paddlers & club, has very kindly volunteered to accompany her. Progression through support & encouragement is what club participation & paddler progress is all about. **Happy to announce she is now a L2 Sweep. Who will be our next Sweep?**

I finally managed to run a short Sweep Workshop on Saturday with our sweeps Megan & Jo & Wallis Spirit's sweep Brian getting up the back & strutting their stuff. I think Jo & Brian had a few "light bulb moments" as their turns improved markedly. Many, many thanks to our paddlers Helen, Jo V, Brenda, Kez & Ray as well as Sally from Wallis Spirit that stayed behind after the session to enable the boat to have that critical forward movement needed. It would be really nice if others had thought ahead & committed to helping the sweeps to help you get on the water. To pass the L2 "test" you need to sweep an ideally full 20's boat.

At our upcoming regattas at Point Wolstoncroft, Forster (ours!) & Urunga we will (finally) experience the completion of Wendy B's L3 requirement to successfully sweep 4 races in competition. Come along & support this many times delayed achievement. As many people descend on Urunga for its lovely weekend atmosphere, don't forget to book your accommodation very soon, as it goes very quickly. Ask others in the club about this fantastic weekend if you're new & liaise with all to optimise accommodation options ... camping, cabins, house shares, etc..

Cheers & have a great time actively engaging in all the club has to offer.

Peter

Covid Officer Robyn McIntosh

COVID-19 REPORT

We are operating in a COVID-19 environment. Our COVID-19 Safety advice includes the following:

1. On arrival and before going into container:
 - 1.1. Sanitise hands
 - 1.2. Place on mask (Optional for in the container. Also helpful in flu season)
 - 1.3. Pay your \$3 and check seating plan as per usual indicating paid
2. Enter container with **social distancing** to hang up gear
3. **Do not gather** around at any time, especially our Wonderful Wally Table
4. If assisting to move boat to the water, **keep the 1.5m distance from others**
5. Warm up and let the fun begin.
6. Train, Train, Train then get off boat
7. We need 8-10 people to move the boat out of the water and ready for the **sweep to start cleaning** while we do cool down stretches. Keep maximum distance possible.
8. Complete cool downs and assist the clean up of boats
9. If you have borrowed a life jacket, rinse and hang in breezeway for drying or paddle– dry then spray with sanitiser.
10. Towels or sponges need to be taken home for cleaning

Please Do Not attend training if you are unwell!
Follow NSW Health guidelines for Covid testing and requirements.

PEARL DRAGON SUPPORTERS

We have has some interest in people wanting to be Pearl Dragon Supporters. A few of our inaugural Pearl Dragon Members who are no longer paddling, would like to be members. DBNSW recently promoted membership to the organisation for those who wish to volunteer and participate in land based activities within the sport. They will also be covered by DBNSW insurance while participating in off water activities.

There is no fee. It will enable access to our Pearlers Page for news about events and social activities. An approval process will occur.

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

Click on Pearl Dragons Supporter and send an email expressing interest in becoming a Pearl Dragon Supporter.



We are focussing on recruiting new members to the Pearl Dragon. This was designed to encourage men to consider dragon boating with us.



ORDACIOUS CREW

SUNDAY 12th June 2022

At this stage, the organisers of the Ord River Marathon are anticipating the WA borders will be open and the Ord River Marathon will be going ahead as planned. We are monitoring the WA situation. Additional training for Ord River participants will be happening on Sunday mornings. Members are invited to join these sessions. It will help the paddlers off to the Ord, but it will also help with fitness levels for the Urunga Regatta, for the rest of the club. We plan to attend the 8 km race at Urunga on the Saturday, 30th April. The following Pearlers are attending Wendy Burdekin, Rejane Chapman, Kathy Dayment, Kerrie Gammage, Joe Jeffries, Leanne Jeffries, Marika Koroi, Robyn McIntosh, Kathy Peter, Janis Radford, Peter Reed, Brenda Taute, Joanne Vakaahi. There are 4 others joining us from Beechworth (Vic), Illawarra, and Yarrowonga (Vic). There is also a spectator boat for supporters. The event will take 6 hours to complete.



GLPD Regatta March 2022

The GLPD Regatta committee consists of: Wendy Burdekin, Rejane Chapman, Trish McDermott, Janis Radford, Leanne Jeffries, Kerrie Gammage, Brenda Taute and Sue Welch and Angela Visser.

The Regatta committee has been working on the planning of the regatta for over 2 years. We are really looking forward to actually having the Regatta on the 26th and 27th March 2022.

Tuncurry Golf Club/ Buko's Bistro is now one of our sponsors for the Regatta. They have provided the \$400 as sponsorship and also offering 10% off dinner vouchers for people attending the regatta weekend. We would like to attend as a group to Buko's for dinner to demonstrate our support for the club.

The Golf club will be able to identify how many people attended the club because of their involvement with our regatta. So please help us to support the golf club and also have a nice dinner before the big event of the GLPD Regatta. This will be Thursday 24th March. Vouchers will be distributed to all members and participants of the regatta and they will be encouraged to use the voucher over the weekend.

VOLUNTEERS NEEDED – Please ensure Ange Visser knows if you are available to assist.

There are many tasks that need to be attended to ensure a successful regatta. We need all hands available for the weekend.

Saturday 26th March will be the 2km race. Pearl's will have a team in this event. On Sunday 27th, we will not be taking part in racing as there are many jobs that need to be covered.

HAMPER donations to be raffled. In the past, this has been a very successful way of gaining items to be made into hampers that are raffled during the regatta. After the 2km race, participants and spectators go to the Lakeside Tavern for the presentation. This is where the seafood raffles will occur.

Vendors will be available on the day including coffee/food and paddling merchandise.

There is an opening ceremony to awaken the dragon and the Wingham Pipes and Drum band will be performing.

One of the duties of the Regatta Committee was to increase awareness of our club's activities to the local community. We have sought to have promotion of the club in a variety of media.

These have included :

- The Forster Tuncurry Fortnightly, 8th December (back Page)
- Great Lakes Advocate 23rd December 2021 Front page Christmas photo and story on FaceBook page. Thanks to all paddlers on the day for your patience.
- News of the World published in January (Hallidays Point magazine) Photo of 8 paddlers from Hallidays Point and surrounding
- Facebook and Instagram– numerous enquiries requesting more information

Regatta Sponsor's Page



We are very grateful for the wonderful support of the following businesses who will be sponsoring us for the upcoming regatta.

BEACH BUMS CAFÉ

Start the day with saltwater, coffee and a sunrise over- looking Forster's Main Beach only a few steps from the sand open daily from 5.45am.

Beach Bums Café where shoes are optional!

Beach Bums is a favourite place for Pearlers. They are always open when we need that early morning breakfast or much needed coffee



FORSTER TUNCURRY GOLF CLUB / BUKO'S BISTRO



Come and join the fun at the Forster Golfie. Stop by Buko's Bistro in the Cape Restaurant now open 7 days per week for lunch and dinner. The views are breathtaking, with wide, sweeping scenery of the golf course and even the Pacific Ocean is visible from windows. Buko's has an extensive menu, including Thai and Australian favourites. Their speciality is fresh seafood.

Don't forget to get your Buko Vouchers to give you a discount on your meal during the regatta weekend. It's also a good idea to book a table.



JR RICHARDS

Have been a proud supporter of the Great Lakes Pearl Dragons for many years. JR Richards, the Waste Management experts, is an Australian owned family company established in 1958. They have a wide range of skip bins available for domestic purposes.

Based on traditional values, they pride themselves on service, stability and reliability in providing waste and recycling solutions.



LAKES AND OCEAN HOTEL



Located in Little Street, Forster, This iconic hotel overlooks Wallis Lake and is known for its great food - with its Wednesday night steak night a must do for locals and visitors alike. The café on the corner, serves breakfast, cake, tea and coffee. It is perfect for a quiet cuppa in the morning. The Pearlery are proudly part of the Lakes and Ocean raffle roster.

We love to have a coffee and breakfast at the Lakes and Ocean on the weekend and Murray and his team look after us.

Regatta Sponsor's Page



PARADISE MARINA CAFÉ

Paradise Marina is situated not just on the waters edge, but in fact it sits above the water on Wallis Lake, one of the cleanest lakes in Australia. Specializing in boat hire, they can show you where to catch your dinner or hire a boat for a great day out with friends or family on the lake.

Trading 7 days per week, the Paradise Marina Café is the perfect place for a bite to eat before or after your adventure out on the water.



MID COAST LIQUID WASTE PTY LTD

MIDCOAST LIQUID WASTE

Offer a wide range of quality liquid waste management services. They offer Portaloo hire for any occasion, festival, event and for construction and renovation sites. They offer reasonable rates and convenient drop off and pick up. Portalooos are the ideal solution for parties, events and building sites. With their team of experienced and competent professionals, they can ensure you get one on one efficient and personal service.

They will provide safe liquid waste removal, management and disposal services for residential, commercial and industrial clients in accordance with Environmental Protection Authority compliance regulations.

LAKESIDE TAVERN

The Lakeside Tavern on the Lakes Way is a much- loved local pub offering a refreshing indoor and outdoor venue.

The Lakeside Chinese Restaurant is one of the best Chinese Restaurants in Forster with an extensive menu available to eat in or takeaway.



Taree
Subaru



SUBARU TAREE AND CONTINENTAL CARS

Confidence in Motion

Taree Subaru and Continental cars are proud to be a sponsor of the Pearl dragons and are an award winning locally owned and operated business. They strive to make the car buying experience stress free.

Taree Subaru provides you with high-performing Subaru vehicles designed to thrill and inspire you.

What's New?

- + Raffles at Lakes and Oceans Hotel - resuming soon.
- + **Great Lakes Pearl Dragons Business cards.** These cards are available for members and can be given to people if interested in becoming a paddler.
- + **Wolstoncroft Regatta—DBNSW Regatta series— Race 4**
 - Sunday **6th March**, Point Wolstoncroft Sport and Recreation Centre, Wolstoncroft.
Update 3/3/2022 -now cancelled due to weather conditions
- + **Swim test 5th March** – All members who have tests due in the first half of the year should attend the swim test after training and before Point Wolstoncroft regatta. Next test will not be until October.
- + **Our regatta Great Lakes Pearl Dragons**
 - **Saturday 26th and 27th March**, Elizabeth Reserve Forster
- + **Feed the Dragon Come and Try Day– to be attended**
 - **Saturday 2nd April**, Wallis Lake
- + **Australian Championships 2022**
 - **Tuesday 5th April—Sunday 10th April**, West Lakes, South Australia
- + **Kalang River Dragons Regatta**
 - **Sat 30th April—Sunday 1st May**, Bellinger River Sailing Club
- + **Region vs Region Regatta**
 - **Sunday 1st May**, State International Regatta Centre (SIRC)
- + **Flamin' Dragons Annual June Long Weekend Regatta**
 - **11th June 2022 – Sun 12th June**, Rocks Ferry Reserve, Wauchope
- + **Rainbow Region Dragon Boat Regatta**
 - **20th August—Sun 21st August**, Shaws Bay, East Ballina



BUY & SELL

Pre-Loved Pearlers Items for sale

1. 49" inch Paddle
Call Kathy Peter 0413 667 376
2. Cap Sleeve size 16 & 18
Cap sleeve shirt size 14
Call Janis 0420235987
3. Cap Sleeve shirts size 18 x 23 \$15 each
Call Brenda 0407724268



UNIFORMS

Paddling shirts still available as per last years sizes.

All Shirts \$54

- Muscle Sleeve Shirts Size 12
- V Neck Short Sleeved Shirt Size 12,14,16, 18,20
- V Neck Capped Sleeve Shirts Size XS, Small, Medium, Large, XL, XXL

Hats \$16 (one size)

Dress Shirts – Under Review

Winter Jackets please order direct through [JPX2](#) . Please see [Anna's trophies](#) at Kularoo Drive if you wish to have your name embroidered on your jacket

Contact our Uniform Officer Tracey Mackle 0431 039 336 for your uniform needs.

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>

