



May 2018

Pearls of Wisdom

Great Lakes Pearl Dragons

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

PEARLER OF A RACE FOR FIRED UP DRAGONS

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An inspired team of Great Lakes Pearl Dragon paddlers took on the north coast challenge of a 7.5 km endurance race at Urunga this Saturday, and in an effort like that of 'Pharlap with a big heart', the Pearlers took out the winner's trophy. The weekend regatta hosted a total of 17 clubs which was the first time all the north coast dragonboat clubs had been at one event .



Follow us on Facebook

<http://www.facebook.comGreatLakesPearlDragons>

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

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



PRESIDENT'S REPORT MAY 2018

Welcome Pearls to our May newsletter. After a long hot summer we are finally heading towards the cooler months. The Club is still competing at regattas, Urunga, this past weekend, was very successful not only on the water but also in terms of newer paddlers having the opportunity to participate in competition and experience the camaraderie of being part of a Pearls' crew.

Of course prior to this, the whole club was on a high when back in March we took Bronze Senior A Women's 1k at Nationals. To medal two years running is an achievement of which we should all be proud and proud I was at the DBNSW Roadshow at Urunga on the weekend. All sessions were excellent however when listening to the coaching session I realised that our coaches are doing now all that was being advised to do by the coach who was doing the presentation. Good work coaches.

Leaping forward to 2019, the Club will be celebrating, as it is our 10th anniversary year. We will commence our celebrations in March when we plan to compete at the Wellington Dragon Boat Festival in New Zealand. This venue has been chosen as it is close to home and we want to give as many members as possible the opportunity to come along. Being close to home will ensure that it is cost effective and not too far for those that are time poor. The majority of our members have not paddled in Wellington however it was here that we experienced our first "Pearls" overseas regatta. We are fortunate that almost 10 years on we have a number of inaugural members (or close enough to it) in the Club who were part of this and we look forward to these Pearls guiding us on this venture.

All regattas have entry fees so in addition to our normal fundraising we will do some *small* fundraising to help alleviate member costs. Starting off we will have a Body Shop Party - details to come -and we may hold small raffles etc. Ideas welcome.

Also as part of anniversary celebrations we are thinking mid-year we could have a dinner with all current and ex members invited. Ex members could be invited via local newspaper and radio community notice boards etc. Again ideas and suggestions welcome.

The past few months have been extremely busy for those of us who consistently do background work to enable the Club to function and to move forward in ways that are not seen on a day to day basis. In conjunction with council our grant application for a "storage shed" has been submitted to the State governments Stronger Country Communities Fund. If this does eventuate we will still have a way to go and again a lot more work to do. On a monthly basis we look at policies, maintenance, membership, recruitment, grants, strategic planning, team building, coaching and sweeping to name a few plus of course that myriad of things that always pop up on a regular basis.

Our maintenance morning can be termed as successful and we did manage to do about 70% of the jobs on our list. Thank you to those that gave a hand including two non-members.



The Relay for Life was an outstanding success and it was great to see our Club participating and helping a worthy cause.

Come July we will hold a karaoke evening at Forster Bowling Club. This will be termed as a welcome to the 2018-2019 season and be all about enjoying ourselves – basically having fun. Please bring along anyone who you feel maybe interested in our Club. We have appointed Wendy B as our MPIO – thank you Wendy and also thank you to Ange, Kez and Gillian for putting their hands up for the regatta committee. Fay and I are helping initially and some work is being outsourced to members.

Over the next few months you will notice that we will utilize “Revolutionise” more on the website. Besides renewing your membership with this, we will also be experimenting with registering for regattas and events such as our 2019 Wellington trip. All members will receive an email shortly asking them to register interest for this event. This is not a firm commitment at this stage but a guide to help with planning.

Paddling on a regular basis benefits our physical and mental health and we are so fortunate to have one of the best spots in Australia as our home ground. I love that the lake is a working lake, when we are out paddling we see the oyster farmers earning their living sharing it with us as well as other recreational users.

Make the most of the cooler months to build on your fitness and enjoy your pearl time.

Happy Paddling, Denise



MEMBER PROTECTION INFORMATION OFFICER

Role of the MPIO

Member Protection Information Officers are people trained to be the first point of contact within the Great Lakes Pearl Dragons Club for any person considering making a complaint under the Member Protection Policy. The MPIO is bound to provide confidential, impartial and timely information and support. They act as a sounding board and provide information about the local complaint resolution options available to address the individual's concerns. The MPIO may be called on to provide advice to club administrators or complaint handlers regarding the Member Protection Policy and associated laws. The MPIO is not an advocate but they may elect to accompany complainants, if requested, to talk with someone else.

Please feel confident in approaching your MPIO if you have a concern. The MPIO is someone you are encouraged to consult in the first instance, however you may feel confident to approach the person yourself to resolve the issue.

Our Member Protection Policy is as per the DBNSW policy following this link:

<https://s3-ap-southeast-2.amazonaws.com/piano.revolutionise.com.au/cups/dbnsw/files/goemfc7aaaewkg7i.pdf>

Check our website regularly as information about the MPIO will be posted there.

Heads in the Boat

Withdrawals

Just a little assistance to avoid anyone missing out on a paddle:

- * if you need to **withdraw** from your paddling session, please do this as early as possible (definitely before 6pm the day before the session)
- * If you withdraw write – WD or withdraw in the column beside your name
- * If there is anyone on the wait list (under the sweep's name which is in capital letters – row 21) please put “replace and your name” in the column beside the first name on the wait list
- * If you are on the wait list, please continue to check the boat list for that session as you just don't know when paddlers are likely to withdraw due to unforeseen circumstances
- * If you are now in the boat please text the coach of the day so they know YOU know you are in the boat.
- * The coach may already have contacted you to ensure YOU know you are in the boat
- * Wait list paddlers and coaches will do their best to ensure the boat is full and that all possible paddlers get the opportunity to paddle.

Refer to prior email for coaches' phone numbers

NSW STATE REPS



Claire, Wendy, Laurie and Peter proudly represented NSW in the State Vs State racing at the Auschamps at Kawana waters. Laurie and Wendy are picture with the trophy for the top state in Australia,

RACING

Sat 9 & Sun 10 June **Flamin Dragons Regatta**

FUNDRAISER

23 May, 8 June, 27 June **Lakes & Oceans Hotel Raffles**

EVENTS

Sat 30 June **Promote Club at Stocklands** 9am -12 pm

1st July **NEW SEASON OF DRAGON BOATING BEGINS** for 2018-1019

Sat 14 July Karaoke night “**Welcome to the new season**” Forster Bowling Club

Sat 7 July , Sat 21 July **HAVE A GO** 9am –10am

What's
Happening

BRONZE AT NATIONALS

We knew before we left our beautiful Great Lakes area that the weather wasn't going to be very good. Constantly we checked our apps and it said the same thing – RAIN and WIND. After paddling on the State V State Sunday, hot and humid we began to wonder ... really? THEN at the presentation dinners at the Kawana Waters Hotel, Claire, Peter, Laurie, Fay, Kim and I realized that the weather was in fact NOT GOOD! We were lucky to make it to our cars without being flooded.

As our team was arriving over the next two days, meeting for lunches, shopping, swimming, walking etc we weren't really sure what was going to be in store for us. We woke on Wednesday morning, the day of our 500m races to find a storm with the most incredible winds. I almost spewed knowing I had to sweep the first of the 500m races. Luckily the storm passed and we all headed to the tent hoping that the storm was just a thing of the past.

Claire had prepared our tent with some chairs (that the other teams hadn't already claimed ☐), and waited patiently for the team to arrive. Laurie, Whady and Peter were already at their stations preparing for their volunteer roles at the day's paddling. Upon arrival, it became apparent that our allotted team tent section was actually only half an area, despite our neighbours trying to give us extra space at the back. We moved to Pittwater's old space, next to Port Hacking and over the next two days, enjoyed our new little home. The weather just went from bad to worse and by the time the afternoon racing was to start – Women's and Open's 500m racing (which we are very strong at), had to be called off. Not to be too disappointed, GLPD, upped and headed off to the pub for a few social drinks. We had fun and all hoped Thursday's racing would not be cancelled – and it wasn't!!!

The morning managers' meeting revealed that races would be as scheduled, so we just hung on to our hats and waited patiently. We looked good with our pearls and our team ribbons and were so keen just to get on the water. AND WE DID!!! The Great Lakes Pearl Dragon Women's team paddled their hearts out in the Splash and Dash 200m. Despite being given the worst lane possible in our second round – the infamous LANE 6 ... we did ourselves proud and were only just pipped at the post by a few crews. We were extremely proud to have beaten Newcastle for the first time (and what a great place to do it).



Senior A Women's 200m results at 2018 Australian Championships Kawana

| | Round 1 Nationals | Round 2 Nationals | SIRC 4 Best time |
|-------------------|----------------------|----------------------|---------------------|
| Different Strokes | 53.59 | 51.25 | |
| Bei Loon | 54.29 | 53.44 | |
| Maroochy | 55.32 | 54.87 | |
| Pittwater | 56.36 | 55.32 | |
| GLPD | NA | 55.41 | 56:54 |
| Newcastle | 56.26 | 55.67 | |

| | Best Time Nationals 2017 | SIRC 4 2016 Best time | SIRC 1 2017 Best time | Best Time Nationals 2018 | Improvement from previous best time |
|-------------------|--------------------------|-----------------------|-----------------------|--------------------------|-------------------------------------|
| Different Strokes | 52:952 | 53.70 | 54.63 | 51.25 | 3.32% |
| Bei Loon | 58:649 | 59.29 | 59.40 | 53.44 | 9.75% |
| GLPD | 57:694 | 56:54 | 1:00:08 (16 paddlers) | 55.41 | 2.04% |
| Pittwater | 58:513 | 56.66 | | 55.32 | 2.42% |
| Newcastle | | | 58.60 | 55.67 | 5.26% |

The day wasn't over yet and we were all excited to get in the boat to do the 2km turn race. We'd been training every Sunday for weeks for this event and we were so ready!! Then they ran out of time and the weather was starting to do its thing so they changed the 2km to a 1km with only 1 turn (hardly a turn race but we didn't care).

We were ranked slowest of the women's teams – BIG MISTAKE – so we got to head off first behind the Open's teams. This is a disadvantage as we have no one to catch. That did not slow us down and we headed off with a great start. Everyone was focused and ready to go. The first 500m went off without a hitch – already further than we went last year!!!! We were against the wind but Jo just kept calling us on and Kez kept us straight. We went into the turn with Pittwater catching us but Kez turned us nicely and off we went ... Jo called us into a POWER out of the corner, which we'd trained so often for and we took off. I called up the team coming down the straight as I knew Pittwater was on our tail and we needed to get some distance between us. I got Kez to yell a BRING IT HOME at about 250m to go and we took off. Kim and Kath didn't hold back and we fired up to a new level But where did we come???? Waiting waiting waiting no news no sheets of paper Weather turned real bad So most left. Ange, Kez and Shelley stayed to get the results. I'm driving in the garage and the phone goes off ... It's ANGE ... WE MUST HAVE PLACED!!!! YES we did!!!

Ange represented GLPD and collected our Bronze medal for the 1km. Pittwater really did only pip us by 1.97seconds next year – bring it ON!!!
Wendy Orman

| Teams and Places | | Times |
|-------------------|--------|---------|
| Different Strokes | GOLD | 5:09:30 |
| Pittwater | SILVER | 5:50:41 |
| GLPD | BRONZE | 5:52:38 |
| Maroochy | | 6:00:11 |
| Bei Loon | | 6:06:33 |

The 2018 Australian Championship GLPD Women's Team



Kathy Peter, Kim Creighton, Denise Marr, Kerrie Gammage, Wendy Burdekin, Rejane Chapman, Mary Elliott, Claire Pontin, Fay Brooks, Kathy Dayment, Julie Therre, Megan McArthur, Louise Watson, Kim Haydon, Joan Schubert, Joanne Newman, Angela Visser, Caroline Ritchie, Wendy Lum, Lynne Barry, Joanne Harris, Wendy Orman, Shelley Ryan, Robyn McIntosh

URUNGA 2018

What a weekend we all had. From a great Saturday race to a wonderful Sunday.

I would like to thank Rejane for being our volunteer for Sunday.

We had two new paddlers with us for the Sunday racing, Gillian and Ann-Maree. What a fantastic job they did paddling in all the races - well done girls. They have both got the regatta bug.

We also had a new stroke this regatta. Robbie has been training regularly as a stroke on Thursdays and Saturdays and did a great job under the guidance of our experienced stroke Kathy P. Well done – a great team.

Our sweeps and drummers did great jobs – thanks heaps.

Of course, it goes without saying, (but also needs to be said) - thank you to our paddlers



2018 GLPD 8km Team

We did a perfectly executed race. Our team and spectators alike were convinced we had won. The crew were fit, well trained in this event and completely focused. Having trained for the 8km for weeks we knew what it was going to be like. The conditions were perfect for us and we just paddled.

Our half way turn was perfectly executed by Kez, on two tyres as it was described, and off we went for our final leg.



| | |
|---|-------|
| GLPD (Heat 1) | 39.10 |
| Rainbow Dragons (Heat 2) | 39.39 |
| Camden Haven/Dragon on the Rocks (Heat 1) | 41.02 |
| Deepwater (Heat 1) | 41.40 |
| Coffs Coast (Heat 2) | 41.44 |
| Grafton (Heat 2) | 41.47 |
| Titavators | 44.31 |

Jo's COMMENTARY OF SUNDAY

"Paddling up to the start line for our race with nerves, butterflies in our bellies, all focused on the race plan, all ready to go... buzzer went off and so did we. Staying strong and long all the way and lifted when the drummer said BRING IT HOME NOW".

Each race we got stronger and stronger.

The men paddled in our Mixed team and then with the men's combined teams - Peter and Laurie paddling with the Flamin' Dragons and Brian and Whady with the Rainbow Dragons.

Both men's team made the finals and the **Flamin' Pearls WON!**



Well done boys!

After all the heats we raced and they worked out who was in the finals for each category, they announced the finalists.

Our GLPD Women's team paddled extremely well but were unlucky with lane selection in our second heat (and everyone knows that lane selection can mean the end of your chances) so we didn't make it to the finals.

The team waited with baited breath and we did make it to the finals with our Mixed Team. I gave a pep talk to the team then we paddled up to the start. Everyone on the side line was cheering us on. What a buzz that was. We stayed focused on what we needed to do. It was as if only our boat was in the race

Wendy O did a fantastic job staying in a straight line

Kim C did a fantastic job with the calls.

Paddlers did a fantastic job to empty their fuel tank.

We came 4th in lane 4 – good job.

Till we meet again, keep training hard on and off the water.

Jo Harris, Urunga coach



Flamin Pearls Men's winning team.

RELAY FOR LIFE

The Relay for Life is a community event which raises funds to support research and treatment of cancer. The Pearls wanted to participate this year to 'give back' to the community.

The Relay was scheduled for March 24th but a week's worth of rain resulted in the field being completely flooded. So the event was rescheduled for April 14th and we had a dedicated group of Pearlers who turned up ready to walk across the 24 hours. The day dawned bright and sunny and following an emotional first lap by survivors and carers, the Relay was underway. It was a great day with entertainment and lots of chats as we circled the track.

As night fell, the candlelight ceremony was conducted which brought home to all of us just how much cancer has touched our lives and those we love and have lost. With the candles and 'Hope" bags lined up around the track we walked in solemn silence with our thoughts for our loved ones.

It was during this time that we watched the lightning and thunder roll in. Hoping the storm would pass around us, we valiantly walked on. However, this was not to be and the Pearlers showed their strength and resilience as they physically held down the gazebos as we were lashed by the wind and rain and held our breath as the lightning struck around us. When the storm eventually passed we could see the trail of destruction left behind and unfortunately the Relay was then called off. So, the group of wet, soggy and cold Pearlers packed up the gazebos and headed home. (A big thank you to Gilly who took the gazebos home and dried them out!!)

On a good note, the Pearlers had a fantastic night at the Lakes and Ocean Hotel where the proceeds of the raffle were donated to the Relay. Due to the hard work of the Pearlers we raised \$2,800 which was a fantastic contribution to the \$60,279.97 raised by the Great Lakes community.

Megan McArthur





Megan has been in the training seat (stand) for a number of recent paddling sessions on the lake. She has shown an innate skill in the role of sweep and taken firm control of the oar on each occasion.

We are looking forward to being certified in this role as she continues to get her hours up. If you see her name as "trainee" sweep on the roster, make sure you put your name down to give her a full boat!

New recruits

Gillian and Ann-Maree run the gauntlet of the paddle arch after their maiden paddle on the weekend as part of the GLPD mixed and women's teams.





Laurie, Whady and Peter withstood extreme winds and difficult conditions at the National Championships at Kawana Waters as they took their place alongside the other volunteers.

Rejane is committed to her role as official, giving up her seat on the boat to volunteer at regattas on behalf of GLPD, as she did at the recent Urunga regatta.

Thanks to these volunteers and also to Gillian for transporting our gazebos to our recent regatta.



This is a place for Members to contribute an ad, a handy hint, or some special insight or

event - for example, this moment was caught at the Urunga regatta when Kerrie had finally captured a space for herself and her blanket! Total focus before the racing.



Chair for sale. Only \$10.
See Mary or phone
0432207631



To keep tomatoes fresh and longer, place them in a white bowl and leave them on the bench. Don't put them in the fridge as toms are considered a fruit, not a vegetable!

To cut your drying time in half when using the clothes dryer, roll a sizeable piece of aluminium foil into a ball and place in with the wet clothes. The foil will become hot and will assist in drying the clothes more quickly, saving both time and money!