

Pearls of Wisdom October 2013

GLPD Executive Committee

President: Robyn McIntosh
Secretary: Denise Marr
Treasurer: Jan Brain
Women's Club Captain: Marg Steel
Men's Club Captain: Ken Watson
Committee Members:
Frank Fenech
Wendy Orman
Email: dragons2428@hotmail.com

DATES FOR YOUR DIARY

- Grafton Jacaranda Dragon Boat Challenge: October 26-27th
- GLPD Regatta – Forster Keys: Sunday November 24th
- Kempsey Regatta: Sunday December 8th

Coaches and Sweeps Corner

25km Marathon at Port Macquarie



Heather, Wendy and Gina (2nd front, 3rd and 4th paddler in Pearler shirts)

GLPD members were among those to test themselves in the 25km marathon race from Telegraph Point to Port Macquarie on Sunday 18th August. Frank Fenech, Gina Barber, Heather Masters and Wendy Orman teamed up with some very determined paddlers from Grafton, Armidale, Port Macquarie and Camden Haven clubs to compete in the gruelling event. The race attracted a variety of watercraft including kayaks, Hobit kayaks, sculls and surf boats. The combined crew of 17 paddlers and sweep did an outstanding job, finishing the 25km course in 2 hours and 4 minutes, thought to be a record time for a dragon boat.

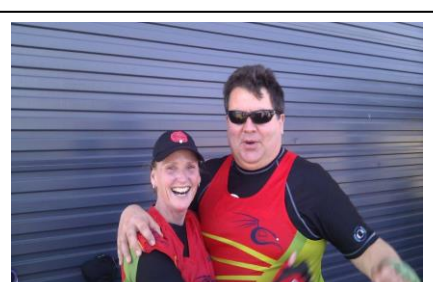
Newcastle Regatta

28th/29th September: Gina Barber, one of our new Pearl coaches was the GLPD Team Manager for our Pearlers team which took in paddlers from Wallis Spirit and Manning to compete in the 1.5km Bridge to Bridge turn race on the Saturday and the 200m sprint regatta on the Sunday 29th September.



We are pleased to report that the team came in 1st for the 1.5km relay and have added another trophy to our ever growing trophy cabinet at the Tuncurry Bowling Club. 1.5km GLPD team members included Gina, Frank, Megan, Wendy, Heather, Kathy P, Kathy D, Deb, Claire, Brian and Carmen.

Members partied on Saturday night at the Brewery - all looking good and getting up bright eyed and bushy tailed for the races on Sunday. Both the mixed team, the men's team and the women's team put in everything they had coming out with a second for the mixed team second heat. Sunday sprint paddlers included our 1.5km relay paddlers plus Allan P, Leonie, Peter, Chris and Venessa. Everyone had such a good day and particularly enjoyed the casual, yet professional atmosphere at the regatta. Warm ups were fun and rumour has it that the dance routine could become more widely used at future regattas.



International paddler, and now GLPD, Brian Keiry joined the Pearlers at

Grafton Regatta

Jan Brain, Wendy Orman, Gina Barber and Frank Fenech will travel to Grafton on the weekend of the 26th-27th October to volunteer for the Grafton regatta. GLPD Regatta Committee member want to develop their skills that they will need to use at the Great Lakes Pearl Dragons' Regatta on Sunday 24th November this year.

Jan will be bringing back the DBNSW regatta trailer that has equipment that will be used in our regatta in November.

Frank, Gina and Wendy will also participate in the 7km event on the Saturday (just for the fun of it).

Leonie's Functional Fitness Group



GLPD.....

something new in fitness. As a TRIAL we will be commencing a land based "Functional Fitness Group".

WHERE: In the park outside Cape Hawke Surf Club.

WHEN: Monday, Wednesday and Thursday 5pm for 45mins...

We will use the S.M.A.R.T. theory of fitness and integrate cardio into an interval training session with resistance work. Low intensity for some - high intensity for those looking for something more. Learn the muscle movements and stretches. Pre-exercise questionnaire essential...fitness analysis optional for those wishing to have a starter marker as a measure of progress.

Commencing Monday 14th October

Call Leonie on 043 062 3332...

Come along & have some fun & get fit



Regatta Committee



24th November

**We need all our Pearlers to help out at
our Regatta.**

**Volunteers will have priority in the
Mixed GLPD team so sign up early.**

(see Wendy for a spot for you!!)

Frank's Follies (EC/Maintenance)

As you know new container arrived. Great job boys and Barclays awesome mob.

Roofing material between containers is ordered, and the gates and security fence will be installed next week.

The new champion 10s boat is ordered in matching colours to existing boat. The estimated delivery is between 3 to 6 months. Watch this space for working bee to paint containers. We need all the help we can get Pearlers.

Thanks to all for helping to raise the much needed funds

(Especially the Fundraising Committee)

Frank



The Newcastle Regatta team

(who is that little leprechaun in the middle???)

Fundraising Update - Deb's Doings

Fellow Pearlers - Just a few notes for your diaries

Garage Sale: 26th October - to be held at Deb V's place from 6am - 51 Underwood.

Goods can be left from now, so organise with Deb (65548251)

Bunnings BBQ: Sunday 17th November - rosters will go out looking for helpers soon.

Car Rally: 3rd November (combining the Club's 4th BD). Club will buy sausages and rissoles and members are asked to bring salads or desserts. Team nominations close 15th October - 4/team.

This will be a 'fun observation rally' combined with a treasure hunt - route to be kept secret until the day. After lunch there will be mystery games organised for all.



Fundraising events like the Grease Night and the High Tea have been invaluable for raising club funds to purchase our new container, trailer and soon to be available 'tens' boat.

Always a huge thank-you goes to our hard working fundraising committee!!!!

Club Captain's Corner

Ken:

It's great to see that 9 men have joined the Pearl Dragons so far this season. This means that if we get just a couple more, we may soon be able to enter our own team in a Men's 10s event at a regatta!

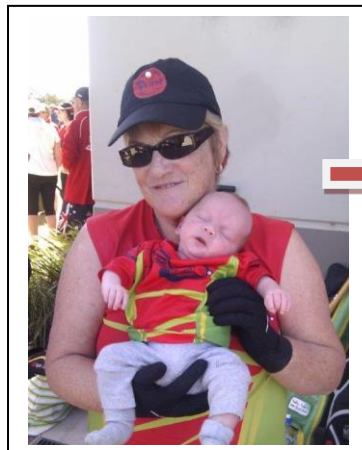
At the next North Coast meeting, the Pearl Dragons will be supporting Kempsey Rats in trying to also have points allocated for places in Men's 10s events at future regattas, rather than only in Mixed and Women's events, as is now the case. We are, however, happy with the special condition allowed at North Coast regattas, whereby teams can enter Mixed events with as few as 2 men, compared to the DBNSW ruling which stipulates 5 men in a team.

Other Good Information

Heather's Farewell: Saturday 14th December from 1pm till the next morning. All invited to Frank and Gina's place (10A Wangaree Street, Coomba). Frank and Gina will provide most of the food (\$5 for BBQ and \$10 for BBQ/Breaky). BYO alcohol and sleeping bag.

Our Newest Paddlers:

Welcome aboard to our lovely Carmen Carder who is already paddling in the morning sessions - you go girl!!!! Please say hi to Carmen if you see a lovely tall lass in uniform with her brand new McDonald's training cap. Welcome to the Pearlers.



Our Youngest Pearler: Nan, Kathy P, introduces our youngest Pearler that joined our team at the Newcastle regatta. Rumour has it that Jack's uniform was temporarily borrowed from Shrek (he gladly gave it up for the day).

C u next month Pearlers