



# PEARLS OF WISDOM



## Great Lakes Pearl Dragons

email: [dragons2428@hotmail.com](mailto:dragons2428@hotmail.com)

visit us: [www.pearldragnons.com.au](http://www.pearldragnons.com.au)

Newsletter April 2015

Welcome fellow Paddlers to the revamped and exciting GLPD newsletter.

Special thanks to Jo Vakaahi for taking on the job of editor with such enthusiasm.

In the ongoing edition of this Newsletter you will find a new segment prepared by EC member Brian Bruton. Brian will outline business matters that your EC have discussed and dealt with. Hopefully this will allow more members to be up to speed with what's happening in the club. We hope you find this section informative.

In line with keeping the members up to date on business matters, it is incumbent upon me to inform you all that both Leonie and I are lucky enough to be travelling to Europe for 3 months between May and July this year. Please forgive my absence during this period and be aware that the EC may be a little stretched over these months if any other EC members take leave, your understanding and assistance during this period will be greatly appreciated.

A big thank you to all paddlers who are wearing their Club shirts on those days when we paddle Breckenridge channel during the busy daylight hours. The boat looks great on the water showing off to all onlookers that Pearlars like to look good and have fun.

Finally my personal thank you to the many members of the club who chip in and do those extra things that make the Club work and grow. We call for helpers on different projects regularly. It is appreciated when members step forward and chip in.

Have fun on the water  
Chris Dowell  
President



### GREAT LAKES PEARL DRAGONS EXECUTIVE COMMITTEE

President:-	Chris Dowell
Secretary:-	Denise Marr
Treasurer:-	Jan Brain
Men's Club Captain:-	Darren Dargan
Women's Club Captain:-	Marg Steel
Additional Directors:-	Brian Bruton & Kim Evans



## UPDATE FROM YOUR EXECUTIVE COMMITTEE (EC)

Congratulations to Jo Vakaahi for taking up the position of Newsletter Coordinator for our Club. This is a great step forward in helping to boost communication within our club. I am sure that you will give her every support in providing news items.

Ken Watson has accepted the position of Website Coordinator and Deb Harris as Publicity Officer. On behalf of our club members, we thank you for taking up these vital roles for our club.

We would like to welcome all new members to the Pearlers. Your EC meets monthly and committee members are elected each year at our AGM which is held in August. We welcome your feedback and you are encouraged to e-mail [dragons2428@hotmail.com](mailto:dragons2428@hotmail.com) with your suggestions or any other matter. Your sweeps and coaches hold regular individual meetings and a combined meeting whereby recommendations are put forward to the EC for authorisation. Your EC encourages members to become involved in the running of the club and to take on a role on the committee or as a coach or sweep.

Last year we were successful in receiving a Club Grant from ClubGRANTS NSW which enabled us to purchase 20 wooden paddles, boat cover and boat trolley. ClubGrants have recently opened again for 2015/16 and we will be applying for a grant again. Over the past 5 years we have received a lot of support from the Tuncurry Beach Bowling Club and appreciate their on-going support. In return, we would encourage our club members to frequent the Tuncurry Beach Bowling Club when the opportunity arises and don't be afraid to let them know that you are from the Pearl Dragons.

The EC recently approved the purchase of two new gazebos. You won't have to huddle together anymore trying to get some shade or get out of the rain when attending a regatta. To make it easier to get the boats in and out, we will be laying some concrete step treads in front of both containers. We will be calling on volunteers to help lay them in place.

There is still a lot of work to do and we will keep you informed of any new initiatives.

Your EC



Chris Dowell



Denise Marr



Jan Brain



Darren Dargan



Marg Steel



Brian Bruton



Kim Evans



- ◆ 12th April 2015 - Gloria Jeans Fun Run/Walk (follow link on facebook)
- ◆ 2nd-3rd May 2015 - Urunga Regatta
- ◆ 31st May 2015 - Car Rally
- ◆ 6th - 7th June 2015 - Port Macquarie Regatta
- ◆ 21st - 22nd November 2015 Pearl Dragons Forster Regatta



### PHOTO OF THE MONTH



Hoo Roo the cooking is done

Our beloved Ray after finishing cooking our BBQ breakfast. Even heard he cooked the eggs to order.

Thanks Ray

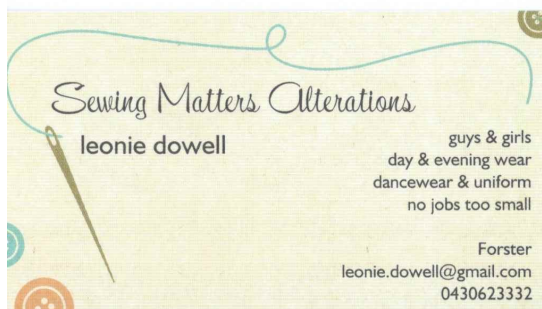
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# CNY



Written by Wendy Orman

Coaches:- Wendy & Gina

Saturday 18<sup>th</sup> February saw 14 women and 6 men from the Pearl Dragons travel to Sydney, Darling Harbour, for the 2015 Chinese New Year Dragon Boat Regatta. It was our first 'competitive' team regatta and we did not disappoint ourselves.



Training started on Sunday 1<sup>st</sup> February with a call out to the team to come to our containers for our first ever 'CNY Regatta Team Training'. We did five training sessions all together practicing the specific distance, our start technique and all paddling moves required for this special regatta.

Our sweep, Sally Cooke took us through all the manoeuvres necessary to prepare us to get to the start line, race then return to the

pontoon and unload. Sally took us through the sweep calls we may need at CNY like 'hold for drift, back paddle, hold position, draw water" and we even had the opportunity during these sessions to practice loading and unloading from a pontoon from the centre of the boat. We developed a 'grunt call' by the engine room men which was designed to indicate our boat was slowing and we had to refocus and put more effort in. We practiced our races with our drummer, Gina Barber, taking control from the front and keeping us all in time.

The team did technique refining, to include the pause at the front of the stroke which improves timing and emphasises the straight arm stroke for maximum efficiency in the water and our quick return.

It all came together on the day! The Pearlers paddled like a well-oiled machine. We warmed up together on land and had a blast skimming the water like the water dragons we are.

Our female club captain, Marg Steel, was there to support us, as was Ruth Bohnenkamp and Rachel Edwards. Of course we had our trusty supporter Bruce Dayment who is always there to cheer us on at every regatta.

Although we didn't place for a final, every paddler in the CNY Regatta Team was so proud of our effort and paddling that day. We did the club proud.

We have to mention our excellent night out, organised by Carol Richards. Carol has friends in high places and organised dinner at the South Steyne (floating ferry) in Darling Harbour. We dressed up in our finer clothes after voting not to wear our club shirts (no offence but we wanted to dress up J). She even organised the fire-works to celebrate our excellent paddling.

Moments to remember for our 2015 CNY regatta also include

The chocolate coated fruit from the food hall at Darling Harbour.

Deb Anger straining herself in the first heat L

Using 3 Sloth paddlers to make up the 16 for the Women's team.





# SWAGGIES IN WELLINGTON

## N.Z. 2015



### 53 paddlers from 12 different clubs in New South Wales

The Swaggies, a team made up of 53 paddlers from 12 NSW clubs competed in the recent regatta in Wellington New Zealand.

Six Pearl Dragons made the trip over the ditch to compete against New Zealander dragon boaters in the 'cold' waters of Wellington Harbour (and it was cold and rainy this trip). Kim Evans, Kathy Dayment, Wendy Lum, Carol Richards, Sally Cooke and Wendy Orman all took the trip, some for the first time, some for the fourth time.

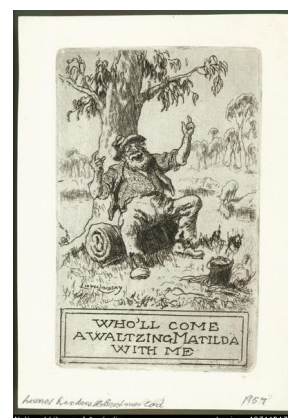
The paddling this year was different than normal as it was actually flat enough to paddle properly. We were in our element, and with the strength of the combined team, the Swaggies returned with a gold medal in the Mixed Masters event and silver in the Women's event (only pipped by 0.1 second). It was a great day of racing and the Swaggies are keen to return next year. Each year different paddlers do different trips around the island and rumour has it that it may be Hobbit hunting time next year.

Rumour also has it that a few more Pearlars may be coming with us – is it true Megan McArthur? Let's hope we get even more GLPDs.



Winners are Grinner Gold Medallists

The Mixed Masters



# WENDY ORMAN - becomes an Aurora



Dragon boat paddling for Wendy began in Okinawa Japan in 2000 when she was stationed there with her then husband, David, an officer in the US Navy. She joined the female spouses' dragon boat team which paddled once a year at the island's annual festival in Naha. They used to train by standing in waist deep water and paddle for over an hour at 6am in the morning (not much has changed but at least now, she is sitting in a dragon boat).

The dragon boats in Japan were much different to those that are more sports designed. They were huge and had a drummer who would walk down a plank in the middle of the boat yelling at the crew and there were two sweeps to control the huge boat. It was quite intimidating but also motivating as the sweep and drummer were Japanese and yelled unknown directions at the team.



When she arrived back in Australia and had moved to Forster and bought her house in 2011 her neighbour, a Pearler, suggested since she liked jogging she might like to 'try' dragon boating. Wendy joined the Pearlers that Saturday.

Wendy became keen to pursue paddling further than the local regattas and decided to try regional paddling in 2013. She and Heather Masters travelled to Macksville every Saturday to train with the Northern Regional team and travelled to Penrith for both the State and National Championships that year. Gold medals were the order of the day. In 2014 Wendy gained recognition as the 2014 Paddler of Excellence in this state team.



The paddling bug had well and truly bit Wendy and she looked further abroad. She joined the Pearlers to travel to Wellington in 2012 and gained a bronze medal in the Mixed team event. Since this time Wendy and other Pearlers have joined the Swaggies to compete in Wellington, resulting this year in a gold and silver medal.



Then it happened, a little birdie, or rather, a friend and President of the Pearlers, Robyn McIntosh had been suggesting to Wendy to trial for the Aurora's. The Aurora's website indicated that there was gruelling fitness testing used to eliminate those paddlers who were not fit in the first round of trials.

Between these camps, Wendy started some serious training. She travelled to Sydney on a regular basis to train with the Sloths team and was surprised one day to be offered the chance to travel to the World Club Championships in Italy late August 2014. What an awesome experience! There was great paddling, with teams from all over the world. Huge European teams and small but amazing Asian paddlers. The Sloths paddled in the 10s boat but 10s and 20s boats being raced non-stop every day. It was an experience that should not be missed by any keen paddle. (continued over page)

## Wendy Orman becomes an Aura (continued)



She returned to Australia to continue training even harder towards her goal of representing Australia. The most difficult part of the training was the weight loss. She had to stay under 60kg so that she only had to lift a 14kg kettle bell 120 times in 2 minutes. If she went over that weight by only 0.1 of a kg, she would have to lift a 16kg bell. She managed to do this and at the camp in early November, which was conducted at Bank Street with the Australian coach, Serge, fought through all the tests, scoring maximum points. The single craft event however proved more difficult as her boat was rammed by another paddler who had lost control. Her technique was not the best and was severely critiqued over the next two days. Wendy left the camp quite convinced she had not made the grade as an Aurora.



That week however, she received the news that she had been selected as First Reserve for the Senior B's Aurora's team to travel to Welland Canada, in August 2015. That meant that she had to maintain her fitness, continue training on her OC1 single craft and attend all training camps with the team. Wendy would not travel to Canada unless one of the 24 crew withdrew.

On Monday 2<sup>nd</sup> March at 3.15pm, while waiting for her staff meeting to start, Wendy received a call from the Aurora's manager Di that she was going to Canada as one of the team had withdrawn from the squad. Totally delighted Wendy began her planning for the trip in August.



Since then, she continues to train in the gym, on the road, on the water with the Pearlers and on her own, travels to Sydney to train with the NSW State team, travels north to train with the Regional team, is travelling to Penrith in April (with Frank) for the State Championships, to Perth in April for Nationals (Frank is paddling in the Regional NSW State team) and has two training camps in Queensland with the Aurora's in May and June/July... and of course, coaches for the Pearlers. She has a busy paddling life but loves every minute of it.

Good Luck Wendy, we are so proud of you.

From all the

Great Lakes Pearl Dragons



## PADDLER'S PADDOCK

### NOTICE BOARD

Stay tuned for more info on this event and an article next newsletter



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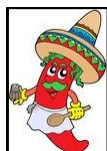


Lions Club of Hallidays Point in conjunction with RDA are holding a "Monster OP Shop" at the Centre the Lakes Way on Saturday 11th April 8.00am to 4.00pm Lots of bargains plus food and drink available



### TEX MEX DIP

1 can refried beans  
1 avocado mashed (lemon juice, garlic & salt to taste)  
1 carton sour cream mixed with pkt powdered taco mix  
grated cheese  
diced up tomato & onion



#### Layer

1st beans  
2nd avocado  
3rd sour cream  
4th grated cheese  
finish off with your tomato & onion

Serve this with plain corn chips

Compliments of Sue Swan

### CARROT SALAD

2 large carrots  
1 cup shredded coconut  
3/4 cup raisins  
combine these ingredients



#### Dressing

1/4cup white wine vinegar  
2 tbsl curry powder  
1/4 cup olive oil  
1tsp salt  
1tbls brown sugar  
1/2 cup slivered almonds (toasted)  
place these ingredients into jar shake well  
sprinkle almonds on top

Compliments of Sue Swan