



May, 2020

Pearls of Wisdom

Great Lakes Pearl Dragons

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

COVID 19 VIRUS CRISIS

Executive Committee

President:
Laurie Haydon
0425 234 870

Vice President:
Wendy Burdekin
0428 561 890

Relieving Secretary:
Sue Welch
0417 200 8955

Treasurer:
Fay Brooks
0402 314 221

Club Captain Female:
Kim Haydon
0419 2 31 230

Club Captain Male:
Peter Reed
0416 268 408

Director:
Kerrie Gammage
0423 4906 33

dragons2428@hotmail.com



In order to deal with COVID-19, we all need to play our role in helping to slow the spread of the virus and reduce the impact on our hospital facilities and medical system.

Therefore, our training sessions were put on hold from the 16th March 2020.

This is a temporary arrangement and as soon as the situation changes, we hope to be back on the water.

It will be important to maintain fitness during this challenging time.

There are lots of activities that can be done to ensure your fitness continues.

DBNSW has been actively working on the return to [Dragon Boat plan](#).

<https://www.dbnsw.org.au/home/>

PRESIDENT'S REPORT APRIL 29 2020

Hi All,

I hope you are well and not climbing the walls as yet. As for being my first year as president, well thanks very much. I did not think it could get any worse than the bush fires!!! However, guess what? Along came COVID-19. Now we are confined to our homes and no paddling-suspended!!! Hence, we wait for further information from the Government on changes to the legislation, or indeed lifting of some of the self-isolation and 1.5metre distancing rules.

Some reprieve is coming our way this Friday 1st May. We will be able to visit two people so some of you can visit family and friends. That's a start.

Now for some Pearlers' business. Last Tuesday, DBNSW held a Zoom conference meeting with club representatives invited to join. Questions were required by the Sunday prior to the meeting. Most questions were around what was the position on going back to training and racing. Also what fees might be. The answers were not clear, as there have been no guidelines to date. However, DBNSW is preparing a calendar for the 2020/ 2021 season in the hope that some light will be shed on when things will get back to normal.

For those who are interested in the discussion that took place you can go to DBNSW website, where a full outcome is available. The outcome information was sent by email on the 23rd April. I might add though that because most of us are in the high risk category we may have to wait longer for the restarting of our dragon boat endeavors, unfortunately.

In saying that, our regatta is still set down for November, so fingers crossed something will change before then.

Another matter that has come to light is the use of our OC1s. I am happy for our members to use the OC1s, providing that they meet our policy requirements, which include approval from the EC and accreditation on capsizes and recovery. Happy training and enjoy the freedom of a single craft.

Not much positive, I know, but things will get better. They have to because if this keeps on going like it is Kim will not have enough paper to put her jobs down for me to do. Ha Ha.

Regards Laurie Haydon

President GLPD



COACH'S CORNER REPORT MAY 2020

Hey guys,

It's Wendy again working hard to get you going during a time when it's all too easy to NOT exercise. Just because we can't paddle, use the gym, attend exercise classes, play our sport or do our organised run it doesn't mean we can't still stay fit and active.

I have to say, however, that it is wonderful to think, see and hear of those Pearlers who are walking with a mate, riding, getting on the water, trying something new like yoga or band exercises. Congratulations everyone for staying active.

I think we all know it's important to keep exercising when it is so tempting NOT to do anything except grab the remote and click; or drink a little more than normal; or eat more chocolate than you need.

Still here are some reasons for pushing up out of your seat, or forcing yourself to get up a little earlier or just put your shoes on after a hard day of work and head out.

Staying fit can help keep you healthy physically

Exercise also boosts your mental and spiritual health

Regular exercise can help maintain a healthy weight

Regular physical activity can also lower the risk for developing serious health conditions

You know it's good for you so keep trying to stick to your schedule of regular exercise - and if you don't have one, map one out. Change it if you need to but keep moving. Try something new maybe!

Love your work guys!

Wendy

Head Coach

The NSW Senior B State Team

Coach : Joe Iacano,

Female Captain: Wendy Orman,

Male Captain: Peter Fox



OUR 2019—2020 GLPD REPRESENTATIVE PADDLERS NSW MID NORTH REGION STATE TEAM

It is all over for this season. What a journey for our five GLPD representative paddlers who were selected in January 2020 after very competitive trials to be part of the NSW Mid North Region State Team. John McInnes, Kim Creighton, Jo Harris, Louise Watson and Laurie Haydon attended six training sessions in Port Macquarie under the excellent guidance of Jenny Higgins - the representative coach. Of course, the training didn't stop there, as they were often targeted in club training sessions to paddle in the 10s boat with very high expectations and demanding sessions.

Training off the water continued for the rep paddlers too with jogging, indoor-rowing and weights training being a standard expectation. Training on the OC1s on off weekends was also an expectation the assistant coach organised for the reps.

Annie Manticas was selected as the reserve for the team and attended all the training sessions in Port Macquarie and was held to the same standard of expectation as the team paddlers. Annie was to step into the team in case of injury or a withdrawal from any of the female team members.

Wendy Orman was successful in being selected for the NSW Senior B State team and travelled to Bank Street to train under the guidance of the wonderful coach Joe Iacono. Wendy attended seven training sessions on Sundays before the NSW Australian Dragon Boat Championships were cancelled. She was also humbled by her selection as the female captain for the team this year.

I think all the team sends their best wishes to these paddlers of whom three are club coaches, one is our Club President, one is a first-year paddler and another is a seasoned Pearler who thought it was time to give it a shot! Congratulations guys, we are very proud of you all.



**THE NSW MID NORTH COAST REGION STATE TEAM COACH: JENNY HIGGINS,
MANAGER KIM BLUNDELL, ASSISTANT COACH: WENDY ORMAN
2019-2020 SEASON**



What's Happening

May 13th-DBNSW has been actively working on the return to Dragon Boat plan, whilst liaising with AusDBF, the other states and external agencies. In NSW, the return to sport plan may not be as fast as other states. DBNSW appreciates your patience during this process and will be holding another club video-conference meeting in the coming weeks.

DBNSW Northern Region Geoff Roberts provided information from International Dragon Boat Federation

The IDBF council has decided that:

- The 12th IDBF Club Crew World Championships (Aix-les-Bains, France) is officially cancelled.
- No Club Crew World Championships will take place in 2021.
- The current championships schedule from 2021 onwards remains the same: *World Nations Championships- Hong Kong, China in 2021
 - * Club Crew World Championships- Sarasota, USA in 2022;and
 - *World Nations Championships- Seville, Spain in 2023

Sweep report

Our next sweep Jo Newman is now up & sweeping ... well she will be one day when it all starts again in the warmer weather!

Since our sweeps are home sweeping the floor instead of sweeping the boat I thought I'd make honorary mention of our ultimate floor sweep, Whady.

On a serious note our sweeps now have no excuse for being right on top of all the rules, regulations, conventions, videos & online tutorials available to further their skillset when we finally get back to life as (almost) normal once Covid-19 has gone away in 2020 sometime!

In the sweep world, we now have additions to the boats in the form of new "silver" safety ropes. Soon to be gone will be the old pink & green things, which if we ever had to throw to someone or tow with would have left a bit to be desired, to be replaced with 12 strand Dyneema rope (4mm diameter) which has advantages of being very strong (1,500kg breaking strain Vs 1,260kg for our old, huge, 12mm silver rope), floats, easy to coil & throw, nice on the hands, UV resistant, etc..

One of the last things we sweeps did was a sweep workshop where most of our sweeps (apologies Megan. You're up first next time) got to stand at the back of the boat & practise tight turns & learn how to steer a dragon boat just with a paddle. Hopefully one day this year we'll be able to practise some more. We also covered a lot of the things sweeps have to keep in mind when navigating our waterways. If any sweeps are out kayaking at any stage use that time to practise turning the kayak as if you're using a paddle to steer a dragon boat.

If you, dear reader, feel you'd like to give sweeping a go, then contact Peter for more info.

Cheers, Peter



Heads in the Boat

From this



To this



Helping Paddlers stay fit and healthy during COVID-19:

- Stay in touch with your favourite people. Video calls and social media are a great way to stay connected.
- Take it one day at a time. Set goals and write down one thing you are grateful for each day.
- Try to exercise when you can. You don't have to be in a group to exercise. Walking, Running or even Shuffling!

Most recent Swim Test

Val Binney, Deidre McWilliams, Kaye Piggott, Jayne Maberly-Smith and David Woods complete their swim test at the Bull Ring!



Latest Raffles at Lakes and Oceans 13th March



MEMBER PROTECTION INFORMATION OFFICER

Kathy Peter will be taking on the position within our club.

The position provides information about rights, responsibilities and options available to an individual making a complaint under the Member Protection Policy.

MPIOs are impartial and don't mediate or investigate complaints.

Interview with Kathy about the role

How long have you been involved with the Great Lakes Pearl Dragons?

I was one of the inaugural members of Great Lakes Pearl Dragons (GLPD) so it is going on 11 years in May.

How would you describe your role to members?

The MPIO is the first point of contact within the club for any person who has an issue and is considering making a complaint under the Member Protection Policy. I can act as a sounding board and provide information on where to go from here. It may be an informal discussion with another person to see if the issue can be resolved or it may be a formal complaint to the club executive. I wouldn't give advice and I definitely would allow the person to make their own decision on how they would like to progress. I can provide confidential, impartial and timely information and support.

My role is to listen, act as an impartial support person, provide information about discrimination and harassment, provide information about the Members Protection Information policy and the options available to resolve the complaint & discuss possible strategies that the individual can use to deal directly with the other person.

What an MPIO does not do is - Advise, Advocate, Take sides, Judge, Intervene

The role ensures members have an avenue to discuss issues and to be heard without judgement.

What training have you had to enable you to provide this assistance to members?

I have attended 7 hours of on-line learning. I am currently waiting to attend the Face to Face Training through "Playing by the Rules" for MPIOs. It was planned to be attended in March at Taree but has been delayed due to COVID 19 Restrictions. I will need to complete this training before being able to take on the role officially.

What are some examples of issues that you can be involved with?

A member may feel they are being harassed or bullied.

How can members make contact with you?

I can be contacted at a Paddling session.

Other ways include:

Email : alkathy1@iinet.net.au

Mobile 0413 667 376



ITEMS FOR SALE

Paddle 122cm / 48" with bag

Only used a few times

Also club Shirt – to fit size 14-16.

Contact Jenny Ross ,on 0421 922 848 to discuss price.

jenjonross@outlook.com



Hornet paddle,

47" overall. Bought in 2017.
Comes with cover bag .

In excellent condition. \$170. ono.

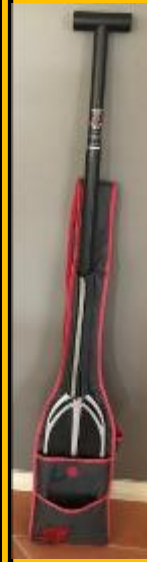
Contact Laurie 0425 234 870.

NB: Seat no longer available.



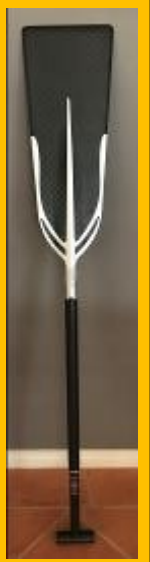
48" paddle and cover \$120.

Good Condition. Belonged to an enthusiastic paddler who unfortunately could not continue paddling due to a shoulder injury.



Contact seller via Kathy P 0413667376

Also some uniform shirts available



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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>

