



November 2021

Pearls of Wisdom

Great Lakes Pearl Dragons

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

FREEDOM ON WALLIS LAKE

Executive Committee

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Vice President:
Kerrie Gammage
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Secretary:
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Treasurer
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0407 724 268

Club Captain :
Kim Haydon
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A "Stay at Home Order" to all of Regional NSW from 14th August 5pm meant the whole of NSW was under stay at home restrictions. Paddling training was cancelled from 16th August. During this time the Manning River, Ballina Rainbows and Kempsey River Rats Regattas were all cancelled. The planned GLPDs Super Saturday (28th August) was also cancelled. This was a paddle from our container to Long Island on Wallis Lake. Many Pearl原因 looked for different ways to maintain their fitness during this lockdown period. Some kayaked on the lake and others used land based activities.

Paddling training eventually resumed for the Pearl原因 on Monday 25th October with a beautiful evening session. We have returned to twilight sessions at 5.15pm on Mondays now that daylight savings is in place. This provides an "out of work hours" session for Pearl原因.

Wallis lake was clear, blue and smooth. After a quick land warm up we were back on the water after 2 and a half months of enforced lockdown due to COVID-19. 19 paddlers participated in our Freedom Paddle.

Some Pearl原因 have managed to retain their fitness but for others, not having the routine paddling sessions meant they were stiff and sore over the following days. However, we were happy to be back together again in our Happy Place.

PRESIDENT'S REPORT NOVEMBER 2021

Welcome to my first Newsletter report as President of Pearlers. It feels like so much has been happening despite our enforced breaks away from the dragon boat. Without a need to recount events that you have all experienced, it is good to highlight some of them here.

Firstly, to our **new Executive Committee**, I'd like to extend my gratefulness that among our members we have a wonderfully dedicated group who were prepared to take on the responsibility of helping lead our club into the new directions that we are developing along with you the members. It does take a great amount of behind the scenes work and many, many discussions - in person, online, scheduled and incidental. Just getting the boats on the water for training seems easy, but it still requires input from our roster person, our sweeps and coaches, you, and all safety protocols checked and balanced where something isn't quite usual.

I hope **you** are enjoying the monthly '**Echo**' which is trying to keep everyone informed of our many discussions and keep everyone up to date with news of our meetings - as well as the **Team App** and this, our **newsletter**. What a great amount of work is put into this with careful thought and planning by its creator, Janis. Thankyou again - and to your technical assistant Jenice also thanks.

There is so much to be said in relation to the current situation for us, but the key point has to be our **focus on paddling**. We are here for the physical activity, but this alone is not enough. In this newsletter, we will be highlighting the importance of adding to your repertoire of activities so that you keep strength and fitness a priority for your healthy living. In future we will address other aspects pertaining to you as a dragon boater, including things such as 'attitude to paddling', 'healthy weight', strengthening activities. Going back to previous editions you will see that we have talked about nutrition and hydration - very important to keep this information handy. This is also a reminder that our website keeps store of all previous newsletters and is updated each month with this and the monthly calendar (thanks Jo Newman).

Keeping the focus on paddling highlights the importance to all of us to try **to improve** each time we are on the water. For all of us, **fitness** comes about by practice, setting goals and working on improvement - it doesn't just come from a pill! Even if you are dragon boating as a lover of this sport, for just the joy of being on the water and having a fun time, there is something for you to be gained by trying your best and taking on the advice of our super committed coaches! How good does it feel to really 'put in' a big effort and get off the water exhausted - weird isn't it! Who said at breakfast - "What doesn't kill us will only make us stronger". And for those of us who are strongly competitive and want to get back to regattas as soon as possible,



PRESIDENT'S REPORT NOVEMBER 2021 (con't)

once family catch ups are in place, it is really helpful to have all the members at training working as a team and following the strokes.

Many of us are also here for the **fun and friendship**, so we all need to keep in mind that it is important how to be part of a group of people and to be aware of how much damage can be caused by rumour and false facts. Be honest and share with coaches, sweeps, executive about how you are finding things as we are always fine tuning our practices.

As mentioned at our online Zoom AGM, (what fun was the rehearsal for that!) we plan to have meetings with members and consequently, our first of these is in the style of our **Members' Mingle** and BBQ to be held at the container after training on Saturday 20th November. Hope you have your ideas and suggestions ready for this, preferably via club email prior to the event. We will hold another in six months' time.

What is proving to be a great means of communication, is our **Pearlers' Page**, which adds detail to our **TeamApp** notifications. Keep on the page and keep informed.

We also have a **GLPD facebook** and **Instagram** page - follow them for significant training related news as we further enhance their use. Just of recent weeks, we have an increased following on our facebook page and Instagram site, especially around clubs in NSW and Australia, as well as internationally.

We are looking forward to many aspects of the next year:

- Regattas - local and further afield
- Marathon events
- Social paddles
- Regular training sessions
- New coaches training
- Sweep qualifications & potential new sweep (need volunteers)
- Increased use of OC1's
- New paddlers coming on board the boat - 'Come & try' days
- Welcoming new members

What are you looking forward to and what are you enjoying at the moment?

Before I sign off (or was that before I sing?) I need to emphasise the tireless work of our **regatta committee** who have maintained their enthusiasm throughout all the times of the past year and continue to keep me motivated as well. We each need to ensure we have put the weekend of **March 27 & 28, 2022** in our diaries and make ourselves available for our own regatta. We want this to be a great success for our club!

'Let it Run'

Wendy

COACH'S CORNER REPORT NOVEMBER 2021

Hello Pearlers and welcome to the latest newsletter,

John will be attending the Sydney Level 2 coaching course. Our new trainee Coaches, Peter Reed and Laurie Haydon are both registered and on track with their preparation for their upcoming Taree Level 1 coaching course November 20 & 21.

John added in Leap Frog on Monday 8 November evening session to test the waters and offer up a little competition between everyone. It's a fun drill that we will definitely do more regularly with different boat crew combinations.

There wasn't much interest for the regatta at Wolstoncroft on Saturday 27th November so hopefully more interest in the New Year.

The Members Mingle will be held on Saturday 20th November after training. There will be a BBQ and an opportunity for members to give feedback in an informal venue. Hope you can all make it.

See you at Training
The Coaches.



If you always put limit on everything you do
PHYSICAL OR ANYTHING ELSE.

IT WILL SPREAD INTO YOUR WORK AND INTO YOUR LIFE.

There are no limits.

There are only plateaus
AND YOU MUST NOT STAY THERE

YOU MUST GO BEYOND THEM.

- Bruce Lee

CLUB CAPTAIN REPORT NOVEMBER 2021

It's November already. How the time has flown! Christmas is just around the corner.

Well, what a trying year we have had with COVID shutting down our paddling and having to do the AGM on ZOOM. What an experience that was but we managed to get votes in for the new EC Committee with me returning once again as Club Captain since 2018.

Our club members, partners and friends had a wonderful time out at the Great Lakes Paddocks at Wootton on Saturday 2 October supporting one of our Pearler members, Robyn Piper who helps run the winery. It was also our President Wendy Burdekin's birthday and I am sure Wendy enjoyed the day! We were entertained by the group Syncopated Apprentice Jazz Trio, playing Jazz and Funk music. The weather wasn't the best but we made the best of what we had!



Our Club's Raffle returned on Friday 22 October at the Lakes and Ocean Hotel Forster with myself having the winning number to select the Joker Surprise. I missed out by one card. It was a bit disappointing as \$2100 would have gone down well with bills to pay and Christmas coming up. I didn't walk away empty handed though, I received a \$50 membership card to use anywhere in the Lakes and Ocean Hotel. This went towards our dinner at the next Raffle night which was on Wednesday 10th November. So please come and join us on these Raffle nights to support the Lakes and Ocean Hotel as one of our Sponsors and to support our club. All money we raise, goes towards our next REGATTA! We have 6 meat trays to win and the JOKER SURPRISE afterwards so check out our calendar for the next raffle at the end of this month. Also keep your eye on the PEARLERS PAGE as a reminder will pop up closer to the date.

Our Saturday morning breakfasts have been very popular with the introduction of The Oyster Man Café in Tuncurry. Everyone has been very happy with the friendly staff, service and the meals. Other cafes we have visited have been The Sicilian, Paradise Marina, Lakes n Ocean Café in Forster and The Deck in Tuncurry. These breakfasts are advertised in the PEARLERS PAGE so if you decide you want to come, please let me know as I do book a table as it makes it easier for the café if they know how many are coming.

Our Birthday Bash dinner celebrating birthdays from June, July, August, September and October was held at Buko's Bistro which is at the Forster Tuncurry Golf Club at Forster, another one of our Sponsors. Everyone enjoyed the wonderful music, good company and great food.

We have some paddlers who have been coming to our Saturday paddling session for their 5 free paddles and who have done their swim tests at our Paddle Our Own Day on Saturday 23th October near Paradise Marina. It was a great day all round the weather was great during the morning with us members all bringing our own watercrafts kayaks, OC1s and TK1.

We paddled around Miles Island and returned for the OC1 testing for Helen Campbell and Janis Radford who were tested by Peter Reed.

CLUB CAPTAIN REPORT NOVEMBER 2021 (con't)

The swim tests for Jo Vakaahi, Catherine Szarafiniak, Michelle Lane and Yolande Franklin was held in the Little St Pool next to Paradise Marina and supervised and tested by Laurie Haydon. We would like to Welcome our new members Fiona Grace who joined in September, Jo Vakaahi who joined in October. Jo is an ex-Pearler who left the club due to work and moving but is back now as her circumstances have changed due to covid. We also welcome back Wendy Lum in October and Marika Koroï who joined this month, November.

The 8km paddle to Ohmas Bay is coming up very quickly on Saturday 13 and many of our members have checked on the boat for a fun, music, chit chat day and a nice stop half way for a beverage at the Great Lakes Café which is connected to the Big 4 Caravan Park in Baird Street Tuncurry.

Don't forget our Mingle Paddle Day, finishing off with a BBQ breakfast on Saturday 20 November. This is a chance for members to pass on their thoughts of the club and to suggest new ideas on what they would like to see in our club.

Our Christmas party is coming up soon and I hope it will be a fun and relaxing day! I would like to wish all our members, their partners and families a Merry Christmas and a very Happy New Year and hope everyone returns in the New Year fresh, ready to get fit and eager to get back into paddling!

Cheers and Happy Paddling, **Kim Haydon Club Captain**

MEMBERS MINGLE 20 NOVEMBER

Following the Saturday morning paddle on the 20th November, there was an opportunity to meet with the Club Executive and have some time to share ideas and bring up suggestions for improvement within the club.

There were some great suggestions and discussions. These focused around our plans for the coming year's regattas & competitions, uniform review and club awards. This member's suggestion was put on the 'table' for discussion & after much chat back and forward it was decided to promote the idea of a club award decided by the members and possibly 2 or 3 other 'interesting' awards. A process for this will be developed during the year to come. Thanks to Jo V for this.



Our dress shirt is going to be redesigned to be more in line with our training/race shirt - Ann Maree, Leanne & Fiona offered to follow this up. We will continue to talk about our racing shirt & possible redesign to be more modern but keeping with comfort, catering to different body shapes/age & sun protection.



Thank you to Ray and Buddy Lum for cooking the Breakfast BBQ. Dragon Boat Dollars were available for purchase and those with orders received their masks. Leanne, Fiona and Ann- Marie are looking into some new designs for a dress shirt. Stay tuned!

Sweep Report

Hi Pearlers & welcome to the Sweep Coordinator's Report.

Another Covid month under our belts & progress is forward as usual. We're back on the water with almost no practical restrictions other than you have to be "double vaxed + 2 weeks" still. This has proven to be a very relevant safety item because on the 4 November MidCoast recorded its highest daily total of the Delta outbreak with 16 new infections - six each in Taree and Tuncurry, two at Harrington & one each at Old Bar and Tea Gardens. This will change though once the State reaches 90%. Recognise we are a high risk sport & hence the restriction.

For the club's members, the EC is looking at different types of paddling sessions & the first of these is the 13 Nov Social Paddle to Ohmas Bay, with a picnic on the beach at the Big 4 Caravan Park with real toilets & coffee (2 essentials) organised to be available. Other sessions planned are long distance & fun paddles. For sweeps, these sessions build more skills & resilience into their repertoire. Standing at the back of a boat for 6 hours may sound easy but you try holding your selfie arm up, or even standing up, for that long. The 13 Nov session will expose the sweep to different conditions to normal - all good!

Jo Newman is reaching the end of her very delayed sweep training. A few more hours on the oar & she can sit (stand?) her test & start sweeping for us all. Wendy B is looking for opportunities to get her last 2 "approved" regatta races under her belt & we can then welcome her to the L3 sweep level - yeh, I know you all thought she already was. A recent change to DBNSW rules means it's now possible for regional L2 sweeps to get all 4 regatta races done at a single regatta, so hopefully Jo can progress quickly too.

This paragraph comes with the usual request though ... we always need new sweeps, new coaches, new EC committee members & in short "new blood" to keep us relevant & progressing in our development as a club & as individuals. With that in mind & because I have limited time as I am about to start my coach training, I'm asking for the "next" sweep trainee to step up. It doesn't matter if you think you can't do it, you may be surprised it could be the best thing you've done for a while ... for yourself (get out of your comfort zone!) & for the club. Just contact an EC member or me to EYI.

Have a great November & then welcome to a glorious summer on the water.

Cheers,
Peter

Sweep Coordinator



What's Happening

Raffles at Lakes and Oceans Hotel resumed
22nd October, 26th November, 17th December.



CONGRATULATIONS!

Congratulations to Kerry Gammage and Angela Visser for completing the level 1 Race Official training. Please see page 10 for more details.

Saturday December 4 Christmas Party 12- 3pm Great Lakes Sailing Club
Forster Wear/bring Club Dress shirt for a group photo/video and wear your Christmas Bling - RSVP 30th November.

Christmas Break—**Last paddle for 2021** is Saturday 18th December. **First paddle for 2022** is 3rd January 2022

Upcoming Event - King of the Ord Marathon, 12th June 2022 Ord River, Western Australia. This is an opportunity to paddle in the Ord River Challenge 55km in a dragon boat. Refer to page 10 for more details.

The ECHO (Executive Committee Highlighted Outcomes)

We started seeing this feedback after an exec meeting in October. The idea was to relay to members quickly information that is discussed at the EC meeting. It does not take the place of the newsletter. Remember members can use the newsletter for items they would like distributed to members.

Thank you to **Tracy Mackle** for agreeing to be the **Uniform Co-ordinator** and **Robyn Macintosh** for being the **COVID19 Officer**.

A big "THANK YOU" to **Brian Bruton** who has decided to hang up his duties as sweep after many years of providing this service to the Pearlers. **Hoping he is a regular in the boat.** Also, to **Peta McInnes** who has had to cease her paddling & sweeping duties due to relocating her living to Taree. She may yet be back!

Please note **new Club banking details**

St George BSB 112 879

Account 480 401 751

Thank You!!

CHRISTMAS CELEBRATION

SATURDAY, 4TH DEC

12:00 midday

Great Lakes Sailing Club picnic area

**You are invited to join together for a lunch & chat,
sing, & play games & optional afternoon paddling
at the lake.**

**Members & Partners welcome
BYO drinks.**

Please advise special dietary needs.

Bring your chair, plate, cutlery, glass.

This is a beautiful venue beside Wallis Lake. If you would like to take advantage of this then bring your kayak or SUP for after lunch activity... or just sit & relax!

(or come earlier)

RSVP TeamApp by Tues 30 Nov

The location is within National Park.

Remember Covid-19 safe practices. Sanitise & social distance.

PEARLERS AGM VIA ZOOM 16TH SEPTEMBER

The AGM was held by Zoom on Thursday 16th September. In preparation for the zoom, a practice session was held on the Monday prior to ensure access for as many members as possible. The new executive committee includes:

- *Wendy Burdekin, President*
- *Kerrie Gammage, Vice President*
- *Sue Welch, Secretary*
- *Brenda Taute, Treasurer*
- *Kim Haydon, Club Captain*
- *Peter Reed, Director*
- *John Welch, Director*



Congratulations to the new committee. Each member of the executive committee has roles in addition to that described formally in 'roles and responsibilities'. Thank you for your willingness to fulfill these roles to take the GLPDs forward in 2021 - 2022.

PEARL DRAGON SUPPORTERS

You can be recognised as a Pearl Dragon supporter. DBNSW recently promoted membership to the organisation for those who wish to volunteer and participate in land based activities within the sport.

It has now been made possible to become a supporter member of the Great Lakes Pearl Dragons under the DBNSW provisions. 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



55KM KING OF THE ORD MARATHON



ORDACIOUS CREW

This will be held on the Sunday 12th June 2022. Entries were competitive as there are only 8 boats available. All financial members were sent an email to nominate for a position on the boat. There will be 16 paddlers and 1 sweep in the boat. Positions were filled based on first in basis. Ballot held November 16th and Pearl Dragons have been allocated a boat. There were 4 spaces in our boat that have been filled by paddlers from other clubs. Wallis Spirit or another club may have spare spots available. There is also a spectator boat for supporters. The event will take 6 hours to complete. There will be a video catch up in January to discuss training, uniform, travel and accommodation. Ready for **ENDURANCE!**

Visit Kununurra Dragonboat club on Facebook.

PEARLER RACE OFFICIALS

Kerrie Gammage and Angela Visser have now completed their Level 1 National Race Officials course through the AusDBF. This was an on-line course held over two days via zoom on the 17th and 23rd October conducted by Melanie Cantwell from AusDBF. This position requires an annual online re-accreditation.

Kerrie and Angela now have to do some volunteering over the next few months at Regattas. Kerrie is our Vice President and Angela is on the Regatta Committee and Roster Administrator. **Race Officials** are a valuable resource to the Australian Dragon Boat Federation (AusDBF) and to all the respective Member States. The online re-accreditation tool has been developed to support the Race Officials pathway and professionalism within our sport.



PADDLE YOUR OWN FUN

On Saturday 23rd October, members were invited to attend an early morning paddle session. A group of paddlers and supporters bought their own craft to paddle on Wallis Lake. Lots of kayaks and some of the new blow up kayaks were on display.

The Club OC1's were available for members to use. Helen and Janis tried the OC1's for the first time with success. They both qualified to use the OC1's as per OC1 Policy. Training included a capsize. In

Janis' case, an unplanned capsize occurred but she was able to get back on the OC1. Helen

thought she had missed the call to capsize when she saw Janis in the water. She also quickly capsized and returned to upright position. Training included dismantling the OC1 so members are aware how to put it together and to store the equipment in the container. There is a documented procedure for the use of the OC1 canoes in the container. You must wear a functioning PFD.



Swim test were attended including the 50m swim and treading water. This assessment is valid for 2 years. 4 people attended the swim test on the day. Joanne Vakaahi, Yolande Franklin, Michelle Lane and Catherine Szarafiniak.

Breakfast at Paradise Marina was attended after the Paddling fun.



Paradise Marina is one of our Regatta sponsors.

The food was great and the service was friendly. The coffee was served quickly to quench our thirst. It was beautiful sitting on the Marina watching the world go by after a good work out. Thanks Donna and Mike.



PEARLERS FUN PADDLE , BREAKFAST AND LAUGHS

I have recently just spoken to Rodney at Forster Tuncurry Marine and Rescue to clarify the water and weather conditions from Saturday the 13th, Pearl's Fun Paddle. Well for those of you who said you were Switzerland on the day, you may have well been use to this kind of weather!



We experienced wind gusts of up to 30mph and coming at us from the west making a swell of up to 2 metres and extremely choppy. Rodney's words were "only the keenest of folk would be out on the water on a day like Saturday!"

Well, Rodney hasn't met the Pearl Dragons, has he! So keen were us Pearl's, turning up on a day like Saturday with little picnic bags of goodies, from bananas to cheese and biscuits to the more sumptuous Overnight Oats! Yes, Denise did bring her oats.

We set off from the container, Brian as sweep . I can't recall a coach although Rejane did help commanding the front end of the boat and Peter and his tribe, all commanding the back and there was Switzerland in the middle helping when things got rough.

It was great to see Anne Marie as stroke and it was exciting to sit wherever we wanted and strangely the boat balance brilliantly this way. Wendy Burdekin and Jo Newman were "solid to the core". And did an excellent job smiling and staying on the Princess seat.

In between salt water spray and wind gusts we could chat and pray our way across the lake. Manoeuvring around submerged oyster leases and pelicans that were standing on sand bars, we made it with a little help from having to get out and push the boat and also guidance from the friendly dolphin showing us the right way to the Big 4 Caravan Park at Tuncurry.

It was all heads in the boat on our return as we were now aware of the severe conditions. Returning safely to the container and learning a new technique from Peter of how to feather the blade from the wind. It was an extremely enjoyable day. I would not have trusted myself on the water this day with anyone but my Pearl's Crew. We must do it again soon. Tracy

Dine in the Sail Away Brasserie which specialises in local seafood and succulent steaks or enjoy a light meal or sweet treat in Club Café. It's the place for entertainment with great acoustic soloists and duos every Friday night, Club 21 nightclub every Saturday night.

Tuncurry Beach Bowling Club - it's more than just bowls!

TUNCURRY BEACH
BOWLING CLUB

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.

After a discussion at the Regatta Planning meeting 23rd August, Wendy B compiled a matrix around making a decision regarding keeping the planned date for the regatta or changing to 2022. This comprehensive "pros and cons" document assisted with making the final decision to change the date to March 2022. This was a very difficult decision to make and the EC have fully supported the decision. The regatta will now be held on the 26 and 27th March 2022.



Sponsors and vendors have been advised of change of dates. Hopefully, by March there will be clearer definitions for holding a COVID safe event and vaccinations will make it safer for our local community to accept visitors.

Tuncurry Golf Club/ Buko's Bistro is now one of our sponsors for the Regatta. A large group of Pearlars attended Buko's Bistro on 31st October to celebrate Pearler Birthdays and show our support. Music available Sunday nights 4- 7 pm. It was a great night.



Please Save the Date for the regatta, 26 & 27th March as there are many tasks that need to be attended to ensure a successful regatta. We need all hands available for the weekend. Members supporters Saturday 26th March will be the 2km race. On Sunday 27th, we will not be part of racing but there are many jobs that need to be covered. Closer to the event there will be the chance to sign up for jobs. We are also looking for volunteers that can assist us with some jobs on the day. Also we are also looking for volunteers to assist at the regatta. **Please encourage volunteers to call Janis on 0420 235 987.**

Also look out for the opportunity to donate towards hampers 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.

JR Richards will be providing bins for our Regatta day. They pride themselves on service, stability and reliability in providing waste and recycling solutions to our community.



Great Lakes Pearl Dragons **Annual Regatta**

**Saturday 26th &
Sunday 27th March 2022**



All welcome Elizabeth Reserve - Forster Keys



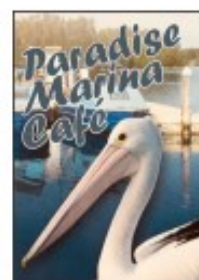
Saturday - from noon

- Pearl Dragons & visiting clubs compete in the 2km turn race.

Sunday - from 8am

- Local clubs compete against NSW teams in the fast paced 200m sprints.
Women's 20s & 10s, Men's 10's & Mixed 20's

Proudly
sponsored by



For more information email pearlsregatta@hotmail.com

COVID-19 PROCEDURE

We are operating in a COVID-19 environment. Our COVID-19 Safety plans includes the following: **On arrival and before going into container:**

1. Sanitise hands
2. Place on mask
3. Scan QR code (or another member can add you if you can't do this)
4. Show evidence of double vaccination (or exemption) to 'check in' person or other designated person. **Second vax to occur at least 2 week prior to training.**
5. Pay your \$3 and check seating plan as per usual indicating paid

Enter container with **only two other people** (with mask) to hang up gear

Do not gather around at any time, especially our Wonderful Wally Table

If assisting to move boat to the water, **keep the 1.5m distance from others**

Immediately prior to warm ups, **you can remove mask**

Warm up and let the fun begin. We are all double vaccinated .

Stay away if you are unwell. Train, Train, Train then get off boat

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

Complete cool downs and **retrieve mask** from container and assist the clean up of boats

If you have borrowed a life jacket, rinse and hang in breezeway for drying or paddle- dry then spray with sanitiser.

Covid Officer Robyn McIntosh

**** Pre-Loved Pearlers Items ****

FOR SALE

*49inch Paddle

Call Kathy Peter 0413 667 376

*Cap Sleeve size 16 & 18,

*Cap sleeve shirt size 14

Call Janis 0420235987

*Cap Sleeve shirts size 18 x 23 \$15 each

Call Brenda 0407724268



Heads in the Boat

Reminder for Pearlers

Please add or remove your name from the list on Team App by 6pm the night before training day. Late withdrawals make it difficult for Coaches and Sweeps who have planned boat seating. There is no limit to paddling. We have a second sweep rostered if 2 boats are needed. All Paddlers get to paddle!



Wouldn't it be great to have 3 boats out.

Kim has sourced a face mask with the Pearlers logo embroidered on it. \$20 or for another \$5, they can have your name added.



The Dragon Dollar vouchers are back and will be available from Saturday at our Meet and Mingle. Sold in multiples of 10

Payment can be made directly into our new Bank Account

BSB 112 879

A/C 480401751

Reference: your name

Heads in the Boat

EXERCISING

Please note this is generic information. It doesn't take personal circumstances into account

To gain a level of fitness for dragon boat racing, it is preferable to consider other forms of exercise in addition to paddling. After we have been away from dragon boating, most paddler's level of fitness will have decreased.

Everyone should aim for **at least 30 minutes of moderate-intensity activity** on most, preferably all, days of the week. Moderate-intensity physical activity is **an activity that is energetic and raises your heart rate**, but doesn't make you too breathless, such as fast walking.

If you are pregnant, have been previously inactive, or suffer from any medical conditions, it is recommended that you seek medical advice before commencing vigorous physical activity.

For best results in achieving a healthier lifestyle and reducing your risk of developing a chronic disease, **combine physical activity with healthy eating.**

It can be a good idea to **set short-term and long-term goals**. Make your goals specific, measurable and achievable. Rather than a vague goal like 'I will get fit', try 'I will walk every day for 10 minutes after meals' or 'I will get on and off the bus/train 2 stops away from my usual stop'.

Make time to exercise

Make time to be physically active and schedule it as you would an appointment. Set a date for when you will start. Write the date down and stick to it.

One idea is to make an activity planner so you can put the times and days you will do each activity.

Do not give up before you start to see the benefits. Be patient and keep at it.

Choose activities that are right for you

Do something that you enjoy or go for something different you've always wanted to try, such as walking, [jogging](#), taking a group fitness class, cycling, dancing and [swimming](#).

Build physical activity into your everyday life

Try to look for opportunities to build as much physical activity into everyday activities as you can. Here are some ideas to get you started:

Buy yourself a pedometer — a wearable gadget that counts how many steps you take. Use this to motivate you to keep increasing your daily steps. [10,000 steps](#) is a website dedicated to motivating people to build up to 10,000 steps a day.



Heads in the Boat

EXERCISING

- Walk or cycle instead of using the car for short trips.
- If you have to drive, park further away from your destination or get off the bus, train or tram one stop early.
- Rather than spend 5 minutes circling a car park looking for that 'perfect space' near the entrance to the shops, park 5 minutes away and spend that time walking instead.
- Walk on escalators — it's quicker so you'll actually save time. Or better still, use the stairs.
- Work in the garden — get into some energetic gardening activities like digging, shifting soil, and mowing the lawn to raise your heart rate.
- Clean the house! Activities like vacuuming, cleaning windows and scrubbing floors that raise your heart rate are all good examples of moderate activity.



Make it fun

Physical activity can make you feel good about yourself and it's a good opportunity to have fun with other people or enjoy some time to yourself. Planning physical activity with others can help you stick to your plan and achieve your goals.

Ideas for physical activity you can do with other people include:

- Join a walking group. Walking groups are an enjoyable way to get active and provide an opportunity to socialise and meet new people.
- Catch up with friends by walking together rather than meeting for coffee or a meal
- Join a gym with a friend.
- Find a park run near you.

Getting active at work

- Park further away from work (or get off public transport a few stops early). If you walk for 10 minutes to and from work, you'll have done 20 minutes without even noticing.
- Keep a pair of comfortable walking or running shoes at work and you will always be ready for a walk or run.
- Go for a short walk during your lunch break.
- Start a walking group with work colleagues or friends and stick to a routine of certain days or times to go out together.
- If you work in an office, try to avoid long periods of sitting and get up as frequently as you can.
- Walk the long way to the bathroom and kitchen/ canteen.

LETS BECOME FITTER TOGETHER!

Extract from: Healthdirect (*How to start exercising*)



GLPD Uniform Update

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

Paddling shirts still available as per last year's 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 Order direct through JPX2

https://jpx2.com.au/products/3-in-1-jacket?_pos=2&_sid=9b117c700&_ss=r

See Anna's trophies Kularoo Drive if you wish to have your name embroidered on your jacket



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

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