



PEARLS OF WISDOM



Great Lakes Pearl Dragons

email: dragons2428@hotmail.com

visit us: www.pearldragons.com

Newsletter February 2016



- ◆ 20th February 2016 - Chinese New Year - Darling Harbour
- ◆ 30th April & 1st May - Urunga Titavators Regatta
- ◆ 9th June "Honkers" Leave for Hong Kong Dragon Boat Festival
- ◆ 11th & 12th June - Port Macquarie Flamin Dragons Regatta
- ◆ 19th & 20th November - GLPD 5th Annual Regatta



GREAT LAKES PEARL DRAGONS EXECUTIVE COMMITTEE

| | |
|-----------------------|----------------|
| President:- | Chris Dowell |
| Vice President:- | Denise Marr |
| Secretary:- | Carol Richards |
| Treasurer:- | Fay Brooks |
| Womens Club Captain:- | Gina Barber |
| Mens Club Captain:- | Ray Howe |
| Director:- | Wendy Orman |



UPDATE FROM YOUR EXECUTIVE COMMITTEE (EC)

Welcome to 2016. January can be a laid back time in the Great Lakes but not for us PEARLERS', we held a very successful working bee and painted our containers. Thank you for your help, who knew painting, could be so much fun and much appreciation to Tuncurry Beach Bowling Club who made this possible through ClubGRANTS NSW.

Looking forward we are going to have another busy, successful year.

Our regatta calendar is full with Chinese New Year, Urunga, and Port Macquarie in the first half of the year plus in June we have our biennial overseas Club trip planned. This time round we are visiting Hong Kong for the Hong Kong International Dragon Boat Races. We have approximately 24 pearlery taking part.

The EC has approved a Tuesday afternoon paddle as a trial; the future of this session will be assessed in February. Reviewing our Club policies is ongoing, we have deleted two, they are the Regatta Management V7 and the Crew Selection V4. These two policies have been replaced with Regatta Management and participation policy V4. Our Code of Conduct has also been reviewed, no changes made. A list of positions within the Club has been placed on the notice board in the container, familiarise yourself with what job belongs to which pearler.

Our regatta continues to grow each year and our 2015 regatta was a tremendous success. We have decided to keep our regatta as an annual event, please save these dates (19th & 20th November) in your diary.

The continual assessment of our coaching and sweeping needs is part of our Risk Assessment and we welcome Peter Reed as a trainee sweep and also Jo Harris as a trainee coach. Leonie Dowell has resigned from the coaching team; we thank Leonie for her past work as a coach and also as our initial Recruitment Officer.

Enjoy your newsletter; due to the generosity of Darrin and Kate from Beach Bums we are having a photo competition. Please enter; we know the talent of a pearler knows no boundaries.

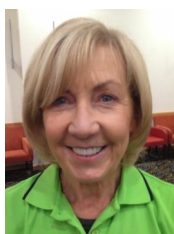
Chris Dowell
President



Denise Marr
Vice President



Carol Richards
Secretary



Fay Brooks
Treasurer



Gina Barber
Female Captain



Ray Howe
Male Captain



Wendy Orman
Director



POSITIONS GLPD 2015 – 2016

CONTACT: dragons2428@hotmail.com

WEBISTE: <http://www.pearldragons.com>

FACEBOOK: <https://www.facebook.com/GreatLakesPearlDragons>

| POSITION | NAME |
|-------------------------------|---|
| COACHES | GINA BARBER, REJANE CHAPMAN, KIM CREIGHTON, WENDY ORMAN, TRISH PING, BRENDA TAUTE, TRAINING JO HARRIS |
| EQUIPMENT OFFICER | KIM EVANS |
| EXECUTIVE COMMITTEE (ELECTED) | PRESIDENT CHRIS DOWELL, VICE PRESIDENT DENISE MARR, SECRETARY CAROL RICHARDS, TREASURER FAY BROOKS, CLUB CAPTAINS GINA BARBER and RAY HOWE DIRECTOR WENDY ORMAN CO-ORDINATOR COACHES and SWEEPS DENISE MARR |
| FACEBOOK | DENISE MARR, LEONIE DOWELL |
| FUNDRAISERS | JOY GOSBY , REJANE CHAPMAN, DEB HARRIS, SUE SWAN, RAY HOWE, WENDY LUM, WENDY BURDEKIN |
| MAINTENANCE CREW | FRANK FENECH, CHRIS DOWELL, PETER REED, RAY HOWE |
| NEWSLETTER OFFICER | JO VAKAAHI |
| ONLINE PADDLING ROSTER | CARMEN CARDER, CAROL RICHARDS |
| PUBLIC OFFICER | CLAIRE PONTIN |
| PUBLICITY OFFICER | DENISE MARR |
| REGISTRAR | LYNNE BARRY |
| ASSISTANT REGISTRAR | KIM CREIGHTON |
| RECRUITMENT OFFICER | BRENDA TAUTE |
| SWEEPS | BRIAN BRUTON, CHRIS DOWELL, ALAN MOSES, CAROL RICHARDS, JAN BRAIN, HELEN BRYAN TRAINING- LYNNE BARRY, PETER REED |
| UNIFORM OFFICER | JO HARRIS barskank@hotmail.com |
| WEBSITE COORDINATOR | KEN WATSON |

Pearler Profile

Kim Evans aka "kimmer" is our Equipment Officer.

She attempts to keep our containers in a tidy, organized state and appreciates when all Pearlars help out with that task.

She maintains the Pearl Dragons Asset list for the EC (Treasurer) of all Pearl Property.

So if it's Bought, Borrowed or Busted let kimmer know.

email : badapple132@hotmail.com or phone 6554 7232

COACHES CORNER



PADDLING SESSIONS

Moderate/Intensive / Beginners Paddling

We no longer categorize these as moderate, intense or beginners to ensure that everyone knows they are welcome at all sessions.

The morning sessions during the week are designed to be more intense while the Tues, Thurs (afternoons) and the Saturday morning sessions are a little less intense to cater for those who prefer less vigorous paddling.

However it is the paddlers own ability and/or commitment that determines how they use the sessions.

That means if the levels (percentages) are too hard at any time then just ease off.

The important thing is that you attend, you're not at risk of injury, you do the best you can and that you enjoy your time on the water.

Beginners

Though beginners are welcome at any session it is preferred that they attend some sessions on Tues, Thurs or 2nd run Sat. This will enable them to get to learn the 'Basics' before moving on to other more advanced paddling.

Anyone is welcome to attend though as these sessions tend to become more advanced as paddlers get more experienced.

Things to know

Everyone is welcome at every session

Swapping sides – check with your buddy on the day, what you want to do with your paddles when swapping. Either holding them or laying them crossed in the boat. Either way is fine.

What to do with your paddle when getting off the boat – It has been suggested that we leave our paddles in the boat - along the sides to ensure there is a clear space in the middle for us to walk down when getting of the boat. (No trip hazards please) .

If this doesn't suit you, take it to the Wally Table – however return immediately to assist in getting the boat off the water. We do have paddlers who need to leave ASAP (work commitments).

Paddlers are to take direction from the Coach of the session only, unless a safety issues arises, then the sweep will give directions. Hence it is important to have 'Heads in the Boat' at all times

Regattas – The Pearl Dragons like to compete when possible and everybody is welcome.

Sometimes they are a day trip - sometimes a weekend away. *They are always fun!*

Feedback Please feel free to discuss with your coaches any issues/concerns that you may have re the coaching of sessions. Positive & constructive communication is always welcome and will be acted upon if appropriate

Training Calendar The coaches do work to a training Calendar which has been designed to improve our paddling fitness and ability and should enable us to work towards competing in Regattas at our " Peak Performance" The three stages we work on are: Endurance- Strength- Speed

Yes.... We do still paddle in the Rain

1 BEAT, 1 STROKE, 1 BOAT

DRAGON BOAT RACING



WE DON'T ROW,
WE PADDLE

Dragon boat racing originated in Southern China over 2000 years ago, and started gathering interest in the western world in the 1970s.

Dragon boat racing is enjoyed by people of all ages in over 50 countries and territories around the world.

The 40 foot boat typically has a drummer at the bow, 20 paddlers, and a steersman.

The teams are made up of all women, all men, or mixed.

Dragon boat racing is a flat-water, sprint paddling sport with a style similar to those in sprint canoeing and outrigger racing, using single-blade paddles.

Dragon boat races can range anywhere from 200m up to 2000m, and are typically on a straight away with the exception of a few marathon style races.

It is a recreational and highly competitive sport that is the fastest growing water sport in the world.



© 2008 Metropolis Graphics



The 4th Annual GLPD Regatta

Held Saturday 21 and Sunday 22 November 2015, was a huge success and the committee are looking forward to the challenges of this year's regatta.

The Regatta Committee consisted of Carol Richards, Fay Brooks, Deb Harris, Joanne Harris and Joanne Vakaahi. The committee worked well together and were able to overcome many challenges as this was their first experience organising a regatta.

The Saturday races were an outstanding success with positive feedback from all teams. We had 13 teams compete in the 2K race and 10 teams in the 500m races. These teams consisted of Camden Haven, Central Coast, Coffs Coast, Deepwater, Flaming Dragons, Hunter River/Sth West Rocks/Wallis Spirit Dragons, Hawkesbury River, Manning/Nambucca, Kempsey River Rats, Newcastle Marlin's, Newcastle Redfins, Urunga Titavators and of course our own Great Lakes Pearl Dragons. The winners of the 2k race were Central Coast 1st; Newcastle Marlin's 2nd; Kempsey River Rats 3rd. The winners of the 500m races were: Central Coast 1st; Kempsey River Rats 2nd; Newcastle Marlin's 3rd. A presentation to winners was held at the Lakes and Ocean Hotel. A raffle was conducted at the hotel which was very profitable with all prizes being donated. The Hotel is looking forward to welcoming the teams back this year.

Sunday races all ran smoothly and on time. We had 6 community teams enter the regatta with some teams returning for their 3rd year. These teams were Regional Financial Services, Forster Bowling Club, Gathang Warriors, Cuzzies & Co, The Great Lakes College and the Laughin Asses.

The winning teams were Regional Financial Services, Gathang Warriors and Cuzzies & Co. We conducted an exhibition handicap race for the Zodiacs A & B teams and the TS Manoora Cadets. Then we combined the junior Zodiacs with the Navy Cadets to form 2 teams of equal strength and capabilities who competed in two races.

On Sunday the Sports Men 10's placings were Kempsey River Rats, Newcastle Marlin's and Hawkesbury River. The Sports Women's placings were Flaming Dragons Port Macquarie, Manning River Dragons and Kempsey River Rats. The Sports Mixed placings were Central Coast, Flaming Dragons and Kempsey River Rats.

We conducted another raffle on Sunday which was also very profitable again with most prizes donated.

For the first time we had Saul Brady as our Announcer on both Saturday and Sunday. Having Saul there on both days ensured that events rang smoothly and on time. The advertising by the announcer given to sponsors and vendors was well received.

The officials and volunteers were wonderful, all doing their allocated tasks with professionalism and friendliness, especially our members, family and friends of the Pearlers.

Carol Richards and Fay Brooks



The mighty Great Lakes Pearl Dragons that paddled on the day



Trish & Kierian Ping

The Winning Community Team

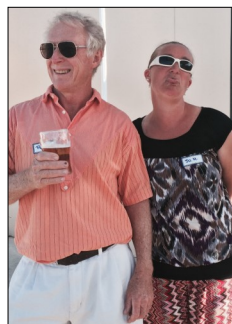
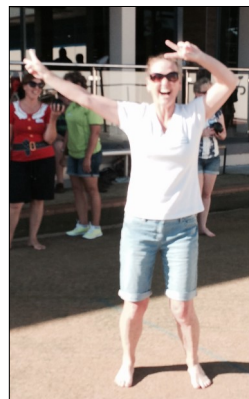
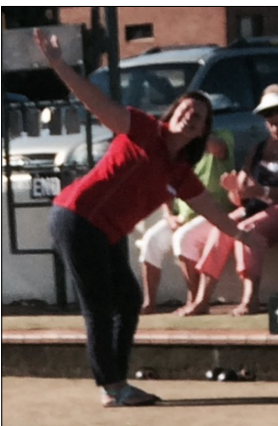


The BBQ team, Pearl's, family & friends

CHRISTMAS PARTY

A few photos from our Christmas party and a big thankyou from the fundraising committee to you all for coming (especially good to see new members). An awesome time was had by all with lots of fun and laughter, firstly trying our hand at barefoot bowls (a couple of future champs in the mix). We also enjoyed plenty of yummy eats and Santa handing out lucky door prizes, thankyou Ray.

A very happy new year to you all - Joy Gosby



GLPD MEMBERS SERVICE DIRECTORY

Garden Maintenance, House Cleaning, Handyman

Buddy & I come with 20 years' experience we are trustworthy & reliable .
Give Wendy Lum a call on
0408 865 467



Contact Elsa Ph:- 6557 5544
5/86 King George Pde, Forster



HOLIDAY RENTAL

Black Diamond beach house, Diamond Beach, is an architecturally designed treat. Absolute beach frontage & magnificent views

4 Bedrooms, 3 bathrooms,

For enquiries telephone Jenny

0411 951 053



If your busy life makes you look at your ironing pile and groan then give me a call. Julie, your ever helpful ironing lady, \$50 a basket. I not only sweep, paddle and hairdresser but also iron.
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Rachel

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for an appointment ring **0403 239 686**

Cuts & Colours a speciality.

PADDLER'S PADDOCK

THE WALKIE TALKIES

Let's go walking
Let's get out there, explore our beautiful area & surrounds
It's a great way to have fun & get even fitter !!
When - every fortnight starting Tuesday 9th February
Meet at 8-30 am.
Where - we all get a chance to choose a walk
Hope to hear from you Pearlars
Contact Wendy Lum
Email - pippinghotbuddy@gmail.com



PADDLE FOR SALE

KIALOA 46"
Has a couple of dings, but plenty of paddling left in the old girl
\$90.00
Contact Jo Harris
0402 695 693



FOR SALE

Typhoon DragonFly DB2 46" Paddle
This is a high quality paddle
100% Full Carbon Fibre construction
Excellent condition
(Dragon sticker can easily be removed to personalise as you choose)

\$120.00 ~~ON O~~ (less than half price)

Enquiries: - Phone Kim: 0466 462 979



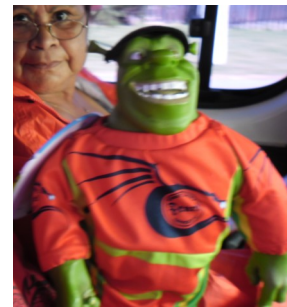
Ukulele For Sale

Never used, still in original box and packaging
Paid \$80.00

Will sell for \$50.00

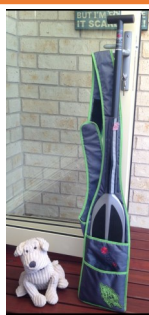
Ashton Designed in Australia

Contact Sarah – 6555 8856



PROVEN WINER PADDLE FOR SALE

Merlin 47" paddle with bag
Both in good condition
\$120.00 ONO
Contact Julie – 0403 239 686



Canoe Trolley For Sale

Good condition, \$60
Contact Wendy Lum
Mobile - 0408865467



PADDLER'S PADDOCK

FUNDRAISING COMMITTEE

HELPERS NEEDED

'Opera by the Lake' is being presented by Rotary Club of Great Lakes Inc. at John Wright Park on Saturday 19th March.

The Club, headed by the fundraisers will cater at this event.

We will do a simple menu of Cheese and fruit platters, oysters, cookies muffins, soft drinks and water

Key areas where help is needed are;

- Site setup - morning
- Food preparation - morning
- sell food & drinks - afternoon
- dismantling the site – late afternoon

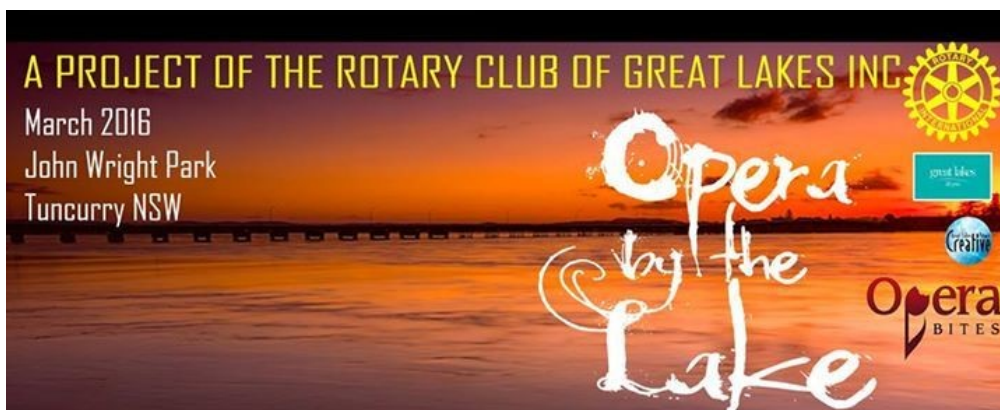
If you are available on this date and are willing to help please contact;

Deb Harris on 0418 634 402

Or

Joy Gosby on 65572797

ASAP as a roster needs to be sorted

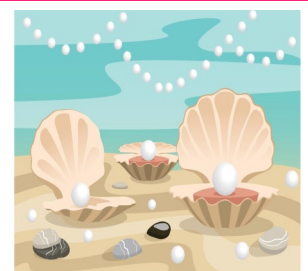


Gates open 1.30pm

*For more information
Please ask our very own
Brian Bruton*

Hey Pearlers'

Feeling bored... no paddles on a Saturday night....watcha gonna do... join 'Social Pearlers' Facebook page. This is not an official Club page, just a way for us to contact each other so we can get together and have a bit of fun.... You might want company to go to the movies, or a night out for dinner... put it out there on 'Social Pearlers'... last weekend many of us joined together and went to the INXS tribute concert at Club Forster....wow, what a night.



RECRUITMENT in REVIEW – January 2016

Since the “Come & Try Day” in November it has been a busy time on the water for The Great Lakes Pearl Dragons.

A Mighty Big “Welcome” to the following new members:

Vicky Harris, Anne Prentice, Helen Dean, Jenni Peddell, Jenny Rodick, Karen McBride, Kim Haydon, Laurie Haydon, Louise Watson, Martin Pottinger, Ron White, Sam Dullaway, Suellen Oliver, and Julie Therre .

The enthusiasm of our new paddlers learning to paddle, training for CNY and helping with our Bunning’s barbecue and working bee has been fantastic.

We really appreciate your support in making out new members feel so welcome.

The enthusiasm and commitment from everyone (old & new) is just wonderful – Thank You

“Feeling so Proud to be a Pearl Dragon”

Brenda Taute

(Recruitment Officer)



FUNDAY WORKING BEE

OUR VERY OWN PAINT POLE, POLE DANCERS MEGAN & DEB V

WORKING VERY HARD



A great job by all who helped out on our recent Working Bee. The gang below turned up on the day. During the week before, behind the scenes others prepared the containers and spruced up our boats ready for our ongoing sessions.

Thank you Gina for keeping us all hydrated and making sure we were kept nourished. The biggest thank you goes to Frank who coordinated the working bee and has been nominated as the best “Hook Hanger” in town.





We are looking for all those pearlars out there who not only enjoy a coffee and breaky at Beach Bums after a paddle but who also see themselves as budding photographers.

Are you the next Helmut Newton, Annie Leibovitz of Forster?
(we doubt it)

Thanks to Darrin and Kate from Beach Bums Cafe we are pleased to announce not one prize but two. Yes we have two Beach Bums vouchers valued at \$30 each to give away

The Judge's prize

We have assembled a panel of judges, experts in their fields, (which isn't photography) the judges will come together to debate and discuss the qualities that make a great image before choosing a winner. Thanks Darrin and Kate.

Facebook Choice

Each entry shall feature on the pearlars Facebook page. The photo that gets the most likes wins.

How to win

Simple.

Take a photo (winning that is)

You may enter more than once, however only one photo per visit (to Beach Bums Cafe) to be entered. Try and be creative, we need to identify that you are actually at Beach Bums Cafe. (Please no plates of food only that is passé)

You may share your photo to your own Facebook page to coerce your many friends to vote to for you; however they need to come back to our Facebook page and like your photo. This is important. (so if you do share have a message begging them to go to our page to like)

Complicated we know, we need people to visit our page NOT yours.

Entries close in about 3 to 4 weeks' time

Okay now for the not so pleasant stuff competition rules (maybe we could write a policy)

Members of GLPD may enter (in fact they are the only ones who may enter)

Except for those two, on Facebook, you know who... (they may visit Beach Bums Cafe, however if they even look at their mobile phones, please confiscate)

This is not a game of chance. (sounds good)

The prize cannot be bartered and is not redeemable for cash (very important)

The judge's decision is final and no further correspondence will be entered into. (most official)

Now get down to Beach Bums Cafe and start clicking (okay, years since you heard a camera click)

Instagram users please tag Beach Bums @beachbumscafe #beachbumpearlars #goodmorningforster