



# PEARLS OF WISDOM



## Great Lakes Pearl Dragons

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

Newsletter November 2015



- ◆ 21 & 22nd November Great Lakes Pearl Dragons Regatta
- ◆ Saturday 28th November "COME & TRY DAY"
- ◆ 6th December GLPD Christmas Party - Tuncurry Beach Bowling Club
- ◆ 20th February 2016 - Chinese New Year - Darling Harbour
- ◆ 30th April & 1st May - Urunga Titavators Regatta



### **Why Dragon Boating?**

Imagine twenty paddlers in a sleek narrow boat. The drummer calls to take it away and instantly each paddler moves in unison. The boat lifts and surges forward with each stroke as the team becomes one. It's not just about the race. It's all about the challenge. It's about being on the water with friends.

### 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

# Confidential Special Report

All those that attended the AGM were *bowled* over when Terry Green, manager of TBBC presented us, GLPD with a cheque for \$4000. Terry commented that we “have meetings to arrange meetings”.

President Chris immediately called an extra ordinary meeting to investigate this statement. This meeting was held forthwith and so as to show independence Alan Peter was elected as chair. In his opening address he quoted the Liquor Act, the Incorporated Associations Act and a few other acts we had never heard of. The overwhelming consensus was we *Pearlers* “love” meetings. Rather than investigate all committees who meet at Tuncurry Beach Bowling Club we decided to just concentrate on one, the EC.

Independent investigator Sam Spade interviewed all the EC and below is his CONFIDENTIAL report.

President Chris was first paddler off the port to be interrogated. Under much duress he stated that with his ongoing commitment to keeping everything simple he rates his meetings (how many committees is he on) as a 1, 2 or a 3 i.e. 1 beer, 2 beer or a 3 beer meeting.

Next was Vice President Denise who admitted that she invented the position of Vice President so as to stay on the E.C. It was too hard to keep old job as secretary as she couldn’t manage (concentrate on slurping) drinking her vanilla malted milkshake and do the minutes. It was ascertained that she was known to “butter up” the staff at the Club’s coffee shop to try and get an extra scoop of malt in her milk shake.

Secretary Carol and Treasurer Fay already being on the regatta committee had become somewhat addicted to the bake dinners on offer in the bistro and leapt at the opportunity to add another bake dinner to their schedules.

Gina and Ray the Club Captains are all- rounder’s and can’t get enough of the food, coffee and in Rays case a beer with a dash. A bonus for Gina being the lighting in the bistro is apparently spot on for those Facebook food shots.

Lastly we have Director Wendy, who happens to be an Aurora, having represented her country, surely she would like to you know train, that is actually paddle on the lake. Well she does however her secret weapon when qualifying as an Aurora was the extra vim a coffee from TBBC gave. Yep she zings along on the coffee.

After much analysis, it has been determined and also verified, plus deduced, established and perceived that it is not that Pearlers “love” meetings, it is that they love to meet at Tuncurry Beach Bowling Club.

President Chris Dowell receiving a cheque from Terry Grant manager of Tuncurry Beach Bowling Club for \$4000 through ClubGRANTS NSW



Come on, how many of these can you drink in one night

Hang on, won't be long and won't spill a drop





## UPDATE FROM YOUR EXECUTIVE COMMITTEE (EC)

With the weather warming it finally feels as if the 2015- 2016 paddling season has begun. Training sessions are filling and Monday AM and Thursday PM have been re-introduced. We do have a couple of sessions that are in danger of being taken off the roster, these are 2<sup>nd</sup> run Wednesday and Sunday morning. If you wish for these to stay on the roster now is the time to support them.

On Saturday 17<sup>th</sup> October we had a Club breakfast after paddling which was enjoyed by all in attendance. In October we were to have a stand at Stockland's to promote the Club, this was postponed and will now take place in November promoting our upcoming regatta and Come and Try. Brenda as our new recruitment officer will organise. If you have any uniform needs let Jo Harris know, Jo is our new Merchandise Officer. Thankyou Brenda and Jo for taking on these positions. Our regatta committee has worked extremely hard these past months now we need to give them a hand to get GLPD over the finish line. Please volunteer to help on the weekend of the 21<sup>st</sup> and 22<sup>nd</sup> November.

December we will relax and enjoy our Christmas party at TBBC on the 6<sup>th</sup>. This event is being organized by our new, but extremely keen Fundraising Social Committee, Joy, Wendy L, Rejane, Sue, Sarah, Ray and Wendy B. The "fun raisers" would love another couple of helpers, so please consider. We will begin our Christmas break after the Wednesday paddle on the 23<sup>rd</sup> December and resume Saturday 2<sup>nd</sup> January.

Come February we are to have a picnic paddle at a date to be set and then hopefully a lot of us will join other teams from all over the state for Chinese New Year at Darling Harbour on the 20<sup>th</sup> February. Please look after yourself if you are going to CNY, start paddling at least two sessions a week now so that you will be race ready.

We aren't quite out of the woods yet in relation to our sweep shortage, however it has eased somewhat with Carol and Brian becoming L2 sweeps and Lynne going full steam ahead with her training. We appreciate our Coaches and Sweeps they all give up so much of their time to allow us to have a paddle. Thankyou Coaches and Sweeps.

V5 of the Sweeps training procedure has been accepted and our Safety Swim Policy and Out of Session Boat Use Policy have also been reviewed and updated. We now have a GLPD Course Application Form which covers those needing or wishing to do courses or training.

Tuncurry Beach Bowling Club has shown tremendous support for our Club over the years with the ClubGRANTS, and this year we are fortunate enough to have received \$4000. An Off Grid Solar System, Silver Go Pro and a Cox Box Speaker System are some of the items we will be purchasing.

Chris Dowell  
President



Denise Marr  
Vice President



Carol Richards  
Secretary



Fay Brooks  
Treasurer



Gina Barber  
Female Captain



Ray Howe  
Male Captain



Wendy Orman  
Director



# GREAT LAKES PEARL DRAGONS REGATTA

## UPDATE



Well it is only a few weeks away to the biggest date in our calendar. Yes the [Great Lakes Pearl Dragons REGATTA](#).

If you haven't already put your hand up to help on the day it isn't too late we would love to hear from you. The lines are open and Fay is waiting for your call - 0402 314 221.

This year promises to be just as colourful and exciting as last year but without the **HEAT** we hope. We aren't entering a Pearler's team on the Sunday but we do have a team entering on the Saturday. Names are being taken on the Regatta booking page, with the one and only Kim as coach.

### **Community Teams competing will be:**

Cuzzies & Co  
Gathang Warriors  
HMM DoE's  
Forster Bowling Club  
Great Lakes College  
RFS – Regional Financial Services

### **Some Club Teams competing will be:**

Deepwater – from the Central Coast  
Wallis Spirit – from Coomba Park  
Port Macquarie  
Coffs Harbour  
Camden Haven

The Regatta Committee this year has worked very hard with five members. With the departure of Paul, Carol stepped up and Jo V went back on the committee. We were all newbies to the committee, pulling together and working towards one goal as a team, to put on a Regatta our Club would be proud of. With the return of Chris Dowell (from globetrotting) offering astute guidance all is coming together.

We would like to thank the outgoing Fundraising committee for offering once again to prepare and serve refreshments to the officials. Also a BIG thankyou to Brenda for opening her house across the road from the park for preparation purposes.

We would like to invite all Great Lakes Pearl Dragons back to the Lakes & Ocean on Saturday afternoon for the presentation of Saturday's races along with raffles, nibbles, a chat and a drink. We hope to see you all there in our Club colours.

### ***The Regatta Committee***

Carol Richards  
Fay Brooks  
Deb Harris  
Jo Harris  
Jo Vakaahi





# *Passion for the Paddle*

*A piece written by Leilani Vakaahi after an interview with Trish on the 5<sup>th</sup> October 2015*

It's not every day that a somewhat stranger can move a journalist to tears in a matter of minutes, but Patricia Ping did just that. What began as an interview about Trish's new book 'Paddles Up', quickly turned into a passionate recount of her life and love for dragon boat racing.

In March this year Trish was coaching a 3-day women's paddling camp at Saltwater when she was approached by a Taree Tafe staff member about a course called 'our words, our stories'.

"The one day a week, eight week program is for indigenous people in the local community to write their stories," Trish says. "I didn't know what I was getting into".

The result, 'Paddles Up' - a book that will now be published and distributed to local schools and libraries to assist in children's literacy.

"The photos are fun. The words are simple. 8 to 12 year olds. I aimed it at that age group. Hopefully they take away that there's more to life than staying in one place".

But you'd be mistaken to think the book is just a story, and that the target demographic was pulled from thin air - 'Paddles Up' is something that hits close to home for Trish.

"I want them to follow their dreams, because mine was to travel when I was younger. I grew up on a mission in Purfleet - and we were very poor. I used to read books and I saw a book about New Zealand. I was reading about the steepest street in the world. Oh my god I wanted to go there - see that".

Trish grew up locally, before moving to Newcastle at the age of 14. She married and had children young, and didn't travel. In 2007 her husband, Perry, fell ill.

"When he got sick with cancer and only had a few months to live I said hey, lets go to New Zealand. And he said yeah. Neither of us had been out of the country. We got our passports, went to the travel agent. And we did it".

Two months later, in July 2009, Perry lost his battle with Cancer.

"When you lose someone to cancer, your grief is overwhelming".

And that is when Trish found her passion for paddling. In 2010 a friend extended an invitation to paddle with a koori community team through the Manning Dragon Boat Club Regatta.

"I had no idea what paddling was. My first race - I fell in love with it. It was the start of a new life for me. I said I want to keep doing this".

Trish made contact with the Great Lakes Pearl Dragons, and after 12 months in the club she put her hand up to become a coach. She now hopes to inspire younger generations to paddle too, and is currently in her fourth year of coaching the Gathang Warriors - a young koori paddling group.

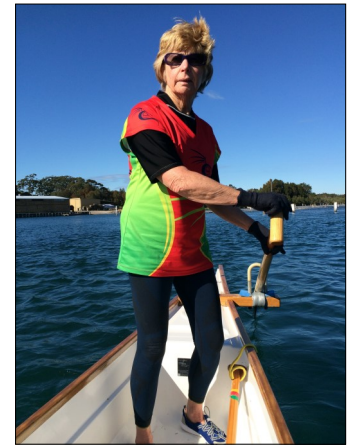
"I love paddling. I love being on the water. I love seeing people get fit and enjoying themselves, the social aspect, new friends. (After Perry passed) I thought I would go back to work. But I just want to travel and paddle. I love paddling and I love the pearlers".



# OUR NEW SWEEPS IN TRAINING



Carol Richards



Lynne Barry

Hello Carol & Lynne,

I joined the GLPD last year when they entered a team in the Hawaiian Regatta. I was really interested in this and the cruise, so I decided I would transfer my membership from Wallis Spirit Dragons. This gave me the opportunity to meet the people I would be travelling with. My son also joined us on the trip.

How long have you been part of Great Lakes Pearl Dragons and what is your history with the club?

I joined the Club at the inaugural interest meeting held at the Coastal Patrol building in 2009. About a year later, I took over the Registrar's position from Rejane, and have seen 3 different systems used to manage membership.

I decided to become a sweep as we have had a few lucky members find new partners and are married now. As most of our sweeps are retired they are able to spend the winter months travelling. Therefore this leaves the Club with a shortage of sweeps. We have a small group of dedicated paddlers who want to train all year, me being one of them. As a Dragon Boat Club we need to be able offer this to our members.

What made you decide to become a sweep?

I was interested to see the boat from the sweep's position. I went along to the "Come and Try Sweep Day" recently. I was a little undecided about fully committing to training as a sweep. However with the change in availability of our regular stalwarts, thought I would give it a go.

I was surprised that I enjoy sweeping as much as I do. The sessions that I have trained sweeping, I find the best part is when we practice race starts. I really have to concentrate to keep my balance and the power that can be generated by our members is amazing, nearly losing my balance at few times. At time of writing I have 11 hours up and I haven't fallen in yet! It has to happen. Hopefully in warmer weather. I have to learn how to keep the boat in a stationary position fighting against the tide and wind. My challenge will be doing my first regatta as a sweep

With your training in progress, what do you find the best part about sweeping?

As I'm not far along the practical path, I guess the challenge of getting the boat to do what I want it to do, will be a good start.

*Thank you Lynne*

*Thank you Carol*

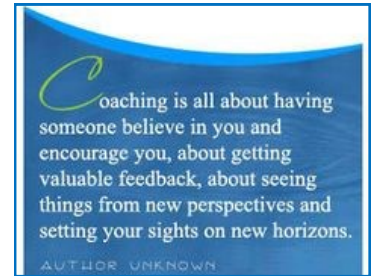


Great Lakes Pearl Dragons would like to say a BIG thank you to "Sally" from Wallis Spirit Dragons for traveling all the way from Coomba Park to sweep for us in the winter months. You are a legend.



# COACHING

*Thank you Kim Creighton*



I joined the Great Lakes Pearl Dragons in 2012 after participating in a community team at our Regatta. The coaches were so encouraging and members so friendly.

As Pearlars we paddle on the beautiful, Wallis Lake.

We are regularly within a boats length of playful dolphins, we view the most breath taking sunrises, feel the warmth of the sun, the touch of the breeze and are occasionally refreshed by an odd drop of rain. Experiencing all this while enjoying our healthy, social, sport - Dragon Boating.

Needless to say, from the outset I was hooked.

Being a dedicated paddler, I was fortunate to have experienced many sessions conducted by our team of experienced and knowledgeable coaches. When asked to take on this role myself, I was at first a little hesitant. However, it has been an amazing confidence building experience.

With the lure of contributing to the Club by the way of coaching, some 18 months later, I began my coaching journey.

To become a Coach you are required to:

Obtain a First Aid Certificate.

Undertake online Courses through the AIS- Play by the Rules & Community Coaching

Obtain "National Coaching Accreditation" (Australian Sporting Commission) – In essence: preparing 10 session plans, & three in boat Assessments.

Being part of the coaching team empowers you with the knowledge to assist paddlers to improve their performance. It allows you to contribute to the Club in your own positive way.

For me Dragon Boating means- **Fun - Friendship - Fitness**

The satisfaction comes as you begin learning. Understanding the types of training sessions (endurance, strength, speed and technique) and their roles. Warming up, preparing a session plan, boat seating, balance, voice projection and cooling down.

A conscientious, patient, encouraging and supportive mentor is a great start. I had the best, thanks Wendy.

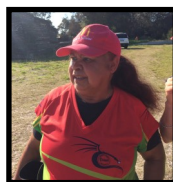
For me this has been a most rewarding and confidence building experience.

We are most fortunate to have a coaching team that brings a wealth of knowledge and experience in many areas. All with a great willingness to share. I would suggest for anyone with an interest in coaching put forward your expressions of interest - becoming part of the Great Lakes Pearl Dragons coaching team is a most rewarding experience.

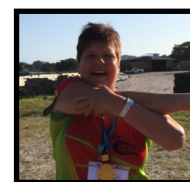
## OUR AMAZING COACHING TEAM



Rejane



Trish



Brenda



Wendy



Leonie



Gina

## GLPD MEMBERS SERVICE DIRECTORY



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.  
Ph:-0403 239 686



Contact Elsa Ph:- 6557 5544

5/86 King George Pde, Forster

### RACHEL'S HANDMADE CARDS

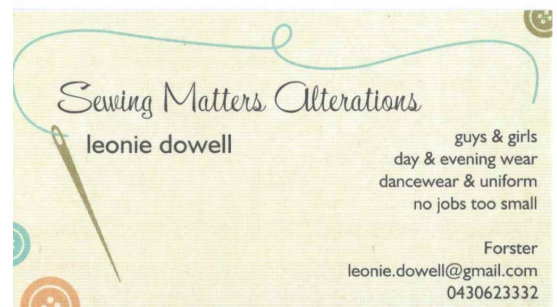
All occasions personally designed cards crafted by Rachel

Ph: - 0432 477 303

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### **JV's First Aid Kits Supplies & Restocking Service**

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visit: www.jvsfirstaidkits.com



### **'Julies Place - Hairdressing'**

for an appointment ring **0403 239 686**

Cuts & Colours a speciality.





# PADDLER'S PADDOCK

## NOTICE BOARD



### SAND FLY REPELANT



Here is a recipe to keep those sand fly's away this summer. Especially on our evening runs on the lake.

-----  
Mix 1/2 Dettol and 1/2 Baby Oil

Put into a spray bottle and use

### FOR SALE

1 x size 12 ladies singlet - \$20  
1 x size 14 ladies muscle shirt - \$20  
(sleeveless high neck)  
1 x size 16 beck sleeved shirt - \$20  
1 x size 14 red dress shirt \$15

Contact Julie on - 0403 239 686



**THIS SPACE IS EMPTY**

**IT IS FREE TO ADVERTISE**

**ANYTHING YOU HAVE TO SELL OR ANYTHING**

**YOU WANT TO ADVISE TO OUR MEMBERS**

**IT IS YOUR PADDOCK SO FILL IT UP**

email Jo on:- [joanne@jvsfirstaidkits.com](mailto:joanne@jvsfirstaidkits.com)

### **COME & TRY DAY**

We will be holding a come and try day to entice new paddlers to join the Club

When: Saturday 28th November at 8.45am (OTW at 9am)

Where: Next to Paradise Marina

**We would appreciate the support of 10 Pearl paddlers on the day**

**The come & try day will replace the 2nd paddle on this Saturday**

**Please meet at the container at 8.15am OTW at 8.30am**

**PLEASE CONTACT BRENDA ON 0407 724 268**

**FOR FUTHER INFORMATION**

**Please ask your friends, acquaintances even your enemies**

**To come and have a try**