



Sept, 2017

Pearls of Wisdom

Great Lakes Pearl Dragons

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

GREAT LAKES PEARLERS PROVE ONCE AGAIN THAT THEY ARE AWESOME

Executive Committee

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WOMEN WINNERS 200M



MIXED 2ND PLACE 3KMS

Follow us on Facebook

<http://www.facebook.com/GreatLakesPearlDragons>

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

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



President's Report September 2017

Welcome pearlars to our first newsletter of the 2017 – 2018 season. It is encouraging to see our sessions starting to fill again. I have had the opportunity to paddle at all sessions on offer over this past month and I notice we are all very enthusiastic paddlers. We may have differing reasons for being part of this sport called dragon boating, however we all like to improve our fitness while paddling in one of the best locations in Australia.

Now that the weather is warming and more of us are keen to paddle we will shortly be offering two boats at most sessions. It is the paddler's responsibility to check the roster at 6.30pm the night before to see if it has been determined to be a one or two boat session. Remember though you need to do any withdrawals prior to 6.00pm. Also if there isn't sufficient paddlers to warrant a second boat maybe look at other sessions on offer who could do with a few extra paddlers i.e. Thursday afternoon and Saturday a.m.. Anyone that paddled this past Thursday will verify that I am not exaggerating when saying being on the lake just as the sun was setting was a beautiful experience.

One of the aims of the Executive Committee this coming season will be to spread the love i.e. the workload. We will be looking at jobs in the Club and our aim will be that every member contributes in some way to our workload.

This can be as simple as being on a roster too wash the towels or to spray WD40 regularly on the container locks. Kerrie is compiling the list at the moment so if you are aware of any jobs large or small that need to be done on a regular or semi-regular basis please alert Kerrie. Laurie will organise maintenance on our three boats while Peter will take charge of quotes, one off repairs, new builds etc.

Of course, unless we have to rush off to work or somewhere it is expected that all paddlers help wash the boat and put it to bed at the session's end.

Our new website is now online and so far the feedback has been very positive. Being new we realise that over time there will need to be tweaking done. Our Member Page (accessible with member only password) is a very important part of the website. The information on this page will keep you updated on Club and member happenings, so please access on a regular basis. Hopefully as time goes by our volume of emails will lessen.

Congratulations to all that paddled at Mylestom last weekend. What a regatta - we paddled hard, enjoyed and it was such a top venue.

Regards

Denise

President



Heads in the Boat

Have you let the Regatta committee know that you are available to help for our upcoming Regatta?

Continue to respect our neighbours to and from early morning paddles ...sshhh (be quiet 7.00am is still early).

Continue to respect our neighbours in regards to parking of cars (driveways, garbage bins) Park close together.



Fundraiser Dance for our Auroras

This night of games, food and dancing was given the thumbs up by all the attendees who rocked along to the music of the band 'The Crew'.

Thanks go to the fabulous organisers with chief Mary shown here.

A cheque was handed to both of our Australian representatives, Frank and Wendy, who will be dragonboating for Australia at the World Championships in October.

We wish them a successful time!

What's Happening

RACING

October 8 Dragonboat NSW, Race 2, Sydney International Regatta Centre

November 18 –19 Great Lakes Pearl Dragons Regatta, Forster

December 10 Dragonboat NSW, Race 3, SIRC

FUNDRAISER

6 Oct, 25 Oct, 10 Nov, 29 Nov, 15 Dec Lakes & Oceans Hotel Raffles

9 Dec Bunnings BBQ

2017 SIRC1



SIRC1 Senior A Women's Team

Marg, Kez, Jules, Ange, Kim, Jo, Megan, Fay, Mary, Wendy O, Denise, Claire, Rejane, Kim, Joan, Wendy B and Caroline.

We didn't think we'd get there but we did. Sixteen keen Pearl women and four keen Pearl men travelled to Penrith on Friday 1st September to represent the Great Lakes Pearl Dragons at the first Metropolitan regatta for 2017 at the Sydney International Regatta Centre (SIRC).

The Women's team was delighted with their effort by making it into the finals with only 16 paddlers (Lynne Donoghue from the Sloths made up our 16). We were faster than both Bei Loon and FFB in the heats but couldn't manage to get there in the places in the finals. We will need to really push harder in our training to make sure we don't let our performance drop in our last race, which is the most important race! I'm sure that will not be an issue with the hard-working Pearlie girlies!

Overall it was a great regatta and the team had a wonderful feel to it. We all had fun and worked so hard in every event. GLPD is a force that people do not take lightly anymore. Regional NSW is well represented at the SIRC regattas.

Wendy Orman (coach)

SIRC 1 - Senior A Women's 200m (in detail)

<u>Senior A Women - Heat 1</u>	<u>Senior A Women - Heat 2</u>	<u>Senior A Women - Final</u>
54:63 Different Strokes	56:01 Different Strokes	55:67 Different Strokes
58:60 Newcastle	58:89 Newcastle	58:64 Newcastle
1:00:08 GLPD	1:00:10 Bei Loon	59:40 Bei Loon
1:00:26 Bei Loon	1:00:33 GLPD	59:62 FFB
1:00:38 Nowra/Port Hacking	1:00:79 FFB	1:00:23 GLPD
1:01:38 Nature Coast/Sudu	1:02:19 Nature Coast/Sudu	1:02:27 Nature Coast/Sudu
1:02:17 FFB	1:02:44 Nowra/Port Hacking	
1:03:13 DAS	1:04:09 DAS	

SIRC 1 - Senior B Mixed 200m (in detail)

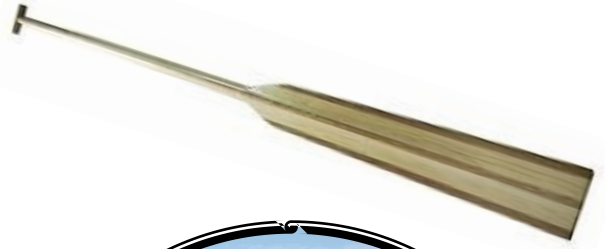
<u>SIRC1 (200m) 2016</u>		<u>SIRC4 (200m) 2016</u>		<u>SIRC 1 Heat1/2 2017</u>	<u>SIRC Heat 3/4 2017</u>
Heat 1	Heat 2	Heat 1	Heat 2		
58.23	57.36	55.97	55.76	53:37 Bei Loon	53:88 Nowra
				53:77 Nowra	54:12 Bei Loon
				55:29 FFB	54:21 FFB
				55:85 Newcastle	55:37 Newcastle
				57:16 Pittwater	55:61 DAS
				58:80 GLPD	57:37 GLPD
				59:23 Port Hacking	57:77 Pittwater
				59:94 DAS	59:32 Port Hacking

We did extremely well in the Senior B Mixed races getting times under the minute beating other teams with many more men in their teams. We didn't make the finals as we were disqualified due to only fielding 4 men (not the required 5). A very respectable time though!

SIRC 1 - Senior A Opens 200m (in detail)

We should be REALLY proud of this one as we did the Opens as GLPD!!! And we had a team of 4 men and 16 women! Go team!

<u>SIRC 4 2016 Senior A Open</u>			<u>Senior A Open - Heat 1/2</u>	<u>Senior A Open - Heat 3/4</u>
Heat 1	Heat 2	Final		
53.20	52.75	52.61	52:29 Nowra/Port Hacking	51:90 FFB/NBDBC
			52:51 FFB/NBDBC	52:17 Nowra/Port Hacking
			53:44 Different Strokes	54:20 Different Strokes
			54:52 Newcastle	54:45 Newcastle
		Place 4th	55:11 Bei Loon	55:57 Bei Loon
			56:33 Nature Coast/Sudu	57:53 Nature Coast/Sudu
			57:23 GLPD	58:07 GLPD
			58:59 Central Coast	59:38 Central Coast



All who attended SIRC 1 were delighted with our results and even more delighted that we achieved our primary goal of getting races for our three latest GLPD trainee sweeps – Julie Therre, Kerrie Gammage and Wendy Orman.

Wendy had previously completed two races at the Ballina regatta sweeping for the Waratahs while Kerrie and Julie completed their first two at SIRC. Wendy has now received notification of her success as a Level 3 Sweep.



Both Kerrie and Julie have since completed their additional races at the recent Coffs Coast regatta at Mylestom. The GLPD will have 3 new L3 sweeps for the upcoming season as soon as the accreditation is formally recognised.

In the meantime, we have Laurie on the way to completing his mandatory twenty hours of training so that he can move on up in the ranks of sweeps to become a Level 2.

Special thanks need to go to Peter who has been kept busy as mentor to this group of trainees.



Jane and Robbie still managed to smile after their first ever racing at the Mylestom regatta. Congratulations girls!

MYLESTOM REGATTA

What an amazing weekend we had at Mylestom. Dragon Boating is for fun, fitness, friendship and enjoyment and I'm sure we ticked every box this weekend.

We combined to share the experience with South West Rocks, the Titivators and Nambucca (who have all expressed their thanks & great enjoyment) and once again we have proven that Great Lakes Pearl Dragons are a force on our own.

Saturday's 3km "Round the Island race":

The Pearl Dragon and South West Rocks combination team blended wonderfully and with huge effort came away with 2nd place in a time of 16.12.94 (less than 30 seconds behind Ballina) Fantastic result team! Thanks Peter for your steady sweeping and great calls.

Other Pearlers combined with the Titivators, for an exhilarating race.

The day finished with a novelty event, being a paddleless race, which brought with it a lot of laughter and left us a little damp.

Sunday's 200m Races:

Again we, enjoyed the company of our fellow Mid North Coast clubs, our women paddling with Nambucca Heads and South West Rocks and the men with Titivators and South West Rocks.

The weather was perfect for racing and the heats were filled with excitement. The results we achieved were excellent which is a perfect reflection of the wonderful effort you are all putting in at training.

Final Results were:

Men: Titivators/ South West Rocks/ Pearls -3rd place

Women: Pearls/ Nambucca -1st place

Women: Pearls/South West Rocks, (16 paddlers) unplaced - enriching experience

Mixed: Great Lakes Pearl Dragons (17 Paddlers with only two men) a most commendable 4th place

Congratulations to Julie and Kerrie – who kept us straight and in great stead for the day's racing. They have now completed their requirements to become L3 Sweeps and will join Wendy who achieved this at SIRC very recently – well done to you all.

Welcome to Jane and Robbie, our newest Members, who have joined us for their first regatta - superb effort! We hope to see you at many more.

Kim Creighton (Coach)



Thank you to those who helped us at Mylestom:

Rejane & Vince for being our Volunteers. Vince regularly puts his hand up for us and we greatly appreciate this.

Angela, for gathering our statistics, yet again.

Kez, for transporting our Gazebo for us.

Denise & Wendy, for attending the DBNSW AGM in Sydney to represent our Club and then travelling many hours to join us on Sunday at Mylestom.

All of our Sweeps & Coaches, who get us on the water every week to train and prepare us for all regattas.

AND TO YOU - THE MEMBERS WHO MAKE "THE PEARL DRAGON TEAM"

(and to our coaches who don't mention themselves ever From Newsletter formatter)



Mullet's Trivia Night

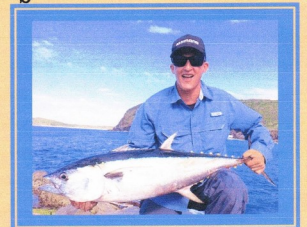
"A Fish called Ashley"

Cape Hawke Surf Club
One Mile Beach
Forster

Saturday, 21st October

Time..... 7 p.m.

Cost.....\$10 per person
8 per table



This Trivia Night is being organized by family and friends of Ashley Duckworth - Surfer & Fisherman



Light Supper

BYO Nibbles

Bar available to purchase drinks

Bookings essential - Please Contact Helen on 6554 7781



The Foot Whisperer Podiatry Services

Joe Crowther

B. Hlth. Sc. (Podiatry)

Samantha Dullaway

B. Hlth. Sc. (Podiatry)

Matthew Anderson

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GLPD Members Directory

"Do you have nail, corns, callus or ingrown concerns?
Do you suffer from lower back, hip, knee or foot pain?"

Do you need supports in your shoes or advice on good footwear? Do you suffer from a chronic illness e.g. diabetes, circulation trouble, nerve or muscle troubles? Then call Dr Samantha Dullaway (Podiatrist & Dry Needling Practitioner)

at The Foot Whisperer Podiatry to get you walking and moving to better health.