

02 Pearls of Wisdom

May 2023



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REIMAGINE AND REBUILD

Welcome Pearlers...

As usual, there has been lots going on with the Pearlers, on the water and behind the scenes.

Two years ago, we had to **REIMAGINE** what our club could look like into the future and we set out to **REBUILD**. After the recent racing, we are beginning to see that the Great Lakes Pearl Dragons can again be a competitive and a cohesive team in our own right.

All this takes a lot of planning, coaching and overall, hard work. It doesn't happen by chance. It takes paddlers putting down their names to train hard and work as a team. We need those dedicated and enthused coaches and sweeps to be available and to impart their knowledge and skills to new paddlers and experienced paddlers.

There are others who contribute to promoting positive images of the Pearlers online in the digital world and within the community. This promotes us as an inclusive club who will encourage people to come and have a go.

This newsletter will demonstrate the activities that are helping us become a stronger club - stronger on the water and on the land.

Our President will provide feedback from others who have observed the difference in the "new" Great Lakes Pearlers. (See page 2)

Our sweeps and coaches will give us positive feedback that is appreciated from Kalang River Regatta. (See page 5 & 6). Our results (page 7) will demonstrate we are competitive. **But we aren't there yet!!!! Watch this space!**

Thank you for all your efforts and achievements.

Happy reading Pearlers!

President's Report

May 2023



There is no happier moment in the world when all the news is good news. This is one of those times for our dragon boating club. Why?

If you were at **Kalang Regatta**, then you know the answer and you don't need to read on to find out. If you were not at Kalang, it means you have the privilege of reading my explanation and experiencing the message for the first time... maybe.

After concerned coaches and EC put out a cry to paddlers to "Please get to training if you intend to paddle at Kalang," the response was amazing. We had two boats on Monday nights, full boats during the week and over 40 paddlers one Saturday morning. That speaks for itself. People wanted our club to succeed in competition, they wanted to support each other, and everyone was loving the sessions!

And what happened at Kalang was more than that. Yes - we did succeed as you will read in other reports in this newsletter, but not just in bringing home a trophy for 2nd place in the women's 10s. We succeeded in raising the profile of our entire club in the eyes of our fellow regatta participants. We were praised for our sporting endeavours, and we were praised for the **positive energy** from our team. Congratulations came from neighbouring clubs and other clubs with whom we have formed alliances and from those in leadership roles within our DBNSW representatives. How much praise can a club take? Personally, that was the most ever!

So, what made this happen? You did! Each and everyone of you who has been at training – to either take part in this regatta or to be improving your fitness so that we can all train together. Special congratulations go to our newer members who paddled and drummed hard to contribute to the team's successes.

Witnessing the way everyone synced together on the water was invigorating and almost equalled by the way you all 'played together' off the boat.

Coming away from such a high can however be a bit of a letdown, so it is encouraging to see a team has formed for the **Flamin' Dragons regatta**. Not so good that it is minimum numbers attending or that we are having fewer people at training now, but it is encouraging that we can take part as our own club team. This is a consistent goal that we hope to continue achieving. We only plan a few regattas each season so think about scheduling those into your hectic time frames.

With the cooler months happening, our training plans still continue and will reinforce the fitness levels and technique that you have worked so hard to achieve. Where it is viable, the Monday evenings will start a little earlier to get on the water before dark settles. This is decided weekly dependent on sweep/coach/participants and followed up by the sweep who requests it. We understand that not everyone loves being on the water in the dark, or out in the early morning cold, but this is a personal choice and many of us love it regardless! We just add more layers of clothing. Our alternative is NO training, and we don't want that. However, a **short break** from training will be taken for two weeks during June/July. For any interested members, a coaching session is being planned for the two Saturdays during this break to work on stroke correction. An EOI has been placed on Team App to ascertain the level of interest for this.

The **Saturday sessions** which we had divided into two separate timeslots as a trial, certainly achieved what we had hoped in terms of providing for the newcomers but also for the competitive and fitness oriented. The issue of concern was that we were unable to hold our Saturday gathering at breakfast together and we missed this opportunity to share as a whole club and get to know new members. In returning to our one timeslot held prior to the Learn2Paddle sessions, we remain flexible and will continue to roster for two boats as needed. Differences in paddlers' needs on these sessions

will be catered for as best we can. Coaches are attuned to the types of sessions that cater best for us all, while allowing the opportunity for new paddlers to join in.

The **Executive Committee** have been meeting regularly as you will see when receiving our 'ECHO'. They coordinate all the necessary aspects of running a sporting club such as ours and our encouraged by members who willingly offer to take on roles outside of this. As the 2022-2023 paddling year draws to a close at the end of June, we will be encouraging you each to consider having a role on the EC or outside of this in other capacities. In the meantime, we still need everyone's help when we call out for people to attend **raffles** and to help with **maintenance** – vital to our club.

You will also need to note that the **membership system** is changing from the beginning of the 2023-2024 season due to DBNSW changes to how this occurs. They will be sending us the information needed to help us with the new process. The most exciting aspect is that membership will be a rolling system, so when a new paddler joins, their renewal will be due from that date 12 months on.

Finally, I would like to pass on my gratitude to the **2023 Regatta committee**. They have fired up and are rocketing into their planning. It would be also wonderful to have a few more people who could help out in this year's planning for what will be our 10th Annual Regatta. Let one of us know if you can help. We meet once a month to share progress and plan the next stage.

So, to all who have committed to making dragon boating their sport of choice, well done on your attendance at training and working together as a team. Thank you to each and every person for your contributions to our great club.... the great 'Great Lakes Pearl Dragons'.

Keep on Paddling

Wendy

COVID-19 UPDATE

Covid Officer – Robyn McIntosh

Covid-19 remains prevalent in NSW. Follow the health advice at

www.nsw.gov.au/covid-19

COVID-19 is still prevalent in NSW: approximately 13,000 cases in the first week of May. We are also entering the flu season.

Free RATs are available at Service NSW in Tuncurry.



You might also like to look at

<https://www.health.nsw.gov.au/Infectious/Influenza/Pages/default.aspx>

If you are unwell, please do not come to paddling.

Club Captain's Report



Hi Pearlers,

After competing at Urunga, we are now back in training for the Flamin' Dragons Regatta at Wauchope. Coaches are calling for all paddlers that can get to training to assist with our preparation. We are also short of paddlers as a few people are travelling. There are also a few illnesses and injuries preventing people from paddling. We wish them all the best with recoveries. We only have a few weeks left to prepare and provide us with the stamina to win races.

We have returned to one training session time on Saturdays. This allows us all to get together for breakfast. The Lakes and Ocean Hotel has not returned to providing breakfast so our other regular cafes will be booked including Paradise Marina, the Deck, The Oyster Man and the newly opened Marina Bar. Of course, we are looking for other venues that can cope with our numbers.

We had one paddler from Hunter River having two training sessions with us in preparation for Urunga and another from Canberra. Currently we have 62 members. There have been individual people coming to try but I think the cold weather may have frightened them off. We will see if they return. Our next planned Come and Try/ Learn to paddle will be on the 26th August. The Learn to Paddle program has really assisted in the recruitment process.

Other Opportunities for Paddling

Four brave Great Lake Pearl Dragons attended the State International Regatta Centre at Penrith on 26th March as part of Northern Waratahs DBNSW State Championships. The Northern Waratahs came 3rd for Seniors C Open and 2nd for Senior A women (beaten by Different Strokes by a dragons tooth) 4th for Senior A mixed.

Congratulations to Wendy Burdekin, Rejane Chapman, Marika Koroï and Kerrie Gammage.

Trish and I were travelling north and we organized to have a paddle with South West Rocks. This team had beat us by about 30 seconds in the 7.5km race. First thing we noticed is that they have men in the team. Most of these men are partners of paddlers. They treated us to a lovely morning tea at their container. If you ever are holidaying away, check out if there is a team you could have a paddle with. It was such a different experience having dogs barking at us and passing cows. They said they also see kangaroos swimming across the river! Now I'd really like to see that!

Be Part of the Action: VOLUNTEER

We are seeking passionate and committed volunteers to assist when we are attending regattas. There is a role for everyone in dragon boating.

Each club is meant to nominate 1 or 2 volunteers to assist with duties at the regional regattas.

You may be a supporter or a paddler not currently paddling due to injury or other reasons.

You could nominate to be a volunteer and provide assistance at regattas and this then assists the club and our reputation within the sport.

PLEASE VOLUNTEER AND SUPPORT THE PEARLERS.

Please let a member of the EC know if you are interested in assisting with this role.

Volunteers are a key part to providing a successful regatta. It is an opportunity to be part of it all.

It is a great way to support our sport. Requests for volunteering at our regatta will go out later in the year.

Please know that I am available to club members if you have any suggestions or to discuss concerns. Let's work together to have the best Dragon Boating Club.



Sweep Coordinator's Report



One of a sweep's main challenges is to look good in the Chief Starter's eyes & to also look good for the spectators &, just as an aside, actually do the job of positioning the boat at the start line & race a straight line to the finish line ... & not capsize or collide with another boat.... etc.

You all probably notice I'm talking about races. Why wouldn't I when our teams were all magnificently swept from go to whoa! Congratulations to Megan, Wendy & John on putting in the hard yards to make it look so easy at Kalang regatta.

John can also (just for now) rest on his laurels after sweeping our team to a magnificent result in the Urunga 7.5km race. With 7 new paddlers in the boat, & up against some really good teams we came 7th out of 13 & were only about 1½ minutes away from 3rd place.

What a great race. And how good were the Women's 10s team. I can see some competition to get in that boat next time it is happening. Another thing you probably noticed on the weekend was, that with all the training we do, with a sweep & coach looking after your every need, it's almost "paint by numbers" or "follow a formula" to be able to sweep a boat at a regatta. Yep, there's nerves; there's doubt; there's uncertainty & that's natural, but what I'm trying to say here is it's not beyond a few of you more experienced paddlers to "avago" & help take the load off.

In sweeping terms "age DOES weary them" & balance, night eyesight, judgement speed, etc. all lead to a sweep sweeping less & finally not at all. The hard reality is if you wish to keep paddling, maybe you need to make a call here.

Looking forward! (I thought I got to sleep in tomorrow but apparently too many of you wish to paddle so now I'm sweeping the 2nd boat.)

Flaming Dragons Port Macquarie (actually at Wauchope) regatta is coming up (June long weekend) & you're invited. So put your name on TeamApp, start training right now (yep! hop off the lounge & give 20 push ups), paddle lots & look out for the "special treat" paddle I have in store for you.

And in this of all months "may the 4th be with you" ... sorry ... "behind you" (obligatory Dad joke just before Mother's Day).

Cheers, Peter



Welcome Pearlers to the May Coaches' report.

The weekend of the Urunga Regatta was a huge positive for the club as a whole. We managed to place in each race of the 200mtr sprints and were very respectable with our time in the 7K. For the final 2.5K of the 7K, we raced side by side with Rainbow Warriors (Rainbow Region), with only a dragon's head the difference as we crossed the finish line. Every paddler was pushed to the limit and mentally challenged to keep delivering. All of Peter's 7K training paid off!

Our Women's 10s achieved a very respectable 2nd place overall in the regatta. Winning both of their heats against strong opposition.

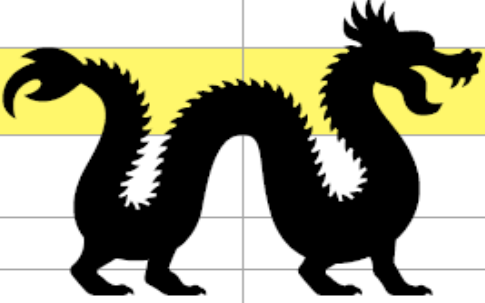
This shows the direction of the Coaching Team & EC is on track with improvements from our earlier results at the Manning Regatta.

The hard work by the club members is showing positive results and as a club, we can only get better and more competitive.

Our next challenge will be the Port Macquarie Regatta on the June long weekend. So put your name down and be part of the fun, pain & euphoria of a regatta.

Thankyou
John, Peter, Laurie, Brenda.



Urunga 7.5 km	Time	Position	
Hunter River dragons	38.57	1	
River Rats	39.4	2	
Manning River DBC	40.06	3	
Rainbow Region	41.1	4	
Dragons on the rocks	41.13	5	
Ballina Dragon Boat Club	41.21	6	
Great Lakes Pearl Dragons	41.46	7	
Deep water DBC /Hunter River Dragons	42.24	8	
Flamin' Dragons	42.27	9	
Deep water DBC	42.30	10	
Central Coast Sea Dragons	42.39	11	
Waratahs	42.56	12	
Port Stephens/ Hawkesbury River	44.01	13	

	Mixed sports	Mixed sports	Sports open 10s		Sports Women 10	
	Mixed Sports		Sports open 10		Sports women 10	
1St	Manning DBC	.59.40	Dragons on the Rocks	1.05.98	Hunter River	1.06.97
2nd	Flamindragons	1.00.94	River Rat	1.06.2	GREAR LAKES PEARLERS	1.09.41
3rd	Hunter River Yellow	1.01.13	Manning DBC	1.06.87	Central Coast	1.11.88
4th	River Rats yellow	1.02.13	Hunter River	1.06.94	Dragons on the Rocks	1.13.90
5th	Dragons on the Rocks	1.03.03	Deep water	1.07.29	Port Stephens	1.15.84
6th	Hunter River Blue	1.03.38	Central Coast	1.07.93	Grafton	1.16.10
7th	Central Coast Sea Dragons	1.03.53	Rainbow Region	1.10.88	Clarence Coast	1.20.07
8th	River Rats Purple	1.03.97	Camden Haven	1.13.15	Deep water	1.22.97
9th	GREAT LAKES PEARLERS	1.04.17	Flamin Dragon	1.13.75		
10th	Deepwater Purple	1.04.25	Ballina DB	1.14.28		
11th	Rainbow Region	1.04.63	GREAT LAKES PEARLERS	1.15.53		
12th	Coffs Coast	1.04.84	Coffs Coast	1.15.96		
13th	Port Stephens/ Hawkesbury	1.05.38	Newc'l Hunter	1.16.60		
14th	Ballina DB	1.06.22	Clarence Coast	1.17.41		
15th	Camden Haven	1.06.63	Hawkesbury River	1.17.72		
16th	Newcastle Hunter	1.06.74	Grafton DBC	1.19.63		
17th	Grafton/ Clarence	1.07.13	Wallis Sprit	1.22.81		
18th	Deepwater Green	1.07.91	Coffs Coast Blue	1.27.97		



What an amazing weekend away at Urunga! The weather was fantastic. Urunga has always been a favourite regatta location for Pearlars and this year was 2 to 3 days full of activity.

Dinner for 34 at the Ocean View Hotel, Urunga where we celebrated Joe Jeffries birthday that day and other May Birthdays including Maeve and Helen.

One of us had a fall going home from the pub but what happens in Urunga, stays in Urunga!

Saturday we had the morning to explore the beautiful coastal areas including the boardwalk. Helen participated in the Park Run and once again did well.

In the early afternoon, we worked really hard in the 7.5km race and did our best to keep in front of the boat that challenged us for the lead. Our 4 regatta virgins, Michelle Richardson, Kathy Pirecki, Maeve Rock Duff and Fiona Grace attended the walk through our raised paddles. The paddlers were able to have a well-deserved short rest but our Executive and Coaches were required at the Northern Region meeting.

Trivia started at 4pm in the Camp Kitchen. Lyn Skipper prepared a beautiful cheese platter including caperberries and figs. Megan, Joan and Fiona then stimulated our minds with a Trivia quiz prepared by Kathy P who couldn't make Urunga this year. Lots of our new dress shirts were worn and we looked fantastic. The things Helen can do with rubber gloves and likewise for Fiona with a few avocados. There was a lot of hip swiveling and lots of different ways to knock those skittles down.

Then we were off to the Urunga Bowling club with a group of 39 for dinner. Peter told us how proud he was of us. I think he had a tear or two in his eyes. Cake again for Janis' birthday next week. Very spoilt!

Peter also had a busy day as he was the starter for these 2 days of the regatta. I must say it was wonderful hearing Peter's calming voice before we started our 200 metre races. Aby Swabey, one of our recent Learn to Paddle (February 2023) graduates hung on tight on the drummer's seat and did a great job. Next, she was using the GoPro to video our races and Scott, her husband was using his drone for some great video footage and photos. Check it out on Pearlars Page if you haven't seen it yet.

We also need to thank and appreciate our supporters, partners, spouses and extended family including our 4-legged mascots. Narelle couldn't be left out and she went out and found another puppy to add to the gang.

We returned in the morning to commence our 200 metre races. We were fairly pleased with our efforts. Seeing John, our coach doing a jig on the riverside post-race reassured us we had done well in our second 200 metre Women's 10s race. At the end of the day, we were rewarded with a second place in the women's 10s. Unfortunately, we didn't receive a placing for our 7.5 kms but our times were pleasing.

Overall, a very happy and successful regatta as our club continues to become bigger and stronger. Thanks to all members who gave it their all and participated in and coordinated other activities to make it a success.



Our regatta is being held on Saturday 18th and Sunday 19th November. It is our 10th annual regatta so there will be so much to celebrate. The Regatta Committee consists of Lynn Saunders, Lyn Skipper, Angela Visser, Wendy Lum, Kerrie Gammage, Wendy Burdekin, Liz Petrenas, Ivan Bensimon and Jo Newman.

The committee meets monthly and has met now twice already so planning is well under way. Matters regarding MidCoast Council and Maritime Services approval, opening ceremony, racing categories on Saturday and Sunday, officials, volunteers, sponsors, vendors, security, waste management to name a few items are all being considered and will be finalised over the coming months. Volunteers are a vital element to make our regatta successful. We look forward to as many club members assisting on the Saturday and Sunday. A shout out will be made closer to the event on TeamApp.



We are very grateful for the wonderful support from the following businesses who are continuing to sponsor our upcoming 2023 Regatta.

BEACH BUMS CAFÉ

Start the day with saltwater, coffee and a beautiful sunrise overlooking Forster's iconic Main Beach. Only a few steps away from the sand.

Open daily from 5.45am, 7 days a week

Beach Bums Café where shoes are optional!

Beach Bums is a favourite for Pearlars. They are always open when we need that early morning breakfast or much appreciated coffee.



PARADISE MARINA CAFÉ



Paradise Marina is situated not just on the waters edge, but in fact it sits above the water on Wallis Lake, one of the cleanest lakes in Australia. Specializing in boat hire, they can show you where to catch your dinner or hire a boat for a great day out

with family or friends on the lake.

Trading 7 days per week, the Paradise Marina Café is the perfect place for a bite to eat before or after your adventure out on the water.

The perfect place where Pearlars can enjoy breakfast after a hard training session.

Learn to Paddle Program

The Come and Try session and then the ongoing Learn to Paddle program commenced on the 25th February 2023. 13 people signed up for the Learn to Paddle program and paid \$50 (discounted from membership on joining). Out of this group, 9 have gone on to become GLPD members.

We conducted 2 sessions on a Saturday to accommodate our current members and our Learn 2 Paddle group.

Some paddlers attended both sessions to role model stroke techniques.

Breakfast was well attended by the new paddlers. Pearlars have been very supportive to new paddlers and some have been buddies to the new paddlers. Other people have since rung requesting to try paddling. If there is not a Learn to Paddle program running, we can offer a Dragon Pass which provides as many paddles as they wish in a 28 day period or 5 free paddles. Seven people used these ways to access the club and 3 have gone on to become Pearlars.

Just to note, Maeve Duff Rock commenced with Pearlars in January and recently was part of the Women 10s team that came second at the Kalang River Regatta.

Our next **"Learn to Paddle"** program, will be commencing on **Saturday 26th August** as part of a series of 5 lessons on consecutive Saturdays. Let's hope there are still people out there wanting to try paddling and if we are lucky, maybe a few men.



Sarawak International Trip October 2023

Our group of paddlers and supporters met on the 25th May at the Tuncurry Sporties Club to discuss our participation in the 9th Sarawak International Dragon Boat Regatta. It will be held on the **27th to 29th October 2023**. It is held in Kuching, capital of Sarawak. Sarawak is located on the island of Borneo. In celebrating 60 years of independence, we have been invited to participate in the event.

At present we are focusing on flights and accommodation.

Michael Baumann from Flamin' Dragons will be paddling with us.

This is a great opportunity for club members to paddle overseas and enjoy 4 nights paid accommodation, transfer to the hotel and an invitation to a celebratory dinner. Last time, the celebratory dinner had 800 people there from all over the world. We participated in 2019 and it was a memorable experience to paddle in the muddy Sarawak River. It is a bit different to our pristine Wallis Lake. In our club we try to have an international regatta every 2 years. In the past, travel overseas included Hong Kong and New Zealand. If you ever get the opportunity to paddle overseas, check it out as it may open a whole new way to see the world.

The final crew for Sarawak

Brenda Taute, Fiona Grace, Ivan Bensimmon, Janis Radford, Joe Jeffries, Kerrie Gammage, Leanne Jeffries, Liz Petrenas, Lyn Gray, Marika Koroi, Michael Baumann, Michelle Richardson, Mick Bourke, Pam Berling, Peter Reed, Robyn McIntosh, Trish McDermott, Wendy Burdekin and Wendy Lum.



Interview with Maeve Duff Rock

Firstly Maeve, tell us about your name?. It is an usual name, in fact I think it is a rock star name!

It is simply a combination of my maiden name and married name.

How long have you been paddling with the Pearlers now?

I started in January this year. My partner, Stephen had cut out a promotion for the Great Lakes Pearl Dragons from the local newspaper and placed it on the fridge. It sat there for 2 years before I contacted Kim Haydon as Kim was the contact person.

What do you like about dragon boat paddling?

Firstly, I like the team aspect. I like the fitness that is required.

I also like the social side of paddling with like- minded people who are all very friendly.

What did you know about dragon boating before getting in the boat?

I used to see the Dragon Boats training at Rose Bay. I lived in Bondi.

Have you previously been involved with Team Sports?

Last time I played a team sport was basketball in school. I played up to 18 yrs old.

I like walking and I am a fast walker. My sisters were runners and I never thought I could run. I wanted to maintain my bone density so I had to do something. So I started with an App on my phone called "Couch to 5kms". I can now run/ walk 6-10km with my dog.

Do you have family in Ireland?

I have a 32 yr old son Stephen and my 30 yr old daughter Nicole. I have 9 siblings living in Ireland.

How long have you been in Australia?

I came to Australia in 2014. I met Stephen in 2010 in Bali. After that, he had been visiting me in Ireland quite frequently. Since being in Australia, I have travelled all around. We often came to camp at Seal Rocks for the weekend and from there we decided to move to Forster.

What is your job?

I am an accountant. I worked in accounts but I studied at night to gain my accountant qualification.

How do you combine work and paddling?

My work is a Sydney based business. My career can be mobile. I am able to work from home. Sometimes before an early morning paddling session, I need to do an hour or so work before I attend. And then I go home and have to get ready to have a video meeting.

What would you tell others about paddling?

I would tell them to give it a go. The paddlers are a good crowd.

It can help you gain a level of fitness. You do have to be committed. I love to paddle.

Maeve is off to Ireland to visit family and friends See you in 6 to 8 weeks.

Thanks for being a Pearler!



Birthday Celebrations

On the 12th April, we celebrated the February, March and April Birthdays at the Lakes and Ocean Hotel. It was a fantastic evening with a successful raffle and we ended the night with singing and birthday cake for our birthday Pearlers. We celebrated with Robyn Piper, Kim Haydon, Maureen Horrocks (GLPD supporter), Lyn Gray, Shelley, Ray, Wendy Lum, Elsa Perdedjian (GLPD supporter) and Tracy and Julie McManus (not present)



SS

What's New?

- ✚ **Raffle Dates** at Lakes and Ocean Hotel- be there 5.45pm. Raffle drawn 7pm
 - Wednesday 21st June
 - Friday 7th July
 - Wednesday 26th July
 - Friday 11th August
- ✚ **Club BBQ after Saturday paddling to be announced soon. Stay tuned for final date!**
- ✚ **Next Come and Try and Learn to Paddle** to commence **26th August 2023**
- ✚ **Flamin' Dragons Annual June Long Weekend Regatta Saturday 10th- Sunday 11 June 2023**
Rock Ferry Reserve, Rocks Ferry Rd, Wauchope.
- ✚ **Winter Break** will be held from **Monday 26th June to 9th July**, returning session is **Monday 10th July**.

UNIFORMS

Hello Pearlers, Well, with the cold weather is here and winter is coming. We Pearlers like to paddle all year round with autumn and winter training to be as invigorating and just as fun as spring and summer on the water. Winter jackets are available to purchase online, also padded pants and spray jackets.

Please see the list of suppliers and order online and if we can help in anyway just give us a call or have a chat to us at training.

I will be away for a couple of months and **Trish McDermott 0418 445 656** will be looking after the uniform orders and enquires. Hope to see you all back on the water in Spring.

Ciao for now, Tracy Mackle Uniform Officer 0431039336

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)



Red / Black

WINTER JACKETS.

3 IN 1 RED ON BLACK.

CODE #CJO315

Workwearclothingonline.com.au

(02) 801 413 35

\$65.87 + POSTAGE Approx \$18

5-7 Business days



PADDLING PANTS

sales@typhoon8.com.au

\$90

CAPE ADULT PACK IT RAIN JACKET (crimson)

@ANACONDA

\$39.99 (members price)



LOGO \$10

GLPD Logo added by **ANNA'S TROPHIES**

PH: (02) 6555 8140

Kim Haydon has a Women's BOCINI black long sleeve compressor top size 14 to wear under training shirt/singlet. It hasn't been worn It is available from Kim for \$10.

Follow us on Facebook

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

Take up the invite to be part of the **Facebook Pearlers Page...** keeping you up to date on social happenings plus great training photos!

<https://www.facebook.com/groups/290050921720731/>

Check out the website for updates and events.

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

We are also on Instagram.

