



February, 2017

Pearls of Wisdom

Great Lakes Pearl Dragons

www.pearldragons.com

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**SAVE
THE
DATE**



RACING

Feb 26 State Championships, SIRC Penrith

Apr 19-24
Australian Dragon boat Championships at
Gateway Lakes, Albury-Wodonga

May 6-7 Urunga Regatta

June 10-11 18kms & **Port Macquarie** Regatta

SUPPORTING EVENTS

Mar 4 'Opera By The Lake', Tuncurry -
Fundraising Catering

Mar 11
Maintenance Day

Apr 23
Bunnings Fundraiser

June 3
Bunnings Fundraiser



President's Report February 2017

Welcome Pearls, to our February 2017 newsletter. We are half way through our last month of summer and what a summer it has been. The heat and humidity have been dominating topics these past weeks and I think some of us are looking forward to paddling in the cooler weather.

Mentioning the cooling of the weather, when this happens and paddler numbers decline, rather than have a session continually cancelled on a Saturday, we will have one session at 7.30am. This session will go for 90 minutes. We have a few stalwarts that like to paddle in two sessions of a Saturday. This way they will have the opportunity to have a longer paddle.

Since our last newsletter, Frank Fenech has been named as an "Aurora". Congratulations Frank. How wonderful for our Club to have two members, Frank and Wendy, paddling for Australia in October 2017, at the IDBF World Nations Championships in China. We will support them in their training and, as friends, will have a fundraiser to help them both with the expenses associated with the travel etc.

In regards to paddling over the next few months, we will compete at State titles (this weekend), Nationals in April and Urunga in May whilst Port Macquarie always hold their regatta on the June long weekend. Good luck to those paddling this weekend, train hard for Nationals and remember at regional regattas we encourage all members to participate.

Looking at our membership it always astounds me just how many "cogs" it takes to keep the wheels of the Great Lakes Pearl Dragons turning. I don't believe in naming names however we have the EC, Coaches and Sweeps who are all committed, work hard and are visible to us all. Then there are those not so visible, mowing around the container, fixing the bridge when vandalised, endlessly maintaining equipment, changing batteries, organising accommodation and transport at regattas, keeping a lookout for new members (inviting them to coffee, making sure their name gets on the roster, their photo taken), ordering uniforms, doing Bunnings' Barbecues and generally doing the 1001 jobs that always need to be done.

Shortly, we will send out an EOI looking for members to put their hand up to be part of our 2017 regatta. This will be our 6th regatta. Each year it grows, having been a success from year one. A couple of years back (year 4 from memory) when we didn't have any takers for the committee, I went through and counted the number of people who had been on the committee since its inception. At that stage it was 22. Counting our current membership it is 16 or 23%. We can see from this that a number of members have helped in the past.

Hopefully, this year we will have a few regatta committee members returning from last year. We still need some new faces to spread the workload and to benefit from the knowledge of those that have already done a couple of regattas.

Please consider this EOI when it comes out. Being on the committee does take commitment but you will also gain satisfaction from organising an event that showcases not only our Club but also our community.

The Executive Committee has in the past two months:

- Reviewed and updated Social Media Policy V3. This should be read by all members especially if you use social media;
- Updated the New Member Kit with all relevant information for Club Captains to present and use for induction of new members;
- Approved and commenced sweep training for Julie Therre;
- Purchased more PFD's; and
- Planned Maintenance Day and lunch for March 11.

Finally, we have been hearing the term "fake news" quite a bit lately. We don't need to be on the web for misinformation to spread. If you hear anything regarding the club and would like to know if it is true or fake, feel free to text me on 0407724089 and ask if this is correct? I will answer with a Yay or Nay, or maybe the occasional 'No comment'. 😊

Look after yourselves and enjoy the remains of summer - see you on the water.

Regards

Denise

Auroras



Two of our team, Frank Fenech and Wendy Orman have been named as Auroras and will compete at the 13th World Nations Championships in China at *Dianchi Lake, Kunming* during October, from 18th - 23rd.

They qualified through sheer hard work and determination and will work hard to do Australia proud in October.

Who are the Auroras?

The Auroras are Australia's national dragon boating team. Australia competes strongly on the international stage at World Championship events which take place biennially. We also compete in the Asian Dragon Boat Championships every other year, as well as in the World Cup. The Auroras are one of Australia's few sporting elite that get to compete in mixed crews right up to the very top level. There are also national teams right through from juniors to seniors.

'The Auroras' was adopted for our national team, and has been embraced by the Australian Dragon Boat community. It is a unique label, and joins other national team brands like the Wallabies, Opals, Socceroos and Matildas as a powerful sporting national identity.

To make Frank and Wendy's journey a little easier we would like to do a fundraiser on their behalf.

This will be one event only and is in addition to any fundraising the Club will have in 2017.

We would like your ideas!

Please send in a EOI if you

- have a brilliant or not so brilliant idea for this fundraising event
- see yourself working with others to organise this event , or
- you see yourself as an "indian" as we always need plenty of these when organisation and work is involved



Heads in the Boat

First Aid

All GLPD first aid kits have recently been checked and restocked. There is a small emergency kit in each of our boats and a Work Health & Safety compliant kit in the container. This contains ice packs, adhesive dressing's antiseptic spray and bandages plus other items that may be needed.

We remind everyone that members are required to read the GLPD Risk Warning Policy as provided on the GLPD website when you join the Club and again when you renew your membership. Members are encouraged to disclose to Great Lakes Pearl Dragons any physical or medical condition that they have that may be exacerbated by training and/or competing in dragon boating.

Paddling

When attending paddling session:

- ⇒ wear shoes
- ⇒ carry torch (when dark) walk down in groups if possible
- ⇒ apply sunscreen, wear hat and apply bug spray (if necessary)
- ⇒ be hydrated, bring water
- ⇒ respect our neighbours to and from early morning paddles ...sshhh (be quiet 7.00am is still early)
- ⇒ respect our neighbours in regards to parking of cars (driveways, garbage bins) park close together

Uniforms

The Executive Committee encourages members to wear club uniform shirts at training sessions, particularly those sessions on **Thursday, Saturday and Sunday** when the boat is on display to spectators on the foreshores of Breckenridge Channel.

Paddling Fees

Members pay \$2 per session to paddle. As the GLPD membership fee is kept to a minimum, we the Club, depend on the paddling session fee to cover our associated expenses.

The Competitive Training

SIRC4 - 200m Events



Our results in the 200m races from SIRC4 show that the Pearl Dragons are getting stronger with every regatta we attend at Penrith. We can feel it in the boat. We are all putting in our best effort and know all we need is that little bit extra - that WANT to win (bringing out the mongrel). Congratulations PEARLERS! We train so hard, never settling for what we've got, always wanting to improve ourselves. Everyone was so positive and supportive on the race day – it was such a great team effort.

We only just missed out on making it to the **mixed** final. We paddled hard and got some great times in a strong division.

What can I say about the **open's** team - **52.61** in the final! A great time and fast pace in that boat – hang on to your hats. It is wonderful to have the opportunity to paddle with Port Hacking with quite a few men and to give our GLPD men a chance to get on the water again in the afternoon.



The **Senior A Women's** team once again continued their amazing efforts. Although we have no times from earlier events at Penrith to compare with SIRC4, we know how much we are improving. To get into the finals and only miss a placing by **0.14** seconds is truly amazing.

I don't think any team at State Championships will be happy to see GLPD in their heat!!!! I'm pretty sure we WANT to get a place ladies!!



Congratulations to Marg Parish, the newest member of our Competitive Team. What a champion and a great way to enter our club by being in the Senior A Women's team that came fourth in SIRC4 Finals. You fit in our team like a glove!



A huge thanks to Vincent, Marg's husband, who, despite not knowing anything about Dragon Boating, volunteered for GLPD at SIRC4. We really do appreciate it and we always need a volunteer at all our regattas.



The Pearlers had some great moments at SIRC4 other than their paddling.

A HUGE congratulation to Peter Reed for gaining his Level 3 Sweeping Certification. Peter is a great sweep and did an amazing job taking us through the 200m Mixed Senior B heats. We are looking forward to having Peter help our other L3 sweeps mentor our new trainee club sweeps. Great job Pete.

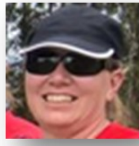


Lynne and Brian , two of our sweeps at Manning Regatta. Brian has now achieved Level 3 Accreditation



Thanks must go to Carol Richards, who gives up her paddling seat all the time to take us out at training and to guide us up the lanes at Penrith – we would not be in any of our races without Carol and I believe, we wouldn't be as successful without her brilliant and calm sweeping in our events. Thanks again Carol. You are a valuable member of our team.

Jo Harris and Wendy Lum - great drumming ladies. You keep us in time and on task in our boat. Thanks for taking the seat at the front and pushing us even harder when we need it the most!



Thanks Megan, for getting everyone together for dinner at the Penrith RSL club. There appeared to be some very happy Pearlers feasting on the huge variety of food (amazing and yummy desserts). Thanks also for organising our accommodation at Penrith for every SIRC regatta – State and Nationals. No-one envies your job. We DO appreciate you doing it!

Denise, you did an amazing job helping me out with the team at SIRC4 – I'd rather you in the boat though.

Wendy Orman

Coaches' Corner



Saturday
Feb 9th

On Friday, temperatures reached 49.4 degrees travelling to Sydney, making it the third-hottest temperature recorded in February for NSW.

Then, on Saturday RACE DAY,

the mercury climbed to a forecast top of 39 degrees in the city.

Thank goodness we had a grassy, shady, breezy spot to sit and call home for the regatta. Good spotting Megan!

A huge thank you to our volunteers Carol & Vince who worked so hard in the stifling heat all day representing Great Lakes Pearl Dragons.

So I have to say again, "Pearlers, many thanks for all the hard work, focus and determination shown by all to help us achieve the results below. "

Senior A Mixed - 2 x 3rd Places in the heats doing 55.66 secs & 57.88 secs.

Unfortunately we did not make the finals.

Senior A Women - 16 Champion Paddlers earned 2nd Place in the 1st heat - 1:00.75 secs.

The second heat was cancelled due to the catastrophic heat.

We made the final doing a 1:00.93 sec which did not give us BLING but a great sense of achievement. We should all be very proud of ourselves.

Senior A Opens (Waratahs) - 4th Place in the finals. Pearler Men made us proud.

Claire W had an amazing experience paddling in the Waratah teams with paddlers her own age.

Claire's huge smile on her face the whole weekend made the regatta very special.

Thank You Pearlers.

Keep Training Hard

See You

Gina Barber



MANNING REGATTA



What a great weekend of paddling we had at Taree! Many thanks to all our club paddlers who participated, as well as Wallis Spirit and Nambucca, who combined their men with ours for the men's 10s races. Regattas also wouldn't be quite the same without our glorious volunteers and supporters!

Congratulations go to Peter who swept our team like an absolute pro in the Saturday 2km turn race, especially when the Flamin' Dragons were hot on our heels and then some. Thank you too Peter, for taking our boat up to Manning and back.

We extend congratulations to Brian who passed his L3 sweep accreditation with flying colours!

Finally, many thanks to Lynne who swept our women's team most expertly and to Helen Dean who is no longer a "regatta virgin". We all look forward to having Lynne sweep for us again in the near future and to Helen being able to train often so that she can also become a regular regatta paddler.

Results of the weekend

Saturday 2km Turn Race: I'm very proud to report that we came 2nd out of 8 teams with a time of 11:12:44 !!!

Sunday

200m Mixed Races: In our heats we came 2nd with a time of 66:70 then 1st with 64:88. However, we came 4th in the Finals but no time was recorded due to the following explained by the Chief Official,

"Couldn't time this race because the race timers and finish line didn't hear the start. The starter's walkie talkie didn't work."

200m Women's Races: In our first heat we came 1st with a time of 65:09 then in our second heat we came 2nd with 65:28. Once again we came a very close 4th in the FINAL with 73:52.

200m Men's 10s: We came 3rd in our first heat with a time of 69:15 then 2nd with 68:05 but unfortunately the competition was too strong so we did not qualify for a final. Hopefully we will next time and hopefully with more pearl dragon men on the team!

It was my great pleasure to manage our teams this time around and I couldn't have done it without all your help. Well done everyone! *Rejane Chapman*



GLPD Members Directory

" Do you suffer from lower back, hip, knee, ankle or foot pain? Do you need your annual diabetes pedal check up, nail/corn/callus care or orthotics/shoe advice to get better performance and comfort out of your feet? Then contact your local Podiatrist and Dry Needling Practitioner" - Dr Samantha Dullaway

The Foot Whisperer
Podiatry Services

Joe Crowther
B. Hlth. Sc. (Podiatry)

Samantha Dullaway
B. Hlth. Sc. (Podiatry)

Matthew Anderson
B. Hlth. Sc. (Podiatry)

55 Manning Street
Tuncurry NSW 2428

Ph: 6555 8637
Fax: 6554 5353

FOR SALE



Women's Ripcurl Dawn/Patrol Steamer wetsuit. Size 10 (Small) Only been worn 3 times. Brand new bought for \$379.95, selling for \$120.00 o.n.o. Blue collar steel, flexible knee and elbow pads, key zipped pocket on leg. Contact Samantha on 0432760214.

Paddle

Typhoon - 48" carbon fibre - all black - with red hand grip tape - has some stickers - in good condition \$120.

Contact Claire

411268500

cpontin@iprimus.com.au

Dragon Boat Gear

2 shirts Pearl Dragons, Fit 14 -16
One never worn, cap not worn
Paddles used once. 46"

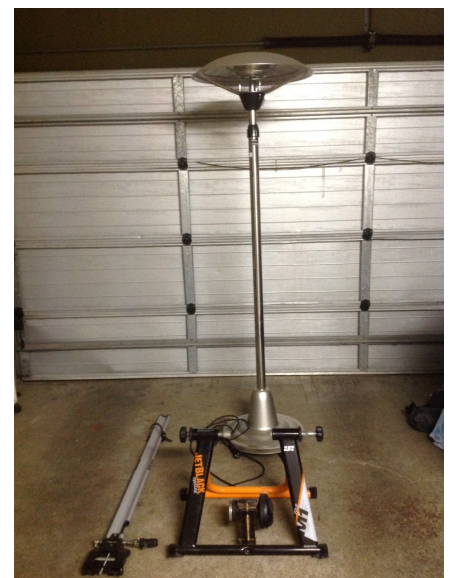
Contact Kirsten

0402299922

Bike stationary trainer \$150 in good condition

Outdoor electric heater \$70, in good condition (Bike roof rack already sold)

Contact Helen Bryan on 0448261095



Attention Members!

If you would like to let members know about an event or a fundraiser that you have an interest in please post on the 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'...

<https://www.facebook.com/groups/1225946197420967/>

