



Feb 2018

Pearls of Wisdom

Great Lakes Pearl Dragons

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

FEARSOME PADDLING AT MANNING

Executive Committee

dragons2428@hotmail.com

President:
Denise Marr
0407 724089

Vice President:
Laurie Haydon
0425 234870

Secretary:
Angela Visser
0421316 633

Treasurer:
Fay Brooks
0402 314221

Club Captain Female:
Wendy Orman
0407543813

Club Captain Male:
Peter Reed
0416268408

Director:
Kerrie Gammage
0423490633



Pearl Dragons paddle for the love of team, friendship, fitness, competition andcoffee.

Paddling is good for the body, mind and soul.

Wonderful regatta weekends bring it all together to top off the training, show how much we can achieve and show just how good being part of a wonderful team makes you feel.

In addition to this, Manning Regatta was exhilarating!

The conditions were ever-changing and everyone embraced them with enthusiasm. It was a huge team effort with amazing

cooperation and contribution from everyone involved.

(cont. page 7)

Pictured left - Allan and Whady as part of one of the 'men's ten' teams.



Follow us on Facebook

<http://www.facebook.comGreatLakesPearlDragons>

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

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



PRESIDENT'S REPORT FEBRUARY 2018

Welcome Pearls to our February newsletter.



And fun we must be having as who can believe that we have now entered the second half of our 2017 – 2018 season.

What has been a happening?

Fundraising

Lakes and Ocean Hotel -After months of background networking and showing our support at the Lakes and Ocean Hotel we were added to the raffle roster from July 1. This has been a huge monetary success for the Club and has also been proven to be a very easy way to team build, socialise and promote the Club to the general public. Please come along. All are welcome and it's good to see new faces. Between July 1 – February 7 we have netted \$5863.80. Well done helpers and supporters!

Bunnings – We have decided to forgo our Bunnings fundraiser and have notified Bunnings of this and also thanked them of the opportunity they have given our Club. The money we have raised over the years has been beneficial to our Club. It is time to move forward and the decision to withdraw was made for a number of reasons including Bunnings now wishing you to sell till 4.00pm (very few customers after 2.00pm), to show a food handlers certificate each barbecue, cost of sausages and lack of helpers.

Recruitment

This season we bought our come and try day forward to August. We named it "Bring a Buddy" and it was a huge success. We had a display which included our uniforms, representative uniforms and trophies. A few seasons back we promoted our come and try at Stocklands. We will do this next season again, but in addition to flyers have a laptop set-up actually showing paddlers paddling.

Another initiative was separate lessons for those wishing to try out dragon boating. Up to January 2018 we had recruited 11 new members whereas January 2017, 9 new members. Those trying out are guided by the Club Captains and coaches. Wendy O gives our potential members plenty of information and support face to face as well as through the email system. Another initiative we can pat ourselves on the back for is the fact that from here on in DBNSW will discount its member fees by 50% every year on March 1. I wrote to Ramsay in 2016 and put it on the Northern Region agenda May 16. The motion by the Northern Region for an earlier reduction of fees (it used to be after Nationals, most years April was too late) was taken to DBNSW and passed. We have a couple of potential members waiting in the wings for March 1 so in my opinion this is a win-win situation.

Grants

A couple of months ago we received a partial grant from the Community Building Partnerships Program for the purchase of two OC1's. The EC decided to make up the shortfall and we now await the delivery of these to the Club. Potentially, these can be used for individual technique training, individual training especially if any member is looking toward State or National representation (not all members can afford their own craft), social outings and water trials. The list goes on however initially upon receipt of these we will have a morning or afternoon at the container where we can learn how to use these – a bit of a hit and giggle with a barbecue afterwards. The other grant I wish to speak about is a huge one and normally I would wait till further down

the track to mention although I have been made aware there has been some talk of this amongst members. We have put in an application for a third container to Crown Lands. Crown lands requested that we check that local council has no objection to this (currently we have to store our trailer off site). Council staff have suggested that we look at obtaining a grant for a permanent building and have advised that they will help us with any application. This is wonderful and the two council staff I have dealt with are extremely helpful and positive, however I wish for everyone to be aware that this is very early stages and there will be quite a few hurdles to overcome before there is any chance of fruition.

Firstly, I am still pursuing council in regards to an email stating they do not have any objections to a third container. We need this to be done in case the permanent structure does not eventuate.

In conjunction with council I am looking at available grants, having also spoken briefly to local member Stephen Bromhead about this and he has given advice.

We need to be aware that when and if we do apply, if successful we may receive partial funding. Decisions will need to be made in regards to this and what would happen to the containers we already own.

What we will remember though is that we do have work ahead of us with either the installation of a third container or all those little things that we may need to do if a permanent structure does happen.

Maintenance

The walkway has warranted a separate article – what a relief to have this done.

We will be purchasing a suitable ride on mower shortly and thank you Allan Peter for the job you do, I must say our area looks neat and tidy all the time.

Peter has designed our new trolleys and has conferred with the fabricator in regards to the building of these.

Laurie is looking after boat maintenance and can I say this is a much bigger job than what a lot of us realise. Our older 20's boat is now showing her age and takes quite a bit of care. Lucky for us Laurie is very talented and in another lifetime did build yachts.

We will have our Club maintenance morning in April when we will all have the opportunity to give a hand. Followed by a yummy lunch of course.

Team Building / Community Support

The EC have decided that we the Club are at the stage where we can give back to the community. We will do this with a Club entry in this year's Relay for Life to be held 24/25 March and also fundraising. The proceeds of our Good Friday raffle, 30 March at the Lakes and Ocean Hotel will take care of the fundraising part with the proceeds to be given to Relay for Life- hopefully we will make a lot more money than usual on this evening and we will do this with the support of our members and their family and friends. I have spoken to the hotel and they are kindly donating two extra prizes. We would like to raise at least \$1000.00.

Megan will take the lead on this and needs help from fellow members – thanks Megan. Quite often I have members telling me we should be doing this that or the other. Well now is your chance, so please offer to give Megan a hand.

This year's local hero is Ashley Duckworth, Anne Dittons son. Cancer hits close to home for all of us so please support this worthy cause.

What Else

We have held a very successful regatta in November and shall be sending out EOI for our 2018 event shortly. Paddling roster procedure and our Safety swim test Policy have been recently updated and it was decided the Club would have a fortnight break after Nationals.

As a group I feel we are always willing to have a go and try new things. Not everything we do is always successful but at least we have a go.

Oh and we have been paddling on the beautiful Wallis Lake, competing at SIRC, State, Manning and soon Nationals – best of luck to the women and our State representatives Claire, Wendy O, Peter and Laurie plus our volunteering men Peter, Laurie and Whady. The Urunga list is up please come along make it a good "pearl" display.

Regards, Denise



Heads in the Boat

Illness or Injury

Please disclose any injuries/illness to coach of the day prior to paddling -- we care about you.

Safety on way to training

Now that the mornings are much darker as we arrive for training, remember to bring a torch to light the path on your way to the shed.

How proud are we of this fabulous four who are representing NSW at the National championships in March. Laurie, Peter and Claire are part of the Senior C team while Wendy is part of, and captaining, the Senior B team. All the best paddling! We hope you are rewarded with plenty of bling!



RACING

Australian Championships – Kawana Waters Queensland (State vs state—4th March; Women's 200m/500m/2km races) 7th - 8th March

Urunga Regatta 5th - 6th May

FUNDRAISER

23 Feb, 14 Mar, 30 Mar, 18 Apr, Lakes & Oceans Hotel Raffles

EVENTS

24 -25 March Relay for Life

14 April Maintenance day

CLUB BREAK

The Club goes to Nationals Tuesday 6th March and will follow immediately with a paddling break from Monday 12th March returning Monday 26th March.

This shutdown is so that all members paddlers, sweeps, committee members and coaches can have a much needed break and be revitalised for the remaining part of our season.



2018 STATE CHAMPIONSHIPS

A very strong day in every way! The wind blew a gale and we spent most of our time at the starts, drawing water on the left and we had the pleasure of 3 strong men from Ballina and Grafton fill our Mixed Senior B team for Laurie to successfully complete his first 2 races for his L3 Sweep Certification. We were also helped by our Far North Coast friends in the Women's Senior A team getting an extra 6 women (including Anni Yaringa who swept for us, allowing Kez and myself to paddle).

We also showcased our new club flags!

Our club president, Denise, with the help of Kez, Ange, Julie and Fay, filled Great Lakes 'Regatta Bags' to advertise our November 2018 regatta. Denise gave out the bags to each of the clubs at the State Championships encouraging them to visit our lovely area AND have a paddle at the regatta. Kez's professionally designed D7 sized pamphlet/fridge magnetic was a HUGE success (it was compared favourably to another club's pamphlet on the day J).

Our goals achieved at the 2018 DBNSW State Championships:

- Get Laurie his first two races for his L3 - done well
- Give Jo Harris the opportunity to fine tune her drumming calls and skills for our National Team - done well
- Get invaluable race training which we can only get at SIRC/State regattas - done well
- Make new friends, network, push our regatta and have a good time - done well!



Senior A Women's 500m 2017/2018

	Round 1 Nationals 2016	Round 2 Nationals 2016	SIRC 2 2016 Best time	SIRC 3 2016 Best time	State 2017 Best time	NSW State Regional (20s) 2016	SIRC 2 2017 Best Times	SIRC 3 2017 Best Times	State 2018 Best Times
Different Strokes	2:16:20	2:16:726			2:17:45		2:21:75	2.20.72	2.20.30
Manly (QLD)	2:23:792	2:27:278							
Bei Loon	2:26:744	2:29:130					2:27:71	2.27.95	2.25.72
GLPD	2:26:792	2:29:270	2:28:76	2:23:78	2:25:27		2:26:65	2.35.98	2.28.55
Pittwater	2:28:148	2:30:438				2:22:209	2:23:37 (+DAS)	2.28.47 (+DAS)	2.23.72
DA Peninsula Dragonfly (QLD)	2:38:032	2:39:138							
Flamin Dragons					2:27:23		2:33:43		2.30.87

(State Championships cont)

Senior A Womens 500m 2018

<p>Senior A Women Heats 1 & 2 2:20.30 Diff Stokes 2:24.41 Newcastle 2:24.51 Pittwater 2:28.55 GLPD (18 paddlers) 2:28.72 Bei Loon 2:30.87 Flaming Dragons 2:33.96 Port Hack/Nowra 2:36.06 Pendragons 2:36.49 FFB/Sudu 2:53.35 Deepwater</p>	<p>Heat 3 2:23.72 Pittwater 2:24.99 Newcastle 2:25.72 Bei Loon 2:31.20 GLPD (17 paddlers) 2:58.45 Deepwater</p>
--	---



Pearliers - State Team

Senior B Mixed 500m

We paddled in the Senior B Mixed Team with three strong men from the Far North Coast Regional Rep Team. Everyone in the boat was delighted at how much power we felt with 6 men in the boat.

<p>SIRC 2 Senior A Mixed Overall Result GLPD: Heat 1/2 - 2:20:96 Heat 3/4 - 2:20:68 No final appearance. SIRC 3 Senior B Mixed Overall Result GLPD: Heat 1/2 - 2:20:22 (better than SIRC2 times) Heat 3/4 - 2:22:65</p>	<p>Heats 1 & 2 2:15.35 Bei Loon 2:17.80 Newcastle 2:18.99 Nowra 2:21.64 Flamin Dragons 2:22.12 Pittwater 2:23.64 GLPD & Friends 2:23.91 Port Hacking 2:25.50 DAS 2:27.07 Central/ Pendrag 2:38.19 Illawarra</p>	<p>Heats 3 & 4 2:15.22 Nowra 2:15.90 Bei Loon 2:16.31 Pittwater 2:17.67 Newcastle 2:20.06 DAS 2:21.36 Central/ Pendrag 2:23.42 Flaming Drag- ons 2:23.54 Port Hacking 2:27.80 GLPD & Friends 2:32.08 Illawarra</p>	<p>Senior B Mixed FINAL 2:11.22 Nowra 2:13.32 Bei Loon 2:13.82 Pittwater 2:16.12 Newcas- tle 2:20.25 Das 2:20.45 Flaming Dragons</p>
--	--	--	---

TURN OF EVENTS IN 2KM TURNS RACE

MANNING REGATTA



From the front to the back of this boat – power, control, determination and skill. All the training we have done came together today for one of the most exciting 2km races most of us have been in. Definitely the worst conditions most of us have experienced for a 2km race. The Great Lakes Pearl Dragons really demonstrated what they were made of!

Jo Harris continued to drum and give us our race calls throughout the entire race without showing fear or losing any control whatsoever. She even had the war wounds on her hands to prove it.

Kerrie Gammage, a recently accredited L3 Pearler sweep, proved she can handle the most difficult conditions that can face a sweep in a 2km race. She did it with control and amazing skill. Kerrie steered us skilfully as we passed Anni Yaringa and Camden Haven that were swamped by the overflow of water in their boat (sometimes having a light boat is a real advantage). Congratulations Kerrie we are so proud of you.

The Pearlars, with Ange and Claire, desperately bailing the incoming water with their hands (no bailers provided in the boats), were so focused and determined to not just finish the race but do it in the style we have trained every week to do – long and strong.

Congratulations on coming overall SECOND in the most difficult heat of the day!!
Congratulations on training so hard and being a Great Lakes Pearl Dragon. I know today everyone in that boat was as proud of themselves and their team mates as they could ever be. (Wendy O)

Overall Highlights of the weekend:

- Laurie has completed his races to become a L3 Sweep – congratulations Laurie.
- Helen Davy has competed in her first regatta - Great paddling, Welcome Helen
- Kez has swept her first 2km race – in most challenging conditions – most successfully.
- 2km race – 2nd place
- Women's – 2nd Place (.04, so close)
- Mixed – 3rd place (with only 3 Men)
- Men – Flamin Pearls 1st - Peter & Laurie; Man Pan Pearls 2nd– Allan & Whady

Everyone gave it their all, arriving back to shore with – tanks...empty – wonderful team effort (Kim C)

PEARLERS PREPARING FOR NATIONALS

Hey Pearlers,

We're almost there Kawana, QLD, here we come. We have been training hard since last Nationals in Albury preparing for our new challenge in the hot country beyond our state's northern border.

GLPD are entering our Women's team in the 500m, 200m and 2km turn races. Unfortunately, we do not have enough men to enter a mixed team. Hopefully next year. That does not deter our hard training paddling men though with Laurie and Peter Reed paddling for the NSW State Senior C team on Sunday 4th March at Kawana then joining Whady to volunteer on the other days of the National Championships. Congratulations guys, nothing can hold you back. (a big thanks to our Regatta Volunteer Coordinator – Kim Haydon for organising this).

Sunday training sessions have been a little slow with a dedicated group showing up on Sundays to train for the 2km turn race giving Kez the practice needed to prepare us for our turns – giving us the best advantage possible. We did surprise the paddlers last Wednesday and threw in a 2km training session in the early morning with Kez on the back. Big effort from the team. Our last Sunday 2km training should be good with more than a small boat ready for action on the water. We love giving Forster residents a good view of our paddling as we do our turn races in the open water near the bridge. When the water is shallow we just get stronger!!!

We are all very excited and enthusiastic about our journey this year and are getting ready to head on our road/air trips to Queensland. Megan has been busy with accommodation and working on the dinner at the Kawana Waters Hotel – should be very nice. Thanks Megs (and of course Ange in the back ground).

I'd personally like to thank the coaching team this season. We've worked very hard behind the scenes making sure we put together the best possible season plan and deliver it with enthusiasm and commitment. We thank all our GLPD paddlers for always trying to take on board our advice for stroke correction. We're not perfect but we're trying (and the wages suck!).

Also thank you to the sweeps who give up their paddling to take us around the island or up and down the straights. Coaching and sweeping are tough gigs and we are lucky to have people who are prepared to train to do these jobs in the club and are so dedicated, showing up to all the sessions to make sure we get the boat out for us all to train.

Good luck Pearlie Girlies! Paddle hard and enjoy the experience.

See you on the water for our last week of training,

Wendy

Head Coach, GLPD

Benefits of a Proper Warm-Up Before Exercising and of a Well Earned Cool-Down Afterwards

Whatever the exercise we undertake, it is much like the meat in a sandwich. It's all well and good but it needs to be supported by a proper initial warm-up and followed by an effective cool-down.

A thorough **warm-up** prepares **both the physical body and the mind** for the demands of the exercise. A well planned **cool-down** also improves our physical and mental recovery.

Physically, the warm-up lubricates and loosens the joints which increases our flexibility. It also improves the blood flow to the working muscles which results in decreased muscle stiffness, reduced risk of injury and hopefully, an ever improving performance. And that's what it's all about, to continually challenge ourselves to keep improving!

Having said that, imagine setting off for a training session in our boat without a physical or **motivating mental warm-up**, cold turkey just like a robot going through the motions; without any effort, unprepared to mentally lead our body to overcome the physical stresses and challenges it will face.....hmmm, not a pretty sight!

As if that wasn't enough, picture docking back at the end of the session, quickly jumping off the boat, possibly putting it away but then running off without any **feedback, closure or cool-down!** Wouldn't your body be saying something along the lines of...."Hey, what do you think you're doing, I just busted my butt for you and now that's how you repay me? See if I'll come through for you next time you ask!"

Cooling-down is just as important because when you stop exercising suddenly without taking time to **cool down**, your heart rate slows abruptly and that blood can pool around your heart and in your lower body, causing dizziness and even fainting. Cooling-down also helps to remove toxic waste products from your muscles, such as lactic acid, which can build up. Finally, it's the start of a well earned reward which allows you to catch your breath and enjoy some gentle sloooow static stretches.

So let's pamper our hard working mature bodies and put our mind (and our clocks) to coming 5 minutes earlier to a session to **enjoy some team building, starting with a dynamic warm-up for your body & soul.** Then after having given 100% effort, give yourself permission to stay another 5 minutes longer before dashing off, for **a lovely cool-down with some well earned heavenly stretches.**

Pearlers, 10 minutes is all it takes!

Enjoy, Rejane





Laurie at the back of the boat completed the requirements for becoming a Level 3 sweep by sweeping for our team at the Manning Regatta.

New recruits

Helen Davey under the paddle arch following her first regatta event.



Our crew on 'Bring a Bloke' Day (Laurie and Peter -thanks for being the strokes, and Jo for being coach - but sorry you're missing from this shot)



Men at Work

A long overdue project has finally come to fruition. Our walkway has served us well, however it had gone beyond the numerous temporary repairs and was unsafe.

This has been a cause of angst but we are very fortunate that to the rescue came my very handy husband - Gary with mates who are willing to give each other hand.

Our walkway has received a much needed "do-over" thanks to these guys who other than Ray and Gary do not have a connection to our Club. I counted up that between them there was approximately 53 hours of voluntary labour.

I thank them on behalf of our Club. Doing this job for us has meant that we the Club have now a safe, strong walkway and we have also made enormous savings in time and money.

Please make it your business to thank those that have helped us and may "Muddy Waters" serve us well.

Regards, Denise

Volunteers at Manning Regatta

Gillian & Christine – for volunteering on Saturday

Gillian & Claire for volunteering on Sunday

Kez for transporting our boat

Ange for compiling all of our race times/ results

Kelly (Denise's daughter) for producing the creative video from our 2km race – Please see our Facebook page if you have not already

Jo Harris & Wendy for preparation of seating, Wendy for sending all Regatta info to members & keeping all Regatta preparation on track in my absence.

To our Supporters, cheer squads

to all Pearl Dragons, paddlers & volunteers – So PROUD of you all!

Kim (Assistant regatta coach)

