

Issue No 17: 17 August 2013

**\*\*\* PADDLERS NEEDED** for next Thursday, 22 August, 3.45 for 4pm

We are very fortunate that two of our members have committed themselves to be accredited as Coaches. They have completed the initial training and now have to be assessed 'on the job'. Elaine has already had one session observed and critiqued by Anne Ditton from Forster Pearl Dragons.

**And Thursday is Stuart's turn, with Anne coming again to observe him. To make it work, we need enough paddlers to get a boat on the water – and the BIG boat would be best. Please try to make it if you can (and it is delightful paddling in the afternoon).**

### NEW COMMITTEE

At the Annual General Meeting on Saturday 28 July, all positions were filled. There was only one candidate for each position and their election was declared unanimously. They are:

President: Debbie Gosper  
Secretary: Annabelle Lewis  
Treasurer: Di Peden  
Committee: Sally Cooke  
Doris Cooper  
Kim Manners  
Laraine Hattersley

The departing committee members who have put in all the 'hard yards' to get us up and running, were thanked for their valuable contribution. Later in the week, Laraine Hattersley very kindly hosted a get-together at her home to give a gift to Mary-Jane and for members to have a chance to relax together.

### FIRST COMMITTEE MEETING

The new committee held its first meeting on Monday 5 August. At that meeting it was agreed that the sub-committee structure should be modified, to reflect our changing needs. The new structure is as follows:

**Regattas** - Sally Cook

**Finance** - Di Peden

**Fundraising and Catering** -

Laraine Hattersley & Kim Manners

**Membership and Publicity** - Doris Cooper

These committee members will be approaching WSD members to join them on their sub-committee to help carry out their tasks.

It was also agreed Annabelle will prepare Newsletter **from information supplied by others**, so your input is needed.

### COACHING INFORMATION MEETING AND SOCIAL EVENT

Both Stuart & Elaine are really getting into the coaches course and doing a wonderful job. To explain what the training is about and why they are doing what they're doing, they would love you to come along to the **Aquatic Club** on

#### Saturday 24th August

for a Information/ Social day from 10.30. At **11am** Elaine and Stuart will make their presentation, followed by a **BYO** picnic lunch. It will be great to get together & share a meal & maybe a few drinks. We really hope to see you there.  
Debbie

### OTHER MATTERS FROM

#### THE AUGUST COMMITTEE MEETING

**DBNSW AGM:** Sally will be attending the Dragon Boats of NSW AGM this weekend, funded by DBNSW. We could have sent two members but no-one else was able to attend. We look forward to hearing Sally's report.

**REGATTAS:** Taree: the few who attended had an enjoyable time and though sharing with other clubs is not ideal, the experience was valuable.

#### Coming Up:

- Coffs Harbour – 14-15 Sept. Includes 3km race. WSD could join Newcastle.
- Newcastle (Community regatta) – 29 Sept – will allow as few as 3 paddlers.
- Grafton – 26-27 October

### \*\*\*PADDLING CANCELLATIONS & CHANGES:

Saturday 17th August (Sally at DBNSW AGM) – not on Saturday 7th September (Sally at coaching course) **but** rescheduled for Sunday 8th September - warm up time at 7.45am

**FUNDRAISING AND SOCIAL EVENTS:** A **Movie Night** is being considered and a tentative booking has been made for **Thursday 14 November at 6.15pm** to see **Adoration** which is the movie recently made at Seal Rocks. WSD would provide Wine & Cheese beforehand and Tea & Coffee after is provided free.

To raise funds, WSD commits to buy 100 tickets @ \$9 each which we can sell at a higher price. A \$200 non-refundable deposit is required and the balance of \$700 is paid after tickets are sold. When we have sold the 100, more tickets are available at \$9 each.

**FUTURE COMMITTEE MEETINGS:** The committee plans to meet on the first Sunday of each month. Please contact a committee member before then if you want to raise any matters. We also *aim* to have a Newsletter out in the following week – but that will depend a lot on your input!



### SAFETY MATTERS

**The Wallis Spirit Dragon's Emergency Access Point Document describes the Emergency Access Point to our training venue in case of a medical emergency.**

The information is site specific for our training location & will help guide an emergency vehicle & personnel to the lake foreshore of Paling Fence Bay, Wallis Lake.

The document is an A4 laminated card which can be found in -

1. The safety bag at the front of the dragon boat.
2. In the medical emergency bag on land with member's medical forms.
3. At the Coomba Park RFS headquarters, with the defibrillator & medical oxygen.

The Wallis Spirit Emergency mobile phone & another copy of the Emergency Access Point Document can be found in a waterproof bag on the sweep.

**All Wallis Spirit Dragon members should familiarize themselves with the document & where they are located.**

Sally



### OUR FIRST TRIVIA NIGHT - REPORT

Our Trivia Night, held on Saturday 20 July was great fun, thanks to a great, big, HUGE **team** effort. We all made a contribution in whatever way we could and it was obvious how valuable those contributions were in making it an enjoyable evening.

Thank you to everyone involved including...

- the makers of the delicious soups and slices. The little amount left over is a tribute to their success.
- the Publicity sub-committee for the advertising flyers and especially postman Norm for distributing them in letterboxes without charge.
- the fund-raising sub committee for presenting the raffle prize so beautifully and to everyone who donated money for goods to raffle.
- to the "kitchen staff" who did a great job serving the soup and desserts and then did a further great job in cleaning afterwards.
- to those who, with co-opted family members collected the rubbish, rallied everyone to put away tables and chairs and swept the floor at the end of a long evening.
- to those who took money at the door and sold raffle tickets outside Pollards shop and at the Hall on the night
- to those who marked the answers.

And a big thanks to Ken Brown (and his assistant Elaine) for doing a great job as Master of Ceremonies.

A huge vote of appreciation goes to the people of Coomba for buying raffle tickets and coming along. We couldn't do this kind of event without the great and generous support of our community.

### THE FINANCIAL RESULT

#### INCOME

Entry fees	\$770.00
Donations	\$70.00
Raffle	\$838.00
Slide games	\$48.00
Soup sales	\$16.00
<b>TOTAL</b>	<b>\$1,742.00</b>

#### EXPENSES

Printing & Stationary	\$50.00
Catering supplies	\$49.10
Hall hire	\$95.00
<b>TOTAL</b>	<b>\$194.10</b>

**PROFIT \$1,579.90**

**Congratulations everyone!  
Go the Wallis Spirit Dragons!**

PS The winner of the raffle was Bronwyn Davidson with green ticket number A 52

### THE PORT MACQUARIE REGATTA 18 KM RACE

It all started with a phone call from Newcastle/ Hunter Dragon boat club at 9.00 pm Friday night.

Would the Wallis Spirit Dragons have four paddlers who would like to fill seats on their boat for the 18 km race at Port Macquarie regatta?

Well Simone, Carol, Wendy & I had been talking about it for the last week. Are we fit enough? How do you paddle 18 kms? Well you don't know unless you try, so 2.00pm Saturday afternoon saw us at the starting line waiting to paddle a marathon!

There was a mixed crew on the boat, four 'Wallis Spirits', one 'Dragons Abreast' paddler, four 'Different Strokes' paddlers & eleven 'Dragonhunters' with Annie Walsh as sweep.

To paddle a long race it is all about stamina, mind games, strategy, knowing the course & having a good sweep (Annie).

Most of the race was paddled at Level 3 with short sets of 10 or 20 strokes of Level 4 (long & strong). There were 2 pairs of strokes to share the hard work at the front of the boat & each row of paddlers changed sides, had a drink & a rest for 50 strokes; every 500 strokes.

All the dragon boats had to contend with the ferry that crosses the Hastings river, when the 'light is on' you MUST stop & wait for the ferry to cross. Well we had to stop & wait for the ferry on the outward leg which meant all the boats behind us caught up!

The half way mark saw us going around a small island & yippee, the boat in front of us had run aground cutting the corner, so while they were getting off the sand bank we passed & hit second place.

By about the 11 km mark I thought this is it, no more, but you get your second wind & just keep paddling.

With huge encouragement from Annie we kept the 3rd place boat 3-5 boat lengths behind us.

Then, that ferry!! One & a half kilometres from the finish line & we had to wait for it again, everyone caught up & it was a sprint to the end.

Well there wasn't much left in the tank but we gained 4th place in a time of 1 hr / 39 mins / 33 sec. Only 22 seconds separated 2nd & 4th place.

Would we do it again? A unanimous YES! from all of us! (and I would love to sweep a marathon as well).  
Sally

### REGATTA UPDATE

Some information about the Mylestom Regatta (Coffs Coast), a DBNSW sanctioned regatta. I know this regatta is a fair distance to drive to but some members may be interested in competing. Please put your name on the regatta page if you are & we will try & combine with other clubs so we can get on the water.

**Date - Saturday 14th & Sunday 15th September.**

**Venue - Alma Doepel Park,  
Cnr River & George Streets, Mylestom.**

Race categories –

**Saturday - 3km Around Tuckers Island Challenge  
~ Mini Marathon.**

Arrival time 1.00 pm, entry fee \$10.00

This race is for men & women with a maximum of 50% male paddlers.

**Sunday - 200 metre sprint races.**

The usual categories apply here; Mixed, Women & Men's.

Arrival time 7.00am, entry fee \$20.00

**Dragon Boats - 4 Champion Boats.**

This regatta will definitely require an overnight stay for 1-2 nights.

Suggested accommodation is Bellinger River Tourist Park & North Beach Caravan Park.

**Entries close 30th August, so please register your interest no later than Monday 19th August.**

Sally





## **WALLIS SPIRIT DRAGONS – RECENT REGATTAS**

WSD members have enjoyed being actively involved in several Regattas in recent months. There was the Port Macquarie regatta in June – cold, but beautiful weather. Then there was Camden Haven in July where once again paddlers were blessed with great weather and a new experience – fast moving waters.



**Wallis Spirit Dragons in their first Mixed heat in Camden Haven with Dragons on the (South West) Rocks making up the numbers.**

(Previously mislabelled Taree)

The most recent Regatta was in August at Manning River Dragon Boat Club's community regatta at Endeavour Park in Taree. Sunday morning in Taree was cold, cold, cold (which you'd expect at 7am in the middle of winter) but warmed up into a glorious day. The paddling was great with WSD paddlers joining members of other teams to take part in Mixed, Womens and Mens races. Some stalwarts had also paddled in the marathon race the previous day. The venue was terrific – lots of space and well laid out. And the smooth running of the day was helped along with announcements being made by Radio 2RE's Anthony Zanos.

We may not be winning races yet, but we're learning an awful lot as we get better and better.



**Our tired but happy team, ready to pack up and depart Camden Haven.**