



North Esk Dragon Boat Club Dragons Abreast Northern Tasmania Swamp Dragons and Tamar Tittilaters

Newsletter August 2016

Deadline for September newsletter items Friday 26th August



President's Report (DANTI)

Now there's no excuse for the Danti President's Report to be late is there. Your editor is the new President/DAA Coordinator.

Firstly I'd like to thank Merran as past President, for all her good work, good words, and great attitude within this Club. Merran just gets in and does what has to be done, and I'm sure this won't stop now.

Our DANTI committee is the same lineup, just different positions, but we all still have the same aim: to keep the pink presence active within the North Esk Dragon Boat Club and to celebrate an active life after a diagnosis of breast cancer.

We will be hosting the Pink Breakfast in October (many thanks to BCNA for flying the pink flag of us last year while we paddled our butts off at the Masters Games in Adelaide).

Last year young Thomas joined us for breakfast, and I would love all our friends and supporters again to buy a ticket to this, to help keep the club financially active.

I have agreed to be the guest speaker, and I promise not to ramble for more than 10 minutes and I don't mind if you chomp your breakfast while I'm talking.



I'd also now like to thank NERC and Craig and Mary-Ann for reacting so quickly when the floods started, and thereby saving much of our club equipment. The clean up crew the following weekend also did a mighty job, and we wish NERC all the best in getting the pontoon back in working condition.

Thanks too to Keeva, for her solid working years as past President and welcome to Craig as our new NEDBC President.

Beth, DAA Coordinator/President DANTI



Deloraine Flames would normally paddle UNDER this bridge.

While NEDBC is waiting for the pontoon to be repaired in Launceston, the Deloraine club has invited us to join them on a Sunday morning at 10am for a paddle up the Meander River.

We are now able to paddle UNDER this bridge again.

Enough of us and we can take both ten seater boats out onto the river.

They have paddles and pfd's available and it only costs \$5.

Turn first left over the bridge (not this one) and go into the caravan park, turn left and park near the swimming pool.

Dragons Abreast mission statement for the Tamar Tittilaters

To offer hope and inspiration to those faced with a diagnosis of breast cancer and promote the fact that there is "quality of life" after breast cancer

"Keeping the Spirit Alive"



NEDBC Future Events and Meetings

Paddling Times

SATURDAY MORNING: one paddle (but two boats going out if enough paddlers).
Be at the Boathouse by **8.30am** to be on the water at **9.00**

Please be on time or we lose valuable paddling time. It takes some time to roll the boat down the ramp, into the water, line up and get in, so we need to be taking the boat out of the boathouse by 8.50am at the latest, having done our warm ups, and found our paddling buddy and position in the boat.

Tuesday 5.30—6.30: Mary-Anne leads the walking, running training.

Thursday 5.30—6.30 Shelley leads the knees up gym training.

Tuesday March Monthly meeting at NERC **Next meeting Tues 9th August 5.30.**

Saturday July 30th, 2.10pm: Football, selling the Record. See Keeva please if you can volunteer. At grounds by 11am

Wednesday Oct. 12th: 7.00 Pink Breakfast at LGH - fundraiser for DANTI. Tickets available soon. \$18pp
See poster in newsletter

Friday Oct. 21st: Cancer Council Pink Breakfast . Details later.

11th and 12th November: PanPacs Masters Games on the Gold Coast.

January 28th 2017: Tasman Regatta a possibility. At Nubeena on the Peninsula

Paddles Up!!!!

Send newsletter items to newsletter@northeskd dragons.com



Ali Mourant, our State Coach has been appointed by AusDBF as the Level One Coaching Course Presenter for Tasmania.

Ali is now part way through the current Level 2 Coaching Course and we congratulate and thank her for her time and dedication to our wonderful sport

This appointment fits with the current National Athlete Pathway Development program that AusDBF are establishing nation wide. AusDBF believe Level 2 coaches will better educate our coaches who then, in turn will be more ably equipped with skills, knowledge and experience to pass onto our members.

Congratulations Ali!



Ali in action for Australia

NEDBC is preparing a women's team to go to the PanPac Masters Games on the Gold Coast on November 11th and 12th

Registrations will be done soon, but we are booking accommodation and flights already, to catch the best deals. We hope to have accommodation that will host us all in one spot, but will do individual travel arrangements.

If any members of NEDBC or DANTI (or Devonport or the Flames) would still like to join us, we can accept contenders until we actually register.

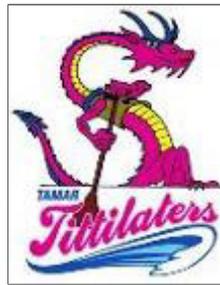
The racing will be on Varsity Lakes

<http://mastersgames.com.au/ppmg/sports/dragon-boat/>



If paddling has been cancelled

Craig has kindly offered to send a broadcast to all members via text message in the event of cancelled paddling. The onus is completely upon the recipient to check their mobile phone for messages PRIOR to leaving home or work to go paddling. Those of you who do not have a mobile phone need to buddy up with someone who does so that person can call you once they receive the text message. craig.binns73@gmail.com Send Craig your number if you don't think he has it.



Due to the severe damage done to the NERC pontoon during the recent floods, we have been unable to paddle on a Saturday morning.

However, Deloraine Flames invited us to join them at Four Springs Lake to go out in their two ten seaters. We've done this twice so far, and it's been a fun experience.

The most recent exercises on the lake gave both sweeps a chance to practice turns, against the wind, into the wind and all other things windy.

The art of getting back to the jetty was demonstrated, several times, as we missed the first few times, but it was quite exhilarating out there on the lake. Sorry Trudy for your very cold fingers.

A barbecue afterwards was welcome and with four from Devonport DA club attending as well as our ten paddlers, plus Peter and Neil from Deloraine, we enjoyed camaraderie, lessons, paddling fun and a social event. Thanks Deloraine.



Coaching workshop at Caloundra with Ewan MacDonald, coach of Brisbane River Dragons

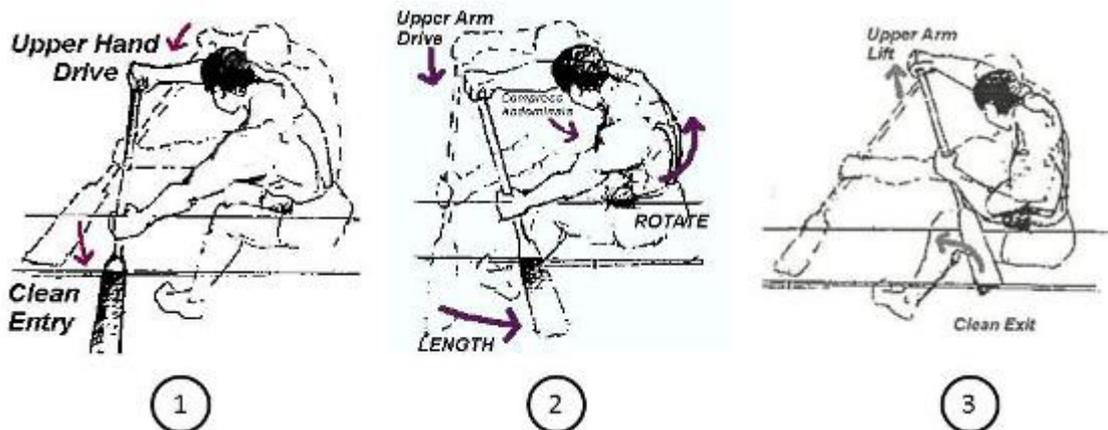
- Emphasised the need to provide opportunities for new paddlers to participate without being daunted by having to paddle at an intensity beyond their physical ability
- We must nurture EVERY member that joins us
- Nobody in the club should coach another paddler unless they themselves are a coach. They can support a new paddler but not coach them
- The stroke rate does not relate to boat speed. It's the POWER behind the stroke that does it.
- The blade must be vertical to the boat to get power. Bring it out at the hip, not behind the hip as this slows down the boat.
- To keep fit do exercises when the TV ads are on. Situps, pushups, theraband exercises.
- Warmup exercises - Ewan likes them to be dynamic, not static. Static stretches for the warm down.
- Learn to change sides while the boat is moving....um...okay...shall we try it?
- **Common faults to avoid:** "the chicken wing" which is a kayaking style. This collapses the A frame and causes injuries

: don't put your head down. Rotate the body and reach but keep the head up to watch the strokes

: outside knee must press into the gunwale at all times.

: "choo choo" stroke is not a good one. Instead, use a slightly bent outside arm but keep it locked. Flip the blade out at the hip. Because the aim is to drive down with the top hand, it makes it easier to flip the paddle out and back to the front ready for the catch again.

From Beth: I would encourage all members to have a go at the coaching course offered by DBTas. The more coaches we have the more we can improve and not rely on two or three people all the time.



North Esk Dragon Boat Club Committee

President: Craig Binns Vice President: Keeva Leighton Secretary: Trudy Rogers Treasurer: Glenda Lodge
DANTI Rep: Beth Sowter Committee: Kathy Broomhall, Kelly Broomhall, Mary-Ann Cook, (IT)
Linda Hall (Social) PO Box 1542 Launceston 7250

DANTI Committee:

President/DAA Co-ordinator : Beth Sowter VicePres: Merran Thurley Treasurer: Karyn Meyman
Newsletter: Beth Sowter (newsletter@northeskdragons.com)
Committee: Ros Lewis (Public Officer). Rep on NEDBC: Beth Sowter Patron: Fiona Lee BCNA Rep: Mandy Forteach

Message from Julie Walsh, DAA Communications Manager

My first DAA Regatta!!

Wow, what an experience!! I don't think I have ever been witness to so much love, support, fun, determination, kindness, excitement, camaraderie and pure joy in one place at the one time. It definitely was a celebration of life. You gave me the gift of being a part of that and it is something that I will always cherish. Thank you!!

One of my favourite things at the Regatta was to get to meet you all and put a face to the names I know so well!! I thank you for asking lots of questions at Registration and at the Administration tent, because it helped me to learn more - I hope I provided good advice!!

I went to the Regatta only knowing about 15 people but I now feel like I have experienced first hand what all of the brochures say - that being a part of DAA provides you with "Awareness, Participation and Inclusiveness" and a whole lot of new friends!!

I will admit that I also shed a few tears over the weekend - they were happy, sad and *OMG* tears.

- The Flowers on the Water ceremony wrapped everyone up in one giant hug and gave us a safe place to remember our Angels.
- My happy tears were from laughing so much - and we all know that laughter is good for us!! A special thanks goes to the team's chants, Adrianna Murray and Robyn Moore (photo right) for a lot of that laughter!!
- My *OMG* tears were from the constant display of love, support and respect that I witnessed over the whole weekend. The biggest example of this was when the absolutely incredible Pat Daly (Bribie Island) got out of the boat for the last time at a Regatta, and people ran from everywhere with their paddles to form a guard of honour for her - goose bumps and tears!!!



I want to say a special thank you to all of the ladies that stood (or sat) by my side all weekend and helped me whenever I needed it. You are all amazing!!!



Above: Wilma and Beth with Bribie Island in boat 2 during the 2km race.

Left: Hobart DATH with several Devonport paddlers, did well at Caloundra

There were teams who took it very seriously indeed (New Zealand), and then there were those who had fun and still won their races.



Hi to all those people that supported **Dragons Abreast Northern Tasmania** with the purchase of an **ENTERTAINMENT BOOK** last year. <http://www.entertainmentbook.com.au/default.aspx>
Please state **Dragons Abreast Northern Tasmania** if you would like to order the new book.

Again thanks for your previous support. \$13 from every book goes to the club
Glenda Lodge Entertainment Book Coordinator **DANTI**

An excellent lymph drainage video from Heather Wibbels, in Louisville Ky.
<https://www.youtube.com/watch?v=3PmHuanqbAQ>

FOOTBALL DATES FROM NERC

NEDBC is committed to the selling of The Record at these football events, as one of our fundraising activities.

Please put these dates into your calendar and try to do as many as you can.

We meet before the game begins, at the gateway near Forster St on Invermay Rd, to collect jackets, hats and information on what to do.

Please wear black shoes and pants (and other clothing!)

Keeva is coordinating this one, thanks Keeva.

Hawthorn v Carlton

Saturday July 30th, 2.10pm Be at ground by 11am. NERC require some extra helpers as well please. See Keeva

This is the final Record selling event for the year. Many many thanks to all who helped this to succeed.



Mary Farr's fourth novel "is now available \$5 from each sale to be donated to DANTI fundraising.

Don't forget her other three books "Harrison's Way" and "Eve's Second Chance" and "Tales of Tasmania" are also available with a donation to DANTI for both as well.



Mary's latest novel, "A Stone's Throw" is now available for purchase. yted5@hotmail.com
The Club receives \$5 of this purchase, thanks Mary.

Kelly has prepared a spreadsheet for us all to fill in to help achieve numbers for paddling.

It would be very helpful to know BEFORE we drive down to NERC whether we have enough to paddle
Of course, the weather will change things but Craig sends out a text message if we can't paddle due to weather.

Please update your availability regularly. Just put a 0 if not going, 1 if going, m if you are a maybe. That's it, folks.

<https://docs.google.com/spreadsheets/d/1AiNtsP5Zfr4Ds6dFGnCAqWF9gmJrTm5se5BJ3VX3dYo/edit?usp=sharing>

Safety in and around the Boathouse

Please take extra care on the pontoon and in the clubhouse.
Please do not lift heavy items.

If you do have an accident, please note it in the Incident Book for NEDBC, and also tell Paul Van Nynanten

Please be aware and take notice of any safety warnings in and around the area at any time.

Please disinfect hands after paddling. There is antibacterial gel on the cupboard bench.



Bringing pride back to the professional.
Are you unsure of your grammar or spelling?
Do all the links on your website lead to the right place?
Contact Kelly with a Y for all your proofreading needs
www.kellywithaypr.weebly.com



Merchandise and Uniforms

All merchandise is now up on the NEDBC website <http://northeskdraftons.com/merchandise/>

Other news from around Tasmania

Nipples on Ripples invite our paddlers to Devonport at any time

Paddlers are also welcome to paddle with us any Saturday at 9am. We are out at 4.30 on Sundays
Contact Nipples on Ripples devonport@dragonsabreast.com.au

Dragons Abreast Tasmania Hobart (DATH) welcome our northern buddies to join us for a paddle any-time they are down south.

We hit the water at 8.30am every Saturday morning, with the session finishing by 10am. Tuesday and Thursday evenings we are out at 6pm for approx. 1 hour.

After our paddling session on Thursday evening, we can be found having a convivial wine upstairs at the Lindisfarne Rowing Club, on the Lindisfarne Esplanade, or once-monthly enjoying a bbq put on by the Rowing Club at a very reasonable cost. To make sure we are not off doing other Dragon business you can email bobsleigh@bigpond.com

Derwent Storm

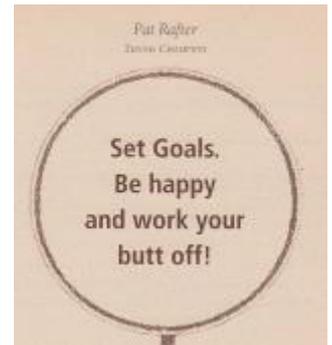
For anyone wishing to paddle with The Derwent Storm in Hobart, their calendar of events is available at www.derwentstorms.webs.com/apps/calendar/

Montrose (MoCo) Hobart

A community club at Montrose that has both DAA and community members.
Lisa Reid has the contacts and paddling times. They paddle out from near the Derwent Entertainment Centre.

Deloraine Flames Dragon Boat Club

Paddle with the team on Sunday mornings on the Meander River.
9.45am warm up for 10 - 11am paddle, meet @ end of Caravan Park.
All fitness levels are welcome. Paddles and life jackets are provided.
Age 12 years plus, Cost \$5.00, Clothing - sportswear.



North Esk Dragon Boat Club links, thanks to Mary-Ann (check out Paul's neat zigzag up the North Esk)

Calendar of events: <http://northeskdraftons.com/calendar/>

Website: <http://northeskdraftons.com/>

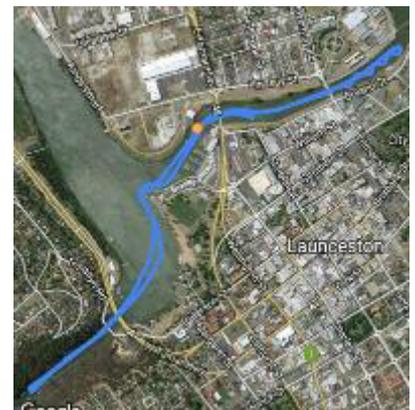
Email: northeskdraftons@gmail.com

DANTI: <https://www.facebook.com/Dragons-Abreast-Northern-Tasmania-Inc-DANTI-250413288404200/>

North Esk Rowing Club (NERC) <https://www.facebook.com/NorthEskRowingClub>

A North Esk Social Group Facebook page (cards, bushwalks, petanque etc) is also set up you just need to send a request on the page, asking to be a member.

Facebook: <https://www.facebook.com/groups/northeskdraftons/>



Beth has for sale

PFD, pink inside, Medium. A regular life jacket, not one using gas. \$20

If other club members have paddling type things they wish to sell or give away etc. I can put them into the newsletter.



Always be mindful that this is the A-frame paddling position to which we all aspire.
Rotate the body



Don't forget to do your warm up and warm down exercises before and after paddling



Buffet Breakfast

Fundraising Event



Wednesday
12th October 2016

7.00am – 9.00am

(breakfast served between 7.00 – 8.30am)

Launceston General Hospital Café on Frankland

\$18.00 per head

(\$5.00 will go to Dragons Abreast Northern Tasmania)

TICKETS MUST BE PRE - PURCHASED

GUEST SPEAKER:

BETH SOWTER, PADDLER & BREAST CANCER SURVIVOR

Tickets available from Food Services Office level 1

For further information contact Ros Lewis 0437 741 677 or Food Services on 6777 6526

