



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

Newsletter October 2016

Deadline for November newsletter items Wednesday 26th October



President's Report (DANTI)

October will see our club host the Pink Breakfast again at the LGH, after which we hope to have a few new paddlers come and try on October 15th, when the club becomes part of Active Launceston. Please try to advertise both the Breakfast and the "come and try" day so that we have the best possible result for our efforts.

The exciting news for some of the Club is of course the participation by seven of us at the Masters Games, PanPacs 2016 in November on the Gold Coast. Two of our newer members, Janice and Donna have joined the team and I really look forward to their responses to a National racing event.

We have joined the Fire and Water Dragons, which comprises members of both the Cairns and Townsville Clubs. They both have BC Survivors in their clubs so Karyn and I are lucky enough to be getting an extra race or two as pinkies over the week-end.

I will turn 70 on the Friday that I'm racing down the watery straight as a Fire and Water Dragon. Doesn't get much better than that I reckon.

Ros, Kelly and I attended the NERC AGM, and briefly met Reg Green, their new president. Many thanks go to Lloyd Luck for all his work with the Club over the past years. I'm sure our relationship with NERC will only get stronger.

One of our members Mary Farr, has published her fourth book, A Stone's Throw, and is donating \$5 of every sale to our Club, thanks Mary, that's very generous. Approach Mary at paddling or email her (see ad later in newsletter) if you'd like her new book. \$20

It's wonderful to see Merran back in the boat after quite a difficult time with some health issues. Travelling as a passenger allowed her to see how much she can flex her leg, how much she can tolerate within the boat, but knowing Merran, she won't be without her paddle for very long. Welcome back Merran.

I do believe some members of our Club have applied for the State team to race in Albury at the Australian Championships in April. This is brilliant news, and I'm sure our whole Club will cheer them on in training and through the rigours of the try out for the State Team. We wish you every success in trying out for the Team.

I've been getting in some extra paddling time, and having extra fun, with the Deloraine Flames, who have invited all of us to join them on a Sunday at 10am. Recently they did a "come and try" with around 10 local women, and that was great fun.

Janice joined us as well, and became one of the "experienced strokes" for the hour. Her boat beat my boat in the brief race we had. I gave my camera to Mark to get some photos for the FB page and he cheekily (ha ha) took this one of me. I couldn't resist adding it to my President's report for this month.

Paddles Up! Beth



Daylight savings starts on October 2nd, Yeehaaaa.

Our first evening paddle for the year will be Tuesday October 4th. On the water by 5.30.

Tuesday evening paddles are usually an easier workout than the Thursday evening paddles.



The primary goal of the International Breast Cancer Paddlers Commission (IBCPC) is to ensure that International Breast Cancer Survivors (BCS) participation festivals and international competitive events are raising awareness about life after a diagnosis of and treatment for breast cancer



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 Calendar



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. We may possibly leave without you, at 9am if you aren't down there.

Tuesday 5.30–6.30: Paddling starts again with Daylight Savings. Be ready to be on the water by 5.30. This is a softer paddle.

Thursday 5.30–6.30 Paddling, on the water by 5.30. This is a harder, training paddle, all welcome who wish to work harder.

Monthly meeting at NERC **Next meeting Sat. 22nd October after paddling.**

Tuesday September 27th: 5.30 at either Riverview or Steve's Grill (check emails): **Brainstorming session with yummy dinner.**

Wednesday Oct. 12th: 7.00 Pink Breakfast at LGH - fundraiser for DANTI. Tickets available now from Ros or Beth. \$18pp
See poster in this newsletter

Saturday Oct. 15th 9.15–10.45. Active Launceston Come and Try day with North Esk Dragon Boat Club. As many members as possible to help on the day please. Kelly has details

Friday Oct 21st: 7am–9am Unite in Yellow breakfast with Cancer Council at Hotel Grand Chancellor.
Bookings Rebecca 6341 8404

11th and 12th November: PanPacs Masters Games on the Gold Coast. NEDBC joins the Fire and Water Dragons to compete.

Sunday November 27th: Christmas BBQ - Clark St, Mowbray (Craig's House).

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

February 11th and 12th 2017: Nipples on Ripples Regatta, Lake Barrington

March 12th 2017: State Championships Lake Barrington

April 19th - 25th, 2017: Australian Championships, Albury/Wodonga.

October 21st to 28th 2017: Masters Games Cradle Coast, Tasmania
<http://www.australianmastersgames.com/>

Paddles Up!!!!

Send newsletter items to newsletter@northeskdraftons.com



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

Seven women from NEDBC have registered with the northern team "Fire and Water Dragons", a composite team from Cairns and Townsville. This team will hold the furthest north and the furthest south paddlers in their boats. What a great opportunity to paddle with other clubs and meet so many like minded fanatics. Bring it on I say!

The racing will be on Varsity Lakes <http://mastersgames.com.au/ppmg/sports/dragon-boat/>



Cairns (left) and Townsville Spitfires (right) have teamed up as Fire and Water Dragons. Our girls will be racing as part of this team.

**Trudy
Glenda
Karyn
Beth
Janice
Keeva
Donna**

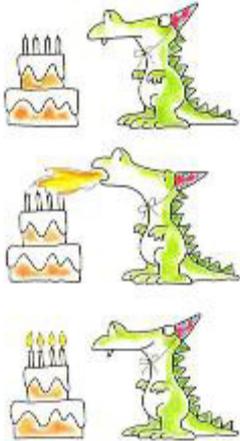


If paddling has been cancelled

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.**



September was the Birthday Bash again so thanks to all those club members (and their significant other) who caused this to happen.



Mary-Ann, as a trainee hospitality student set it all up for us at Drysdale House, and it really is a lovely venue.

The bar is a cosy chat space, and the room we had was relatively private.

We did look a bit like a board room committee meeting but there was space for us all to move around between courses and chat to everyone.

The staff were really good and the food was very high standard, especially the entrée, trout tian. Superb.

Thanks M-A for being Mein Host for the evening and doing a very professional job. We had fun.

The paddles on each table were a great decoration as well.



Sorry about the slightly blurry photos. I'd only had two champagnes, Should have had more I think.

Also, I forgot to create games this time.

"Thank goodness" sighed everyone

(We are welcome to go out to Drysdale House for lunch or dinner as a group any time we'd like to book a table. A nice social occasion. Ask Mary-Ann if you're interested)



Stuck In a Dragon Boating Rut? 10 Reminders For You

Here are 10 things to keep in mind the next time you are feeling sluggish in your paddling development.

We all experience stagnation in our training once in a while. It's how you handle it and what you choose to make of it that counts. Give in to it and your paddling career will take a dive. Break out of it and you will find yourself back on track in no time, likely performing even better than before.

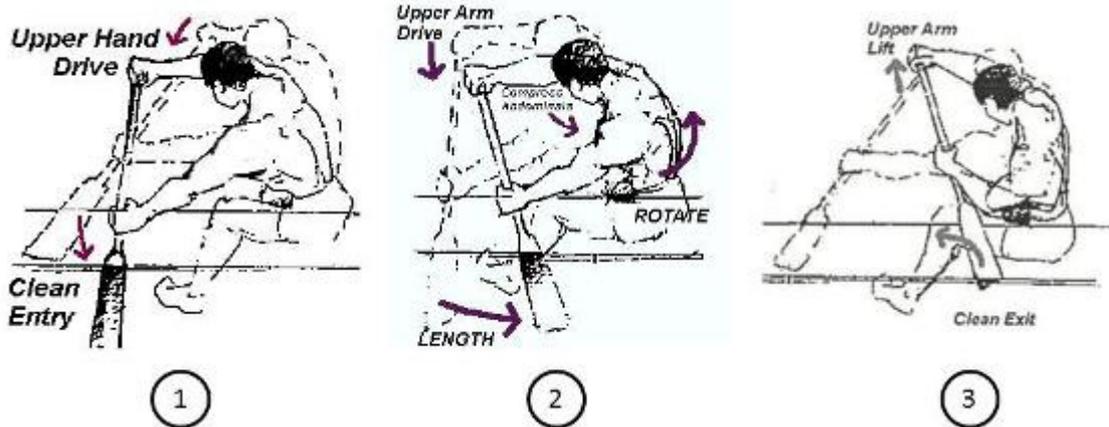
- 1) **Feeling stagnant is a sign that it's time for a change.** Whether it's a change in your diet, a change in your workout routine, a change in the frequency of attendance at practices, or something else entirely, it is likely that shaking things up and getting out of your normal approach to training will help you experience paddling in a whole new perspective.
- 2) **Even small steps are progress.** You may not see it. You may not even feel it. But the smallest improvement is still progress. Perhaps you have increased your flexibility and, as a result, increased your rotation and reach. That is growth. Acknowledge it!
- 3) **You don't have to have it all figured out to make improvements.** You might be struggling with certain components of the stroke but that doesn't mean that you aren't advancing. Making progress with leg drive, for example, will still improve your overall paddling.
- 4) **Nothing will change if you change nothing.** So often I see paddlers who are stuck in their form, unwilling to make any changes. They are married to their stroke and that is that. If you are looking to improve, trust your coach and work to make the requested changes in your technique. Remember, the way we think we look when we are paddling is likely quite different than the way we actually look. Your coach sees how you really paddle and can identify things that you need to work on. Be willing to make those changes.
- 5) **New beginnings can feel like endings.** I'll never forget the time that our team went through a messy "divorce" where half of the team split off and made a new team. At the time, it was painful and hurt a lot of feelings. It felt like the end of an era. It was. But it actually turned out to be one of the best things that could have happened for everyone involved. Instead of our team being stuck in an endless argument of whether to be competitive or not, those who wanted to keep the team at a competitive level remained on the team, and the rest of the paddlers formed a more all-inclusive team where everyone made the race crew regardless of ability. What felt like an ending at the time was actually a wonderful beginning for everyone. One large argumentative team became two separate teams: one highly competitive team and one more social team.
- 6) **Great things happen when you avoid negativity.** Stay away from those on your team who may be perpetuating negative vibes. Being negative about race crew selections, practice structure, guest paddlers, fitness tests, etc. will certainly not advance your technique. Steer clear of it all, stay focused on your goals, and support your coach's decisions. Buying in to negativity is sure to stagnate your progress.
- 7) **Trust what your coach tells you.** If you read my posts, you know that "listen to your coach" is a common theme. Why? Because I have seen how hindering it is to a paddler's progress when he or she does not listen to the words of the coach. The quickest way to stagnation in your training is to ignore what your coach is telling you. Whether it's a compliment or a critique, your coach sees your paddling technique and knows how you perform. If you are constantly questioning the words of your coach, you will quickly find yourself in a rut, stuck with muscle memory that is detrimental to the development of your technique.
- 8) **Overthinking leads you nowhere.** When we overthink things, we tend to lose focus entirely. I'm sure you've experienced it before: you start concentrating on your rotation and your leg drive disappears. Or you are working on burying your blade at the catch and suddenly you find yourself out of sync. That is entirely normal! What you don't want to do is overthink things to the point of making yourself ineffective. When we overthink things, we tend to be hard on ourselves, which leads to a lot of negative self-talk. Nothing stalls progress like telling yourself that you suck at paddling or that you will never get the hang of it.
- 9) **An excuse is floating somewhere between you and the next stroke you need to take.** As the saying goes, if you really want something you'll find a way to make it happen, otherwise you'll find an excuse. This certainly applies to paddling. Making excuses about why you can't attend practice, why you can't reach farther, why you aren't in sync, why you didn't do well on a time trial, or whatever excuse you might give will certainly keep you in a rut. Give up the excuses and get yourself refocused on your goals.
- 10) **If you work for it, it will come.** Put in the time and effort. Seek out opportunities for growth such as training camps, more team practices, or more chances to paddle with other teams. No one becomes a better paddler by sitting on the couch eating pizza. Take the initiative to up your game and you will certainly break out of the rut you may have found yourself in.

Many thanks to Paddlechica.com for these great reports she puts out for us all.



Paul has put this link to the Mt.Isa Canoe Club which now has Dragon Boats

<https://www.facebook.com/North-West-Canoe-Club-1430038420550433/?ref=stream>



Welcome home Kathy and Kevin Broomhall, from their wonderful, very full, trip across Europe.

Relaxing on the sundeck on the Danube border of Hungary and Slovakia.



trying to take drunk people home



With the fire season, holiday season etc coming up I thought I'd share this photo of the Rescue crew.

We would be a much poorer community without them.

Thank you whoever and wherever you are.



The logos now live above the entrance to our boat house at NERC. They look great.

North Esk Dragon Boat Club Committee

President: Craig Binns **Vice President:** Keeva Leighton **Secretary:** Trudy Rogers **Treasurer:** Glenda Lodge
DANTI Rep: Beth Sowter or Merran Thurley **Committee:** Kathy Broomhall, Kelly Broomhall, Mary-Ann Cook, Donna McLennan
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). **Patron:** Fiona Lee **BCNA Rep:** Mandy Forteach

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.

The Fire and Water Dragons are preparing for the Masters' Games by emulating this fat hamster and doing their exercises.

Yes, they are.



Mary's latest novel, "A Stone's Throw" is now available for purchase. \$20 yted5@hotmail.com
The Club receives \$5 of this purchase, thanks Mary.

Smith Street sits on the outskirts of the small town of Burston, which lies back from the coast of North West Tasmania. The street's long-time residents are a quirky lot, and their lives blend in numerous ways.

Kathy Smith inherited her home from her parents and has lived there on and off all of her life—currently with her nineteen year-old son, Robert. He is about to spread his wings and move to a unit a mere stone's throw from Smith Street. Robert's adventures with his unsavoury and devious mate, Bazza, cause major problems for him and his mum.

In a nearby home lives John, who has lived a life of near solitude in order to keep his homosexuality a secret. Nothing happens in the immediate vicinity of John's home without his knowing, and he's quick to pass news to his long-suffering friend, Helen, who lives farther up the street. His next-door neighbours, the Cabots, live a private life that comes to a dramatic climax. Meanwhile, elderly sisters Mary and Betty, who have lived decades in their now dilapidated mansion, experience a sudden tragedy.

Poignant and gently humorous, this novel presents a moving portrait of the residents of one street in a small Tasmanian town.

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.



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 or Craig

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 anytime 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.

Georges Bay Dragon Boat Club is in its infancy in St.Helens and we look forward to many get togethers with all the Dragon Boat Clubs now existing in the State.

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/>

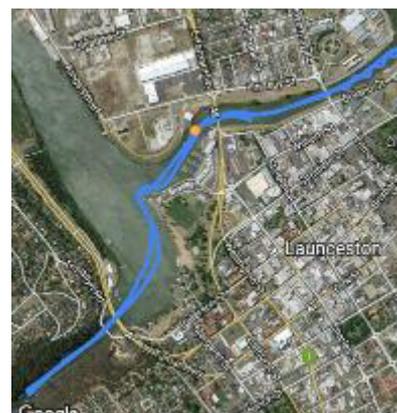
Website: <http://northeskdraftons.com/>

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/>



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

