

# DRAGON TALES

March/April Newsletter 2019

ISSUE 17



## DEEPWATER DRAGON BOAT CLUB INC

Winter is coming. . . !



Hello and welcome to the March/April edition of DragonTales.

I don't know how you are feeling, but isn't this year going so fast. Ok, so what have all the dragons been up to lately?

### DBNSW STATE CHAMPIONSHIPS:

On Sunday 2<sup>nd</sup> March, the final races for this season were held at Penrith.

Apparently as the previous Racing Meet found it successful, it was

decided that another 7am start was in order.

This meant that our team had to arrive an hour earlier than normal. The only people who benefitted from this were the Sydney teams and the coffee vendors.

Never the least, we had a good turnout of members and a good race day was had by all, and of course another great opportunity to put our training into practice.



..... Did any one bring a torch?



Victory was not ours on the day (nor for the year), however as is tradition, celebration drinks were to be had at The Peachtree hotel in the afternoon.

## SHELLHARBOUR REGATTA:

9<sup>TH</sup> March 2019.

Some of our members helped out our paddling neighbours, Hawkesbury River, by participating in the Shellharbour regatta at Skiway Park.

Unfortunately the weather was a little rainy, but from all accounts a great day was had.

It was a nice change to paddle at a regatta down south this time. Also a great opportunity to race with another team and experience racing from another clubs perspective. The racing start was a big discussion point I hear.

**2018/19**

### **Regatta Series Winners.**

PREMIER MIXED: SLOTHS

SENIOR B MIXED: DSA

SENIOR A MIXED: DIFFERENT STROKES

PREMIER WOMEN: ACCA

SENIOR A OPEN: DIFFERENT STROKES

SENIOR A WOMEN: DIFFERENT STROKES

PREMIER OPEN: SLOTHS



*Braving the elements at Shellharbour.*

## THE END OF TWILIGHTING....

Our last twilight paddle was held on Thursday 4<sup>th</sup> April 2019.

It will be missed, however a suggestion has been made that we

should still continue one session a week. This would be in preparation for the early morning Penrith race meets when you need to paddle in the dark.



*Hello, is any one out there!!!!*

### **FOOD GLORIOUS FOOD:**

For any one that has been training both sessions on a Sunday, it's important to keep up your energy levels. Unfortunately a big breakfast prior to your workouts is not a good idea. Bringing small

protein snacks however is, and you can save your bacon and eggs for The Little Tea Pot.

Nuts, hard boiled eggs and also protein balls are a great way to keep hunger at bay and help you sustain Level 4 workouts.



*Apples are a great idea Michelle, Fiona not sure about red snakes.....*

### **PEANUT BUTTER PROTEIN BALLS**

#### **INGREDIENTS:**

1 cup chocolate protein powder

1 cup peanut butter

½ cup honey

½ cup oatbran

1 cup desiccated coconut

#### **METHOD:**

Mix all ingredients except coconut in a bowl and roll into walnut sized balls.

Roll balls in coconut to coat and refrigerate until firm.

## OPEN DAY AT SAILING CLUB

Sunday 7<sup>th</sup> April, after both training sessions we had a combined open day at the Sailing club for anyone interested in trying Dragon boating and Sailing.



Of course the day was not complete without our traditional BBQ brekkie/lunch.

A very big THANK YOU to everyone for your support on the day. Your support is one of the reasons why we have such a great club.



The weather was in our favour with little wind, not so great for the sailing boats. We had about 13 new people who came for a paddle which was a fantastic number.

It was also a great opportunity for us to meet some of the members in the sailing club.





Don't forget to like us on Facebook.

Also check out our Facebook page as we get some great posts on other clubs and how they race overseas, there is some really crazy racing. Also you get access to links on paddling techniques and other paddling ideas.

### VISITORS FROM THE NORTH.

Sunday 14<sup>th</sup> April, we had the pleasure of a visit from a couple of paddlers from Central Coast Dragon Boat Club.

It was a great way to exchange ideas on both clubs and also gave them a lovely sightseeing trip of our beautiful water ways.



We hope that you enjoyed your session with us at Saratoga.

### HAPPY EASTER.

Not even the Easter Bunny could stop a few members from getting in a paddling session. What a lovely day it was out on the water. And thanks to Easter Bunny Kathy for our easter eggs.

And for those naughty dragons who over indulged on the chocolate, Easter Monday provided a lovely relaxing 7km paddle!!!!



Speaking of chocolate, don't forget to bank your money from the recent Chocolate Drive we had. If

you are unable to sell them all, bring them back to the club and perhaps other members will have better luck.

Again another big Thank you to you all for helping out.

### WINTER FASHION FOR PADDLING.

With the cooler weather approaching it's always an issue on what to wear on the water.

A good idea is to layer your gear so that it can be removed as you warm up with exercise. A vest is a good idea as it is not as restrictive as a jumper and keeps your chest warm. Other items like water proof gloves, a hat or ear muffs as well as a light water proof jacket are useful. Keeping the feet dry is an art we have yet to master.

Any way the most important advice is to bring a change of clothes, keep a towel in the boot of your car, and also don't forget your water.



*What's the luggage limit for dragon boats?*

### Sweep Accreditation.

Michelle is almost at the end of her sweep training and will be going for accreditation very soon. We wish her all the best of luck.

We also would like to thank her for the emergency training practice on Sunday 28<sup>th</sup> April.

We put into practice the scenario of the sweep falling off the boat. Thank you for your sacrifice Michelle and a great lesson for us all on remembering to stay calm, keep still on the boat and to wait for instructions. A great lesson was had by all; a very wet lesson was had by Michelle.

### GENERAL INFORMATION.

#### THINGS TO KNOW.

Ok fellow dragons. A bit of information about the club.

\* We now have a new house for the TK1's crafts. They have a little house under the stairs; I think we should call it Harry Potter Room. Don't forget, you are unable to use the crafts without doing the proficiency test first.

\*The swim test has now been postponed to later in the year when the weather is more favourable.

\*The club will be taking a winter break for three weeks. The last paddle will be Sunday 16<sup>th</sup> June and will resume on Sunday 14<sup>th</sup> July 2019. Enjoy your sleep in.

\*The Annual General Meeting will be held in the club house on Saturday 6<sup>th</sup> July starting at 6pm. More details will be sent out closer to the time but mark this in your calendar.

### JOKE TIME.

Thanks to Penny for sending in these cartoons for the newsletter.

Hagar the horrible cartoon reminds me of my childhood. In the days prior to social media, the big thing to do on a Sunday was to buy the Sunday papers and the best bit was to read the cartoon section.

I do apologise for the layout, a slight technical issue with the publisher in that she is not techy at all!!! Enjoy.

If you have any interesting ideas to put in the newsletter than please let me know.



Well that's it for this edition of DragonTales.

Hope you enjoyed reading, and to finish off, here are a few more photos.



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