



## PRESIDENTS REPORT



Welcome to another issue of Dragon's Breath. Over the past few weeks you will all have noticed some changes in the boatshed at West Lakes as we made way for the arrival of our new boats.

They are now here and available for use – each club is entitled to use one new boat at each training session and any changes to this need to be negotiated between the clubs involved.

Our new boats are not as "robust" as the older versions and consequently require greater attention – please treat them with care and they will reward us with years of trouble free service. There are no runners on the hulls and the carpeted pallets need to use for landing on the beach to avoid damage.

To enable us to store the new equipment, a mezzanine has been constructed in the shed – please ensure that all equipment is returned to its home after use.

We also have a pulley system for handling the boats. This is much safer than our old methods and will avoid potential injuries from manual handling and lifting boats. There is a Safe Operating Procedure (SOP) for handling the new system and this must be strictly observed. All clubs continued access to the boats is dependant upon adherence to this policy and to the clubs ensuring that the Association's equipment is treated with care.

On the issue of storage could all clubs please ensure that when boats are stored on the trolleys, the sweep bracket of the boat is on the ground – it is at head height the other way and is extremely dangerous?

There have recently been some negative comments being broadcast and we must all remember that our Association is run by volunteers who put in countless hours to ensure we continue to flourish.

By all means criticise, that will encourage us to improve, but if you are criticising, offer ways to improve and be prepared to do it yourself. We don't have a group of paid employees, all the work is

done by the members and too often it is left to too few.

Our first race meeting on The Torrens is rapidly approaching as we gear up for a very busy year ahead. The World Police and Fire Games are in March and any interested volunteers are encouraged to access the website [www.2007wpfg.com](http://www.2007wpfg.com) and register online. It will be a great event and your volunteering will make it even better.

The Nationals are in Sydney in April and I know that some clubs have already booked accommodation – if you haven't done so already it would be a good idea to do it soon. The State Team preparation gets underway in October - please support our coaches' efforts and let's see a powerful contingent in NSW next year to build on our impressive results to date.

The Worlds are in Sydney later next year and it would be great to qualify SA to develop Australian representatives for these titles.

We are currently in the planning stages for the Australasian Masters Games to be held in October next year so if its competition you're after, there is plenty to look forward to.

Registrations are now due and please remember that this fee covers access to the equipment for training and all those who use the equipment must be registered. Registration cards will be available in November.

Good luck to all for the new season.

John Holland, President - DragonBoat SA

## MAYORAL CANDIDATE

Gary Johansen of Paint Supplies has been a major sponsor of DragonBoat SA for a number of years and has cheerfully assisted us in many ways over this period.

Gary has nominated for the Mayor's position for the City of Port Adelaide Enfield and I know that if elected, he would continue to support Dragon Boating.

For those who live within his district, if you are looking for a reason to vote, Gary is worth the effort and we can only benefit from his involvement.

## SA DRAGONS ABREAST

SA Dragons Abreast had a very successful and enjoyable trip to the 27<sup>th</sup> Penang Dragon Boat Festival in May. 34 paddlers and supporters took part in what was a wonderful Malaysian experience. 27 teams participated over all, 9 from Australia and 3 from South Australia representing DBSA.



Our training over 500 metres paid off and we did well in our heats of both the Women's 10's and 20's and qualified for the final of the Women's 20's event. Our breast cancer team had to divide into two teams after the 20's event was cancelled and we came away with the gold and the bronze paddling with only 8 in the boats as we had no reserves at all. Two of our team members were unable to travel with us at the 'last hour'. Treasurer Lorraine Bourke was in hospital with breast cancer related health issues and long term supporter Anne Peters was diagnosed with breast cancer that week and had her surgery on the day we left. It was an extremely emotional win for us and we paddled our hearts out for them.

We were extremely proud of Water Warriors who we watched win every heat on the first day to qualify for all of their finals and they came home with a bagful of medals.

The three SA teams, Water Warriors, ASA and SA Dragons Abreast were invited to an Adelaide /Penang Sister City dinner where an exchange of gifts took place between the officials and the Presidents of the clubs. I was also able to present the Mayor's representative with a gift from Adelaide Lord Mayor Mr. Michael Harbison. Gifts presented were courtesy of our 'artist in paddling' Julie French who generously gave of her time to produce some wonderful artwork.

We were also able to meet and paddle against the Malaysian breast cancer teams the Pink Challengers and the Pink Combo and had opportunity to present them with a donation of money raised by the business community of Adelaide, given to assist in their purchase of paddling equipment.

The closing ceremony was a wonderful event with the whole of the Water Warriors team presenting their 'cultural event' in matching sarongs. A sight to behold!

Our team presented a loud and enthusiastic rendition of Waltzing Matilda assisted by all Australians present, including an uninvited representation on stage by the Australian Navy!!.

Following the regatta, most of the team went on to Langkawi to enjoy some well earned R and R and to experience some more of the wonderful Malaysian hospitality. This was a great team building experience for us and we had a ball.

Our thanks go to 'survivors' Gaye Millar (who came from the UK) and Celestine Growden from ADR who joined us for the trip and to DBSA for their support of this event.

## WOMAN'S ROLE CRITICAL TO COUNTRY WELFARE

Women across South Australia have common issues such as adequate transport, schooling for their children, reliable communications, infrastructure and medical services.

The Rural Women's Gathering at Goolwa on August 11-13 was a chance for women to share their concerns, gain support and learn new skills that could benefit themselves and their communities.

"Women are important to the future welfare and long term development of agriculture in Australia because women have the ability to see things in a objective manner, thereby bringing greater depth to decision making," coordinating committee chairwoman Carol Schofield said.

"Women have a strong capacity to contribute to the viability of rural and regional Australia and it is important we continue to support and acknowledge these women and the important role they play.



Dragon Ladies: Joy Readett and Margaret Lynch are both breast cancer survivors. They ran a 'Have paddle, will travel' session at the gathering because they are members of the Pink Dragon Ladies Team at West Lakes and participate in dragon boat competitions.

*Warriors Abreast turn up everywhere.*

*Even in the 'Stock Journal'!*

*S.A. Premier Rural Weekly,*

*Thursday 25<sup>th</sup> August 2006. Article by MIRANDA KENNY*

## POWERBLADES

### Quiz Night

**Where:** Mount Carmel Church Hall  
Pennington Terrace, Pennington

**When:** Sat 11th Nov - 7pm

**Cost:** Tickets \$10 - BYO  
Supper & Drinks

**RSVP:** 1st November

**Contact:** Mary - 0419 820 269  
Donna - 0405 128 370  
Dianne - 0431 678 734

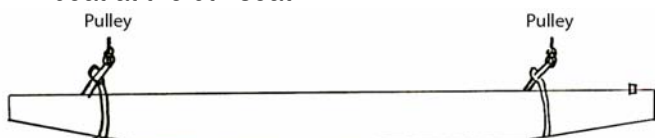


## SAFE OPERATING PROCEDURE

**To safely stack and unstack Dragon Boats in the DBSA storage shed.**

### *Safety Procedures involved:*

- 1 Check that pulleys are in safe working order and are secure on girder (I Beam).
- 2 Check slings and ensure that they are not damaged.
- 3 Boats must be aligned correctly to ensure the stability of the stack. The eye bolt at the front of the boat should be directly beneath the I beam and pulley.
- 4 The older style boats are stacked – maximum of three boats – on bearers.  
There are three sizes of bearer.
  - a. Large - to be used under bottom boat at each end to stabilise the boat.  
*These have no cut outs and are to ensure that the bottom boat is stable.*
  - b. Medium – have cut outs and are to be used under the second boat (old style boat) on the stack.
  - c. Small – to be used under the top boat (old style boat).
- 5 The new Champion boats have a unique spacer to be placed on the 2<sup>nd</sup> and 8<sup>th</sup> seats of the underneath boat with the convex section fitting the contour of the boat on top.  
Slings only can be used on the Champion boats.  
The bottom boat always has two large bearers underneath to stabilise the stack – a bearer at each end.
- 6 Slings are positioned at the front and rear of the boat to be lifted – at the front around the boat level with the eye bolt and at the rear around the boat at the 9<sup>th</sup> seat.



- 7 A minimum of four people are required to move a boat. Two people to simultaneously operate the pulleys at the front and rear and two people to steady the boat.
  - i. The eye bolts at the front of the boat and the eye bolt and board at the rear of the boat are to be used to load/unload the top boat on a stack (either the third or fourth boat).
  - ii. The rear board is locked in place under the seat runners (just in front of 9<sup>th</sup> seat) and the sling is also attached as a safety back up – please ensure that whenever using the eye bolts, the slings are also in place as a back up.
  - iii. Sweep oar is secured with the green retaining bracket.
  - iv. When operating the pulleys on the top boat there are two step ladders which must be used.
- 8 Under no circumstances is climbing on the stacked boats permitted.
- 9 NO ONE is allowed under the boats when they are on the pulleys.

## STATE SQUAD!

**PADDLERS REQUIRED**

Are you a committed paddler ready to take the next step?

Would you like to represent your State?

What about the chance to represent your Country?  
If you answered YES, we'd love to see you try out with the State squad!

### State Training Schedule;

Once a week at **9.30am** on **Saturday** morning, starting on the **7th October 2006**

#### **Then**

Three times per week from **January 2007**, Saturday, Monday and Wednesday/Thursday subject to club representation

The intensity of training through the season will be increased to prepare paddlers physically and mentally for the competition ahead. With this preparation paddlers will become as fit, strong and focused as possible, this will ensure our competitiveness at the Nationals and the Worlds in 2007.

- **IDBF World Championships Penrith NSW in September 2007**
- **AusDBF National Championships Penrith NSW April 2007**

*The DragonboatSA appointment to the State Coaching position for the next two years, has been delegated to the joint application of Peter Bristow / Gavin Kohler.*

## BLUE WATER RAIDERS DRAGON BOAT CLUB

Blue Water Raiders Dragon Boat Club has christened its new name and club formation by winning



the Broome Dragon Boat Regatta 2006. What used to be Water Warriors Port Lincoln has branched away from its Adelaide mother club and become a new club in its own right.

Since our humble beginnings in 2004 we have had two pressing goals. Purchase our own boat and become a member of Dragon boat South Australia as an independent club. We have achieved both these goals. Our new boat arrived from China while we were away competing in Broome and on our triumphant return was picked up and delivered to Port Lincoln.

The urge to compete in Broome was instigated by the delivery of Dragon Boat tee-shirts and lots of photos to two of our members from John and Marion Bassham. John and Marion are local Rotarians travelling around Australia. They settled in Broome and helped coordinate last years Dragon Boat Regatta. It looked like such a great event that the team decided to enter. After twelve months planning and saving we have returned triumphant. On the day of competition we arrived at the Town beach in Roebuck Bay for a 10am start. The tide was well out and boats were high and dry. Told not to worry, tide rises 9meters in two hours boats will be well afloat by 11.00 am. Unseasonable conditions prevailed a stiff easterly breeze from one side of the bay and a very strong rip from the other plus huge swells. Sea Rescue not happy. Postponed racing for two hours. Team getting restless "we can do it; we paddle in stuff like this all the time".

Midday, Sea Rescue sent Surf Life Saving team, winners for the previous five years, out to test the conditions. They made it to the finish line and capsized, races postponed for another hour. Next teams to venture out were Blue Water Raiders (Port Lincoln) and TNT (Perth). TNT made three strokes and capsized Blue Water Raiders not realising they were the only boat clung on for dear life. It was just a matter of staying upright, surviving the trip out to the finish line and then back to the shore. WE MADE IT!!

Tide was receding rapidly and eighteen teams to put through their heats. Some adjustments to the heats and shortening of the course by fifty metres fast tracked the afternoon to the final race. Competitors were Blue Water Raiders (SA), Surf Life Saving Club (Broome), Telstra (Broome) and Dragonflies (Broome). Results:-

- 1st Blue Water Raiders
- 2nd Surf Life Saving Club
- 3rd Telstra

Conditions improved as the day progressed and all boats in the final race managed to stay upright, resulting in a very close event.

A great day was had by all and if you are ever in Broome for the Pearl Festival may we suggest you wander down to the town beach for a great day's entertainment. Congratulations to the Broome Rotary Club for a wonderful well organised day.

*Sue King, Blue Water Raiders Coordinator*



## THE FACTS - BE ACTIVE TIP NO. 4

### GETTING OFF TO A GOOD START



How you get started is a very important first step to making physical activity a regular part of your lifestyle – and it doesn't have to be difficult. Following these steps will help you on your way:

- Plan time to be active – choosing the right time for you is important. This may be first thing in the morning, at lunchtime, straight after work, or later in the evening.
- Find an activity that suits you – this may be a matter of spending more time on things you already do, such as gardening or walking the dog, or taking up an activity that matches your interests.
- Set a goal and work towards it – start out with a short-term goal and make it realistic. When you achieve it, reward yourself!
- And don't forget to be active safely – start out slowly, wear the right clothes and drink lots of water.

So do yourself a favour and make a start today!  
Visit [www.beactive.com.au](http://www.beactive.com.au) for more information.

## NEXT DRAGON'S BREATH

Next Dragon's Breath Articles and Pictures are due  
**Monday 20<sup>th</sup> November**